



Welcome everyone as we set out on the journey of Lent. This Lent we will consider Jesus' invitation to drink from the well of life-giving water. Throughout Lent, there are several opportunities in the parish and in the community for us to take advantage of as we consider ways in which we may grow spiritually.

On this First Sunday of Lent, we learn of Jesus being driven into the desert by the Spirit for 40 days. Christ knew the prophecies of the Hebrew Bible. He knew the spirit of his times and what it would mean to choose the mission before him. The desert

is a place where he is both tempted and strengthened for the mission that lay before him.

The absence of water can be like an arid desert fraught with danger. Life's deserts can come in many forms. It might be those times in our lives when we have to be alone to wrestle with ourselves, our demons, our values, to shed some tears, feel the bite of thorns, taste the dryness of decision – as Christ did at the beginning of his public life.

Our experience of the desert may be "forty days" or even longer, due to avoidance, fear or other reasons. But God does come to us in our deserts and God will give us the strength to wrestle through our temptations to trust him and to have the strength to walk into the future in confidence.

Do take advantage of the various Lenten programs that are available in the parish. They can be like an oasis in the desert of our lives. I invite you to take the plunge and join in. Have a great week. *Father Michael+*

St. John's Anglican Church

Lunenburg, Nova Scotia

Rector: The Rev. Michael H. Mitchell

*To all who mourn or need comfort,
To all who are weary and need rest,
To all who seek friendship,
To all who desire to grow in relationship with God
To all who yearn to pray,
To all who need a Saviour, And to all whoever will worship,
This Church of St. John's opens wide its doors
and in the name of Christ our Lord, says - WELCOME.*

LAY MINISTERS TODAY
Lay Readers: 8:30 am Barbara Eisenhauer
10:30 am Robert MacMillan, Susan MacMillan, Sheila Morris
Lectors: 8:30 am Maureen Moffatt, Carolyn Hogg
10:30am Heather Eisenhauer, Lillian Keeping; **Server:** Aisling Curtin
Sidespersons: 10:30 am Heather & Oran Hyson

NEXT SUNDAY MARCH 16TH
Lay Readers: 8:30 am Barbara Eisenhauer
10:30 am Sharon Green, Holly Mitchell, Heather Hyson
Lectors: 8:30 am Cathy Ramey, Laura Roblee
10:30 am Sharon Green, Ann Grandy; **Server:** Aisling Curtin
Sidespersons: 10:30 am Catherine Hanhams, Lillian Keeping

The Holy Eucharist

Throughout Lent, our Service music will focus on the penitential, the *Kryie Eleison*, the Psalm and the *Agnus Dei*.

Prelude: Herr Jesu Christ, dich zu uns wend BWV 709 - J.S. Bach

Announcements

Please stand for the Processional Hymn

Hymn #381 'Praise My Soul'

The Gathering of the Community

Celebrant The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

Celebrant Almighty God,
All to you all hearts are open,

all desires known,
and from you no secrets are hidden.
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.



The Collect of the Day

Let us pray. *The community prays silently. The celebrant says the collect.*

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord. Amen.

The Proclamation of the Word

A READING FROM THE BOOK OF GENESIS

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. The Word of the Lord. **Thanks be to God.** GENESIS 2:15-17; 3:1-7

Psalm Refrain: Lord, forgive the wrong I have done.



Lord, for - give the wrong I have done.

