



ST. DUNSTAN'S
EPISCOPAL CHURCH

THE FIRST SUNDAY IN LENT

February 18, 2024

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.

THE LITURGY OF THE WORD

All stand at the ringing of the bell.

The ministers process in silence.

Priest Blessed 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 May 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 *The people stand or kneel.*

Priest The Lord be with you.

People And also with you.

Priest Let us pray.

God of trackless desert, whose Son walked untamed in league with beasts and spirits, whose kingdom is not distant but breaking in among us: give us time and space to find a new identity to let go of control and walk the pilgrim way; through Jesus Christ, the good news of salvation. **Amen.**

The people are seated.

Genesis 9:8–17

God's promise to Noah and to future generations never again to flood all the earth. God establishes this covenant with a sign—the rainbow that is seen in the storm clouds. This covenant is made with the whole creation. It signifies God's purpose to preserve and save the world, not to destroy it.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

Reader The Word of the Lord.

People Thanks be to God.

Psalm 25:1–9

A prayer for forgiveness and guidance and an expression of trust in the Lord.

- 1 To you, O LORD, I lift up my soul;
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, *
and teach me your paths.
- 4 Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, *
for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; *
remember me according to your love
and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; *
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right *
and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness *
to those who keep his covenant and his testimonies.

1 Peter 3:18–22

The significance of Christ's death and resurrection. In the story of Noah's salvation a prefigurement of our own salvation through the water of baptism is perceived. Portions of this letter are thought to have been originally composed for use in a service of baptism and Eucharist on the eve of Easter. Such a purpose would explain the association of the themes of Christ's death, baptism, and his triumphal resurrection. It is uncertain who is meant by the spirits to whom Christ preached after his death, but this activity may signify God's intention for the salvation of all.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader The Word of the Lord.

People **Thanks be to God.**

All stand.

Mark 1:9–15

Jesus' baptism followed by his temptation in the wilderness by Satan and his proclamation of the coming kingdom of God. As Jesus comes up from the water, the Holy Spirit descends like a dove and a voice from heaven tells him that he is the beloved Son. The Spirit then guides him out into the wilderness, where ancient Israel also met its temptations. Here Jesus has his first encounter with Satan, and then goes forth proclaiming the nearing reign of God: "Repent, and believe in the good news."

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

People Glory to you, Lord Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Priest The Gospel of the Lord.

People Praise to you, Lord Christ.

The Sermon

After the sermon a brief silence is kept.

The Rev. Laurel Coote

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 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.**

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 LITURGY OF THE TABLE

Offertory Sentence

During the setting of the table a collection is taken to support the life and ministry at St. Dunstan's. The people's offerings of bread, wine and money or other gifts will be brought to the priest. The people stand while the offerings are presented. Offerings may also be made online at www.stdcv.org

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 Great Thanksgiving

Eucharistic Prayer A

The people stand at the procession of the offering and remain standing.

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:

**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."

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.**

THE LORD'S PRAYER

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.

INVITATION TO COMMUNION

All who come in faith seeking a deeper knowledge and love of Jesus Christ
are welcome to receive Holy Communion. Come forward to receive
the bread in your 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.
You may have communion brought to your seat by notifying an usher.

The Prayer After Communion

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.

All stand for the blessing and dismissal

The Blessing

Priest Grant, 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, Father, Son and Holy Spirit, be upon you and remain with you always. **Amen.**

The Dismissal

Priest Let us go forth in the name of Christ.

People Thanks be to God.

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

~

The altar flowers 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.

Father, forgive them for they know not what they do.

A Lenten Exploration of Forgiveness

Mondays at 5pm — Soup Supper and Program

Beginning February 19th

Jesus is always speaking into our human condition, giving us words of wisdom on how to follow him, and how to best tend to and care for ourselves and one another. Life can be hard, people disagree, and harm is done. We all know what it is to hurt, and each of us has at some time hurt others.

Along with his call to Listen, Trust, Serve and Love, Jesus calls us to Forgive. And we all know — to forgive is not always simple nor is it easy. And while we may long to be forgiven, seeking it, or even accepting it can be equally challenging. Each one of us, at some time, will need to forgive and will be in need of forgiveness. But sometimes we don't know where to begin. Sometimes we hurt so much, we don't even want to try. Yet, forgiveness is central to our Christian Faith and has the power to transform our lives, if we are courageous enough to try.

Each week of Lent we will explore an aspect of forgiveness. We'll hear from a variety of voices, writers and theologians as we look at what forgiveness is and isn't, how to forgive, and explore the challenges, barriers that get in our way — and also the difference forgiving can make. For us.

Please plan to join us for a delicious meal and rich conversation. And if you want to help with the preparation of the Soup Supper, send Peter Coote an email at pacoote57@gmail.com.

