

LENT

ST. JOHN'S POWELL, WYOMING

The Great Fast –Lent–
is a time of spiritual reflection.
The forty days reflect Jesus's journey into the desert,
upon which he fasted for forty days
and faced severe temptations,
and they echo the years which Moses and the children of Israel
were said to wander between Egypt and the Promised Land.
It is a time of struggle,
a time of preparation,
and a time of spiritual enlightenment.
We come together,
struggle together,
and help each other
in our ongoing pilgrimage
to God.

WELCOME

We are so happy you are with us, whether this is your first time or your 553rd. Please add your voice and heart to the prayers. Help others find a place near you and greet the person next to you as we prepare to worship together. Please stand and sit as you are comfortable.

MOSES=JESUS

We enter Lent metaphorically as a wilderness time.

We dive into the dry and meditative land of self-examination and repentance; of prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.

The journey from Lent to Easter is about fasting and repentance so that we may walk boldly into the tomb, declare it empty, and know that we are in the Promised Land. We can find ourselves in the commonwealth of God, in heaven on earth, freed from the weight and bondage of our brokenness.

This desert journey, as we know, has (or is) an echo of the most significant event in the Hebrew Bible: Moses leading the People Israel out of the bondage of slavery in Egypt through the wilderness, toward the Promised Land of Canaan.

There are many more parallels between Jesus and Moses besides the desert. They were both born in the midst of dreadful violence, they were pulled from the water as new people, they were so close to God their faces were transformed in God's presence, they were both teachers. Moses brought down The Law on tablets; Jesus brought the fulfillment of the law in his sermon on the Mount and in his life. These are only a few.

We hope that drawing these parallels together throughout the season of Lent may help you gather momentum to that Easter Day when Jesus not only makes it to the Promised Land, but calls us to dwell there even now.

THE PRELUDE MUSIC

“TUVAYHUN - Beatitudes for a Wounded World” is a moving and innovative 80-minute work with a message of inclusion, trust, kindness, compassion, humanity, and mutual respect. **The work is based on the beatitudes.** As part of its message to embrace differences, this is a hybrid work with elements from classical, jazz, and world music. Available on Amazon and other digital music retailers.

MINISTERS

Altar Guild	Mary Dillivan
Sound	Rob Rumbolz
Greeter	Doug Ramier
Worship Leader	Steve Nickles
Musicians	Tom Walker Kathy Walker
Readers	Marlynn Riker Kenny Allen
Preacher	Susan McEvoy
Intercessor	Jessica Smith
Presider	Megan Nickles
Communion Server	Debora Smith
Communion Server	Michael Allen
Communion Bread	Doug & Lynda Ramier
Coffee Hour	Rob & Rebekah Mason

PRAYERS

Anglican Cycle of Prayer: The Church of South India (United)

Diocesan Cycle of Prayer: St. Luke's, Buffalo

<p>Hunter & Charlotte; Shirley & Deb; Richard & Jennifer; Tim & Lynnae; Robin & Mark; Charlie & Jane; Sharon & Steve; Margie & Josey; John Grover & Family; Bobbi & Bentley; Mike & Michelle; Bob & Charlotte; Ann & Martha; Tammy, Rob K., Bobby B., Larry, Alex, Irene, Nancy, Alan, Katy, Marlynn, Sue, Kahli, Ron, Marge</p>	<p>Justin, Ryan, Jacob, Patrick, Chip, and Reece who are serving in the military. Josephine DeWitt who resides at Canyon Creek Care Center and Don Smith who resides at American House Assisted Living, Orange City, FL.</p>
--	---

CELEBRATIONS

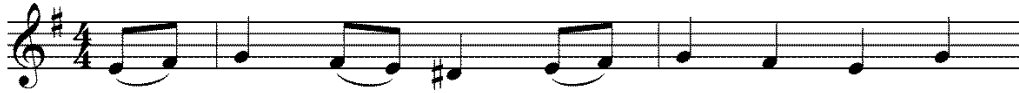
Birthday: Isabell Urbach—16th

PRELUDE

“TUVAYHUN: I. The Poor in Spirit,” “TUVAYHUN: VII. The Meek,” Nidarosdomens Jentekor, Trondheimsolistene, Mohammed Al-Majzoub & Hans Fredrik Jacobsen.

