

The Holy Eucharist

March 1, 2026

Second Sunday in Lent / Year A, Rite II

St. Antony of Egypt Episcopal Church

Celebrant: The Rev. Hillary Kimsey
Music Director: Joann Richardson
Acolytes: Cris McCarty

Livestream Producer: Guy Fulton
Eucharistic Minister: Peter Stockwell
Lectors: Sarah Rogers, Stu Smith

Welcome to St. Antony's. Our Eucharistic celebration is offered both in person and is livestreamed on Facebook. You will find our livestream at <https://www.facebook.com/saintantony/> For those worshipping in person, the use of facemasks is optional and we encourage respect for each person's choice to remain as healthy as possible.

Our service includes both a prelude and a postlude offering. We ask that you use this time in quietness to prepare for our celebration of God's unconditional love for each of us and as an opportunity to give thanks as well as to show our respect for our musicians.

We have been entrusted to be caretakers of this beautiful piece of God's creation. We acknowledge that the Suquamish and S'Klallam people are the traditional stewards of the land on which our buildings stand and we pay our respect to their people and heritage.

Welcome

Prelude

Opening Hymn *"The God of Abraham praise"* Hymnal 401

Salutation

The Celebrant says to the people

Blessed be the God of our salvation.
Who bears our burdens and forgives our sins.

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart with all your soul, with you're your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

Confession of Sin

The Celebrant says:

Let us confess our sins to God.

Silence may be kept

Minister and People

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Absolution

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Kyrie (sung) “Trisagion” (sung 3 times) S-120



Ho - ly God, Ho - ly and Might-y, Ho - ly Im-mor-tal One, Have mer - cy up-on us.

Collect of the Day

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

The First Reading – Genesis 12:1-4a

The Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and

make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him.

Hear what the Spirit is saying to God's People.

Thanks be to God.

Psalm 121

Levavi oculos

Psalm tone 414

Robert Knox Kennedy
(b. 1945)



© 1979, Robert Knox Kennedy.

1 I lift up my eyes to the/ hills; *
from where is my help to/ come?

2 My help comes from the/ Lord, *
the maker of heaven and/ earth.

3 He will not let your foot be/ moved *
and he who watches over you will not fall asleep.

4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

5 The Lord himself watches over you; *
the Lord is your shade at your right hand,

6 So that the sun shall not strike you by day, *
nor the moon by night.

7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

8 The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

The Second Reading – Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Hear what the Spirit is saying to God’s People.

Thanks be to God.

Sequence Hymn **“A Man Named Nicodemus”** (sung to St Christopher Hymnal-498)
(Verse 1 & 2 before the Gospel; verse 3 after)

A Man Named Nicodemus

Susan H. Peterson (1999)

Frederick Charles Maker (1844-1927)



1. A man named Ni - co - de - mus to Je - sus came one night.
2. Then Ni - co - de - mus ques - tioned, Re - born, how can this be?
3. As Mo - ses in the de - sert did lift the snake up high,



He said, We know you've come from God; your won - ders show His might.
For sure - ly none can to the womb re - turn and new life see.
the Son of Man must be raised up that men might live, not die.



In an - swer, Je sus did de - clare, Give heed, these words are true:
Je - sus re - plied, Flesh brings forth flesh, but like the blow - ing wind,
For God so loved this world of men, he gave his Son for us,



You can - not see God's king - dom come un - less you're born a - new.
The Spi - rit does give birth to spi - rit; thus man is born a - gain.
that we might have e - ter - nal life, if ____ we in Him do trust.

The Gospel Reading – John 3:1-17

Celebrant The Holy Gospel of our Lord Jesus Christ according to John.

People **Glory to you, Lord Christ.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a

second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Celebrant The Gospel of the Lord.

People **Praise to you, Lord Christ.**

Homily – Rev. Hillary Kimsey

The Nicene Creed (*said together, standing as you are able.*)

**We believe in one God, the Father, the Almighty
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God, begotten, not
made, of one Being with the Father.**

Through him all things were made.

For us and for our salvation, he came down from heaven:

by the power of the Holy Spirit he became incarnate from the Virgin Mary,

and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
And his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Prayers of the People

Leader I ask your prayers for those in the Armed Forces of our Country.

