



The Holy Eucharist, Lent 2024

Worshipping With Us: Our worship follows the Book of Common Prayer (**BCP**) and authorized supplements, The People's responses are in **bold**. Our music comes from The Hymnal unless noted. Hymns noted "**S-**" are printed in this bulletin, and "**H-**" in the Hymnal, and "**L-**" is the black-and-red Lift Every Voice and Sing. Links to the online Book of Common Prayer are in **blue**. Refer to the hymnboard for the actual hymn numbers for each service.

Restrooms are located downstairs; please ask for directions.

Please ensure cellphones are off or set to vibrate. Thank you.

The Word of God

Preludes and postludes are omitted during Lent.

Opening Hymn

Hymn #1

The Penitential Rite

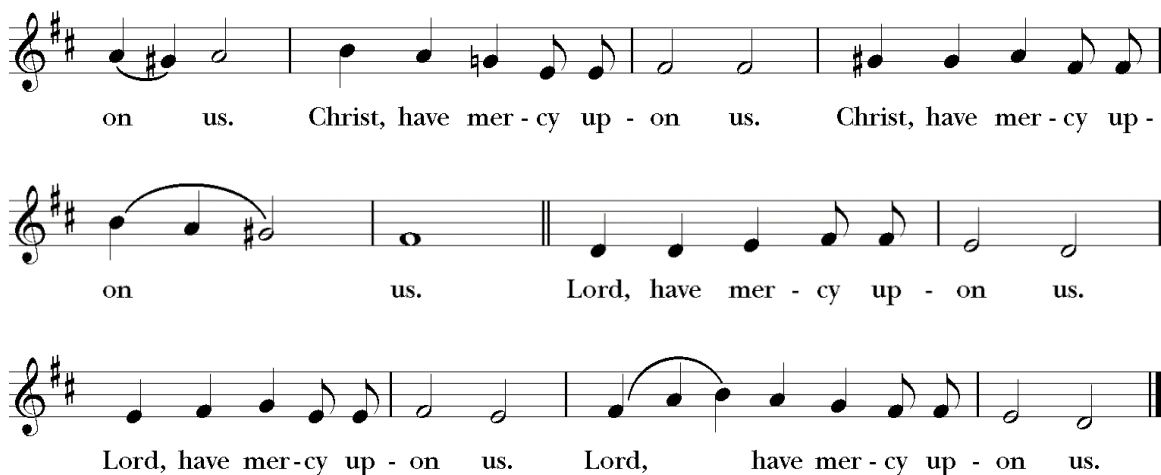
BCP. p. 319

Song of Penitence (*sung by all*) *Lord Have Mercy*

S-280



Please leave this bulletin in the church so it can be re-used. Thank you!



The Collect, Lessons & Psalm

Scripture Insert

Response after each lesson: **Thanks be to God**

The Gospel (*stand*)

Hymn at the Gospel

Hymn #2

Response before the Gospel:

Glory be to thee, O Lord

Response after the Gospel

Praise be to thee, O Christ

Sermon

The Nicene Creed (*standing*)

[BCP. p. 326](#)

Prayers of the People

[BCP. P. 328](#)

Reply "Hear our prayer" after each paragraph

Announcements

The Holy Communion

At the Offering

Instrumental

Please support the ministry of St. Paul's with your tithes and offerings.

To give securely online, please scan this QR code:



At the Presentation *Praise God, from whom all blessings flow*

H-380, vs 3

*Praise God from whom all blessings flow; praise him, all creatures here below
Praise him above, ye heav'nly host; praise Father, Son, and Holy Ghost*