WELCOME

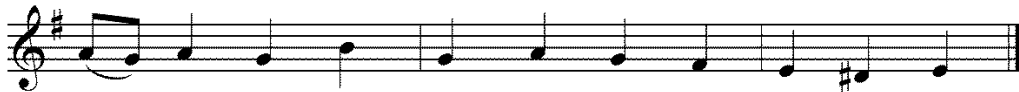
OPENING HYMN *Verses 1, 2, 5*



1. A - gain we keep this sol - emn fast, A
2. The law and proph - ets from of old In
3. More spar - ing, there - fore, let us make The
4. Let us a - void each harm - ful way That
5. We pray, O bless - ed Three - in - One, Our



1. gift of faith from a - ges past, This Lent which binds us
2. fig - ured ways this Lent fore - told, Which Christ, all a - ges'
3. words we speak, the food we take, Our sleep, our laugh - ter,
4. lures the care - less mind a - stray; By watch - ful prayer our
5. God while end - less a - ges run, That this, our Lent of



1. lov - ing - ly To faith and hope and char - i - ty.
2. Lord and Guide, In these last days has sanc - ti - fied.
3. ev - 'ry sense; Learn peace through ho - ly pen - i - tence.
4. spir - its free From schem - ing of the en - e - my.
5. for - ty days, May bring us growth and give you praise.

Ex more docti mystico

Attr. to Gregory the Great, c. 540–604

Tr. by Peter J. Scagnelli and John Mason Neale, 1818–1866

Tr. © 1975, Peter J. Scagnelli, pub. by WLP

Geistliche Lieder, Wittenberg, 1543

GATHERING

People of God, on this wilderness journey, what will you eat?

The word of the Lord is our daily bread.

People of God, in this time of temptation how will you live?

Our faith is in the faithfulness of God.

People of God, at this kingdom crossroad, who will you serve?

We worship the Lord our God alone.

Redeeming God, you come to us in Christ

to rescue us from slavery and lead us out of captivity.

Guide us by the wisdom of the cross,

and show us how to live a life of justice, love, and peace.

PRAYER FOR LENT

Let us pray.

Rugged God of desert,
as we devote these forty days to you,
shape us by your Holy Spirit into the image of Christ our brother,
that we find the road that leads to life,
that we take the turns that bring right relationships;
and accompany others on the way;
so that when your goodness passes in front of us
our transformation is complete. Amen.

SEEKING REPENTANCE

The cantor sings once, we sing through twice.



Turn our hearts to you, O God. With you there is heal-ing,
whole-ness and for-give-ness, free-dom from fear, last-ing peace.

*Verses available in accompaniment books.

Text: Verses based on Psalm 51:1, 6, 12. Text and music © 2002, Barbara Bridge.
Published by OCP. All rights reserved.

CONFESSION

We confess our sins,
trusting in God's wisdom and strength rather than in our own.

Merciful God, how fickle we are;
we sin against you without even knowing it.
Clear us, we pray, of any unknown sin,
and save us from willfully ignoring your way.
Forgive us for worshiping anyone or anything but you.
Forgive us for failing to honor all our relationships
with those closest to us and those who are distant neighbors.
Help us to speak words of blessing and kindness,
rather than words that belittle or destroy.
Turn us away from violence, falsehood, and selfishness.
Forgive us for thinking everything depends on our efforts and power.
Help us to depend on you alone and to rest in your peace.
In Jesus name we pray. Amen.

FORGIVENESS

Brothers and sisters,
in Jesus Christ, crucified, risen, and in his coming again,
we are forgiven and set free to live in faithfulness
with God and with one another!

Thanks be to God! Amen.

FIRST READING

We sit.

Gracious God, in rushing waters and in barren expanse,
in every season and circumstance, we need your sustaining word.
By the power of your Holy Spirit, proclaim the good news among us today
so that we may repent and believe and see anew how the time is fulfilled
and the kingdom has come near.

Amen.

A reading from ____.

After the reading

Word of God, Word of promise.

Thanks be to God.

SECOND READING

A reading from ____.

After the reading

Word of God, Word of promise.

Thanks be to God.

SERMON

INTERCESSIONS

You are the Lord our God, who brought us out of the house of slavery:
as we search for water in a dry and weary land
forgetting what lies behind, and straining forward to what lies ahead,
we press on toward the heavenly call of God in Christ Jesus
and pray for all humanity, saying

Lord, speak to us in this uncharted territory.

