

**ST. DUNSTAN'S**  
EPISCOPAL CHURCH

# THE SECOND SUNDAY IN LENT

## March 5, 2023

### 10 am

*Welcome to St Dunstan's! We are glad you are here!*

*If you are new, or would like to update your information, please fill out a pew card.*

*Thank you for silencing your cell phones.*

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## THE MINISTRY OF THE WORD

*The congregation is invited to observe silence during the prelude,  
out of respect for those who are listening, and as an opportunity for prayer, meditation, and healing.*

**Prelude** Meditation on Colossians 3:15

*Brenda Portman (b. 1980)*

*The ministers process in silence.*

Priest **B**lessed be the God of our salvation:

**People** **Who bears our burdens and forgives our sins.**

Priest Let us come to the Lord, who is full of compassion  
and acknowledge our transgressions in penitence and faith.

*The people stand or kneel. A moment of silence is kept.*

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

Priest **M**ay the God of all healing and forgiveness draw us to himself, and cleanse us  
from all our sins that we may behold the glory of his Son and Word made flesh,  
Jesus Christ our Lord. **Amen.**

*Remain standing or kneeling.*

**Kyrie eleison S89**

James McGregor (b. 1930), *after Verbum caro factum est*

Hans Leo Hassler (1564-1612)

*Unison or harmony*

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

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

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

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

## The Collect of the Day

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

Holy God, whose wild Spirit's breath defies our frozen idols: take the night time of our fear and make it a welcoming womb for us and all the world; through Jesus Christ, in whom we are born anew. **Amen.**

## Genesis 12:1-4a

*God calls Abraham (who was then known as Abram) to leave his own country and become the father of a great nation. Trusting in the Lord, Abram and his family forsake all that is familiar to them to set out for an unknown land. This story is a primary illustration of the way God acts in history by calling individuals to venture forth in faith.*

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

Reader The Word of the Lord.

People **Thanks be to God.**

*A brief silence is kept.*

## Psalms 121

*A song of trust in the Lord, the unsleeping guardian of Israel.*

- 1 I lift up my eyes to the hills; \*  
from where is my help to come?
- 2 My help comes from the LORD, \*  
the maker of heaven and earth.
- 3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \*  
the LORD is your shade at your right hand,

6 So that the sun shall not strike you by day, \*  
nor the moon by night.

7 The LORD shall preserve you from all evil; \*  
it is he who shall keep you safe.

8 The LORD shall watch over your going out and your coming in, \*  
from this time forth for evermore.

### **Romans 4:1-5, 13-17**

*Paul describes Abraham as an individual who through faith found a right relationship with God. He is the father of all who trust in the Lord. Paul uses the example of Abraham as a centerpiece for his argument that righteousness with God comes through faith and not by works of the law. The promise given to Abraham and his descendants was not made because of good works or legal obedience. It rests on grace alone.*

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) — in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader The Word of the Lord.

People **Thanks be to God.**

*A brief silence is kept.*

**Gradual Hymn 439** What wondrous love is this

*Wondrous Love*

**John 3:1-17**

*Nicodemus, one of the Pharisees, comes during the night to talk with Jesus. Nicodemus is a figure used by the evangelist to represent a type of person who wants to believe but has difficulty understanding spiritual realities. Jesus tells him that individuals cannot enter the kingdom of God unless they are born anew through water and the Spirit. The inner meaning of the passage partly turns on the fact that “born anew” can also be understood as “born from on high” and the same Greek word means both wind and spirit. Jesus then tells Nicodemus of the Son of Man come down from heaven who will be lifted up, both on the cross to die for the world and to return to heaven in glory.*

**Priest** The Holy Gospel of our Lord Jesus Christ according to John.

**People** **Glory to you, Lord Christ.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Priest    The Gospel of the Lord.

People    Praise to you, Lord Christ.

## **The Sermon**

The Rev. Laurel Coote

*A brief silence is kept.*

## **The Nicene Creed** *All Stand.*

**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.**

**Who with the Father and the Son is worshipped and glorified.**

**Who 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.**

## **The Prayers of the People** *Standing or kneeling.*

*Form II*

*In the course of the silence after each bidding, the People offer their own prayers, either silently or aloud.*

Leader I ask your prayers for God's people throughout the world; For our Presiding Bishop, Michael; our Bishop, Lucinda; for this gathering; and for all ministers and people.

Pray for the Church.

*Silence*

Leader I ask your prayers for peace; for goodwill among nations; and for the well-being of all people.

Pray for justice and peace.

*Silence*

Leader I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison.

Pray for those in any need or trouble.

*Silence*

Leader I ask your prayers for all who seek God, or a deeper knowledge of him.

Pray that they may find and be found by him.

*Silence*

Leader I ask your prayers for the departed.

Pray for those who have died.

