

LOVE LIFE  
LIVE  LENT  
TRANSFORM YOUR WORLD



Welcome everyone on this First Sunday in Lent. The story of Lent is the unfolding of Jesus' great love for all God's people. Lent begins with Jesus going into the desert. We too, are called to the desert!

Experience teaches us that we all have our deserts – those times in our lives when we have to go apart (even if it is only in our heads or beds at 3 a.m.) 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.

Christ knew the prophecies of the Hebrew Bible. He knew the spirit of his times and what it might mean for him to chose the mission before him. The Spirit leads him into the desert, where he is both tempted and strengthened for mission.

In the personal deserts in our lives, God gives us the strength to wrestle through to trust, blesses us with rainbows, and gives us the bread and wine of the Eucharist to hearten our way.

Each Wednesday throughout Lent, there are a number of opportunities for spiritual growth, the 10am Wednesday Eucharist, the 11am Lenten Café and the noontime music and meditation. We hope that you will be able to take in some of these opportunities. Have a great week. *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, Roger Demone  
Lectors: 8:30 am Maureen Moffat, Laura Roblee  
10:30am Katharine Owen, Ann Perry Server: Aisling Curtin  
Sidespersons: 10:30 am Jim & Viola Green

**NEXT SUNDAY MARCH 12<sup>th</sup>**  
Lay Readers: 8:30 am Barbara Eisenhauer  
10:30 am Kevin Skinner, Sharon Green  
Lectors: 8:30 am Ben Smith, Roxie Smith  
10:30 am Server: Margaret Shirley, Kevin Skinner Aisling Curtin  
Sidespersons: 10:30 am Mike & Denyse Lee

# The Holy Eucharist

## in Traditional Language

Sung Setting by John Merbecke, #677ff, found in Common Praise

Prelude: Prelude in D – J. S. Bach

Please stand for Processional Hymn

Processional Hymn # 628 O Love, How Deep, How Broad, How High

## The Gathering of the Community

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

All And with thy spirit.

Almighty God,

All unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.

## The Summary of the Law

Our Lord Jesus Christ said: hear, O Israel, the Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength.

This is the first and great commandment and the second is like unto it: thou shalt love thy neighbour as thyself.

On these two commandments hang all the law and the prophets.

(Sung) # 677 CP

Lord, have mercy upon us, and write both these thy laws in our hearts, we beseech thee.

Kyrie Eleison # 678 CP

Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

## Children's Time

## The Collect of the Day

Celebrant 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, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

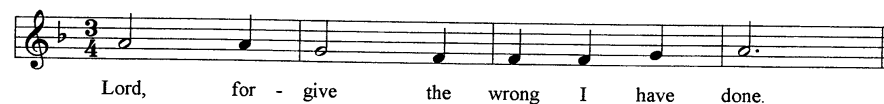
## The Proclamation of the Word

### 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.

GENESIS 2:15-17; 3:1-7 The Word of the Lord. Thanks be to God.

Psalm 32 Refrain: Lord, forgive 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 Hymn # 372 Praise to the Holiest in the Height  
The Gospel The Lord be with you. People And with thy Spirit.



THE HOLY GOSPEL OF OUR LORD JESUS CHRIST  
ACCORDING TO MATTHEW  
People 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 be to thee, O Christ.

#### Sermon

#### INSTALLATION OF PARISH COUNCIL FOR 2017

Please refer to blue insert

#### The Prayers of the People

Please kneel or sit for the prayers.

Response: Lord, have mercy upon us.

#### Confession and Absolution

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God.

Silence is kept. The celebrant and people say together,  
Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: + have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting 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.  
People And also with you.  
The assembly greets one another in the name of the Lord.

## The Celebration of the Eucharist

### The Preparation of the Gifts

#### Offertory Hymn

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.

#### In Christ Alone – Townend/Getty

In Christ alone my hope is found; He is my light, my strength, my song;  
This cornerstone, this solid ground, Firm through the fiercest drought  
and storm. What heights of love, what depths of peace, When fears are  
stilled, when strivings cease!  
My comforter, my all in all— Here in the love of Christ I stand.