Show us the way to walk.

The intercessor continues, closing with

God of the poor in spirit, forgive us for treading so gracelessly on this journey.

Outfit us for the next leg of this trip with you with generosity, wonder, humility,
and courage, with water from the spring, bread from the earth, that we may follow
Jesus with our every step.

Amen.

LORD'S PRAYER

We pray the prayer Jesus taught us.

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

THE PEACE

May the peace of Christ be always with you.

And also with you.

We may greet each other in the name of the Lord.

ANNOUNCEMENTS

OFFERTORY

This is a house of prayer, a place of healing and restoration,
a place where we bring before God our provisions to be used for present needs.
Let us present our pledges and plate offerings to God.

MUSIC

“Turn Your Eyes Upon Jesus,” Helen Howarth Lemmel.

EUCCHARISTIC PRAYER

God is with you.

And also with you.

Let us open our hearts.

We open them up to our God.

Let us give thanks to the God of forgiveness.

It is right to give God thanks and praise.

Thanks and praise are yours, Holy God,
because you remain faithful through our unfaith
and devoted amid our unbelief.

You called a people to share a life with you.

And when they were captive in Egypt,

with a mighty hand, an outstretched arm, and your prophet Moses,
you brought them out of oppression,

through the temptations of the desert wanderings

where you were constant in fire and cloud;

with manna and mercy you sustained each step.

You gave Moses the strength of leadership, the Law set in stone,
a face shining with sacred intimacy, and a promised place of new life.

In time, your Son came among us,

facing desolation, temptation, and hunger without bread,

to bring us out of the oppression of sin with his gifts of healing,

to live into a new covenant, fulfilling all the law.

His face shone with the light of love;

he promised a place of never-ending life.

Restoring God, in wild, desolate places

we are shaped by our struggles,

but have found, in your sheltering presence

that rocks have yielded water,

and manna has appeared on the ground.

Through Jesus' resurrection you brought us out of death

into the fullness of green pastures:

your fruit-bearing, fruit-sharing life.

And so with all who have walked the wilderness way

in every time and all who walk it this day,

we rejoice with every generation in heaven

and on earth in this hymn:

HOLY, HOLY, HOLY

The image shows a musical score for the hymn 'Holy, Holy, Holy'. It consists of seven staves of music in a single system. The key signature is three flats (B-flat, E-flat, A-flat) and the time signature is 4/4. The lyrics are written below the notes. The melody is simple and hymn-like, with a mix of quarter, eighth, and half notes. The lyrics are: 'Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav - en and earth are full, full of your glo - ry. Ho - san - na, ho - san - na, ho - san - na in the high - est. Bless - ed is he who comes, comes in the name of the Lord. Ho - san - na, ho - san - na, ho - san - na in the high - est.'

Text: ICEL © 2010
Music: *Mass of Mercy*, Len Tiao, © 2014 GIA Publications, Inc.

We remember that it was on the night before he died
when Jesus was at supper with his friends.

He took bread, gave you thanks,
broke the bread, and gave it to them, saying
“Take, eat: this is my body which is given for you;
do this in remembrance of me.”

After supper he took the cup.

Again he gave you thanks, and gave it to his disciples, saying
“Drink this, all of you: this is my blood of the new covenant,
Which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.”

Great is the mystery of faith.

MEMORIAL ACCLAMATION

Save us, Sav-ior of the world, for by your Cross and
Res-ur - rec - tion you have set us free.

The musical notation is in G major (one flat) and 4/4 time. The melody is simple and hymn-like, with a final cadence on a whole note.

Text: ICEL, © 2010
Music: Mass of Mercy, Lori True, © 2014 GIA Publications, Inc.

God of wilderness and God of promised land,
through this meal strengthen us to keep our Lenten fast.
With your Spirit, bless this bread and this wine,
that they may be for us the body and blood of our Lord Jesus.
Send your Holy Spirit upon us as we remember Jesus' saving passion;
transform our insatiable desire into hunger for the feast of this table.
With your mighty hand and outstretched arm,
uphold all those enduring trials
and any who know their life is at stake.
Be with your children who are heavy laden,
and all who labor beneath the misuse of power by another.
Amid all our temptations, shape us to be faithful to your kingdom first,
until the day when in your resurrection there is one life,
one sharing, one holy communion among all for ever:
Creator, Son, and Holy Spirit.