The Communion Prayer

Prayer 1

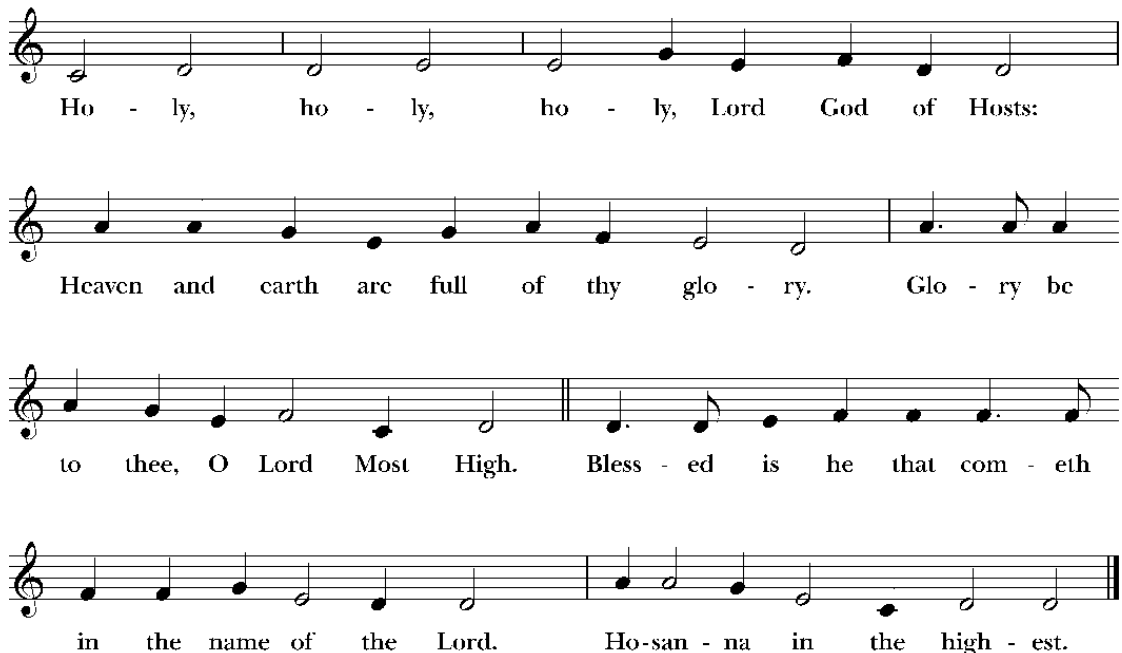
[BCP P. 333](#)

...Therefore we praise you....who forever sing this hymn to proclaim the glory of your Name:

The Angelic Hymn

Holy Holy Holy

S-113



Ho - ly, ho - ly, ho - ly, Lord God of Hosts:
Heaven 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.

Music: John Merbecke (1510?-1585?); adapt. *Hymnal 1982*; acc. Thomas Foster (b. 1938). Melody: Copyright © Church Publishing Inc.

The Celebrant continues: All glory be to Thee, Almighty God...

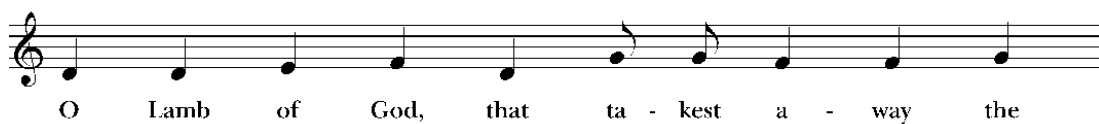
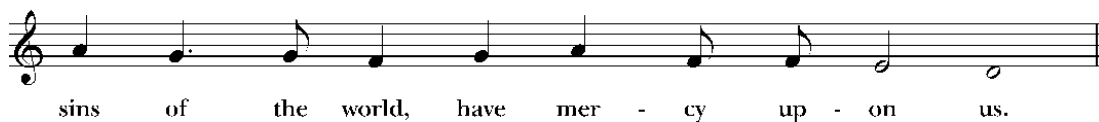
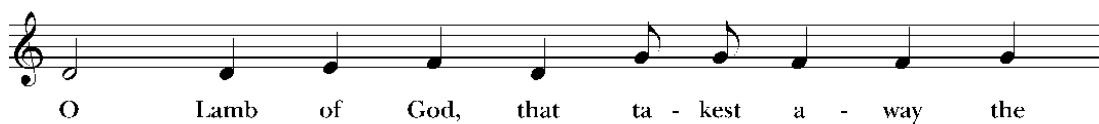
...By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. *AMEN.*

The Lord's Prayer (*traditional*)

[BCP p. 336](#)

At The Breaking of the Bread:

S-157



Music: John Merbecke (1518?-1585?); adapt. *Hymnal* 1982; acc. Thomas Foster (b. 1938). Melody: Copyright © Church Publishing Inc.

