



~~FEASTING~~
how fasting fills you up

CHURCH *of the*
INCARNATION

The Fourth Sunday in Lent

March 22, 2020

Traditional Service

THE HOLY COMMUNION

Prelude

Nimrod, from *Enigma Variations*

Edward Elgar (1857–1934)

THE ENTRANCE RITE

Introit: *Latare Jerusalem*

Rejoice ye with Jerusalem; and be ye glad for her, all ye that delight in her: exult and sing for joy with her, all ye that in sadness mourn for her: that ye may suck, and be satisfied with the breasts of her consolations. *Ps.* I was glad when they said unto me: we will go into the house of the LORD.

Hymn 624 (*music and text on next page*)

Jerusalem the golden

Ewing

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.

1 Je - ru - sa - lem the gold - en, with milk and hon - ey blest,
 2 They stand, those halls of Zi - on all ju - bi - lant with song,
 3 There is the throne of Da - vid; and there, from care re - leased,
 4 Oh, sweet and bless - ed coun - try, the home of God's e - lect!

be - neath thy con - tem - pla - tion sink heart and voice op - pressed:
 and bright with man - yan an - gel, and all the mar - tyr throng;
 the shout of them that tri - umph, the song of them that feast;
 Oh, sweet and bless - ed coun - try that ea - ger hearts ex - pect!

I know not, oh, I know not, what joys a - wait us there;
 the Prince is ev - er in them, the day - light is se - rene;
 and they who with their Lead - er have con - quered in the fight,
 Je - sus, in mer - cy bring us to that dear land of rest,

what ra - dian - cy of glo - ry, what bliss be - yond com - pare!
 the pas - tures of the bless - ed are decked in glo - rious sheen.
 for ev - er and for ev - er are clad in robes of white.
 who art with God the Fa - ther, and Spi - rit, ev - er blest.

Words: Bernard of Cluny (12th cent.); tr. John Mason Neale (1818-1866), alt. St. 4, *Hymns Ancient and Modern*, 1861
 Music: *Ewing*, Alexander Ewing (1830-1895)

The Collects

Celebrant The Lord be with you.

People And with thy spirit.

Celebrant Let us pray.

GRANT, WE BESEECH THEE, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Savior Jesus Christ, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

ALMIGHTY 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.*

THE LESSONS

The Old Testament Lesson: Exodus 16:2–7a

AND THE WHOLE CONGREGATION of the people of Israel murmured against Moses and Aaron in the wilderness, and said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.” Then the LORD said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may prove them, whether they will walk in my law or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your murmurings against the LORD.”

The Word of the Lord.

People Thanks be to God.

Psalm 122

I was glad when they said unto me : We will go into the house of the LORD.

Our feet shall stand in thy gates : O Jerusalem.

Jerusalem is built as a city : that is at unity in itself.

For thither the tribes go up, even the tribes of the LORD :

to testify unto Israel, to give thanks unto the Name of the LORD.

For there is the seat of judgment : even the seat of the house of David.

O pray for the peace of Jerusalem : they shall prosper that love thee.

Peace be within thy walls : and plenteousness within thy palaces.

For my brethren and companions’ sakes : I will wish thee prosperity.

Yea because of the house of the LORD our God : I will seek to do thee good.

The Epistle: Galatians 4:21–31

TELL ME, you who desire to be under law, do you not hear the law? For it is written that Abraham had two sons, one by a slave and one by a free woman. But the son of the slave was born according to the flesh, the son of the free woman through promise. Now this is an allegory: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, “Rejoice, O barren one who does not bear; break forth and shout, you who are not in travail; for the children of the desolate one are many more than the children of her that is married.” Now we, brethren, like Isaac, are children of promise. But as at that time he who was born according to the flesh persecuted him who was born according to the Spirit, so it is now. But what does the scripture say? “Cast out the slave and her son; for the son of the slave shall not inherit with the son of the free woman.” So, brethren, we are not children of the slave but of the free woman.

The Word of the Lord.

People Thanks be to God.

Hymn 343 (*music and text on next page*)

Shepherd of souls, refresh and bless

St. Agnes

The Gospel: John 6:1–14

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

People Glory be to thee, O Lord.

JESUS WENT to the other side of the Sea of Galilee, which is the Sea of Tiberias. And a multitude followed him, because they saw the signs which he did on those who were diseased. Jesus went up on the mountain, and there sat down with his disciples. Now the Passover, the feast of the Jews, was at hand. Lifting up his eyes, then, and seeing that a multitude was coming to him, Jesus said to Philip, “How are we to buy bread, so that these people may eat?” This he said to test him, for he himself knew what he would do. Philip answered him, “Two hundred denarii would not buy enough bread for each of them to get a little.” One of his disciples, Andrew, Simon Peter’s brother, said to him, “There is a lad here who has five barley loaves and two fish; but what are they among so many?” Jesus said, “Make the people sit down.” Now there was much grass in the place; so the men sat down, in number about five thousand. Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, “Gather up the fragments left over, that nothing may be lost.” So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. When the people saw the sign which he had done, they said, “This is indeed the prophet who is to come into the world!”

The Gospel of the Lord.

People Praise be to thee, O Christ.

1 Shep - herd of souls, re - fresh and bless thy cho - sen
 2 We would not live by bread a - lone, but by thy
 3 Be known to us in break - ing bread, and do not
 4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
 word of grace, in strength of which we
 then de - part; Sa - vior, a - bide with
 and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
 trav - el on to our a - bid - ing - place.
 us, and spread thy ta - ble in our heart.
 heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1854), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876) Copyright ©1985, G.I.A. Publications, Inc. All rights reserved. Used with permission.

CHILDREN'S SERMON

Father Jon Jordan

SERMON

Father Thomas Kincaid

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.

Duet

Jacob's Ladder

African-American Spiritual

Amanda and Keith Lathrom, soloists

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.

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.

Musical Reflection

Sarabande, from Suite No. 1 in G, BWV 1007

Johann Sebastian Bach (1685–1750)

Theodore Harvey, cellist

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 gives the blessing.

Deacon Let us go forth in the name of Christ.

People Thanks be to God.

Hymn 690 (*music and text on next page*)

Guide me, O thou great Jehovah

Cwm Rhondda

Postlude

Con moto maestoso, from Sonata No. 3

Felix Mendelssohn (1809–1847)

1 Guide me, O thou great Je - ho - vah, pil - grim through this
 2 O - pen now the crys - tal foun-tain, whence the heal - ing
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
 stream doth flow; let the fire and cloud - y pil - lar
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
 lead me all my jour - ney through; strong de - liv - erer,
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.
 shield, be thou still my strength and shield.
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932)



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.



WEEKLY READINGS

This week's readings may be found in the Book of Common Prayer, pg. 955, Lent 4

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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