



**ST. DUNSTAN'S**  
EPISCOPAL CHURCH

# THE FIRST SUNDAY IN LENT

## February 26, 2023

### 8 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** Voluntary: Liturgical Improvisation No. 1

*George Oldroyd (1887-1956)*

*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** **God 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.*

Priest Lord, have mercy.

**People** **Christ, have mercy.**

Priest Lord, have mercy.

## The Collect of the Day

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

Spirit of the desert, you drove Jesus to the edge of the world to find his truth and calling: scour our hearts and awaken our hunger, that freed from empty clinging we might find ourselves in you; through Jesus Christ, the Lord of the wilds.

### Genesis 2:15-17; 3:1-7

*The story of creation of the first man and woman in the Garden of Eden and their disobedience and consequent loss of innocence. Tempted by the serpent, first the woman and then the man eat from the forbidden tree of the knowledge of good and evil. The story expresses the understanding that human beings are the crown of God's creation, and yet there is something tragically wrong with them. From later Christian perspective, however, this transgression is seen as part of God's greater plan for the maturity and salvation of humanity. The free choice of disobedience and the learning of good and evil will, through redemption, make possible a more profound relationship with God.*

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader The Word of the Lord.

People **Thanks be to God.**

*A brief silence is kept.*

## **Psalm 32 *Beati quorum***

*A psalm of thanksgiving for the forgiveness of sin.*

- 1 **H**appy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of trouble; \*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; \*  
shout for joy, all who are true of heart.

## **Romans 5:12-19**

*Paul tells how the history of human sinfulness and death has been transformed by the free gift of Jesus Christ. The act of disobedience of the one person, Adam, began the reign of sin and death. This was later compounded by the role of law which, by instructing people not to sin, actually caused trespassing to abound. But now the righteousness and obedience of the one man Jesus Christ means acquittal and new life for all.*

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader The Word of the Lord.

**People Thanks be to God.**

*A brief silence is kept.*

## **Matthew 4:1-11**

*The story of the temptations of Jesus by the devil. After his baptism Jesus is led into the wilderness and confronted with temptations which are inescapable in his ministry. He might seek to show that he is the Son of God by satisfying material needs or wielding miraculous power. Or he could seek to control allegiance through the pomp and might of a worldly kingship. But Jesus' obedience is God's way for him.*

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

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

He fasted forty days and forty nights, and afterwards he was famished.

The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone,

but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'

and 'On their hands they will bear you up,

so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him,

"Away with you, Satan! for it is written,

'Worship the Lord your God,

and serve only him.'"

Then the devil left him, and suddenly angels came and waited on 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.**

**With the Father and the Son he is worshipped 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.**

## **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 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.*

#### **Prayer for a Birthday**

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

#### **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*



# 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.

Priest 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:

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

*The people stand or kneel.*

Priest 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."

Priest 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."

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.*

Priest Christ, our Passover is sacrificed for us.

People **Therefore let us keep the feast.**

### The Fraction

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People **Grant us peace.**

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.

### 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 **G**rant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; 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.**

Priest **L**et us bless the Lord.

People **T**hanks be to God.

*“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  
& in memory of Lawrence Reiersen by Star Reiersen*



*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.*



***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!

## 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

**Wednesdays:** Lenten Soup Supper Program 6-8pm. "Exploring our Baptismal Covenant through the Lens of Lent". Sign up to attend, help in the kitchen and/or bring food. (Begins March 1st)

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

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



## 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

*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!

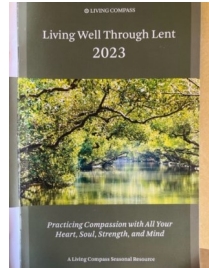
### St. Dunstan's Staff

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

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

**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. See Jean Scholefield for more information*

*Welcome to this week's guest organist*

**Daniel Copher**

Welcome to St. Dunstan's Daniel!  
Thank you for helping lead us as we worship in song this week.

**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.



**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.

# THIS WEEK AT ST DUNSTAN'S

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## Sunday, February 26

- 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

## Monday, February 27

- 5:30 pm Zoom Compline

## Tuesday, February 28

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

## Wednesday, March 1

- 10:00 am Holy Eucharist
- 11:00 am Prayer Shawl Ministry
- 1:30 pm DOK Meeting
- 6:00 pm Lenten Soup Supper

## Thursday, March 2

- 7:30 am Morning Prayer in the Sanctuary
- 12:00 pm Quilters Group
- 4:00 pm I-Help Men

## Friday, March 3

## Saturday, March 4

- 9:00 am Choir Rehearsal

## 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

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

## FEBRUARY/MARCH BIRTHDAYS

26 Sarah Hawthorne

27 Joseph Talley

28 Crosby Hawthorne

1 Rob Feller

1 Chase Melich

2 Flo von Platen

8 Graham Simpson

9 Jeff Jones

10 Abigail Davis

10 Hannah Davis

12 Lisa Olsheskie

16 Kurt Buche

16 Mike Hendrickson

22 Sally Dietrich

28 Tracy Jones

28 Liz Rondelle

30 Art Pasquinelli

## Sermon Notes