The Greeting:

Presider: The peace of the Lord be always with you. **And also with you.**

All may greet those close to them with a sign of peace.

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.*

The Communion

All who are baptized and permitted to receive Communion in their own traditions are welcome at Our Lord's Table. Come up to the Altar Rail and stand or kneel. Receive the Bread or gluten-free Host in your hand, and either consume it and drink from the Chalice, or dip the Host into the Chalice when it comes to you. (Ask the Presider if you require gluten-free.) If you wish to receive a blessing instead of Communion, please simply cross your hands over your chest.

The Communion Hymn *(sung while all Receive)*

Hymn #3

Prayer after Communion

[BCP. p. 339](#)

Almighty and everliving God, 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 Prayer Over the People

Closing Hymn

Hymn #4

Dismissal

All respond:

Thanks be to God!



All are welcome to join us in the Undercroft downstairs for refreshments after the service.



Music used/ livestreamed with permission under ONE LICENSE #A-719306. All rights reserved.



Some Practical Suggestions for observing a more Holy Lent

Select just one or two from each category. Or create your own. Don't try to do it all. And it's never too late in Lent to start!

- **Prayer**

- Start or expand an intentional prayer habit. Maybe the Lord's Prayer in the morning, the Ash Wednesday prayer at midday, and the parish intercessions at night.
- Pray the Daily Office every day, or at least Morning or Evening Prayer. There are online versions that lay everything out.
- Follow the prayer cycle for Lent on the parish Facebook page.
- Consider offering a private sacramental confession.
- Over Lent, read Mark 14-15 in a bible, and also John 18-19. Reflect on how these two versions of the Passion of Our Lord are similar and how they are different.

- Pray the Litany of Penitence every day. Take a Prayer Book from the back if you need one.
- Pray for forgiveness for those who have wronged you. If you can, name them specifically, and ask God to forgive them even if you can't.
- **Fasting**
 - Drink your coffee black, no sugar, except on Sundays.
 - Fast from something you really like, except on Sundays.
 - Limit your social media usage to less than an hour a day. There are apps to help you do this.
 - Commit to walking a mile or more every day if you don't already do similar. Don't listen to music or a podcast while you do.
 - Turn off the music in your car or golf cart or at home, at least for a set time each day.
 - Sit in silence for a few minutes each day, perhaps with a candle lit. Use your phone to set a timer, and start small, e.g., a minute or two, then longer.
- **Acts of Charity**
 - Double (or at least temporarily increase) your giving to the parish during Lent if you possibly can.
 - "Tithe" your clothes – take one item of every ten in your closet and drawers and set them aside for a clothes drive. Don't pick stuff you are already done wearing! For example, one sweater in ten, one shirt in ten, one pair of slacks in ten.
 - Contribute to the Food Pantry with a tithe (one item in ten) of all your pantry goods.
 - Give an *anonymous* contribution to one of the Island groups, such as the Fire Department, Conservancy, etc.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all 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 you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (The Collect for Ash Wednesday)



ST. PAUL'S EPISCOPAL CHURCH
A THIN PLACE TO ENCOUNTER THE DIVINE

P.O. Box 248 / 623 Catawba Ave, Put-In-Bay, Ohio 43456

The Rev. Robert (Bob) Solon, Priest-in-Charge

Office: 419-285-5981

stpaulspib@frontier.com

www.stpaulsputinbay.org

Fr. Bob: 419-285-6809 clergy.stpaulspib@frontier.com



Please leave this bulletin in the Church so it can be re-used. