

St. Timothy's Episcopal Church

Ash Wednesday Holy Eucharist with the Imposition of Ashes



March 5, 2025 | 12:00 and 6:00

The Reverend Peter Wallace, Celebrant and Preacher

Aloha! Welcome to St. Timothy's, a place to call your spiritual home.

Whoever you are, no matter how God made you, wherever you are in your spiritual journey, we welcome you!

OUR MISSION: St. Timothy's Episcopal Church is a welcoming and inclusive faith community dedicated to creating a place of belonging, where Christ's love is known and shared through our worship and outreach to the 'Aiea and Pearl City region of O'ahu.

WE ARE GLAD YOU'VE JOINED US TODAY! We'd like to offer you warm hospitality whether you're here for a one-time visit or are seeking a church home. If you're interested in knowing more about St. Timothy's, please fill out a visitor card and place it in the offering plate or give it to an usher or our Vicar. Please note that the building across the patio from the church is Sumida Hall. As you face it, the restrooms are down the hallways: the women's to the right and the men's to the left.

CHILDREN ARE WELCOME IN OUR WORSHIP. If you're interested, we offer Sunday School for preschool and elementary age keiki in Sumida Hall, and they will be led back to the chapel to be with you for communion. All our leaders are Safe Church trained or in the training process, and many are teachers or former teachers.

OUR WEEKLY WORSHIP SERVICE of Holy Eucharist is a sacred celebration of Jesus' resurrection. It's an ancient yet relevant meal that we believe feeds and forms us for life today. This bulletin is designed to guide you through our worship. Every part of the service is printed here, so there's no need to use the pew books. If you wish to put down the bulletin and simply soak in the service, please do!

INTERESTED IN BECOMING A MEMBER? If you are baptized (or desire to be baptized), want to make St. Timothy's your principal worshipping community, and will support our parish life and ministries, we'd be honored to record you as a member. If you're not a confirmed Episcopalian and wish to explore membership in the greater communion of the Episcopal Church, contact our Vicar.

PLEASE JOIN US AFTER SERVICE FOR COFFEE, REFRESHMENTS, AND FELLOWSHIP in Sumida Hall. We would love to have you join us and talk story!

St. Timothy's Episcopal Church *Loving God. Loving Others. Living Aloha!*

STAFF

The Rev. Peter M. Wallace, *Vicar*
Paul Mahuka, *Parish Manager*
Zachary Hamada, *Musician*

BISHOP'S COMMITTEE

Nancy Chun, *Bishop's Warden*
Jana Dove, *Treasurer*
Claire Parcon, *Clerk*
David Caldwell
Brandon Casey
Shannon Casey
Kurt Eschbach
Bette Kalohi
Visit our website
at www.StTimothysAiea.org.



Ash Wednesday

Ash Wednesday is the first of the forty days of Lent, named for the custom of placing blessed ashes on the foreheads of worshipers at Ash Wednesday services. The ashes are a sign of penitence and a reminder of mortality, and may be imposed with the sign of the cross. Ash Wednesday is observed as a fast in the church year of the Episcopal Church. The Ash Wednesday service is one of the Proper Liturgies for Special Days in the Book of Common Prayer (p. 264).

Lent

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Easter (Book of Common Prayer, p. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha, or Easter, was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ’s fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (Book of Common Prayer, p. 265).

The Word of God

Ministers enter in silence, all stand

Opening Acclamation

Celebrant Bless the Lord who forgives all our sins.
People **His mercy endures forever.**

The Collect of the Day

The Celebrant says to the people

Celebrant God be with you.
People **And also with you.**
Celebrant Let us pray.

The Celebrant says the collect

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons

The people sit. One or two Lessons, as appointed, are read, the Lector first saying

A reading from the book of the prophet Joel (2:1-2,12-17)

Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the LORD is coming, it is near--a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come.

Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD, your God?

Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy.

Between the vestibule and the altar let the priests, the ministers of the LORD, weep. Let them say, "Spare your people, O LORD, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, 'Where is their God?'"

After the Readings, the Reader says

The Word of the Lord.
People **Thanks be to God.**

Silence may follow each Reading.

Psalm 103: 8-14 *Benedic, amina mea*

Antiphon, sung before and after the Psalm at 6 p.m. service only

The Lord re - mem - bers that we are but dust.

The image shows a musical score for the antiphon. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has one flat (B-flat). The melody is written in the treble staff, and the accompaniment is in the bass staff. The lyrics are written below the treble staff, aligned with the notes. The text is: "The Lord re - mem - bers that we are but dust." The music ends with a double bar line.

