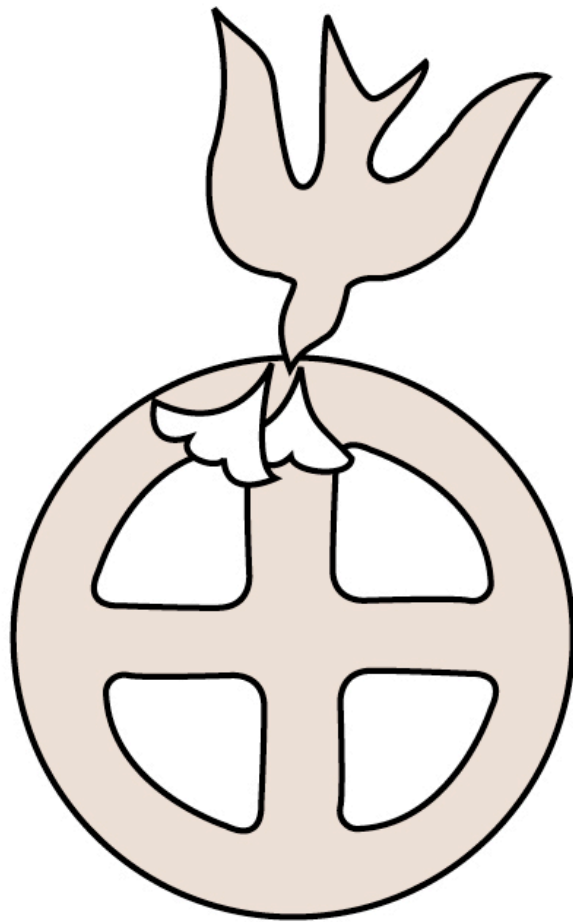


ST. GREGORY THE GREAT EPISCOPAL CHURCH



MARCH 7, 2021

PREMIERED ON YOUTUBE

10:30AM

W/ ONLINE COFFEE HOUR BEGINNING AT 10:15AM

THE HOLY VIRTUAL EUCHARIST

The Third Sunday in Lent

THE WORD OF GOD

SPIRITUAL COMMUNION *

What happens when you are spiritually prepared and desire to receive communion, but can't?
Such a case is referenced by a paragraph in the 1979 Prayer Book:

If a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability, is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth.

A nation-wide shut down due to a pandemic fits, I'm sure we'll agree, with the words "by any other impediment" listed in the first Prayer Book. Our Lord will not cut us off from his grace. If we truly desire him, he will come to us, even if we cannot receive the Sacraments he has instituted so that we may receive his grace. This is not a new idea. St Thomas Aquinas, writing nearly 800 years ago, said:

before receiving a sacrament, the reality of the sacrament can be had through the very desire of receiving the sacrament. Accordingly, before actual reception of this sacrament, a man can obtain salvation through the desire of receiving it, just as he can before Baptism through the desire of Baptism, as stated above (Summa, III.73.iii)

Desiring to receive the spiritual grace of the Most Holy Eucharist (and being prevented from receiving it sacramentally) is known as Spiritual Communion. It is so very important to note that this gift is given to us when we cannot, for very good reason, be present at mass.

When you are watching a live-stream or recording of our liturgies, any of the following prayers may be said at the moment of communion when you would normally leave your pew and make your journey to the altar:

In Union, dear Lord, with the faithful at every altar of Your Church where Your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I believe that You are present in the Holy Sacrament. And since I cannot now receive You sacramentally, I ask You to come spiritually into my heart. I unite myself to You, and embrace You with all the affections of my soul. Let me never be separated from You. Let me live and die in Your love. Amen.

