

**FIRST SUNDAY IN LENT
+ The Holy Eucharist, Rite II +
March 1, 2020**



**THE EPISCOPAL CHURCH OF THE ASCENSION
726 First Avenue NW
Hickory, North Carolina**

Page numbers refer to the location of the text in the Book of Common Prayer. Hymn numbers refer to the Hymnal 1982.

Silent Processional

Hymn #504 "Come, Holy Ghost, our souls inspire"

Stanzas 1-4 are sung by the cantor and choir. The congregation joins in singing stanzas 5-9.

1. Come, Ho - ly Ghost, our souls in - spire, and light - en
 3. Thy bless - ed unc - tion from a - bove is com - fort,
 5. A - noint and cheer our soil - ed face with the a -

with ce - les - tial fire. 2. Thou the a - noint - ing
 life, and fire of love. 4. En - a - ble with per -
 bun - dance of thy grace. 6. Keep far our foes, give

Spi - rit art, who dost thy seven - fold gifts im - part.
 pet - ual light the dull - ness of our blind - ed sight.
 peace at home: where thou art guide, no ill can come.

7. Teach us to know the Fa - ther, Son, and thee, of
 both, to be but One, 8. that through the a - ges
 all a - long, this may be our end - less song:
 9. praise to thy e - ter - nal mer - it,
 Fa - ther, Son, and Ho - ly Spi - rit.

Words: Latin, 9th cent.; tr. John Cosin (1594-1672); para. of *Veni Creator Spiritus* Music: *Veni Creator Spiritus*, plainsong, Mode 8; acc. Charles Winfred Douglas (1867-1944) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

Exhortation

Celebrant: You then, who truly and earnestly repent of your sins, and are in love and charity with your neighbors, and intend to lead a 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.

Hear the commandments which God has given to his people, and examine your hearts.

I am the Lord your God: you shall have no other gods but me.

Amen. Lord, have mercy.

You shall not make for yourself any idol.

Amen. Lord, have mercy.

You shall not dishonor the name of the Lord your God.

Amen. Lord, have mercy.

Remember the Sabbath and keep it holy.

Amen. Lord, have mercy.

Honor your father and your mother.

Amen. Lord, have mercy.

You shall not commit murder.

Amen. Lord, have mercy.

You shall not commit adultery.

Amen. Lord, have mercy.

You shall not steal.

Amen. Lord, have mercy.

You shall not bear false witness against your neighbor.

Amen. Lord, have mercy.

You shall not covet anything which belongs to your neighbor.

Amen. Lord, have mercy upon us, and write all these your laws in our hearts.

Silence for reflection and self-examination.

Confession

Celebrant & People: Father eternal, giver of light and grace, we have sinned against you and against our neighbor, in what we have thought, in what we have said and done, through ignorance, through weakness, through our own deliberate fault. We have wounded your love and marred your image in us. We are sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and lead us out from darkness to walk as children of light. Amen.

For the first Sunday in Lent, we begin worship with an exhortation to repent of our sins and live in the grace and love of God.

We hear the 10 commandments, God's law given to Moses on Mt. Sinai in Exodus 19.

Together, we confess our sins to God and ask for forgiveness.

The Celebrant declares the forgiveness of our sins.

The “Kyrie” is a song of penitence used in Lent and Advent. It is a transliteration of the Greek phrase Κύριε ἐλέησον (“Lord, have mercy.”). This musical setting is based on Gregorian Chant, a form of sacred music named for Pope Gregory I, who is often credited with inventing the form, though it likely came about later in the 9th and 10th centuries.

The “Collect” is the Prayer of the Day, specific to this particular Sunday. It is inspired by today’s readings.

We hear the Word of God proclaimed in the readings from the Old and New Testaments.

Eating of the tree of the knowledge of good and evil

Absolution

Celebrant: Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who with heartfelt repentance and true faith turn to him: have mercy on 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.*

Kyrie

S – 86

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e
e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -
le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Collect of the Day

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

Let us pray. Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

The Old Testament

Genesis 2:15-17; 3:1-7

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.

Lector: The Word of the Lord.

People: Thanks be to God.

Silence

A bell will mark the beginning and ending of this silence.

The New Testament

Romans 5:12-19

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 judgment 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.

Lector: The Word of the Lord.

People: Thanks be to God.

Death came through one; life comes through one

During the hymn, the Gospel Book is brought out among the people, following the cross, representing the Word of God coming among the people. It is customary to face the cross as it moves.

Sequence Hymn #446 "Praise to the Holiest in the height" (St. 1-3)

Holy Gospel

Matthew 4:1-11

Deacon: The Holy Gospel of our Lord Jesus Christ according to Matthew.

