



~~FEASTING~~  
*how fasting fills you up*

CHURCH *of the*  
INCARNATION

The Third Sunday in Lent  
March 15, 2020

# THE HOLY COMMUNION

## THE ENTRANCE RITE *(standing)*

### Introit: *Oculi mei*

Mine eyes are ever looking unto the LORD, for he shall pluck my feet out of the net: look upon me, and have mercy upon me, for I am desolate and in misery. *Ps.* Unto thee, O LORD, do I lift up my soul: my God, in thee have I trusted, let me never be confounded.

### Hymn 147

Now let us all with one accord

*Bourbon*

*Celebrant* ✕ Bless the Lord who forgiveth all our sins.  
*People* His mercy endureth for ever.

*The Celebrant says the Collect for Purity, followed by the Summary of the Law.*

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

### Kyrie



Lord, have mer-cy up-on us. Christ, have mer-cy up-on us. Lord, have mer-cy up-on us.

### The Collects

*Celebrant* The Lord be with you.

*People* And with thy spirit.

*Celebrant* Let us pray.

**W**E BESEECH THEE, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

**A**Lmighty and Everlasting God, who hast nothing that thou hast made, and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. *Amen.*

*All sit.*

## THE LESSONS

**The Old Testament Lesson:** Numbers 22:21–31

**B**ALAAAM ROSE in the morning, and saddled his ass, and went with the princes of Moab. But God's anger was kindled because he went; and the angel of the LORD took his stand in the way as his adversary. Now he was riding on the ass, and his two servants were with him. And the ass saw the angel of the LORD standing in the road, with a drawn sword in his hand; and the ass turned aside out of the road, and went into the field; and Balaam struck the ass, to turn her into the road. Then the angel of the LORD stood in a narrow path between the vineyards, with a wall on either side. And when the ass saw the angel of the LORD, she pushed against the wall, and pressed Balaam's foot against the wall; so he struck her again. Then the angel of the LORD went ahead, and stood in a narrow place, where there was no way to turn either to the right or to the left. When the ass saw the angel of the LORD, she lay down under Balaam; and Balaam's anger was kindled, and he struck the ass with his staff. Then the LORD opened the mouth of the ass, and she said to Balaam, "What have I done to you, that you have struck me these three times?" And Balaam said to the ass, "Because you have made sport of me. I wish I had a sword in my hand, for then I would kill you." And the ass said to Balaam, "Am I not your ass, upon which you have ridden all your life long to this day? Was I ever accustomed to do so to you?" And he said, "No." Then the LORD opened the eyes of Balaam, and he saw the angel of the LORD standing in the way, with his drawn sword in his hand; and he bowed his head, and fell on his face.

The Word of the Lord.

*People* Thanks be to God.

**Psalm 9:13–20** *Sung by the choir to plainsong.*

Have mercy upon me, O LORD; consider the trouble which I suffer of them that hate me :  
thou that liftest me up from the gates of death.

That I may shew all thy praises within the ports of the daughter of Sion :  
I will rejoice in thy salvation.

The heathen are sunk down in the pit that they made :  
in the same net which they hid privily is their foot taken.

The Lord is known to execute judgment :  
the ungodly is trapped in the work of his own hands.

The wicked shall be turned into hell :  
and all the people that forget God.

For the poor shall not always be forgotten :  
the patient abiding of the meek shall not perish for ever.

Up Lord and let not man have the upper hand :  
let the heathen be judged in thy sight.

Put them in fear O LORD :  
that the heathen may know themselves to be but men.

**The Epistle:** Ephesians 5:1–14

**B**E IMITATORS OF GOD, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. But fornication and all impurity or covetousness must not even be named among you, as is fitting among saints. Let there be no filthiness, nor silly talk, nor levity, which are not fitting; but instead let there be thanksgiving. Be sure of this, that no fornicator or impure man, or one who is covetous (that is, an idolater), has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for it is because of these things that the wrath of God comes upon the sons of disobedience. Therefore do not associate with them, for once you were darkness, but now you are light in the Lord; walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, “Awake, O sleeper, and arise from the dead, and Christ shall give you light.”

The Word of the Lord.

*People* Thanks be to God.

*All stand.*

**Hymn 567**

Thine arm, O Lord, in days of old

*St. Matthew*

**The Gospel:** Luke 11:14–28

*Deacon* The Holy Gospel of our Lord Jesus Christ according to Saint Luke.

*People* Glory be to thee, O Lord.

