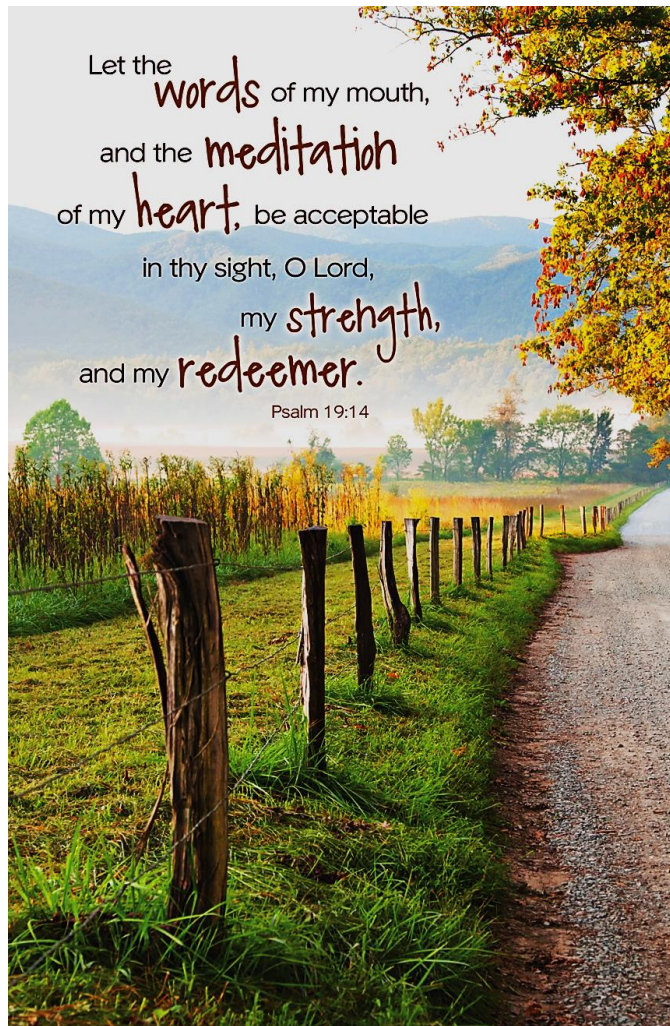


ST. ALBAN'S EPISCOPAL CHURCH

LENT 3



MARCH 3, 2024

9:30 AM

THE REVEREND DR. WILLY CRESPO
TRANSITIONAL PRIEST

JUSTIN HANSEN, ORGANIST

Welcome Newcomers!

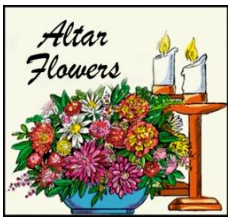
We are blessed to have you with us today. Please sign our newcomer's book at the back of the church, introduce yourself the priest, and join us for coffee hour in the Parish Hall immediately after the service, just across the courtyard.

Our hope is that you find a home among us, in a place where the love of God is shared, the mystery of grace is experienced and the joy and laughter of the Christian life is taught.

To learn more about St. Alban's call the office at (619) 444-8212 or email us at: generalbusiness@stalbanschurch.info. Also, check out our website at www.st-albans-church.org.



Children are welcome in our worship! Sunday School is available in the building across the courtyard at 9:30am. The children return to their parents at the church for the Communion service.



Flowers are given today to the glory of God

Have you ever wondered how we get such beautiful flowers at St. Alban's on Sundays? They are paid for by parishioners who dedicate flowers to commemorate a special occasion such as an anniversary, a baptism, a birthday, a graduation, or in memory of departed loved ones. If you would like to dedicate flowers for a special occasion or memorial, you can do so by filling out a flower donation envelope found in the narthex (the main church entrance), place your check or cash in the envelope and put it in the offering plate or in one of the wooden boxes at the front or back of the church. Please remember to mark on your envelope who you are and who you are commemorating with your gift.

To maintain a peaceful worship environment, please silence your cell phone. Thank you!



ACCESSIBLE RESTROOMS ARE LOCATED IN THE PARISH HALL ACROSS THE COURTYARD

PENITENTIAL ORDER

Rite II – BCP Page 351

Prelude

Entrance Rites

Please stand as you are able.

Opening Hymn – LEV #88, “My Faith Looks up to Thee”

Opening Acclamation

Celebrant: Bless the Lord who forgives all our sins.

People: His mercy endures forever.

Celebrant:

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all 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

THE COLLECT OF THE DAY –

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. **Amen.**

THE WORD OF GOD

Old Testament – Exodus 20:1-17

Lector: A reading from the book of Exodus.