People: Glory to you, Lord Christ.

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

The acclamation "Glory to you, Lord Christ" greet the Gospel, the words of Jesus, acknowledging his coming among us through his Word.

The temptation of Jesus in the wilderness for forty days

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 splendor; 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.
 Deacon: The Gospel of the Lord. *People: Praise to you, Lord Christ.*

Sequence Hymn #446 “Praise to the Holiest in the height” (St. 4-5)

Sermon

The Rev. Anita Ware

Nicene Creed

BCP 358

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

Please add your petitions aloud or in silence.

We also pray for:

The Universal Church, its members, and its mission

The Nation and all in authority

The welfare of the world

The concerns of the local community

Those who suffer and those in any trouble

The departed

The celebrant adds a concluding collect.

Peace & Announcements

BCP 360

The Nicene Creed was adopted in 325 by the First Council of Nicaea. The word “Creed” comes from the Latin “Credo”, which means “I believe.”

At the beginning of each liturgical season, we will create a new prayer list. If you would like to add a name to the list for the season of Lent, please email the office at ascensionhickory@gmail.com or call (828) 328-5393.

Forgiven of our sins, we share the Peace of God with one another with a handshake or a hug and the words “Peace be with you.”

+ THE HOLY EUCHARIST +

(10:30) Anthem “Lord, for thy tender mercy’s sake”

Farrant

*Lord, for thy tender mercy's sake, lay not our sins to our charge,
but forgive that is past and give us grace to amend our sinful lives;
to decline from sin and incline to virtue,
that we may walk in a perfect heart before thee now and evermore.*

(10:30) Doxology – #143, Stanza 5

ERHALT UNS, HERR

*O Father, Son, and Spirit blest,
To thee be ev'ry prayer addressed,
Who are in threefold Name adored,
From age to age, the only Lord.*

Eucharistic Prayer

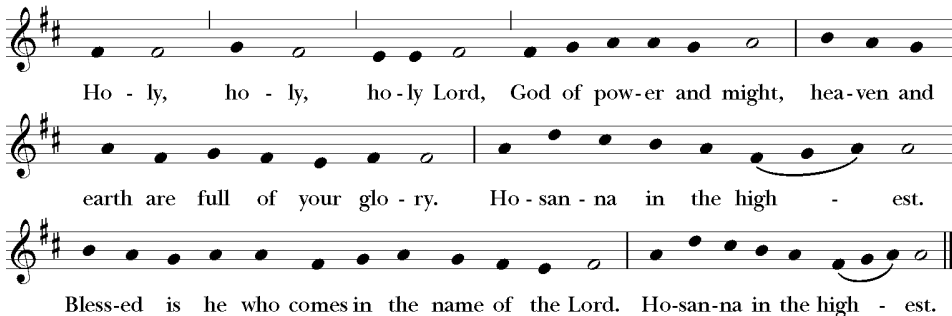
BCP 361

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 him thanks and praise.

It is right, and a good and joyful thing, always and every-where to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus

Hymnal S-124



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.

During the anthem, activity moves to the altar as the Eucharistic table is prepared. The Doxology is sung as the Eucharistic elements are brought forward.

The Eucharistic prayer begins with the opening dialogue. The people are greeted and exhorted to lift up their hearts in thanks. This is followed by the preface, where God is praised and thanked for the work of salvation in words specific to the current liturgical season, and leads to the “Sanctus”.

“Sanctus” means “Holy” in Latin; it is the high musical point of the liturgy, the organ accompaniment is full and the singing should be strong and loud.

After the Sanctus, the people kneel.

The Eucharist prayer continues; recounting God's promises, our sinfulness, and our deliverance in the coming of Jesus Christ.

The Words of Institution are said over the elements ("Take, eat, this is my body..."). It is customary to make the sign of the cross at the words "This is my Body..." and "This is my Blood..."

The Holy Spirit is called upon to sanctify the elements and those who administer and receive them. It concludes with a final offering of glory and praise to God, after which the people respond with a loud "AMEN!"

The Eucharistic Prayer concludes with the Lord's Prayer, spoken by all. The prayer is given by Jesus to his disciples in the Gospels of Matthew and Luke.

The bread is lifted up and broken. A period of silence is kept.

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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."