**J**ESUS WAS CASTING OUT a demon that was dumb; when the demon had gone out, the dumb man spoke, and the people marveled. But some of them said, “He casts out demons by Beelzebul, the prince of demons”; while others, to test him, sought from him a sign from heaven. But he, knowing their thoughts, said to them, “Every kingdom divided against itself is laid waste, and a divided household falls. And if Satan also is divided against himself, how will his kingdom stand? For you say that I cast out demons by Beelzebul. And if I cast out demons by Beelzebul, by whom do your sons cast them out? Therefore they shall be your judges. But if it is by the finger of God that I cast out demons, then the kingdom of God has come upon you. When a strong man, fully armed, guards his own palace, his goods are in peace; but when one stronger than he assails him and overcomes him, he takes away his armor in which he trusted, and divides his spoil. He who is not with me is against me, and he who does not gather with me scatters. “When the unclean spirit has gone out of a man, he passes through waterless places seeking rest; and finding none he says, ‘I will return to my house from which I came.’ And when he comes he finds it swept and put in order. Then he goes and brings seven other spirits more evil than himself, and they enter and dwell there; and the last state of that man becomes worse than the first.” As he said this, a woman in the crowd raised her voice and said to him, “Blessed is the womb that bore you, and the breasts that you sucked!” But he said, “Blessed rather are those who hear the word of God and keep it!”

The Gospel of the Lord.

*People* Praise be to thee, O Christ.

**SERMON**

Bishop Anthony Burton

## **THE NICENE CREED** *(standing)*

**I** BELIEVE in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the only begotten Son of God, begotten of his Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father; by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate; he suffered and was buried; and the third day he rose again according to the Scriptures, and ascended into heaven, and sitteth on the right hand of the Father; and he shall come again, with glory, to judge both the quick and the dead; whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord, and Giver of Life, who proceedeth from the Father and the Son; who with the Father and the Son together is worshiped and glorified; who spake by the Prophets. And I believe one holy Catholic and Apostolic Church; I acknowledge one Baptism for the remission of sins; and I look for the resurrection of the dead, ✠ and the life of the world to come. Amen.

## **THE PRAYERS OF THE PEOPLE**

*The Minister says*

With all our heart and with all our mind, let us pray to the Lord.

*Each petition concludes*

*Minister* Let us pray to the Lord.

*People* Lord, have mercy.

*The prayers conclude in this way*

*Minister* In the communion of the ever-Blessed Virgin Mary and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

*People* To thee, O Lord our God.

*The Celebrant adds a concluding Collect.*

## **CONFESSION OF SIN**

*The Minister says*

Let us humbly confess our sins unto Almighty God.

*All kneel. The Minister says*

Almighty God,

*All*

Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

*The Celebrant alone stands and gives the Absolution, then all stand.*

## THE PEACE

*Celebrant* The peace of the Lord be always with you.

*People* And with thy spirit.

*All greet one another in the name of the Lord. All sit and announcements are made.*

## BirthDay Prayer

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be; strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

## OFFERTORY

*The Minister begins the Offertory with a sentence of Scripture.*

## Worship Song

*I Am Not Alone*

Kari Jobe

When I walk through deep waters  
I know that You will be with me  
When I'm standing in the fire  
I will not be overcome  
Through the valley of the shadow  
I will not fear

*I am not alone  
I am not alone  
You will go before me  
You will never leave me*

In the midst of deep sorrow  
I see Your light is breaking through  
The dark of night will not overtake me  
I am pressing into You  
Lord, You fight my every battle  
And I will not fear

*Refrain*

You amaze me  
Redeem me  
You call me as Your own

You're my strength  
You're my defender  
You're my refuge in the storm  
Through these trials  
You've always been faithful  
You bring healing to my soul

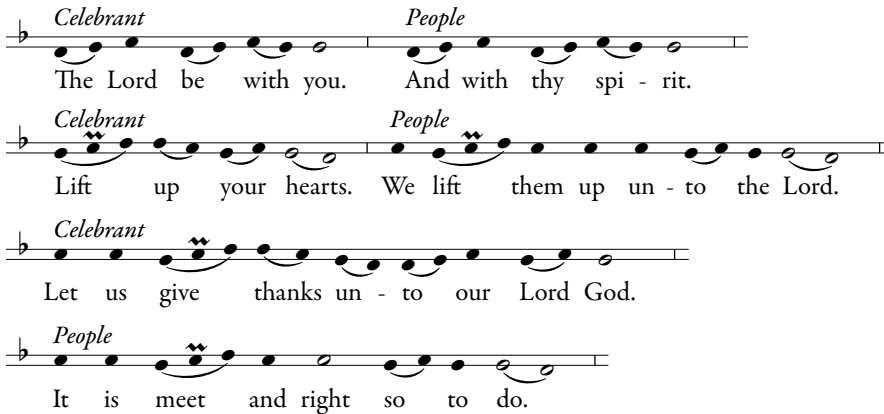
*Refrain*

## Doxology

*As the gifts are presented, the People stand and sing Hymn 380, stanza 3.*

Praise God, from whom all blessings flow; praise him, all creatures here below;  
praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

## THE GREAT THANKSGIVING



*Celebrant*                      *People*  
The Lord be with you.      And with thy spi - rit.