*Silence*

Leader Praise God for those in every generation in whom Christ has been honored.

Pray that we may have grace to glorify Christ in our own day.

*Silence*

Leader You are invited to add your names and thanksgivings either silently or aloud.

*Silence*

Priest     **O** Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

### **The Peace** *All stand.*

Priest     The peace of the Lord be always with you.

**People**   **And also with you.**

*The people exchange the peace with one another.*

### **Announcements** *All are seated.*

### **The Offertory**

Priest     But do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. *Hebrews 13:15-16*

### **Offertory Anthem** God So Loved the World

*Stainer  
John 3:16*

God so loved the world that he gave his only begotten son,  
that whosoever believeth in Him should not perish  
but have everlasting life.  
For God sent not his son into the world to condemn the world,  
But that the world through him might be saved

**Offertory Hymn 448** O love, how deep, how broad, how high  
*Verses 1-3, 6*

*Deus tuorum militum*



# THE HOLY COMMUNION

## The Great Thanksgiving

*Eucharistic Prayer A*

Priest The Lord be with you.

**People And also with you.**

Priest Lift up your hearts.

**People We lift them to the Lord.**

Priest Let us give thanks to the Lord our God.

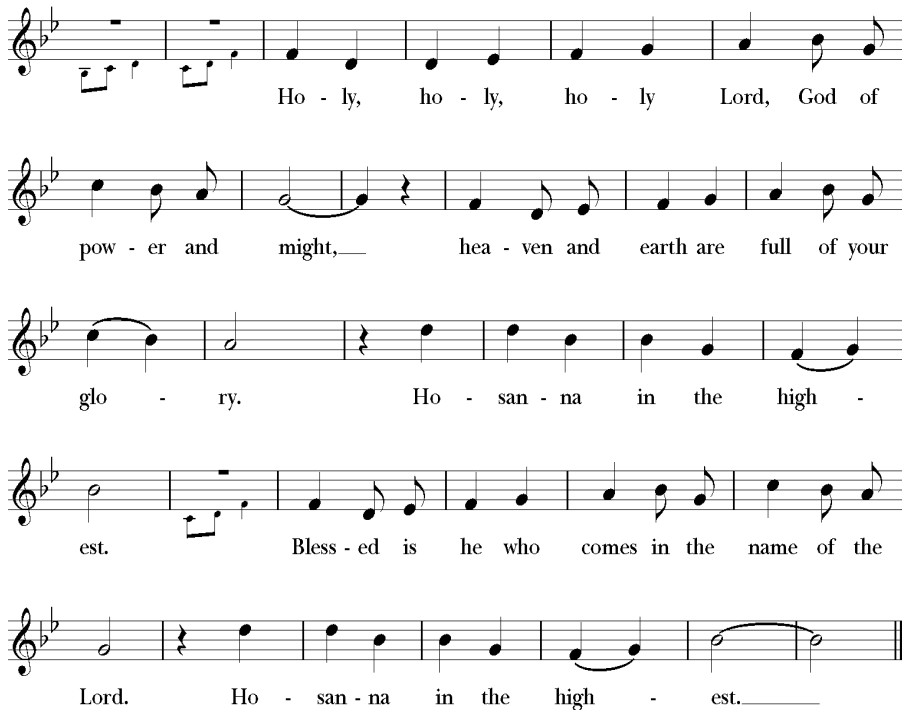
**People It is right to give God thanks and praise.**

Priest 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:

## Sanctus S127 Holy, holy, holy Lord

*Calvin Hampton (1938–1984)*



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.*

Priest     **H**oly 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Priest     Therefore we proclaim the mystery of faith:

**People     Christ has died.**

**Christ is risen.**

**Christ will come again.**

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

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

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

People **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 Priest breaks the consecrated bread.*

### Fraction Anthem S169

*Ray W. Urwin (b. 1950)*

*Cantor or Choir*

My flesh is food in - deed, and my blood is drink in -

1 *All* deed, says the Lord. My Lord. 2 *Cantor or Choir* Those who eat my

*All* flesh and drink my blood dwell in me and I in them. My

flesh is food in - deed, and my blood is drink in - deed, says the Lord.

Priest **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.**

## ALL ARE WELCOME TO RECEIVE THE HOLY COMMUNION

All are welcome to receive communion. The table we set is the Lord's. Wherever you find yourself on your spiritual journey, you are welcome to receive the Holy Communion.

The bread is received in the open palm.

If you choose to receive the cup, gently guide the chalice to your lips by touching the base.

**At this time, we are not able to allow dipping the wafer into the chalice.**

Those who prefer to receive a blessing, or who choose not to receive the cup,  
may indicate this by crossing their arms over their chest.

If you have a wheat sensitivity, you may ask the priest for a gluten-free wafer.