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Lector: The word of the Lord.

All: Thanks be to God.

<p>1 The heavens declare the glory of God, * and the firmament shows his handiwork.</p> <p>2 One day tells its tale to another, * and one night imparts knowledge to another.</p> <p>3 Although they have no words or language, * and their voices are not heard,</p> <p>4 Their sound has gone out into all lands, * and their message to the ends of the world.</p> <p>5 In the deep has he set a pavilion for the sun; * it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.</p> <p>6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; * nothing is hidden from its burning heat.</p> <p>7 The law of the LORD is perfect and revives the soul; * the testimony of the LORD is sure and gives wisdom to the innocent.</p>	<p>8 The statutes of the LORD are just and rejoice the heart; * the commandment of the LORD is clear and gives light to the eyes.</p> <p>9 The fear of the LORD is clean and endures for ever; * the judgments of the LORD are true and righteous altogether.</p> <p>10 More to be desired are they than gold, more than much fine gold, * sweeter far than honey, than honey in the comb.</p> <p>11 By them also is your servant enlightened, * and in keeping them there is great reward.</p> <p>12 Who can tell how often he offends? * cleanse me from my secret faults.</p> <p>13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; * then shall I be whole and sound, and innocent of a great offense.</p> <p>14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, * O LORD, my strength and my redeemer.</p>
---	---

The Epistle – 1 Corinthians 1:18-25

Lector: A reading from the first book of Corinthians.

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

Lector: The word of the Lord.

All: **Thanks be to God.**

A period of silence is kept.

SEQUENCE HYMN

THE GOSPEL – John 2:13-22

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

All: **Glory to you Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables.

He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Celebrant: The Gospel of the Lord.

All: Praise to you, Lord Christ.

Sermon – The Reverend Dr Willy Crespo

Celebrant: Let us stand together and say the Nicene Creed.

The Nicene Creed

All say together:

**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 stand or kneel if you are able*)

Intercessor: The Lord be with you.

People: And also with you

Intercessor: Let us pray.

Intercessor: We pray for those around us as they live their lives.

People: For those close, for those far away, and for those who have no one else to pray for them.

Intercessor: For our communities, especially El Cajon.

People: For friends, strangers, and the ties that keep them together.

Intercessor: For our nation – we pray for wisdom for its leaders, particularly our President, and for the health and safety for those serving in the military. Especially Riley, Lindzy, Denny, Cris, Ben, Bryan, Matt, Clarence, David Nye, Kristyn, Donovan, Christopher and Joshua Ibanez, Brandon, Travis Warner, and for all our veterans.

People: **May it shine forth as a beacon of nobility and compassion.**

Intercessor: We pray for this earth, your creation;

People: **That we may be faithful stewards of its bounty.**

Intercessor: We pray for unity in the Church, and peace for all its members;

People: **For those who spread your Gospel by word or by action.**

People: **We pray for the leaders of our church; for Michael our presiding bishop, Susan our bishop, Willy our interim priest, and for all bishops, priests and deacons.**

Intercessor: We pray for people in our world. Most especially for our Christian brothers and sisters in Ukraine, Myanmar (known as Burma), Indonesia, Sri Lanka, India, Afghanistan, Iran, Iraq, Saudi Arabia, Syria, Egypt, Pakistan, Tunisia, Eritrea, Yemen, Nigeria, Somalia, Israel and Palestine, and all places on the earth where people are in danger and treated unfairly.

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

Intercessor: We lift up to you our concerns, praying especially for: all who are refugees, Hilda Ro & family, Christine P, Judith Taylor, Victoria, Mike & Penny, Ralph McMillen, Georgina & Phil, Bonnie, George Elia, Ibtisam, Terri B, Steve V, Lee Todd, Mu Tay, Ju Ju, Almas I, James M, Kent C, Jonathan S & family, the Williams Family, and Bill Smith.

(Please take a few moments to express thanks to God either vocally or silently.)

Intercessor: We pray for those who have died.

People: **Grant rest to their souls and comfort to those they have left behind.**

Intercessor: Almighty God, we pray for the guidance of your Holy Spirit as we seek a new priest for our church. You know our special needs and the task that lies to our hand. Direct us in our search and give us insight to perceive the leader you would choose for us. And we further pray, O Lord, that in this time of waiting we may all devote ourselves afresh to your service, so that nothing be lost of the faithful work of the past, but rather that it may be brought to a rich harvest in the years to come. This we ask in the name of Jesus Christ our Lord.

Celebrant: Lord hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your name, through Jesus Christ our Lord.