*Celebrant*                      *People*  
Lift up your hearts.      We lift them up un - to the Lord.

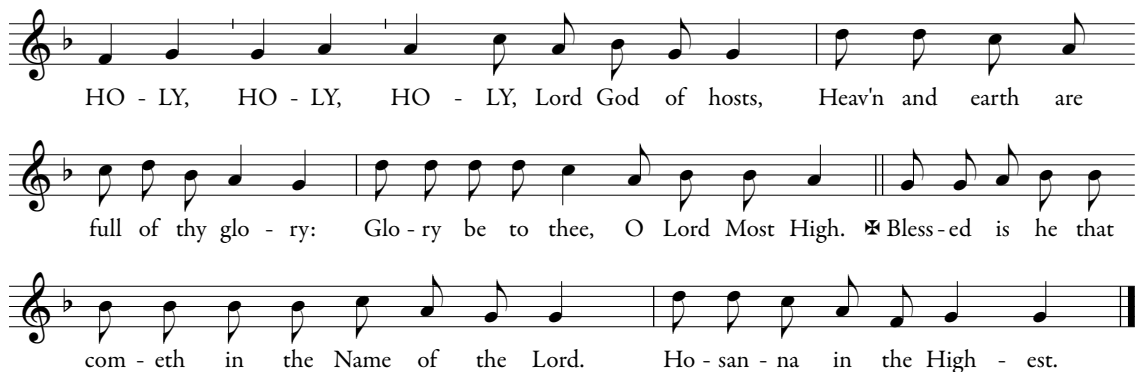
*Celebrant*  
Let us give thanks un - to our Lord God.

*People*  
It is meet and right so to do.

*The Celebrant continues with the Preface, which concludes*

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

## Sanctus & Benedictus



HO - LY, HO - LY, HO - LY, Lord God of hosts, Heav'n and earth are  
full of thy glo - ry: Glo - ry be to thee, O Lord Most High. ✠ Bless - ed is he that  
com - eth in the Name of the Lord. Ho - san - na in the High - est.

*All kneel.*

# THE CANON OF THE EUCHARIST

*The Celebrant continues with the Eucharistic Prayer on BCP page 334. The prayer concludes*

By whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. *AMEN.*

## Communion Devotions

*Celebrant* And now, as our Savior Christ hath taught us, we are bold to say,

*Celebrant and People say the Lord's Prayer.*

*The Celebrant breaks the consecrated Bread and a period of silence is kept.*

*Celebrant* Christ our Passover is sacrificed for us;

*People* Therefore let us keep the feast.

*People and Celebrant*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

*Celebrant* The Gifts of God for the People of God.

## Agnus Dei



O Lamb of God, that ta - kest a - way the sins of the world, have mer - cy up - on us.



O Lamb of God, that ta - kest a - way the sins of the world, have mer - cy up - on us.



O Lamb of God that ta - kest a - way the sins of the world, grant us thy peace.

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### **Anima Christi**

Soul of Christ, sanctify me.  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesu, hear me;  
Within thy wounds hide me;  
Suffer me not to be separated from thee;  
From the malicious enemy defend me;  
In the hour of my death call me,  
And bid me come to thee.  
That with thy Saints I may praise thee  
For ever and ever. Amen.

### **Motet**

Orlando Gibbons (1583–1625)

O Lord, in thy wrath, rebuke me not: Neither chasten me in thy displeasure. Have mercy upon me,  
O Lord, for I am weak: O Lord, heal me, for my bones are vexed. My soul is also sore troubled: But,  
Lord, how long wilt thou punish me? O save me for thy mercy's sake.

*Psalm 6:1–4*

### **Hymn 313**

Let thy Blood in mercy poured

*Jesus, meine Zuversicht*

## **CONCLUDING RITES**

*Celebrant* Let us pray.

*All kneel.*

*Celebrant* Almighty and everliving God,

*Celebrant and People*

we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

*The Celebrant alone stands and gives the blessing.*

*Deacon* Let us bless the Lord.

*People* Thanks be to God.

### **Hymn 473**

Lift high the cross

*Crucifer*



## WEEKLY ENEWS

The weekly eNews, our official church electronic newsletter, is the most up-to-date way to receive info about upcoming events. Make sure that you are registered to receive this email by going to [incarnation.org/enews](http://incarnation.org/enews).



## WEEKLY READINGS

This week's readings may be found in the Book of Common Prayer, pg. 955, Lent 3

## CHURCH *of the* INCARNATION

*A parish in the Episcopal Diocese of Dallas and a member of the world-wide Anglican Communion.*

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