OR

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen. (from *Enriching Our Worship 2*)

OR

**"My Jesus, I believe that you are present in the Blessed Sacrament.
I love you above all things and I desire you with all my heart.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
I embrace you as if you were already in my heart
and unite myself to you completely.
Please do not let me ever be separated from you." (by St. Alphonsus Liguori)**

**Except where otherwise indicated, the whole of this article (with only very little amendment) is taken from the website of St. Timothy's Episcopal Church, Winston-Salem, North Carolina, where it was posted on April 5, 2020. No author was specified.*

ANNOUNCEMENTS

Silent processional

A PENITENTIAL ORDER

OPENING SENTENCES

BCP 351

Celebrant: Bless the Lord who forgives all our sins.
People: **His mercy endures for ever.**

THE DECALOGUE *(please kneel if you are able)*

BCP 350

Celebrant: Hear the commandments of God to his people:
I am the Lord your God who brought you out of bondage.
You shall have no other gods but me.
People: **Amen. Lord have mercy.**
Celebrant: You shall not make for yourself any idol.
People: **Amen. Lord have mercy.**
Celebrant: You shall not invoke with malice the Name of the Lord your God.
People: **Amen. Lord have mercy.**
Celebrant: Remember the Sabbath day and keep it holy.
People: **Amen. Lord have mercy.**
Celebrant: Honor your father and your mother.
People: **Amen. Lord have mercy.**
Celebrant: You shall not commit murder.
People: **Amen. Lord have mercy.**
Celebrant: You shall not commit adultery.
People: **Amen. Lord have mercy.**
Celebrant: You shall not steal.
People: **Amen. Lord have mercy.**
Celebrant: You shall not be a false witness.
People: **Amen. Lord have mercy.**
Celebrant: You shall not covet anything that belongs to your neighbor.
People: **Amen. Lord have mercy.**

The Celebrant continues

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *(Mark 12:29-31)*

CONFESSION AND ABSOLUTION

BCP 352

Let us confess our sins against God and our neighbor.

Minister and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

THE COLLECT OF THE DAY

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

THE FIRST READING

read by Ron Balthazor

Exodus 20:1-17

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Hear what the Spirit is saying to God's people.

Thanks be to God.

Psalm 19

Spoken by all

- 1 The heavens declare the glory of God, * and the firmament shows his handiwork.
- 2 One day tells its tale to another, * and one night imparts knowledge to another.
- 3 Although they have no words or language, * and their voices are not heard,
- 4 Their sound has gone out into all lands, * and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect and revives the soul; *
the testimony of the Lord is sure and gives wisdom to the innocent.
- 8 The statutes of the Lord are just and rejoice the heart; *
the commandment of the Lord is clear and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; *
the judgments of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold, more than much fine gold, *
sweeter far than honey, than honey in the comb.
- 11 By them also is your servant enlightened, * and in keeping them there is great reward.
- 12 Who can tell how often he offends? * cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; *
then shall I be whole and sound, and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

THE SECOND READING

1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Hear what the Spirit is saying to God's people.

Thanks be to God.

There_ is a balm in Gil-e - ad to make the wound - ed

whole; There_ is a balm in Gil-e - ad to heal the sin - sick soul. **Fine**

1. Some - times I feel dis - cour-aged, And_ think my work's in vain, But_

2. If you can - not preach like Pet - er, If you can - not preach like Paul, You can

3. Don't_ ev - er be dis - cour-aged For_ Je - sus is your friend, And_

1. then the ho - ly spir - it Re - vives my soul a - gain. _____

2. tell the love of Je - sus, And say He died for all. _____

3. if you lack for know - ledge, He'll ne'er re - fuse to lend. _____

D.C.

THE GOSPEL

John 2:13-22

Celebrant: *The Holy Gospel of our Savior, Jesus Christ, according to John.*

People: **Glory to you, O Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Gospel of the Lord.

Praise to you, O Christ.

The people are seated at the invitation of the preacher.

THE SERMON: The Rev. Nikki Mathis

THE NICENE CREED

BCP 358

(said by all)

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 PEACE

Celebrant: The peace of Christ be always with you.

People: **And also with you.**

THE HOLY COMMUNION

Offertory Anthem

Lamb of God

John Reim

Lamb of God, you take away the sin of the world.

Have mercy on us.

Lamb of God, you take away the sin of the world.

Grant us peace.

With Your stripes we are healed.

The Lord has placed on You the iniquity of all.

The chastisement of our peace was upon You.

You were despised, a man of sorrow and acquainted with grief.

You were despised and we esteemed you not.

Grant us peace.

Lamb of God, you take away the sin of the world.

Have mercy on us.