### Communion Hymn Softly and Tenderly Jesus is Calling

*Will L. Thompson*

1. Soft - ly and ten - der - ly Je - sus is call - ing,  
2. Why should we tar - ry when Je - sus is plead - ing,  
3. Time is now fleet - ing, the mo - ments are pass - ing,  
4. Oh! For the won - der - ful love He has prom - ised,

1. Call - ing for you and for me; — See, on the por - tals He's  
2. Plead - ing for you and for me? — Why should we lin - ger and  
3. Pass - ing for you and for me; — Shad - ows are gath - er - ing,  
4. Prom - ised for you and for me; — Though we have sinned, He has

1. wait - ing and watch - ing, Watch - ing for you and for me, —  
2. heed not His mer - cies, Mer - cies for you and for me? —  
3. death beds are com - ing, Com - ing for you and for me, —  
4. mer - cy and par - don, Par - don for you and for me, —

Come home, Come home, come home, come home,

Ye who are wea-ry, come home! Ear - nest - ly, ten - der - ly,

Je - sus is call - ing, Call - ing, O sin - ner, come home!

## The Post-Communion Prayer

**Priest** Let us pray.

**People** Compassionate and loving God, through your Son Jesus Christ you have fed us, and reconciled your people to yourself. May we who have shared in the holy meal know your forgiveness in our lives, bring your reconciliation to others, and be a sign of your wholeness in this broken world. Following Christ's example of fasting and prayer, may we obey you with willing hearts and serve one another in holy love. **Amen.**

## The Blessing

Priest Grant, Almighty God, that we your people may recognize our weakness and put our whole trust in your strength, so that we may rejoice forever in the protection of your loving care for us, through Christ our Lord. **Amen.**

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you forever. **Amen.**

**Recessional Hymn 657** Love divine, all loves excelling

*Hyfrydol*

Priest Let us bless the Lord.

People **Thanks be to God.**

**Postlude:** Sorting

*Cesar Franck (1822-1890)*

*“All are welcome to enjoy fellowship with one another outside the church during coffee hour.*

*The altar greens are given to the Glory of God*



*St. Dunstan's Episcopal Church celebrates God's diverse creation  
and strives to build an inclusive community that welcomes everyone, no matter age, gender, sexual identity,  
culture, ethnicity, economic status, or ability.*

## Lenten Offerings at St. Dunstan's

**Individual Prayer:** Take time to pray each day using the Bible or the Book of Common Prayer. Or pick up a copy of The Living Compass Lenten Reflections and Forward Day-by-Day available on the welcome table.

**Gather for Community and Prayer:**

**Mondays:** Zoom Compline at 5:30pm (find link on the church calendar at stdcv.org)

**Wednesdays:** Conversation, Reflection and Holy Communion at 10am in the Sanctuary

**Thursdays:** Morning Prayer at 7:30am , followed by fellowship and breakfast at Jeffrey's (Begins March 2)

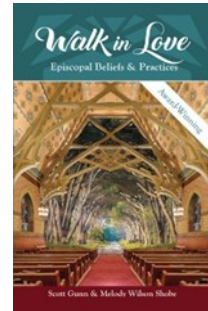
**Sundays:** Worship at 8am or 10am.



## Episcopal 101 — Everything you wanted to know about the Episcopal Church, and more!

6 week course begins on Monday, March 20th, from 6:30-8:00pm

If you have wanted to learn more about the Episcopal Church, our traditions and rituals — this is the course for you! We will explore together Episcopal beliefs and practices, the what and why's of what we do.



**AND, for those seeking to be baptized, confirmed, received into the Episcopal Church, or if you desire to re-affirm your faith,** you'll want to participate in this course in preparation for Bishop Lucinda's visit on Sunday, May 7, 2023.

To sign up to attend, email Rev. Laurel at [revlaurec@gmail.com](mailto:revlaurec@gmail.com) and order your book on Amazon or from Forward Movement



***It is Lent, and that means it is time once again for . . .***

## **Lent Madness!**

Produced by the Forward Press, Lent Madness is a light-hearted way to learn about Saints large and small, old and new, during Lent and have fun doing it. The Saints are arranged in a bracket, and each day you read about two and vote on line for your favorite to win The Golden Halo. [lentmadness.org](http://lentmadness.org). Or, you can pick up one of the booklets on the table in Brock Hall and just read about the two Saints every day...a great Lenten discipline. Learn about the Saints of God this Lent!



**Wednesdays 6-8pm**

*Exploring our Baptismal Covenant  
through the Lens of Lent."*

Our Baptismal Covenant begins with our profession of our faith and belief in the three persons of God. It is then followed by Five Questions, each calling us into a particular expression of that faith. Each week we will explore together one of the five questions to deepen our understanding of what it is to be a disciple of Jesus. Join us for rich and meaningful conversation! (and a delicious meal!)

*Help us get to know you by*

## **Filling out a Pew Card**

If you are visiting us, are new to Saint Dunstan's, or if your contact information has changed, please fill out a Pew Card and drop it in the collection plate. Thanks!

### **St. Dunstan's Staff**

The Rev. Laurel Coote, Rector  
[revlaurel@stdcv.org](mailto:revlaurel@stdcv.org)

Elizabeth Buche, Parish Administrator  
[stdunstanschurch@gmail.com](mailto:stdunstanschurch@gmail.com)





california  
pizza kitchen

# PIZZA WITH A PURPOSE

**Tuesday, March 21  
Fundraiser in support of  
I-Help Outreach**

Plan to enjoy lunch or dinner at California Pizza Kitchen in Del Monte Shopping Center on March 21st. Mention the I-Help Organization and CPK will donate 20% of your ticket back to I-Help! Or take a flyer with you (available on the Welcome Table)



## **Pastoral Care & Prayer Requests**

For pastoral concerns, contact Rev. Laurel [revlaurel@stdcv.org](mailto:revlaurel@stdcv.org) or on her cell 310-562-5746. And you can always leave a message on the Pastoral Care line at church [831-624-6646](tel:831-624-6646) ext 5.

Our Daughters of the King chapter welcomes your prayer requests. Prayer requests may be sent to [dok@stdcv.org](mailto:dok@stdcv.org). The Daughters pray for members of our parish as well as many others daily.

## **Dedicate Altar Flowers**



This is a lovely and meaningful way to give Glory to God in celebration of a birthday, or in thanksgiving, or in memory of a loved one. The cost of the flowers is \$30, but some give more. Checks should be made out to St. Dunstan's with "Altar Flowers" in the memo.

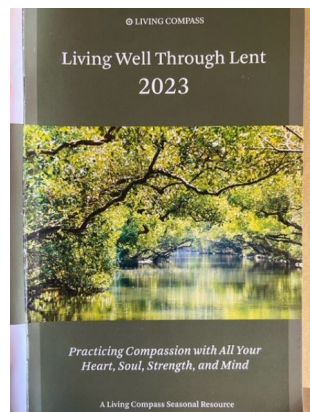
Sign up on the Welcome Table

## **Deadline for eNews, Bulletin**

Items for our eNews and Sunday Bulletin should be submitted to [stdunstanschurch@gmail.com](mailto:stdunstanschurch@gmail.com) by midnight Monday.

**Discussion Group**  
**Living Well Through Lent**  
**2023**

***Practicing Compassion***  
***with All Your***  
***Heart, Soul, Strength, and Mind***



Lent is a time for introspection and self-reflection and a time to examine what it means to live a Christian life by receiving and sharing the healing love of God.

Through our discussions each Sunday we examine Compassion through Faith, Listening, Prayer, Mercy, Well-Being and Love in order to prepare for the new life of Easter.

Join us as we walk together on this journey through Lent toward Easter as we discover what it truly means to practice Compassion with our whole being.

*Sunday mornings 9am in the Guild Room. For more information contact Jean Scholefield*

## THIS WEEK AT ST DUNSTAN'S

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### Sunday, March 5

**8:00 am** Holy Eucharist  
**8:30 am** Choir Rehearsal  
**9:00 am** Discussion Group  
**10:00 am** Holy Eucharist (live-streamed)  
**11:00 am** Coffee Hour  
**11:30 am** Youth and Family Meeting  
**11:30 pm** J2A at St. Dunstan's

### Monday, March 6

**5:30 pm** Zoom Compline

### Tuesday, March 7

**9:00 am** Discipleship Group  
**7:30 pm** AA

### Wednesday, March 8

**10:00 am** Holy Eucharist  
**11:00 am** Prayer Shawl Ministry  
**6:00 pm** Lenten Soup Supper

### Thursday, March 9

**7:30 am** Morning Prayer in the Sanctuary

### Friday, March 10

**4:00 pm** I-Help Men

### Saturday, March 11

**9:00 am** Choir Rehearsal  
**9:00 am** Vestry Retreat

### Sunday, March 12

**8:00 am** Holy Eucharist  
**8:30 am** Choir Rehearsal  
**9:00 am** Discussion Group  
**10:00 am** Holy Eucharist (live-streamed)  
**11:00 am** Coffee Hour

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View the entire parish calendar [stdcv.org/calendar](http://stdcv.org/calendar)

## MARCH BIRTHDAYS

1 Rob Feller	10 Abigail Davis	22 Sally Dietrich
1 Chase Melich	10 Hannah Davis	28 Tracy Jones
2 Flo von Platen	12 Lisa Olsheskie	28 Liz Rondelle
8 Graham Simpson	16 Kurt Buche	30 Art Pasquinelli
9 Jeff Jones	16 Mike Hendrickson	

## Sermon Notes