In Christ alone, Who took on flesh, Fullness of God in helpless babe!  
This gift of love and righteousness, Scorned by the ones He came to save.  
Till on that cross as Jesus died, The wrath of God was satisfied;  
For ev'ry sin on Him was laid— Here in the death of Christ I live.

There in the ground His body lay, Light of the world by darkness slain;  
Then bursting forth in glorious day, Up from the grave He rose again!  
And as He stands in victory, Sin's curse has lost its grip on me;  
For I am His and He is mine— Bought with the precious blood of Christ.

No guilt in life, no fear in death— This is the pow'r of Christ in me;  
From life's first cry to final breath, Jesus commands my destiny.  
No pow'r of hell, no scheme of man, Can ever pluck me from His hand;  
Till He returns or calls me home— Here in the pow'r of Christ I'll stand.

#### 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 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, through Christ our Lord. Amen.

## The Great Thanksgiving - Eucharistic Prayer

The Lord be with you. And with thy Spirit.  
Lift up your hearts. We lift them up unto the Lord.  
Let us give thanks unto our Lord God. It is meet and right so to do.  
It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things. Through Jesus Christ our Lord, the Light of the world, who, in substance of our mortal flesh, manifested forth his glory, that he might bring us out of darkness into his own marvellous light. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and singing:

#### All # 683 CP

Holy, holy, holy, Lord God of hosts,  
heaven and earth are full of thy glory.  
Glory be to thee, O Lord most high.  
Blessed is he that cometh in the name of the Lord:  
Hosanna in the highest.

All glory be to thee, O Lord our God, who didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again; who, in the same night that he was betrayed, took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my body, which is given for you. Do this in remembrance of me." Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my blood of the new covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory. And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the body and blood of thy dearly-beloved Son Jesus Christ.

All We praise thee, we bless thee, we thank thee,  
and we pray to thee, Lord our God.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this holy communion may worthily receive the most precious body and blood of thy Son Jesus Christ, and be filled with thy grace

and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Spirit all honour and glory be unto thee, O Father Almighty, world without end. Amen.

### The Lord's Prayer

With Jesus our Lord let us pray to our Father in heaven,

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 do not presume to come to this thy table, O merciful Lord,  
Trusting in our own righteousness, But in thy manifold and great  
mercies. We are not worthy So much as to gather up the crumbs  
under thy table. But thou art the same Lord, Whose property is always  
to have mercy: Grant us therefore, gracious Lord, So to eat the flesh of  
thy dear Son Jesus Christ, And to drink his blood,  
That we may evermore dwell in him, And he in us. Amen.

- Lamb of God, that takest away the sin of the world:  
have mercy upon us.
- Lamb of God, that takest away the sin of the world:  
have mercy upon us.
- Lamb of God, that takest away the sin of the world:  
grant us thy peace.

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.*

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

Communion Anthem 'Taste and See' - Moore

### Announcements

### Prayer after Communion

Celebrant 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

Celebrant 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

May the peace of God which surpasses all understanding,  
keep your hearts and minds in the love and peace of God  
and of his Son, Jesus Christ..  
And the blessing of God almighty, the Father, + the Son,  
and the Holy Spirit be amongst you and remain with you always. Amen.  
Go in peace and let your light shine as you serve the Lord.  
Thanks be to God.

Recessional Hymn # 5 Christ Whose Glory Fills the Skies

Postlude: Solfeggietto – C.P.E. Bach

### NOTICES

Wednesday 10am Mid Week Eucharist  
Wednesday Lenten Café , 11am at Zion Lutheran Church  
Music and Meditation – Wednesday, March 8 at noon  
Sharon Gow Knickle, piano; Ifan Williams, cello  
All are welcome to attend

Daily Prayer Booklets are available at the back of the church. A donation of \$2.00 will cover the cost of these books.

