



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

CHURCH *of the*  
INCARNATION

The Fifth Sunday in Lent

March 29, 2020

*Traditional Service*

# THE HOLY COMMUNION

## Organ Voluntary

*Fantasia and Fugue in c, BWV 537*

Johann Sebastian Bach (1685–1750)

## THE ENTRANCE RITE

### Introit: *Judica me*

Give sentence with me, O God, and defend the cause of my soul against the ungodly people: deliver me, and rid me from the deceitful and wicked man: for thou, O LORD, art my God, and my strong salvation. *Ps.* O send out thy light and thy truth, that they may lead me: and bring me unto thy holy hill, and to thy dwelling.

### Hymn 158 (*music and text on next page*)

Ah, holy Jesus, how hast thou offended

*Herzliebster Jesu*

*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, mercifully to look upon thy people; that by thy great goodness they may be governed and preserved evermore, both in body and soul; 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 hatest 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.*

1 Ah, ho - ly Je - sus, how hast thou of - fend - ed, that man to  
 2 Who was the guilt - y? Who brought this up - on thee? A - las, my  
 3 Lo, the Good Shep - herd for the sheep is of - fered; the slave hath  
 4 For me, kind Je - sus, was thy in - car - na - tion, thy mor - tal  
 5 There - fore, kind Je - sus, since I can - not pay thee, I do a -

1 judge thee hath in hate pre - tend - ed? By foes de - rid - ed,  
 2 trea - son, Je - sus, hath un - done thee. 'Twas I, Lord Je - sus,  
 3 sin - ned, and the Son hath suf - fered; for our a - tone - ment,  
 4 sor - row, and thy life's ob - la - tion; thy death of an - guish  
 5 dore thee, and will ev - er pray thee, think on thy pi - ty

1 by thine own re - ject - ed, O most af - flict - ed.  
 2 I it was de - nied thee: I cru - ci - fied thee.  
 3 while we noth - ing heed - ed, God in - ter - ced - ed.  
 4 and thy bit - ter pas - sion, for my sal - va - tion.  
 5 and thy love un - swerv - ing, not my de - serv - ing.

Words: Johann Heermann (1585-1647); tr. Robert Seymour Bridges (1844-1930) Music: *Herzliebster Jesu*, Johann Crüger (1598-1662), alt.

## THE LESSONS

**The Old Testament Lesson:** Exodus 24:4-8

**M**OSSES WROTE all the words of the LORD. And he rose early in the morning, and built an altar at the foot of the mountain, and twelve pillars, according to the twelve tribes of Israel. And he sent young men of the people of Israel, who offered burnt offerings and sacrificed peace offerings of oxen to the LORD. And Moses took half of the blood and put it in basins, and half of the blood he threw against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, "All that the LORD has spoken we will do, and we will be obedient." And Moses took the blood and threw it upon the people, and said, "Behold the blood of the covenant which the LORD has made with you in accordance with all these words."

The Word of the Lord.

*People* Thanks be to God.

## Psalm 143

Hear my prayer O LORD and consider my desire :

hearken unto me for thy truth and righteousness' sake.

And enter not into judgment with thy servant :

for in thy sight shall no man living be justified.

For the enemy hath persecuted my soul; he hath smitten my life down to the ground :

he hath laid me in the darkness, as the men that have been long dead.

Therefore is my spirit vexed within me :

and my heart within me is desolate.

Yet do I remember the time past; I muse upon all thy works :

yea I exercise myself in the works of thy hands.

I stretch forth my hands unto thee :

my soul gaspeth unto thee as a thirsty land.

Hear me O LORD and that soon, for my spirit waxeth faint :

hide not thy face from me, lest I be like unto them that go down into the pit.

O let me hear thy loving-kindness betimes in the morning, for in thee is my trust :

shew thou me the way that I should walk in, for I lift up my soul unto thee.

Deliver me O LORD from mine enemies :

for I flee unto thee to hide me.

Teach me to do the thing that pleaseth thee, for thou art my God :

let thy loving Spirit lead me forth into the land of righteousness.

Quicken me O LORD for thy Name's sake :

and for thy righteousness' sake bring my soul out of trouble.

And of thy goodness slay mine enemies :

and destroy all them that vex my soul for I am thy servant.

**The Epistle:** Hebrews 9:11–15

**W**HEN CHRIST APPEARED as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God. Therefore he is the mediator of a new covenant, so that those who are called may receive the promised eternal inheritance, since a death has occurred which redeems them from the transgressions under the first covenant.

The Word of the Lord.

*People* Thanks be to God.

**Hymn 474** (*music and text on next page*)

When I survey the wondrous cross

*Rockingham*

**The Gospel:** John 8:46–59

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

*People* Glory be to thee, O Lord.