People: **Amen.**

THE CONFESSION

Celebrant: Let us confess our sins against God and neighbor:

Celebrant and People:

**Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

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

THE PEACE

Celebrant: The Peace of the Lord be always with you!

All: **And also with you.**

Please remember that Passing the Peace is part of our liturgy. It is a time to welcome each other and to share a phrase like: "The peace of the Lord be with you", and to hear a response in kind like "And also with you". It is not intended to be a time for discussion. It is better to keep discussions for before or after church, at Coffee Hour is a great place for fellowship. At this time, you are invited to greet others with a handshake, a wave or hug in peace as you are comfortable.

ANNOUNCEMENTS - *Sunday School students join their families.*

SPECIAL PRAYERS FOR BIRTHDAYS, ANNIVERSARIES AND TRAVELERS

If you had a birthday, anniversary last week or this week, or if you are going to travel soon, please stand / come forward and we will pray for you.

Birthday: O God, our times are in your hand: Look with favor, we pray, on your servant(s) _____ as *he/she/they* begin another year. Grant that *he/she/they* may grow in wisdom and grace and strengthen *his/her/their* trust in your goodness all the days of *his/her/their* life; through Jesus Christ our Lord. Amen.

Many happy returns on the day of your birth. May seasons of joy be given. May God in his mercy prepare you on earth for a beautiful birthday in heaven. Amen.

Anniversaries: Lord, we thank you for this couple _____ and for all of the years that they have had together. Today, as we celebrate their anniversary, our prayer is that you will continue to bless them. Lord, we pray that you will honor their commitment to each other and to You by granting them many more years of happiness together. Amen.

Travelers: O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel _____; surround them with your loving care; protect them from every danger; and bring them in safety to their journey's end; through Jesus Christ our Lord. Amen.

OFFERING PRAYER

Celebrant: Offer to God a sacrifice of thanksgiving and make good your vows to the Most High. *Psalms 50:14*

OFFERTORY SOLO – “The Flow’ret”, by Edward MacDowell – Piano solo

Doxology – Hymnal 380 (*all sing*)
Praise God from whom all blessings flow.
Praise him, all creatures here below.
Praise him above, ye heavenly hosts.
Praise Father, Son and Holy Ghost, Amen.

THE GREAT THANKSGIVING

Sursum Corda (*Please stand, as you are able*)

Celebrant: The Lord 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 him thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord, who was tempted in every way as we are, 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, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

The Sanctus – S-130

Holy, holy, holy Lord

God of power and might (repeat)

Heaven and earth are full,

Full of thy glory

Hosanna in the highest (repeat)

Blessed is he that comes

In the name of the Lord.

Hosanna in the highest (repeat)

Then the Celebrant continues

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:

Celebrant and People

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 forever.

All: Amen.

The Lord's Prayer

Officiant: And now let us pray as our Lord has taught us:

(To be read in unison)

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.
--	--

THE HOLY COMMUNION

A moment of reverence is kept.

The Breaking of the Bread

Fraction Anthem

Christ our Passover is sacrificed for us;

Therefore, let us keep the feast.

The Invitation - Celebrant

This is the table, not of the church but of Jesus Christ.
It is made ready for those who love him and who want to love him more.
So come, you who have much faith and you who have little;
you who have been here often and you who have not been for a long time;
you who have tried to follow and you who have failed;
come, not because the church invites you;
it is Christ, and he invites you to meet him here.

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Communion Hymn – LEV #151, “One bread, one body”

Please stand as you are able.

Post Communion Prayer

Celebrant and People:

**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

Recessional Hymn – LEV #30, “Lead Me to Calvary”

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

All: Thanks be to God.

Postlude





PRAYERS

Please remember in your prayers, praying especially for: all who are refugees, Hilda Ro & family, Christine P, Judith Taylor, Victoria, Mike & Penny, Ralph McMillen, Georgina & Phil, Bonnie, George Elia, Ibtisam, Terri B, Steve V, Lee Todd, Mu Tay, Ju Ju, Almas I, James M, Kent C, Jonathan S & family, the Williams Family, and Bill Smith.

Pray for those serving in the military especially: Riley, Lindzy, Denny, Cris, Ben, Bryan, Matt, Clarence, David Nye, Kristyn, Donovan, Christopher and Joshua Ibanez, Brandon, and for our veterans.

We pray for peace in the Holy Land most especially for our Christian brothers and sisters in Ukraine, Myanmar (known as Burma), Indonesia, Sri Lanka, India, Afghanistan, Iran, Iraq, Saudi Arabia, Syria, Egypt, Pakistan, Tunisia, Eritrea, Yemen, Nigeria, Somalia, Israel and Palestine, and all places on the earth where people are in danger and treated unfairly, who are suffering deprivation, torture, and death for confessing Christ as their Lord.