Happy are they whose transgressions are forgiven, and whose sin is put away! Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile! **R**

While I held my tongue, my bones withered away, because of my groaning all day long. For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer. **R**

Then I acknowledged my sin to you, and did not conceal my guilt. I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin. **R**

Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them. You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance. **R**

"I will instruct you and teach you in the way that you should go; I will guide you with my eye. Do not be like horse or mule, which have no understanding; who must be fitted with bit and bridle, or else they will not stay near you." **R**

Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord. Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart. **R** PSALM 32

A READING FROM THE LETTER OF PAUL TO THE ROMANS

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. ROMANS 5:12-19

The Word of the Lord. **Thanks be to God.**

Gospel Acclamation #175 'Forty Days and Forty Nights'

The Gospel

Reader The Lord be with you. People **And also with you.**

**The Holy Gospel of Our Lord Jesus Christ According to Matthew
Glory to you, Lord Jesus Christ.**



Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God

to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him. MATTHEW 4:1-11

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

Sermon

The Apostles Creed We confess the faith of our baptism, saying, **I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

The Prayers of the People

Please kneel or sit for the prayers. **Response: Lord, have mercy upon us.**

Confession and Absolution

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Silence is kept.

Most merciful God,
All **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

Celebrant

Almighty God have mercy upon you,
pardon + and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord. **Amen.**

The Peace *All stand, and the celebrant addresses the people.*

The peace of the Lord be always with you.

And also with you. *The assembly greets one another.*

The Celebration of the Eucharist

The Preparation of the Gifts

Offertory Hymn #352 'Amazing Grace'

*We welcome to our Eucharist the Sunday School children and teachers.
Representatives of the parish present the gifts of bread and wine for the
Eucharist. Each one as they are able, makes an offering to the Lord for the
needs and responsibilities of the Church to be placed on the altar.*

The Prayer over the Gifts *Read by celebrant.*

Lord our God, in these humble signs of bread and wine your Son
Jesus comes among us to help us serve you and the people. May he
overcome in us and in the world the temptation to be rich, powerful
and influential rather than good and just. May we learn from him to
do your will and seek your happiness, for you are our God for ever.
Amen.

The Great Thanksgiving - Eucharistic Prayer

The Lord be with you. **And also with you.**
Lift up your hearts. **We lift them to the Lord.**
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

Preface for Lent

Blessed are you, gracious God, creator of heaven and earth; we give you
thanks and praise through Jesus Christ our Lord, who was tempted in
every way, yet did not sin. By his grace we are able to triumph over
every evil, and to live no longer for ourselves alone, but for him who died
for us and rose again. Therefore with angels and archangels and all who
have served you in every age, we raise our voices to proclaim the glory
of your name.

**Holy, holy, holy Lord,
God of power and might,**

**heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We give thanks to you, Lord our God, for the goodness and love you
have made known to us in creation; in calling Israel to be your people; in
your Word spoken through the prophets; and above all in the Word
made flesh, Jesus your Son. For in these last days you sent him to be
incarnate from the Virgin Mary, to be the Saviour and Redeemer of the
world. In him, you have delivered us from evil, and made us worthy to
stand before you. In him, you have brought us out of error into truth, out
of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he
freely accepted, our Lord Jesus Christ took bread; and when he had
given thanks to you, he broke it, and gave it to his disciples, and said, "
Take, eat: this is my body which is given for you. Do this for the
remembrance of me."

After supper he took the cup of wine; and when he had given thanks,
he gave it to them, and said, "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.
Whenever you drink it, do this for the remembrance of me."

Let us proclaim the mystery of faith.

Dying you destroyed our death.

Rising you restored our life. Lord Jesus, come in glory.

We offer our sacrifice of praise and thanksgiving to you, Lord of all;
presenting to you, from your creation, this bread and this wine. We pray
you, gracious God, to send your Holy Spirit upon these gifts, that they
may be the sacrament of the body of Christ and his blood of the new
covenant. Unite us to your Son in his sacrifice, that we, made acceptable
in him, may be sanctified by the Holy Spirit. In the fullness of time,
reconcile all things in Christ, and make them new, and bring us to that
city of light where you dwell with all your sons and daughters; through
Jesus Christ our Lord, the firstborn of all creation, the head of the
Church, and the author of our salvation; Through him, with him and in
him, in the unity of the Holy Spirit, all glory and honour are yours,
almighty Father, now and for ever. **Amen.**

The Lord's Prayer

**Our Father, who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread And forgive us our trespasses,
as we forgive those who trespass against us. And lead us not into
temptation, but deliver us from evil. For thine is the kingdom, the
power, and the glory, for ever and ever. Amen.**

The Breaking of the Bread

The celebrant breaks the consecrated bread for distribution, and says:

We break this bread,

Communion in Christ's body once broken.