Lent Madness is back!

Learn about two saints every day and vote on which should progress toward the Golden Halo! This is just for fun, but you also learn about two saints every day— a good thing for Lent. Go on line and visit lentmadness.Org every morning, read and vote! Watch the progress toward the Golden Halo on the bracket posted in Brock Hall.

Help us get to know you by **Filling out a Pew Card**

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

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.

As we enter into a Holy Lent, watch your enews, where we will share with you for the next five weeks, excerpts from Henri Nouwen's book, ***With Open Hands***, which is a reflection on Prayer, one of the spiritual practices to which we are called by Jesus, especially during the season of Lent. This week the following Prayer for Open Hands was shared. May you have a blessed Lent.

A Prayer for Open Hands:

*Dear God,
I am so afraid to open my clenched fists!
Who will I be when I have nothing left to hold onto?
Who will I be when I stand before you with empty hands?
Please help me to gradually open my hands and
to discover that I am not what I own,
but what you want to give me.
And what you want to give me is love—
unconditional, everlasting love.
Amen.*



Question for Meditation:

What am I holding tightly in my clenched fist?

Deadline for eNews, Bulletin

Items for our eNews and Sunday Bulletin should be submitted to stdunstanschurch@gmail.com by midnight Monday.

Wonder what's going on at St. Dunstan's?

Sign up today to receive

St. Dunstan's weekly eNews

Getting weekly news, links to sermons, updates, and schedules is as simple as visiting stdcv.org/subscribe and entering your email address.

Children's schedule for February and March

- February 18 - Sunday School in Brock Hall and Bury the Alleluias during announcements
- February 25 - No 4th Sunday Family service as Rev. Laurel will be away for a Vestry Retreat. Children in church with their families.
- March 3— Sunday School in Brock Hall
- March 10— Children in Church with their families
- March 17— Sunday School in Brock Hall



Pastoral Care & Prayer Requests



For pastoral concerns, contact Rev. Laurel 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 110.

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

St. Dunstan's Vestry



Susan Pitts, Senior Warden
Jr. Warden—TBD
Duncan Clarke
Jack Enbom
Sheila Hiebert
Tracy Jones
Carol Langland
George Lockwood
Jackie Wendland

St. Dunstan's Staff

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Lauren Proulx Leonoff, School Director
director@stdunstanschool.org

J2A (Journey To Adulthood) is back for the Spring!

Journey to Adulthood is a youth ministry program of spiritual formation for 6th-12th grades. J2A is centered on inclusive, relational ministry and uses Bible study, prayer, rites of passage, and service projects.

We welcome new and returning youth! If you didn't make it last year you are still welcome to join us now!

Here are Spring 2024 J2A dates. We will meet at St. Dunstan's on:

- March 10th, 4-5:30pm
- April 14th, 4-5:30pm
- May 5th, 4-5:30pm

Please also hold May 17th-18th for a possible overnight service pilgrimage to San Francisco. (Budget would be covered by the Women of St. Dunstan's. We will discuss details in our first meeting on March 10th and If overnight travel is unfeasible, we will do a local service project on Saturday May 18th like we did last year.)

THIS WEEK AT ST DUNSTAN'S

PARISH OFFICE IS OPEN TUESDAY - THURSDAY 9AM –1PM

Sunday, February 18

8:00 am Holy Eucharist
8:30 am Choir Rehearsal
9:00 am The Path Bible Study Ch. 18
10:00 am Holy Eucharist (live-streamed)
11:00 am Coffee Hour

Monday, February 19

Office Closed
6:00pm Lenten Soup Supper

Tuesday, February 20

5:00 pm Zoom Compline
5:30 pm The Path Bible Study Ch. 18
7:30 pm AA

Wednesday, February 21

10:00 am Conversation and Communion
Holy Eucharist
11:00 am Prayer Shawl Ministry
12:00 pm The Path Bible Study Ch. 18
5:00 pm Rancho Tierra Grande HOA

Thursday, February 22

9:30am Discipleship Group

Friday, February 23

Vestry Retreat

Saturday, February 24

Vestry Retreat
9:00 am Choir Rehearsal

Sunday, February 25

Vestry Retreat
8:00 am Holy Eucharist
8:30 am Choir Rehearsal
9:00 am The Path Bible Study Ch. 19
10:00 am Holy Eucharist (live-streamed)
11:00 am Coffee Hour

View the entire parish calendar stdcv.org/calendar

FEBRUARY BIRTHDAYS

January

27—Jack Enbom
29—Helena Miller
30—Lincoln Talley

February

7—Beverly Klinger
10—Tammy Hawkins
11—Kim Murray
12—Sue Masters
14—Tom Logan
26—Sarah Hawthorne
27—Joseph Talley
28—Crosby Hawthorne

Sermon Notes