Lamb of God, you take away the sin of the world.

Grant us peace.

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER C

BCP 369

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

* Sanctus S-129

Holy, holy, holy Lord

Robert Powell

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, hea - ven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est. _____

Celebrant continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Fathers; God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen.**

And now, as our Savior Christ has taught us, we are bold to say

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.

* Fraction Anthem S-169

My flesh is food indeed

Ray W. Urwin

The musical score is written on a single treble clef staff. It begins with a rest followed by a quarter note G4, then a quarter note A4, and a quarter note B4. A repeat sign follows, with a first ending bracket over the notes G4, A4, B4, and a second ending bracket over the notes G4, A4, B4. The lyrics are: "My flesh is food in - deed, and my blood is drink in - deed, says the Lord. My Lord. Those who eat my flesh and drink my blood dwell in me and I in them. My flesh is food in - deed, and my blood is drink in - deed, says the Lord." Performance directions include "Cantor or Choir" above the first line, "1 All" above the first ending, "2 Cantor or Choir" above the second ending, and "All" above the final line.

THE COMMUNION OF THE PEOPLE

SPIRITUAL COMMUNION PRAYER

Enriching Our Worship 2

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen.

POSTCOMMUNION PRAYER

BCP 366

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE BLESSING



1 We the Lord's peo - ple, heart and voice u - nit - ing, praise him who
 2 This is the Lord's house, home of all his peo - ple, school for the
 3 This is the Lord's day, day of God's own mak - ing, day of cre -
 4 In the Lord's ser - vice bread and wine are of - fered, that Christ may



called us out of sin and dark - ness in - to his own light,
 faith - ful, ref - uge for the sin - ner, rest for the pil - grim,
 a - tion, day of re - sur - rec - tion, day of the Spi - rit,
 take them, bless them, break, and give them to all his peo - ple,



that he might a - noint us a roy - al priest - hood.
 ha - ven for the wea - ry; all find a wel - come.
 sign of hea - ven's ban - quet, day for re - joic - ing.
 his own life im - par - ting, food ev - er - last - ing.

SOLEMN BIDDING

Deacon: Keep this your family, Lord, with your never-failing mercy
 that relying solely on the help of your heavenly grace,
 they may be upheld by your divine protection;
 through Christ our Lord.

People: **Amen.**

Fellowship Music

Lord of the Dance

arr. Mark Hayes

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Prayers of the People

In our Parish we pray for Joel Hunt, Ellen Richardson, Jo Benton, Tammy Bowman & family, Carl Hoveland, Carol Jones, Rainsly Vogt, Mark Goodwin, Jane Bowen, Mack Thurmond, Marge Massey, Dot Cooper, Sheryl King, Allena Armour, Doug Welch, Pat Irby, Pat Titus, Stephanie Gamble, Rose Ann Pace, Aaron Muckin, Glen Jedlicka, Stephen Morris, George Watson, Conoly Hester, Deborah Freeman, Catherine Hartley, Mary Parkman, Gayle Duncan, Jimmy Simons, Gene Watson, Bill Walker, Sandy Elhenicky, Shelby Welch, Sarah Gordon, Roger Swagler, Stanley Armour, Martha Beach, Jack Beach, Tammy Bishop, Cecil Miller, Bill Beagle, Sally Stuckey, Kim Rider, Patrick Dean, Diane Holcomb, Stephen Corn, Ken Packer, Tom, Beverly, Lee, Pete, Sophia, Samantha, Jennifer, Chip, and Buddy.

In thanksgiving for those celebrating their birthdays this week: Mincy Moffett, Jack Armistead, Mark Reinberger, Marilyn Walsh, Sam Johnson, Janeanne Napoli, Sandy Gamble, and Jennifer Johnson; **and for those celebrating their anniversaries:** Glenn & Erika Knowlton, Melissa Hamlin & Jude Red Bear, and Ben & Cecilia Reynolds.

The people listed here are prayed for by name at each Sunday service. To request prayer for yourself or someone else, please call the office (706-546-7553). If at the beginning of the next month the person needs to remain on the list, please call and give the office an update.

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Vestry Person of the Day/Week: Anna Hiers aldhiers@gmail.com