Let your Church be the wheat which bears its fruit in dying.

**If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

The Gifts of God, for the people of God.

Thanks be to God.

The celebrant and people then receive communion.

The body of Christ (given for you). The blood of Christ (shed for you).

The communicant responds each time, **Amen.**

This community of faith,
welcomes to the Lord's table
all who are baptized and who wish to be nourished
with the Body and Blood of Christ.

LAMB OF GOD

CANTOR: ALL:

Lamb of God, you take a - way the sins of the

world: have mer - cy on us.

Final

world: — grant us peace, — grant us peace.

During Communion, hymns may be sung and silence may be kept.

Communion Hymn #179 'Tree of Life and Awesome Mystery'

Prayer after Communion

Let us pray. Standing, the community prays in silence.

Faithful God, your Son Jesus was faithful to you and his mission, even at the cost of his life. May we go his way of loyal love to You and to our brothers and sisters. May we always choose you and life rather than sin and death and prefer the good of those around us above our selfish interests, as Jesus did. For he is Your Son, who lives with You and the Holy Spirit, one God for ever and ever. **Amen.**

Doxology

Glory to God,

whose power, working in us,

can do infinitely more than we can ask or imagine.

**Glory to God from generation to generation, in the Church
and in Christ Jesus, for ever and ever. Amen.**

Blessing & Dismissal

Christ give you grace to grow in holiness,

to deny yourselves, take up your cross, and follow him;

and the blessing of God almighty, Father + Son, and Holy Spirit,
be with you now and remain with you always. **Amen.**

Go in peace to love and serve the Lord.

Thanks be to God.

Closing Hymn #180 'Giver of the Perfect Gift'

Postlude: Herr Jesu Christ, dich zu uns wend BWV 726- J.S. Bach

NOTICES

A Lenten Gospel Journey: Three stories of Jesus' Ministry in the Gospel of John. This Bible reflection series will take place Sundays March 16, 23 & April 6 after both Sunday services. All are welcome to participate. If anyone wishes to contribute by providing 1 dozen muffins or other breakfast pastries for these sessions please call Louis at 527-0122 or Mary at the parish office: 634-4994. See you there!

MUSIC ANNOUNCEMENTS:

All are invited to attend Music and Meditation - half hour musical presentations that will take place here in the sanctuary each Wednesday at noon through out Lent. **March 12** - Garth MacPhee, organ

Our fourth annual '**Sheer Joy of Singing**' Workshop will take place on **March 15 at 10 am** and continue to 12:30 pm. Guest conductor this year is CBC Radio's Choral Concert host and King's Chorus/Capella Regalis director, **Nick Halley.**

Using Paul Halley and Paul Winter's *Missa Gaia*, or *Earth Mass*, as the base for the workshop, Nick will delve into the intricate rhythms and jazzy chords of the piece in his usual charismatic and informative manner, offering expert singing techniques in a relaxed and engaging atmosphere. Members of church, community and high schools choirs are welcome to participate in the workshop.

Tickets to the workshop are \$10 - please reserve by contacting Ruth at 634-9994. Breakfast goodies will be served at break time and hosted by members of St. John's Chancel Choir and Music Committee.

The *Earth Mass* performance takes place on Friday, March 21 at 7:30 pm at St. John's Church - \$20, advance; \$25 at the door. Attendance to our workshop on March 15 is free to those planning to attend the concert. Please speak to Barbara if you would like more information.

WHY GIVE UP STUFF FOR LENT?

Life, we come to understand, is not only about joy. It is about the power to endure what is not joyful as well.