Therefore we proclaim the mystery of faith:
Christ has died. Christ is risen. Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom. All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

Lord's Prayer

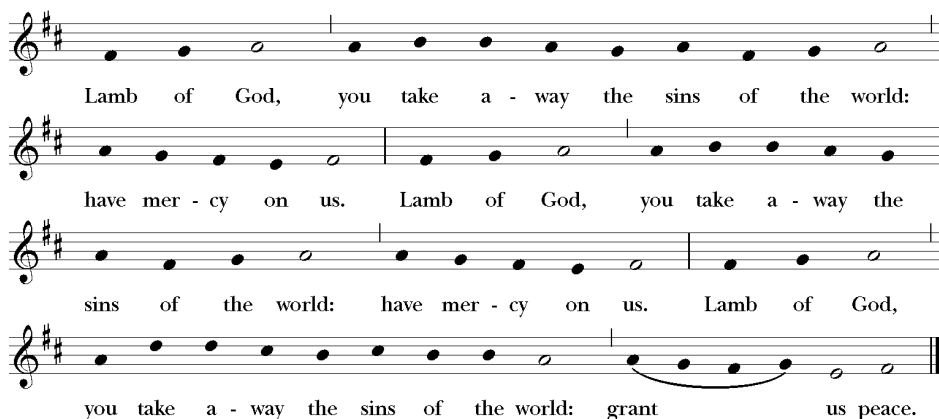
BCP 364

Celebrant: And now, as our Savior Christ has taught us, we are bold to say, *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.*

Breaking of the Bread

Fraction Anthem

Hymnal S-161



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Fraction Anthem is sung by all. During Lent, we use the “Agnus Dei” (“Lamb of God”). It is based on John the Baptist’s reference to Jesus in John 1:29.

After the Fraction Anthem, the congregation comes forward to receive communion. You may kneel at the rail or stand to receive. All are welcome to come to the altar to receive communion or a blessing.

Communion of the People

Hymns during Communion #141, 147

Post Communion Prayer

BCP 365

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

The blessing of Almighty God, Father, Son and Holy Spirit be among you, and remain with you forever. *Amen.*

Recessional #143 “The glory of these forty days”

Dismissal

In all our ways, let us acknowledge the Lord.
And the Lord shall direct our paths.

In keeping with the solemn season, there are no organ postludes or altar flowers during Lent.

You will receive the bread in your hand to eat and then drink from the chalice, or you may dip the bread into the wine and eat. If you wish to receive a blessing instead of communion, cross your arms over your chest.

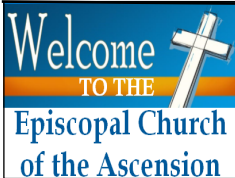
After the Eucharist, the blessing is said over the congregation. It is customary to make the sign of the cross at the naming of the Holy Trinity (“Father, Son, and Holy Spirit...”). During the hymn, the cross is carried out of the nave; it is customary to turn and face the cross, bowing as it passes.

ANNOUNCEMENTS

- **Word of the Week** Each Monday during Lent (March 2-April 6) we will post on our Facebook page a “Word of the Week.” We invite you to take and then post a selfie of your interpretation of that word. Have fun with it! Make sure you tag the photo #AscensionHickory and #[Word of the Week here]. *You can check our website for instructions for how to tag a Facebook photo.*
- **Sitting in the Dark: Growing Through the Poetry of Pain** Join Karla and Anita on Sundays, February 23-April 5 at 9:30 a.m. to watch a series of short films about the challenges in life that lead to transformation and healing. Authors, philosophers, theologians, and scholars will share the possibility of existence in times of darkness and light.
- **Focused Exercise for the Mind, Body, & Spirit** will be held every Wednesday in March at 6:45 p.m. Come learn techniques to calm your mind, strengthen your body, and renew your spirit through the disciplines of ballet, yoga, and Pilates. Please wear comfortable clothing and bring a large towel or mat. All fitness levels and ages 12+ are welcome! Facilitator: Jean Bolton.
- **Lunchtime Reading with Karla** Pack a lunch and join us 12:00-1:00 p.m. each Monday to read and discuss various books. Starting March 9, we will read *The Cloud of Unknowing: A New Translation of the Classic 14th-Century Guide to the Spiritual Experience*.
- The **Ascension Book Club** will meet Wednesday, March 18 to discuss *In the Shelter: Finding a Home in the World* by Pádraig Ó Tuama.
- **Core Practices & Beliefs of the Episcopal Church—Half Day Retreat on Sunday, March 22, 12:00-4:00 p.m.** Lunch and childcare will be provided. This half-day retreat is designed for folks who are new to the church and those who have been around for many years and would like to dig more deeply into their faith and the core beliefs and practices of the Episcopal Church. Please contact The Rev. Karla Woggon at kmwoggon@gmail.com if you are interested in being confirmed or received into the church when The Rt. Rev. José McLoughlin visits us on May 17.
- The **Ascension Transportation Team** is seeking volunteers to pick up Ascension members who are unable to drive to church on Sundays. If you are able to help, whether it be ongoing or periodically, please contact Sarah Willis at (828) 234-1799.
- **Ascension Neighborhood Block Party — Sunday, May 3 (11:30 a.m.-2:30 p.m.)** Please mark your calendar! Activities will include a fundraiser for Camp Henry, lunch prepared by our new Parish Chef, live music by Jeff Arditti and Charlie Zagaroli, a carwash, and a silent auction. If you would like to donate items for the auction, please contact Cole at cole.ascension@gmail.com or drop the items off any weekday 9:00 a.m.-1:00 p.m. or before/after Sunday worship services. Donations will be accepted up through the morning of the auction.
- **Camp Henry & Lake Logan Conference Center needs volunteers March 28-29.** Lodging and meals are provided at no charge. All skill levels as well as youth with adult chaperones are welcome. Visit ascensionhickory.org for the registration form.