GREAT FREE LENTEN PRAYER AND MEDITATION RESOURCE FROM PWRDF available at: <http://pwrdf.org/resources/seasonal/>

Diocesan Cycle: Pray for the Retired Clergy in Cape Breton Region: The Reverend Canon Fev Arnold and Joyce The Rev. Gordon Granchelli and Georgina, The Rev. Dennis Hayward and Deb, The Rev. Glen Kent and Glenda, The Rev. Weldon Smith. Clergy Widows: Mrs. Florence Burton Mrs. Jean Mitchell, Mrs. Eleanor Pyke, Mrs. Laurie Wainwright, Local Ministerial: The Congregation of St. John's Anglican Church and Fr. Michael Mitchell and Holly. Fisheries: Adams & Knickle - Freedom 99; Ocean Choice - Destiny; Clearwater - Atlantic Preserver; Tall Ship - Sorlandet.

### SUNDAY SCHOOL DUTY LIST FOR THIS SUNDAY

Nursery..Chasity Spindler...Assistants- Nikki Saunders and Laura Eisner  
Grade One...Sherry Skinner...Assistant- Brooke Nodding  
Grade Two...Christina Bower-Assistant Alex Payne  
Upper Class....Christina Pottie.  
There will be a Sunday School Meeting this week 9:30 am in the Zinck Room.

### SUNDAY SCHOOL AND PARISH LENTEN PROJECT

The Sunday School students would like to encourage the parish members to take part in their Lenten Activity of Giving. At the end of the 10:30 service black garbage bags with a note attached will be distributed to parish members. Over Lent we encourage you to find one item in your household to donate per day. If you cannot find an item perhaps you could place a non perishable food item in it. The bags will be collected at Easter and sorted by the Sunday School students. Items will then be distributed to community organizations throughout the area.



Have a blessed week and we look forward to welcoming you back next Sunday.

### Parish Contacts

RECTOR: Rev. Fr. Michael H. Mitchell  
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• louisq@eastlink.ca  
HONORARY ASSOCIATES: Rev. Linda Macdonald • 634-9473, Rev. Oliver Osmond • 634-8589, Rev. Alvin Westgate • 640-2484

### PARISH WARDENS

Duncan Crowdis 902-521-9724 • Blake Starratt 902-644-3555  
• Robert MacMillan 902-527-0122

### CHAIR OF PARISH COUNCIL

(to be determined)  
ORGANIST/CHOIR DIRECTOR  
Barbara Butler 902-624-0506  
HAND BELLS Sharon Hill 902-634-8781  
HONORARY ORGANIST James Aulenbach  
CHIMER Peter Allen 902-634-4668  
TREASURER Dan Sargeant 902-  
ALTAR GUILD Maureen Moffatt,  
Ann Grandy, Barbara Simonds  
PASTORAL VISITATION  
PRAYER & HEALING MINISTRY  
Holly Mitchell 902-634-8477  
SPIRITUAL DEVELOPMENT  
HERITAGE Roger Demone 902-543-5753  
MUSIC Jane Ritcey Moore 902-275-4834  
PROPERTY Wayne Dodge 902-634-4885  
LADIES' GUILD  
Susan MacMillan 902-634-3019  
ACW Barbara Nowe 902-634-4473  
ACW CATERING Patty Tanner 543-3474  
LAY READERS Roger Demone 543-5753  
SERVERS Sheila Morris 902-634-3713

### SUNDAY SCHOOL & NURSERY

Rena Demone 902-634-9644  
TOURS Peter Allen 902-634-4668  
CONGREGATIONAL DEVELOPMENT  
Mary Meisner 902-634-8429  
FOOD BANK Laura Roblee 902-521-4823  
MEALS ON WHEELS Laura Roblee  
902-521-4823, Barbara Simonds 902-634-3319  
PLANNED GIVING  
Jim Eisenhauer 902-634-4713  
PWRDF  
REGIONAL COUNCIL  
Mary Meisner, Betty Lou Olivier  
SAFER CHURCH  
Duncan Crowdis 902-640-2214  
SYNOD DELEGATES  
Holly Mitchell, Mary Wagner  
CUSTODIAN Paul Woodley 902-212-1890  
SEXTON Paul Woodley 212-1890  
NEWSLETTER  
Janice & Brian Kenefick 902-764-2145  
WEBSITE Grant Dixon 902-640-2897