I remember quite clearly the day in grade school when my teacher put a large box on the corner of her desk and posters of starving children around the room. Lent was coming, she explained to us. We should give up candy and put the candy money we saved in the box for the missions. These were the poster children we should be sacrificing to save.

It was a child's catechetical exercise, yes, but it carried with it spiritual messages enough to last for a lifetime. Clearly, we were being put on notice. There were things in life, other people in life, for which each of us was responsible, however young we were and whether we had any association with them or not. There were things in life so important, it seemed, that we would need to give up some things for ourselves in order to take care of the needs of others. And it all had something to do with God.

When you're young, the act of giving something up for Lent is an epochal moment. It involves a complete reevaluation of what it means to be human. If life is not about permanent and continual self-satisfaction, what is it about? And why? How is it that the notion of bridling the self can be as important as satisfying the self?

What becomes even clearer as the years go by is that this understanding of penance and sacrifice as part of what it means to be a spiritual person is one of the most ancient traditions in religious history. It is common to all religions; it is thousands of years old.

It is not that good things must be forsaken; it is that they must be indulged in with balance. The Talmud says that "If a person has the opportunity to taste a new fruit and refuses to do so, he will have to account for that in the next world." The ascetic lives with the spiritual awareness that choosing between the good and the better is the discipline that makes us the best of what we set out to be. Asceticism is not about giving things up for their own sake. It is as much about achieving more life-another kind of life-as it is about giving it up.

from The Liturgical Year by Joan Chittister (Thomas Nelson)

Parish Contacts	
RECTOR Father Michael Mitchell • rectorlunenburg@eastlink.ca 634-8477 WEBSITE: www.stjohnslunenburg.org	
SECRETARY Mary Wagner • PARISH OFFICE: 634-4994 • FAX: 634-4231 stjohnslunenburg@eastlink.ca	
PRIEST ASSISTANT Rev. Louis Quennelle • 527-0122	
HONORARY ASSOCIATES Rev. Capt. Reg MacDonald • 634-4657, Rev. Linda Macdonald • 634-9473; Rev. Oliver Osmond • 634-8589 Rev. Alvin Westgate • 640-2484	
PARISH WARDENS	
Wayne Dodge 634-4885 • Bruce Holdbrook 634-3510	
DIRECTOR OF MUSIC/ ORGANIST Barbara Butler 624-0506 HAND BELLS Sharon Hill 634-8781 HONORARY ORGANIST James Aulenbach CHIMER Peter Allen 634-4668 TREASURER Cammy Tibbo 530-6034 ALTAR GUILD Joyce Creaser 634-4635 PASTORAL VISITATION PRAYER & HEALING MINISTRY Holly Mitchell 634-8477 SPIRITUAL DEVELOPMENT Louis Quennelle 527-0122 HERITAGE Roger Demone 543-5753 MUSIC Jane Ritcey Moore 275-4834 PROPERTY LADIES' GUILD Susan MacMillan 634-3019 ACW Barbara Nowe 634-4473 ACW CATERING Patty Tanner 543-3474 LAY READERS Roger Demone 543-5753 SERVERS Sheila Morris 634-3713 SUNDAY SCHOOL & NURSERY Jennifer Green-Heisler 640-2088	TOUR PROGRAM Peter Allen 634-4668 CONGREGATIONAL DEVELOPMENT Mary Meisner 634-8429 FOOD BANK Laura Roblee 521-4823 MEALS ON WHEELS Hazel Oliver 634-3236 PLANNED GIVING Jim Eisenhauer 634-4713 PWRDF Katherine Owen 273-2279 REGIONAL COUNCIL Velvet Eliuk, Mary Meisner, Betty Lou Olivier SYNOD DELEGATES Robert MacMillan, Mike Lee, Katharine Owen CHURCH SEXTON Ryan Francis 521-5595 HALL CUSTODIAN Bruce Holdbrook 634-3510 NEWSLETTER Janice & Brian Kenefick 764-2145 WEBSITE Grant Dixon 640-2897