ANNOUNCEMENTS (continued)

- **Feeling Called to Volunteer?** Ascension supports a variety of local programs and ministries financially and with hands on involvement. Please contact Deacon Anita at deaconanita-ware@gmail.com if you would like to volunteer any of the following dates.
 - * **Our Father's Pavilion** dates: May 31, August 23, November 22
 - * **NETWorX Catawba** dates: March 23, June 29, September 28
 - * **Hickory Soup Kitchen** dates: March 23-27, June 29-July 3, October 12-16.
- The **US Census Bureau** is hiring temporary workers to help with the 2020 Census. Assignments will last 8-10 weeks. Pay is \$19.00 per hour plus \$0.575 per mile. Hours are very flexible. For information, visit 2020census.gov/jobs.



If you are visiting Ascension today, a special welcome to you! Please take a moment to complete the newcomer's card located on the backside of each pew.

Please join us again soon! Our regular weekly worship schedule is:

Daily Morning Prayer: Monday-Thursday, 9:00 a.m. (Chapel)

Daily Centering Prayer: Monday-Thursday, 9:30 a.m. (Chapel)

Holy Eucharist & Healing: Wednesday, 5:30 p.m. (Chapel)

Holy Eucharist, Rite I: Sunday, 8:00 a.m.

Holy Eucharist, Rite II: Sunday, 10:30 a.m.

If you would like more information about Church of the Ascension, our services, events, or Christian education opportunities, please email us at ascensionhickory@gmail.com or call 828-328-5393.

Struggling with a cough or tickle in your throat?
Cough drops and water are available in the narthex (entry foyer).

leave your **lasting legacy** *for generations to come*

LEGACY GIVING

The impetus for special giving—through legacies or extraordinary one-time gifts—is the same that motivates us to provide our regular annual support: *God has generously blessed us.* Anything we give, in whatever form, is in response to those rich blessings. Legacy giving is giving that allows you to continue your support of The Episcopal Church of the Ascension beyond your lifetime and into the future. It joins you in a long tradition of people who have provided for our Church beyond its present needs.



Ascension would not exist, certainly not in its present form and potential, if it were not for the forward-looking generosity of all those legacy and special-gift donors who gave in the past. In that sense, all such gifts are legacies, in that they ensure the Church's future fiscal health, essential to the future fulfillment of the Church's mission here in Hickory NC.

HOW TO GIVE

Most legacy and special gifts to Ascension are made without restrictions on their use, allowing the Vestry to apply the gifts where the need is greatest. Other gifts are made to honor and support a ministry of the Church, such as music or outreach or mission, or to make a purchase that will fulfill a specific need.

For those donors who want to direct a gift toward a particular purpose, the Stewardship and Gifts Committee will work with you and find ways to associate your gift with your special interest, while keeping in mind the Church's overall needs.

Some ways that you can participate in legacy and other special giving opportunities are:

- **Current Gifts of Appreciated Assets such as Real Estate or Securities; Current Gifts of Cash or Other Assets** — given now with potential tax advantages. A Stock Gift Request Form is available at www.ascensionhickory.org (follow the "Forms" link), or you can pick one up at the church office.
- **Bequests** — a gift made in your will, either a specific dollar amount, a specific asset, or a percentage of your overall estate.
- **Retirement Plan Assets** — a specific dollar amount or percentage of the amount remaining in your retirement account at your death.
- **Life Insurance** — where you designate the Church to be the beneficiary of an existing policy.
- **Charitable Gift Annuity** — where you fund an annuity that gives you income for life, with the remainder going to the Church.
- **Charitable Remainder Trust** — where your gift goes into a trust that pays you income during your life, with the remainder going to the Church.

Your individual needs and estate planning goals will determine the type of giving that best suits your circumstances. The Rector or a member of the Executive Committee can talk with you in confidence about the various options, and you would act only after thorough discussion with your legal and tax advisors.