

ST ALBANS EPISCOPAL CHURCH
THIRD SUNDAY OF LENT



BECAUSE YOU ARE MY HELP,
I SING IN THE SHADOW OF YOUR WINGS.
I CLING TO YOU;
YOUR RIGHT HAND UPHOLDS ME.

Psalm 63:7-8



SUNDAY, MARCH 23, 2025
9:30AM

THE REVEREND DR PAUL CARMONA
GUEST CELEBRANT

ARCH DEACON CINDY CAMPOS
DEACON

JUSTIN HANSEN, ORGANIST

Welcome Newcomers!

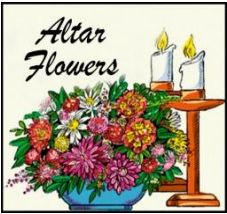
We are blessed to have you with us today. Please sign our newcomer's book at the back of the church, introduce yourself to the priest, and join us for coffee hour in the Parish Hall immediately after the service, just across the courtyard.

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

The Entrance Rite

Prelude

Please stand as you are able.

Opening Hymn – Hymnal 495, “Hail, thou once despised Jesus!”

Opening Acclamation

Celebrant: Bless the Lord who forgives all our sins.

People: His mercy endures forever.



Celebrant: Lord, have mercy.

People: Christ, have mercy.

Celebrant: Lord, have mercy.

THE COLLECT OF THE DAY –

Celebrant The Lord be with you.

People And also with you.

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

FIRST READING – Exodus 3:1-15

Lector: A reading from the book of Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, “I must turn aside and look at this great sight, and see why the bush is not burned up.” When the Lord saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.” Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” He said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters.

Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.”

But Moses said to God, “If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?” God said to Moses, “I am who I am.” He said further, “Thus you shall say to the Israelites, 'I am has sent me to you.'” God also said to Moses, “Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever,
and this my title for all generations.”

Lector: The word of the Lord.

All: **Thanks be to God.**

The Psalm – Psalm 63:1-8

BCP pg. 670-671

<p>1 O God, you are my God; eagerly I seek you; * my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.</p>	<p>5 My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips,</p>
<p>2 Therefore I have gazed upon you in your holy place, * that I might behold your power and your glory.</p>	<p>6 When I remember you upon my bed, * and meditate on you in the night watches.</p>
<p>3 For your loving-kindness is better than life itself; * my lips shall give you praise.</p>	<p>7 For you have been my helper, * and under the shadow of your wings I will rejoice.</p>
<p>4 So will I bless you as long as I live * and lift up my hands in your Name.</p>	<p>8 My soul clings to you; * your right hand holds me fast.</p>

THE EPISTLE – 1 Corinthians 10:1-13

Lector: A reading from the first book of Corinthians.

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Lector: The word of the Lord.

All: **Thanks be to God.**

A period of silence is kept.

SEQUENCE HYMN

THE GOSPEL – Luke 13:1-9

Deacon: The holy Gospel of our Lord Jesus Christ according to Luke.

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

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

Deacon: The Gospel of the Lord.

All: **Praise to you, Lord Christ.**

Sermon – The Reverend Dr Paul Carmona

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, Bryan, Matt, Clarence, David Nye, Kristyn, Donovan, Christopher and Joshua Ibanez, Brandon, Travis Warner, Phoenix Locken, 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 Sean 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 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, James M, Ken H, Steve V, Kent C, Ben, Mu Tay, Gavin B, Mike, John, Marion & family, Manhal & Rafida, Claudia, Ibtisam, Eugene & Lothar W., Carol, Ronai I, Samir Z, and the families of Sameer, Azeez, and Haithem.
(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.**

Confession of Sin

Deacon: Let us confess our sins against God and our neighbor.

All say together:

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed, by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will, and walk in your ways,
to the glory of your Name. Amen.**

Absolution

Celebrant: Almighty God have mercy on you, forgive you 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.

People: **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: Let us with gladness present the offerings and oblations of our life and labor to the Lord.

OFFERTORY – *“Last Spring”, by Edvard Grieg, (piano solo – Justin Hansen)*

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 – Hymnal S-130

**Holy, holy, holy Lord,
God of power and might,
Holy, holy, holy Lord,
God of power and might,
heaven and earth are full,
full of your glory.
Hosanna in the highest.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.
Hosanna in the highest.**

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)

<p>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.</p>	<p>And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from all that is evil. For thine is the kingdom, and the power, and the glory, forever. Amen, amen, amen.</p>
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THE HOLY COMMUNION

A moment of reverence is kept.

The Breaking of the Bread

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 – Lift Every Voice and Sing (LEV) 149, “In Remembrance of Me”

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 – Hymnal 448, “O love, how deep, how broad, how high”, verses 1, 2, 6

Deacon: 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, James M, Ken H, Steve V, Kent C, Ben, Mu Tay, Gavin B, Mike, John, Marion & family, Manhal & Rafida, Claudia, Ibtisam, Eugene & Lothar W., Carol, Ronai I, Samir Z, and the families of Sameer, Azeez, and Haithem.

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

We pray for peace in the Holy Land most especially for our Christian brothers and sisters in Ukraine, Haiti, 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 today for the clergy and people of Good Shepherd in Hemet.

In the Anglican cycle of prayer, we give thanks today for Iglesia Anglicana de la Region Central de America.

Participants in Today's In-Person and Online Worship

Interim Priest: The Reverend Dr Willy Crespo

Guest Celebrant: The Reverend Dr Paul Carmona

Deacon: Arch Deacon Cindy Campos

Prayers: Judy Brown

Streaming Tech: Hsa Blu Moo

Vergers: Judy Brown

Reader (English):

Gospel Readers: Arabic Nawal Yousif, Mary Zori, Jamil Shorees, Ibtisam Bashee, Nahrien Patak, Intissar Razoq, & Samir 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 03/23/2025

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

Sunday School

Except on the 1st and 5th Sundays (see further information), 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.

We will not be having Sunday School on the 1st Sundays of each month. Please join us for the family service at church on those days. 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, in our sanctuary, 490 Farragut Circle, El Cajon, CA 92020. If you cannot attend in person but have access to Facebook our services stream live on Sundays on our Facebook page. We hope you will join us there Sundays, at 9:30 am PDT

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 incidents 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

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