Chant tune

The image shows a musical score for the chant tune. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has one flat (B-flat). The time signature is 8/8. The melody is written in the treble staff, and the accompaniment is in the bass staff. The music ends with a double bar line.

- 8 The LORD is full of compassion and *mercy*, *
slow to anger and of great *kindness*.
- 9 He will not always *accuse us*, *
nor will he keep his anger for *ever*.
- 10 He has not dealt with us according to our *sins*, *
nor rewarded us according to our *wickedness*.
- 11 For as the heavens are high above the *earth*, *
so is his mercy great upon those who *fear him*.

- 12 As far as the east is from the *west*, *
so far has he removed our sins from *us*.
- 13 As a father cares for his *children*, *
so does the LORD care for those who *fear him*.
- 14 For he himself knows whereof we are *made*; *
he remembers that we are but *dust*.

6 p.m. service only

The Lord re - mem - bers that we are but dust.

The musical score is written for a two-part setting (Soprano and Bass) in a key with one flat (B-flat major or D minor). The melody is simple and hymn-like, with a steady rhythm. The lyrics are printed below the notes.

A reading from Paul's second letter to the Corinthians (5:20b-6:10)

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

After the Readings, the Lector says

The Word of the Lord.
Thanks be to God.

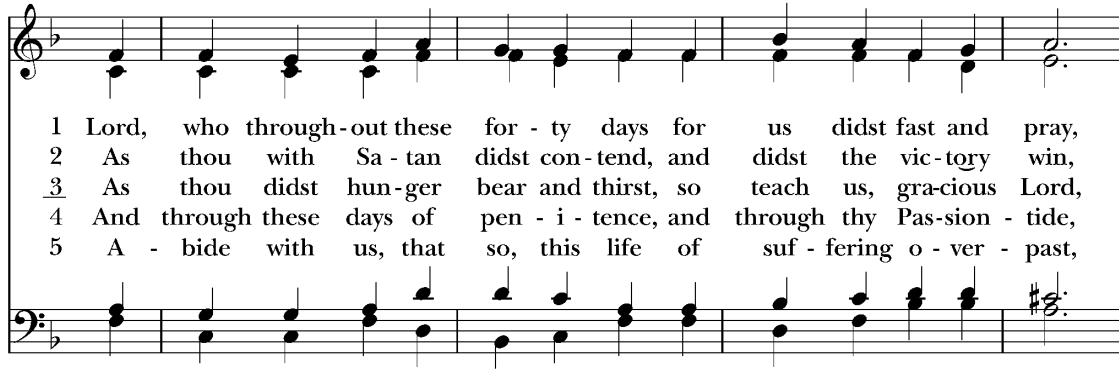
People

Sequence Hymn

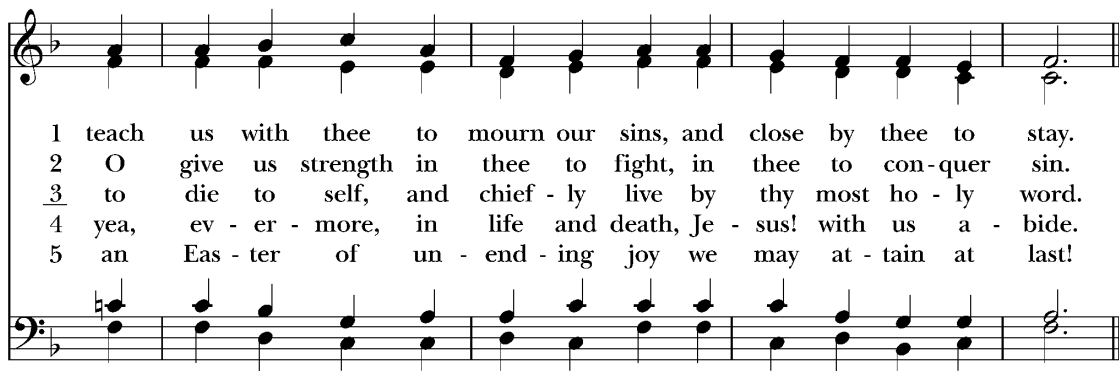
Lord, who throughout these forty days

Hymnal 142

Noon service: sing verses 1 and 5; 6 p.m. service: sing all verses



1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

The Gospel

Then, all standing, the Deacon or a Priest reads the Gospel, first saying

The Holy Gospel of our Lord Jesus Christ according to Matthew (6:1-6,16-21)
People **Glory to you, Lord Christ.**

Jesus said, “Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

“And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

After the Gospel, the Gospeller says

The Gospel of the Lord.
People **Praise to you, Lord Christ.**

The Sermon

Invitation to a Holy Lent & Imposition of Ashes

After the Sermon, all stand, and the Celebrant invites the people to the observance of a holy Lent, saying

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

Silence is then kept for a time, all kneeling.