People O Almighty God, shelter the men and women of our armed forces under your mighty wings; steel their courage in times of peril; give them integrity and honor in all they do; grant perseverance and resilience to their families; and heal the wounded warriors. We remember those who are deployed, especially *Nicole Steller* through Jesus Christ our Lord. Amen.

The Prayers of the People Adapted from “Hear our Prayer” by Jon White and Lisa Graves

Leader

Heavenly Father, fill all those who lift their hearts to you with a spirit of rebirth, that we might find your joy and pour it out for others in your name. Answer us as we say, Lord in your mercy, hear our prayer.

We pray for the church universal, and especially for Phil our Bishop and Hillary our Vicar, for our understanding of your holy word to increase and our ability to live the life of service you demand of us to be a source of peace and joy. Lord in your mercy, **hear our prayer.**

We pray for all nations, that all governments, authorities, and leaders, especially Donald our President and Bob our Governor, might sacrifice their own desires and power to benefit those with no power. May we become united in our work toward peace, security, and service to the least of these.

Lord in your mercy, **hear our prayer.**

We pray for the world itself, for this earth and all your creation, that we may all work together to repair the harm we have done and to discover new, more sustainable ways of life.

Lord in your mercy, **hear our prayer.**

We pray for those who suffer, for those in trouble and despair, for those who are ill and frightened, for those who are grieving, anxious or hopeless. We pray that those in greatest need may feel you close about them. Lord in your mercy, **hear our prayer.**

We pray for our own lives and the needs of those we love. We pray for those we do not know and for those we have neglected or harmed. Be mercifully present to us all.

Lord in your mercy, **hear our prayer.**

We pray for the departed, for those who are dying and for all those who watch and wait with them. May light perpetual and joy unending be theirs to claim.

Lord in your mercy, **hear our prayer.**

In the World Anglican Communion we give thanks and pray for The Nippon Sei Ko Kai. In Jerusalem and the Middle East we give thanks and pray for All Saint's Community Church, Damascus, Syria. In our own Diocese of Olympia we give thanks and pray for St. Matthew's/San Mateo, Auburn; St. Michael's South Sudanese, Auburn. Lord in your mercy, **hear our prayer.**

Let us pray for the needs of others.

Prayer list is read

A brief silence is kept. The people may add their own prayers, silently or aloud.

Let us pray for peace to come to our hurting world.

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread

abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as beloved children of one God. For yours is the power and the glory, now and forever. Amen.

The Celebrant concludes

Lord, like Nicodemus we do not fully understand the mysteries of your love, and we sometimes willfully ignore the truth of your word. Bring us again into new life lived in you and share with us the joy of your eternal kingdom. To you, to the Son and to the Holy Spirit we pledge our lives. **Amen.**

The Peace

Celebrant: The peace of Christ be always with you.

People: **And also with you.**

The clergy and people greet one another in the name of the Lord, maintaining a respectful distance.

Birthdays and Anniversaries

Birthday Prayer - Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passes understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

Announcements

THE HOLY COMMUNION

OFFERTORY INSTRUCTIONS

The offertory plates are passed throughout the congregation by the ushers. Please accept the plate and pass it all the way down your row. When it comes to you, we invite you to use those few seconds to thank God for the blessings in your life and reflect on how you are giving back. Giving is never an obligation; it's always an invitation! We know that everyone gives as the Spirit leads, and that gifts of time and talent don't fit in the offering plate! We also know that many people give online or by the QR code above. (If so, feel free to place the "I Gave Online" card in the plate as it passes you.) So whether you have something to put in the plate today or not, this moment is just between you and God. If you simply pray "Thank you, God" each time you touch the offering plate, that is a powerful spiritual practice.

Choir Anthem “Remember your servants, Lord” 560



You can make a donation to the church by scanning the QR code above with your phone.

The Doxology (*sung*)

Praise God from whom all blessings flow; praise him, all creatures, here below; praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

The Great Thanksgiving

Eucharistic Prayer C

BCP, Page 361

When, facing the Holy Table, the Celebrant proceeds

Celebrant May God be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

When facing the Holy Table, the Celebrant proceeds

God of all power, Source and Sustainer of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your eternal Word, born of your servant, Mary, to fulfill your Law, opening for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus - “Holy, Holy, Holy Lord”

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.

Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

The people stand or kneel. Then the Celebrant continues

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, and gave it to his friends, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper, Jesus took the cup of wine, gave thanks, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

Celebrant and People

We celebrate Christ’s death and resurrection, as we await the day of his coming.

The Celebrant continues

Therefore, O God, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior.

Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

God of our ancestors; Redeemer and Mother of Israel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only and not for strength; for pardon only and not for renewal.

Accept these prayers and praises, Almighty God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

The Lord's Prayer (*spoken*)

Celebrant

And now, as our Savior Christ has taught us, we pray in the language of our hearts,

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, and the power, and the glory, for ever and ever. Amen.

Fraction Rite S-169

The musical score is written on a single treble clef staff. It begins with a rest followed by a double bar line and repeat sign. The lyrics are: "My flesh is food in - deed, and my blood is drink in - deed, says the Lord. My Lord. Those who eat my flesh and drink my blood dwell in me and I in them. My flesh is food in - deed, and my blood is drink in - deed, says the Lord." Above the staff, there are markings: "Cantor or Choir" above the first line, "1 All" above the second line, "2 Cantor or Choir" above the third line, and "All" above the fourth line. The music consists of quarter and eighth notes, with some phrases ending in a fermata.

Music: Ray W. Urwin (b. 1950). Copyright © 1984 by Ray W. Urwin. Used by permission.

COMMUNION INSTRUCTIONS

We invite all present to participate in this feast, regardless of where you are on your spiritual journey. Our table is open to all, as this is God's gift to all.

To receive the bread, please make a semi-circle around the altar; the ushers will guide you. You may kneel or stand. Cup your hands in front of you to receive the bread. For the wine, you may choose either to get a single-use compostable cup on your way to the altar, or to receive from the common cup. To do so, simply guide the chalice to your lips. If you prefer not to receive wine at all, communion in one kind is just as valid; simply cross your arms over your chest when the wine is offered to you, and the minister will say the words over you and move on.

To receive a blessing instead of communion, simply cross your arms over your chest when each element is offered to you.

*** If you would prefer to have communion brought to you for any reason, simply remain seated and let the usher know when your row is sent. The usher will alert the altar party, who will bring communion directly to you.*

Hand sanitizer can be found next to the hymnal and prayer books on the chair in front of you.

Communion Hymn "I to the hills will lift mine eyes" Hymnal 668

Postcommunion Prayer

Celebrant: Let us pray

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Blessing

Celebrant:

Bow down before the Lord.

The people may assume a solemn posture, such as kneeling or bowing their heads for a moment of silence.

The Celebrant then prays a solemn prayer over the assembly.

People: Amen.

Celebrant:

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you always. **Amen.**

Closing Hymn *“Lift high the cross”* Hymnal 473

Dismissal

Celebrant: Go in peace to love and serve the Lord.

People: Thanks be to God.

Postlude



Please join us for coffee hour after the service. Phil Bonderud and David Smith are our hosts today.

Happy Birthday!

03-02 William Rivers

03-04 David Wilkinson

03-04 Savannah Ramer

03-04 Scott Curry

03-05 Bob Richardson

Happy Anniversary!

03-03 – Mike & Zoe James

The Sanctuary Lamp is given today by Benny & Cheryl Wright in memory of their dear friend, Lucy Phipps.

Calendar of Events

- Sunday, Mar. 1*** ***8am – Holy Eucharist Rite 1***
9:00am – Episcopal 101
9:15 & 11:45 am – Choir Rehearsal
10:15am – Holy Eucharist Rite 2
10:15am – Teen Bible Study
- Wednesday, Mar. 4*** ***5:30pm – Lenten Soup Supper***
- Thursday, Mar. 5*** ***12:30pm - Bible Study***
- Sunday, Mar. 8*** ***8am – Holy Eucharist Rite 1***
9:00am – Episcopal 101
10:15am – Holy Eucharist Rite 2
6pm – Youth Group

***The mission of St. Antony's is to be a loving and welcoming people who worship God,
grow in Christ, and serve others:***

Gather, Grow, and Go!

St. Antony of Egypt Episcopal Church

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