AMEN

A - men, a - men,
a - men, a - men.

The musical notation is in G major (one flat) and 4/4 time. It features a simple melody for the word 'Amen' repeated twice.

Music: Mass of Mercy, Lori True, © 2014 GIA Publications, Inc.

BREAKING BREAD AND INVITATION

This is the bread of life,
come from heaven.
Into our hands which have clutched at stones,
we now take the feast.
God's sustaining gifts for God's hungry and thirsty people.

COMMUNION

Please come to the table, whether you are single, married or divorced, drinking, using or sober, abled, disabled, or ill, gay, straight, or discovering, wealthy, getting by or in debt. Christ meets us all.

We approach the altar beginning with those sitting in the last rows; they shall be first. Approach the rail from the left aisle and take a cup; used cups go on the tray on the right. You may receive only bread, only wine, or both. Our Eucharistic bread is handmade and robust. If you prefer a wafer, please tell your server.

Receiving the bread and wine is the central act of worship in the Episcopal Church.

MUSIC

“Blessed are the Humble,” Graham Kendrick

“There Is None Like You,” Lenny LeBlanc.

THANKSGIVING

We stand.

Let us pray.

God of Moses, God of Jesus:

you have given us bread from heaven

to nourish our faith, increase our hope,

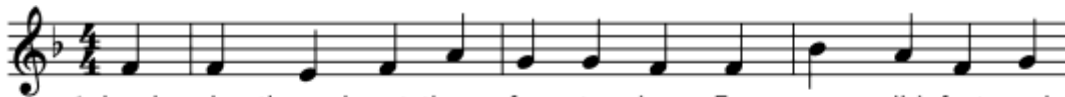
strengthen our love, and sustain us on the journey.

Teach us to hunger for him who is the true and living bread,

and help us to live by the Word that proceeds from your lips

and finds footing in our hearts. Amen.

CLOSING HYMN *Verses 1, 2*



1. Lord, who through-out these for - ty days, For us did fast and
2. As you with Sa - tan did con - tend, And did the vic - t'ry
3. As you did hun - ger bear and thirst, So teach us, gra - cious
4. And through these days of pen - i - tence, And through your Pas - sion -
5. A - bide with us that when this life Of suf - fer - ing is



1. pray, Teach us with you to mourn our sins, And close by you to stay.
2. win, O give us strength in you to fight, In you to con - quer sin.
3. Lord, To die to self, and al - ways live By your most ho - ly word.
4. tide, For - ev - er - more, in life and death, O Lord, with us a - bide.
5. past, An Ea - ster of un - end - ing joy We may at - tain at last!

Text: CM; Claudia F. Hernaman, 1838–1898, alt. Music: *The Whole Psalmes in Foure Partes*, 1563, alt.

SENDING

Journeying with you, Creator God,
is to journey in your world
full of marvels and harsh beauty,
to glimpse eternity in the sky and the desert,
to feel the earth and rock beneath our feet.

Amen.

Journeying with you, brother Jesus,
Is to journey with your friends,
to meet and travel a while together,
then part at the intersections,
knowing you are with us all.

Amen.

Journeying with you, Holy Spirit,
is to journey with the wind,
to move to your wild music,
to sing your song so others may hear.

Amen.

Go in peace to love and serve Christ.
Thanks be to God.

POSTLUDE

“Lord Have Mercy on My Soul,” Jesse Milnes.

SOURCES

Gathering, Confession, Offertory and Blessing - *Feasting on the Word® Worship Companion*, ©2015, Westminster John Knox Press.

Prayer of the Season - The Reverend Megan Nickles, St. John's Episcopal Church, Powell.

Intercessions - adapted by Nickles from The Reverend Christine Sobania Johnson, <http://freshlysqueezedliturgy.blogspot.com/>

Affirmation - Pat Bennett, *Walking in the Wilderness*, © 2007 Wild Goose Publications, Glasgow and at ionabooks.com.

Eucharistic Prayer, Nickles, sourced in part from *Eucharistic Prayers* by Samuel Wells and Abigail Kocher, © 2013 Wm B. Eerdmans Publishing Co., Grand Rapids, Michigan.

Sending - “Pilgrimage is a Circular Route,” Kathryn Potts, & Members of Churches in Northumberland, ©2016, Wild Goose Publications, Glasgow and at ionabooks.com.