If ashes are to be imposed, the Celebrant says the following prayer

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. **Amen.**

The ashes are imposed with the following words

Remember that you are dust, and to dust you shall return.

Psalm 51 *Miserere mei, Deus*

- 1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.

- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.
- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, *
and sinners shall return to you.
- 15 Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.
- 16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice; *
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

Litany of Penitence

The Celebrant and People together, all kneeling

**Most holy and merciful Father:
We confess to you and to one another,
and to the whole communion of saints
in heaven and on earth,
that we have sinned by our own fault
in thought, word, and deed;
by what we have done, and by what we have left undone.**

The Celebrant continues

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

People **Have mercy on us, Lord.**

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

People **Have mercy on us, Lord.**

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

People **We confess to you, Lord.**

Our self-indulgent appetites and ways, and our exploitation of other people,

People **We confess to you, Lord.**

Our anger at our own frustration, and our envy of those more fortunate than ourselves,

People **We confess to you, Lord.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

People **We confess to you, Lord.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

People **We confess to you, Lord.**

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

People **Accept our repentance, Lord.**

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

People **Accept our repentance, Lord.**

For our waste and pollution of your creation, and our lack of concern for those who come after us,

People **Accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us;

People **Favorably hear us, for your mercy is great.**

Accomplish in us the work of your salvation,

People **That we may show forth your glory in the world.**

By the cross and passion of your Son our Lord,

People **Bring us with all your saints to the joy of his resurrection.**

The Bishop, if present, or the Priest, stands and, facing the people, says

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord.

Amen.

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

Then the Ministers and People may greet one another in the name of the Lord.

The Holy Communion

The Celebrant begins with the Offertory sentence

If you are offering your gift at the altar, and there remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. *Matthew 5:23,24*

Offertory Hymn

O love, how deep, how broad, how high

Hymnal 448 (vv 1,3,5,6)



1 O love, how deep, how broad, how high, how pass - ing
 2 For us bap - tized, for us he bore his ho - ly
 3 For us he prayed; for us he taught; for us his
 4 For us to wick - ed hands be - trayed, scourged, mocked, in
 5 For us he rose from death a - gain; for us he
 6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
 2 fast and hun - gered sore; for us temp - ta - tions
 3 dai - ly works he wrought: by words and signs and
 4 pur - ple robe ar - rayed, he bore the shame - ful
 5 went on high to reign; for us he sent his
 6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
 2 sharp he knew; for us the tempt - er ov - er - threw.
 3 ac - tions, thus still seek - ing not him - self, but us.
 4 cross and death; for us gave up his dy - ing breath.
 5 Spi - rit here to guide, to strength - en, and to cheer.
 6 we a - dore for ev - er and for ev - er - more.

Representatives of the congregation bring the people's offerings of bread and wine, and money or other gifts, to the deacon or celebrant. The people stand while the offerings are presented and placed on the Altar.

Ho'onani i ka Makua mau

Na Himeni 1



Ho - 'o - na - ni i ka Ma - ku - a mau, Ke Kei - ki me ka 'U - ha - ne nō,



Ke A - ku - a mau ho - 'o - mai - ka - 'i pu, Ko ke - ia ao, ko ke - la ao. A - me - ne.

Blessing of Lenten Paten and Chalice

at 12:00 only

The pottery vessels are made possible by Rebecca Kang, given in memory of Ruth Kim Kang.

The chalice is given by the Rev. Sam Smith (Army Chaplain, Retired) and his wife, Helene, as a gift to St. Timothy's.

Celebrant Taste and see that the Lord is good; happy are they who trust in him.
The cup of blessing which we bless is a sharing in the Blood of Christ.

People **The bread which we break is a sharing in the Body of Christ.**

Let us pray.

Almighty God, whose blessed Son instituted the Sacrament of his Body and Blood: Grant that all who receive the holy Mysteries from these vessels, which we now consecrate for use in your Church, may be sustained by his presence and enjoy for ever his heavenly benediction; who lives and reigns in glory everlasting. Amen.

