

# ST. ALBAN'S EPISCOPAL CHURCH

LENT 5



MARCH 17, 2024

9:30 AM

THE REVEREND DR. WILLY CRESPO  
TRANSITIONAL PRIEST

JUSTIN HANSEN, ORGANIST

## Welcome Newcomers!

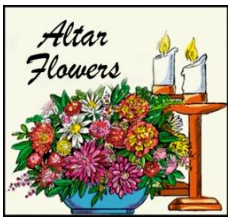
We are blessed to have you with us today. Please sign our newcomer's book at the back of the church, introduce yourself the priest, and join us for coffee hour in the Parish Hall immediately after the service, just across the courtyard.

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](mailto:generalbusiness@stalbanschurch.info). Also, check out our website at [www.st-albans-church.org](http://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 alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

## THE WORD OF GOD

## Old Testament – Jeremiah 31:31-34

**Lector:** A reading from the book of Jeremiah.

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

**Lector:** The word of the Lord.

**All:** Thanks be to God.



**The Psalm - Psalm 51:1-13****BCP pg. 656-657**

<p>1 Have mercy on me, O God, according to your loving-kindness; * in your great compassion blot out my offenses.</p> <p>2 Wash me through and through from my wickedness * and cleanse me from my sin.</p> <p>3 For I know my transgressions, * and my sin is ever before me.</p> <p>4 Against you only have I sinned * and done what is evil in your sight.</p> <p>5 And so you are justified when you speak * and upright in your judgment.</p> <p>6 Indeed, I have been wicked from my birth, * a sinner from my mother's womb.</p>	<p>7 For behold, you look for truth deep within me, * and will make me understand wisdom secretly.</p> <p>8 Purge me from my sin, and I shall be pure; * wash me, and I shall be clean indeed.</p> <p>9 Make me hear of joy and gladness, * that the body you have broken may rejoice.</p> <p>10 Hide your face from my sins * and blot out all my iniquities.</p> <p>11 Create in me a clean heart, O God, * and renew a right spirit within me.</p> <p>12 Cast me not away from your presence * and take not your holy Spirit from me.</p> <p>13 Give me the joy of your saving help again * and sustain me with your bountiful Spirit.</p>
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**The Epistle – Hebrews 5:5-10****Lector:** A reading from the book of Hebrews.

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,  
today I have begotten you”;

as he says also in another place,

“You are a priest forever,  
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

**Lector:** The word of the Lord.**All:** **Thanks be to God.***A period of silence is kept.***SEQUENCE HYMN****THE GOSPEL – John 12:20-33****Celebrant:** The holy Gospel of our Lord Jesus Christ according to John.**All:** **Glory to you Lord Christ.**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say, ‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.”

Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

**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, Steve V, Lee Todd, Almas I, James M, Kent C, Jonathan S & family, the family of Noor, the Williams Family, Nazar, 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. *Psalm 50:14*

## OFFERTORY SOLO – “Gymnopedie”, by Erik Satie - (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)*

<b>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.</b>	<b>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.</b>
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## 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 #31, “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, Steve V, Lee Todd, Almas I, James M, Kent C, Jonathan S & family, the family of Noor, the Williams Family, Nazar, 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 John's in Fallbrook.

**In the Anglican cycle of prayer,** we give thanks today for The Church in Wales.

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### 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>

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## **Announcements for the week of 03/17/2024**

### **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 2<sup>nd</sup> 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](mailto: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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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](http://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](mailto:jseitman@pacbell.net), 858-793-4555 or the Rev. Janet Wheelock, [jwheelock@edsd.org](mailto:jwheelock@edsd.org), 952-240-8067.

**St. Alban's Episcopal Church**  
**490 Farragut Circle, El Cajon, CA 92020**  
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**Website: [www.st-albans-church.org](http://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**

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

\*\* 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.