In our Diocesan cycle of prayer, we give thanks and pray today for the Clergy and people of St. Andrew the Apostle in Encinitas. And also for the children and teachers of St. Andrew's Preschool.

In the Anglican cycle of prayer, we give thanks today for the Church of the Province of Uganda.

Participants in Today's In-Person and Online Worship

Transitional Priest: The Reverend Dr Willy Crespo

Prayers: Judy Brown

Streaming Tech: Hsa Blu Moo

Verger: Judy Brown

Reader (English):

Gospel Readers: Arabic Nawal Yousif, Mary Zori, Jamil Shorees, Ibtisam Bashee, Nahrien Patak, Intissar Razoq, & Musa Karen Angelynn Than

Usher: Sharon Hathaway



Thank You for Your Support
During these challenging times, we
encourage you to support your home church.
If you have no home church and like what you see here
you may support St Alban's Ministries by going to:
<https://st-albans-church.org/giving>

Announcements for the week of 03/03/2024

Weekly Bible Study on Zoom, with Fr Willy

Please join us on Wednesdays, 6-7pm, on Zoom. Contact Fr Willy for details.

Join Zoom Meeting: <https://us02web.zoom.us/j/83513559709> Meeting ID: 835 1355 9709 Passcode: 139092

Join us for our Monthly Forum

Our Forum will take place on the 2nd Sunday of each month, after coffee hour in the Parish Hall. The forums are popular church topics and will run for about 45 minutes. For example, our first forum, in July 2023, was on reactions to the sermon and any questions/ideas folks may want to share and raise. Please join us, we would love to hear your views.

Sunday School

Sunday School starts **each Sunday at 9:30 am**. The children will be attending in-person at St. Alban's Church in the Education Room. (If your child needs to attend the Sunday School via Zoom please contact Caroline Mahon Hurd for details.) Children who attend the in-person Sunday School can join their families for communion during the church service. Also, on months with 5 Sundays: on the 5th Sunday please bring your children to service for a children's sermon!

Sunday School email: stalbansundayschool@gmail.com

Please use this email with any questions about Sunday School, or special needs attendance.

Where to Find Other St Alban's Regular Meetings

The Monthly Vestry meeting -

The Vestry meeting is on the 3rd SUNDAY of each month following the worship service.

Sunday Worship Service at 9:30am, We are now meeting in the sanctuary, and also this service can be found on the St Alban's Facebook page each Sunday morning if you prefer to attend from your home.

Bi-Lingual (Arabic) Eucharist Service at 8:30am, on the 1st and 3rd Tuesdays of each month followed by the food distribution pantry.

Regular Notices

Prayer Requests: To make a request for the prayer chain or bulletin or to update requests, please call the St Alban's office: 619-444-8212, or email: generalbusiness@stalbanschurch.info. You are also invited to add a prayer request to be read in our Sunday public prayers. Names added will be listed for three weeks only, unless otherwise requested. We can also now receive prayer requests through our website: www.st-albans-church.org

Parking: If you are able-bodied, please park in the lot on Camden or the side streets, saving the prime spots for those who require a closer parking space. Thank you!

Report Misconduct: As part of our ongoing commitment to creating a safe haven for everyone, our diocese trains people in the prevention of misconduct and encourages all to report misconduct. All reported incidences are taken seriously and investigated thoroughly and confidentially. If you believe you have experienced misconduct of any kind, please contact Mr. John Seitman, jseitman@pacbell.net, 858-793-4555 or the Rev. Janet Wheelock, jwheelock@edsd.org, 952-240-8067.

St. Alban's Episcopal Church
490 Farragut Circle, El Cajon, CA 92020
Phone: 619-444-8212
E-mail: generalbusiness@stalbanschurch.info
Website: www.st-albans-church.org



Please join us for any or all of our Easter Week services!

2024 Easter Week and Easter Day schedule for St. Alban's

Palm Sunday	March 24	9:30 AM
Maundy Thursday	March 28	6:00 PM
Children's Stations of the Cross, Good Friday	March 29	5:30 PM
Good Friday Service	March 29	6:00 PM
Easter Day Sunday Service **	March 31	9:30 AM

** For the children we will have no Sunday School. Instead, they can enjoy the Easter worship service with their families. Following the service there will be an Easter Egg Hunt with our neighbors across the street at First Presbyterian Church. It will be organized by age groups. If your children would like to participate, please make sure they each have an empty Easter basket and wait for the church bell before collecting eggs.