The Great Thanksgiving

Eucharistic Prayer A

The people remain standing. The Celebrant, whether bishop or priest, faces them and says

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.**

Then, facing the Holy Table, the Celebrant proceeds

Preface for the Lent

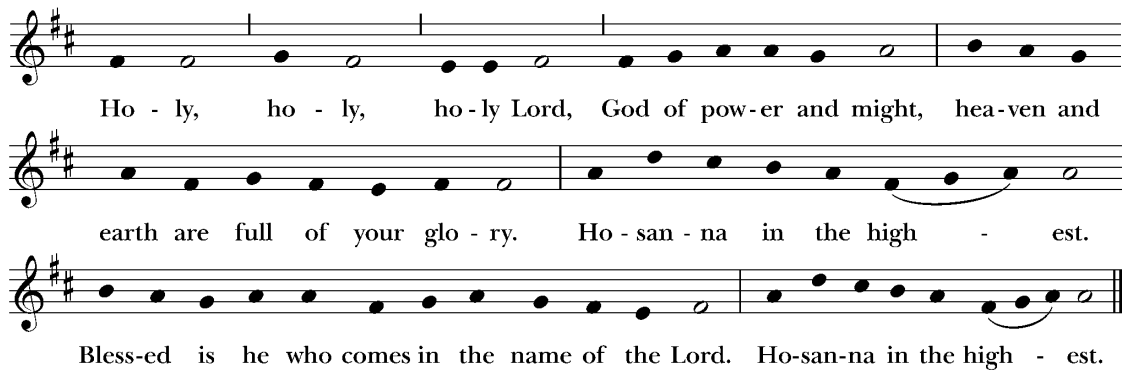
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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 for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People then sing the Sanctus

Hymnal S 124 *Noon service: Spoken; 6 p.m. service: Sung*



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.

The people stand or kneel.

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.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night before he died for us, 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.

The Celebrant continues

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.

Celebrant and People then sing the Amen

Hymnal S 143



And now, as our Savior
Christ has taught us,
we are bold to say,

People and Celebrant

**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 Breaking of the Bread

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Celebrant Christ our Passover is sacrificed for us;
People **Therefore let us keep the feast.**

Then the following Fraction Anthem is sung

Fraction Anthem

Lamb of God

EOM1 57

Noon service: Spoken; 6 p.m. service: Sung

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.

Setting: *Missa Oecumenica*, from the *Trinitatis Choral Review*, arr. Richard Proulx, after Alexander Archangelsky (1846-1924), © 1999 Oregon Catholic Press. Used by permission. All rights reserved.

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God.

Ministration of Communion

In The Episcopal Church, all baptized persons are welcome to receive Holy Communion regardless of age or Christian tradition. Anglicans believe in the “Real Presence” of Christ; in the Bread and Wine, Christ is made “real” and “present” to us. By this grace Christ is received even if only one of the elements is received if you so wish.

As you come forward, you may receive the Bread from the priest, then you may go to the chalice on your left (facing the altar) to intinct the bread (“DIP”), or to your right to drink from the cup (“SIP”). Please refrain if you are not feeling well. Those who are not baptized or prefer not to take communion may receive a blessing from the priest; please indicate your request by crossing your arms over your heart.

A Prayer for Those Participating from Home

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, I long to offer praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive Communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. *Amen.*

*Faith @ Home: Prayer/ Act of Reception for those who cannot receive the Sacrament
(from St. Augustine's Prayer Book, Order of the Holy Cross)*

Communion Hymn

Bless the Lord my soul

WLP 825 (repeat)

The musical score is written in 4/4 time with a key signature of one flat (B-flat). It consists of two systems of music, each with a vocal line and a piano accompaniment line. The lyrics are: "Bless the Lord my soul and bless God's ho - ly name." and "Bless the Lord my soul, Who leads me in - to life." The piano accompaniment features a steady bass line and chords that support the vocal melody. The second system ends with a repeat sign.

Postcommunion Prayer

After Communion, the Celebrant says

Let us pray.

People and Celebrant

**Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.**

In Lent, in place of a seasonal blessing, a solemn Prayer over the People is used, as follows:

Celebrant Bow down before the Lord.

Ash Wednesday

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. *Amen.*

Postcommunion Hymn

The glory of these forty days

Hymnal 143

Noon service: sing verses 1 and 5; 6 p.m. service: sing all verses



1 The glo - ry of these for - ty days we
 2 A - lone and fast - ing Mo - ses saw the
 3 So Dan - iel trained his mys - tic sight, de -
 4 Then grant us, Lord, like them to be full
 * 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
 2 lov - ing God who gave the law; and to E - li - jah,
 3 liv - ered from the li - ons' might; and John, the Bride - groom's
 4 oft in fast and prayer with thee; our spi - rits strength - en
 5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
 2 fast - ing, came the steeds and char - i - ots of flame.
 3 friend, be - came the her - ald of Mes - si - ah's name.
 4 with thy grace, and give us joy to see thy face.
 5 Name a - dored, from age to age, the on - ly Lord.

The Deacon, or the Celebrant, dismisses them with these words

Go in peace to love and serve the Lord.

People **Thanks be to God.**



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