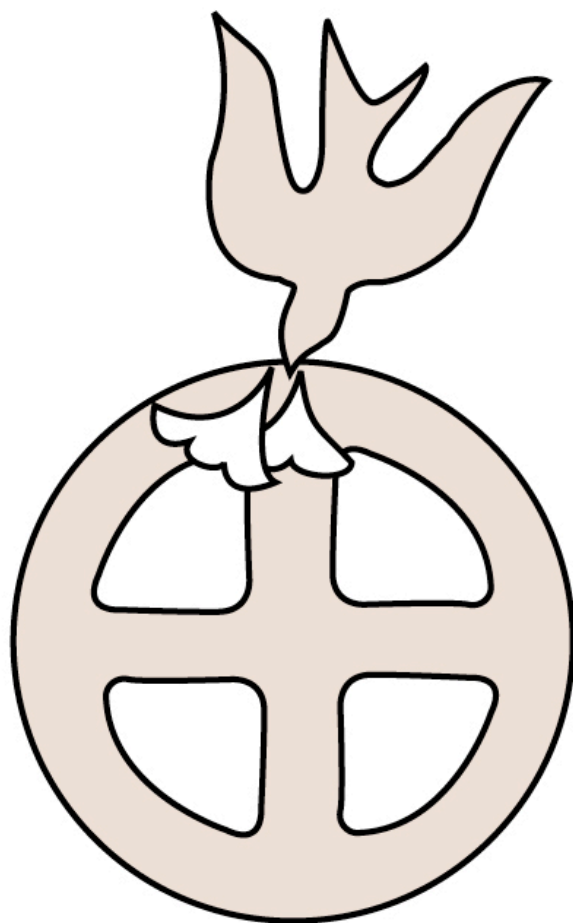


ST. GREGORY THE GREAT EPISCOPAL CHURCH



MARCH 14, 2021
PREMIERED ON YOUTUBE

10:30AM
W/ ONLINE COFFEE HOUR BEGINNING AT 10:15AM

THE HOLY VIRTUAL EUCHARIST

The Fourth 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, —
Lord, have mer - cy. Lord, have mer - cy.

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

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

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE FIRST READING

read by Anna Hiers

Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

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

Thanks be to God.

Psalm 107:1-3, 17-22

Spoken by all

- 1 Give thanks to the Lord, for he is good, * and his mercy endures for ever.
- 2 Let all those whom the Lord has redeemed proclaim * that he redeemed them from the hand of the foe.
- 3 He gathered them out of the lands; *
from the east and from the west, from the north and from the south.
- 17 Some were fools and took to rebellious ways; * they were afflicted because of their sins.
- 18 They abhorred all manner of food * and drew near to death's door.
- 19 Then they cried to the Lord in their trouble, * and he delivered them from their distress.
- 20 He sent forth his word and healed them * and saved them from the grave.
- 21 Let them give thanks to the Lord for his mercy * and the wonders he does for his children.
- 22 Let them offer a sacrifice of thanksgiving * and tell of his acts with shouts of joy.

THE SECOND READING

Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

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

Thanks be to God.

1. A - maz - ing grace!— how sweet the sound, That
 2. 'Twas grace that taught— my heart to fear, And
 3. The Lord has prom - ised good to me, His
 4. Through man - y dan - gers, toils, and snares, I
 5. When we've been there— ten thou - sand years, Bright

1. saved a wretch like me!— I once was lost, but
 2. grace my fears re - lieved;— How pre - cious did that
 3. word my hope se - cures;— He will my shield and
 4. have al - read - y come;— 'Tis grace that brought me
 5. shin - ing as the sun,— We've no less days to

1. now am found, Was blind, but now— I see.—
 2. grace ap - pear The hour I first— be - lieved!—
 3. por - tion be As long as life— en - dures.—
 4. safe thus far, And grace will lead me home.—
 5. sing God's praise Than when we'd first— be - gun.—

THE GOSPEL

John 3:14-21

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

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

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

The Gospel of the Lord.

Praise to you, O Christ.

The people are seated at the invitation of the preacher.

THE NICENE CREED

(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 Hymn 467

Sing, my soul, his wondrous love

1 Sing, my soul, his won-drous love, who, from yon bright throne a - bove,
 2 Heaven and earth by him were made; all is by his scep - ter swayed;
 3 God, the mer - ci - ful and good, bought us with the Sa - vior's blood,
 4 Sing, my soul, a - dore his Name! Let his glo - ry be thy theme:

ev - er watch-ful o'er our race, still to us ex - tends his grace.
 what are we that he should show so much love to us be - low?
 and, to make sal - va - tion sure, guides us by his Spi - rit pure.
 praise him till he calls thee home; trust his love for all to come.

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER C

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

THE LORD'S PRAYER

BCP 364

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 double bar line with repeat dots. The melody consists of quarter and eighth notes. 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." Above the staff, "Cantor or Choir" is written above the first measure. Above the second measure, "1 All" is written. Above the third measure, "2 Cantor or Choir" is written. Above the fourth measure, "All" is written. The score ends with a double bar 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 Spread, O spread, thou might - y word, spread the king - dom of the Lord,
 2 word of how the Fa - ther's will made the world, and keeps it, still;
 3 word of how the Sa - vior's love earth's sore bur - den doth re - move;
 4 word of how the Spi - rit came bring - ing peace in Je - sus' name;
 5 Word of life, most pure and strong, word for which the na - tions long,

1 that to earth's re - mot - est bound all may heed the joy - ful sound;
 2 how his on - ly Son he gave, earth from sin and death to save;
 3 how for - ev - er, in its need, through his death the world is freed;
 4 how his nev - er - fail - ing love guides us on to heaven a - bove.
 5 spread a - broad, un - til from night all the world a - wakes to light.

SOLEMN BIDDING

Deacon: Look down in mercy, Lord, on your people who kneel before you;
 and grant that those whom you have nourished by your
 Word and Sacraments may bring forth fruit worthy of repentance;
 through Christ our Lord.

People: **Amen.**

Fellowship Music

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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: Missy Martin, Julie Worley, Max McNiff, Emery Freeman, George Krause, Charlotte Lamm, Beth Davis, Paul Davis, Cheryl Copeland, Jessica Severens, Dylan Severens, Margaret Agner, and Bruce Copeland; **and for those celebrating their anniversaries:** Philip & Wynn Walter.

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: Eddie Bennett ilason@charter.net