**J**ESUS SAID, “Which of you convicts me of sin? If I tell the truth, why do you not believe me? He who is of God hears the words of God; the reason why you do not hear them is that you are not of God.” The Jews answered him, “Are we not right in saying that you are a Samaritan and have a demon?” Jesus answered, “I have not a demon; but I honor my Father, and you dishonor me. Yet I do not seek my own glory; there is One who seeks it and he will be the judge. Truly, truly, I say to you, if any one keeps my word, he will never see death.” The Jews said to him, “Now we know that you have a demon. Abraham died, as did the prophets; and you say, ‘If any one keeps my word, he will never taste death.’ Are you greater than our father Abraham, who died? And the prophets died! Who do you claim to be?” Jesus answered, “If I glorify myself, my glory is nothing; it is my Father who glorifies me, of whom you say that he is your God. But you have not known him; I know him. If I said, I do not know him, I should be a liar like you; but I do know him and I keep his word. Your father Abraham rejoiced that he was to see my day; he saw it and was glad.” The Jews then said to him, “You are not yet fifty years old, and have you seen Abraham?” Jesus said to them, “Truly, truly, I say to you, before Abraham was, I am.” So they took up stones to throw at him; but Jesus hid himself, and went out of the temple.

The Gospel of the Lord.

*People* Praise be to thee, O Christ.

**CHILDREN'S SERMON**

Father David Thompson

**SERMON**

Father John Sundara

1 When I sur - vey the won - drous cross where the young  
 2 For - bid it, Lord, that I should boast, save in the  
 3 See, from his head, his hands, his feet sor - row and  
 4 Were the whole realm of na - ture mine, that were an

Prince of Glo - ry died, my rich - est gain I  
 cross of Christ, my God: all the vain things that  
 love flow min - gled down! Did e'er such love and  
 of - fering far too small; love so a - maz - ing,

count but loss, and pour con - tempt on all my pride.  
 charm me most, I sac - ri - fice them to his blood.  
 sor - row meet, or thorns com - pose so rich a crown?  
 so di - vine, de - mands my soul, my life, my all.

Words: Isaac Watts (1674-1748) Music: *Rockingham*, from *Second Supplement to Psalmody in Miniature*, ca. 1780; harm. Edward Miller (1731-1807)

## THE NICENE CREED

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.

*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 gives the Absolution.*

## **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.*

## **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.*

## **Motet**

*Aria, from St. John Passion*

Johann Sebastian Bach

Ich folge dir gleichfalls mit freudigen Schritten, und lasse dich nicht, mein Leben, mein Licht. Befördre den Lauf, und höre nicht auf, selbst an mir zu ziehen, zu schieben, zu bitten.

*I follow you likewise with happy steps and do not leave you, my life, my light. Pursue your journey, and don't stop, continue to draw me on, to push me, to urge me.*

## **Doxology**

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

*Celebrant* Lift up your hearts. *People* 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.

## 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.

*For those watching at home who are unable to make their Communion today:*

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 Jesus, 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**

Cristóbal de Morales (c. 1500–1553)

Peccantem me quotidie, et non me paenitentem, timor mortis conturbat me: Quia in inferno nulla est redemptio, miserere mei, Deus, et salva me.

*While I am sinning every day, and yet do not repent, the fear of death overwhelms me. For in hell there is no redemption. Have mercy on me, God, and save me.*

## CONCLUDING RITES

*Celebrant* Let us pray.

*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 stands and gives the blessing.*

*Deacon* Let us go forth in the name of Christ.

*People* Thanks be to God.

**Hymn 441** (*music and text on next page*)

In the cross of Christ I glory

*Rathbun*

**Organ Voluntary**

*Fantasia and Fugue in g, BWV 542*

Johann Sebastian Bach

1 In the cross of Christ I glo - ry, tower - ing  
 2 When the woes of life o'er - take me, hopes de -  
 3 When the sun of bliss is beam - ing light and  
 4 Bane and bless - ing, pain and plea - sure, by the  
 \*5 In the cross of Christ I glo - ry, tower - ing

1 o'er the wrecks of time; all the light of  
 2 ceive, and fears an - noy, nev - er shall the  
 3 love up - on my way, from the cross the  
 4 cross are sanc - ti - fied; peace is there that  
 5 o'er the wrecks of time; all the light of

1 sa - cred sto - ry gath - ers round its head sub - lime.  
 2 cross for - sake me; lo, it glows with peace and joy.  
 3 ra - diance stream - ing adds new lus - ter to the day.  
 4 knows no mea - sure, joys that through all time a - bide.  
 5 sa - cred sto - ry gath - ers round its head sub - lime.

Words: John Bowring (1792-1872) Music: *Rathbun*, Ithamar Conkey (1815-1867)

## GIVING

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# 17

**NEW MEMBERS JOINED  
INCARNATION IN JANUARY.**

*Generosity is welcoming  
them into our parish family.*

**YOU ARE GENEROUS.**

**YOU ARE CALLED FOR MORE.**

[PROJECT 2020]

THE **POWER OF**  
*generosity*



## 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. 957, Lent 5

## 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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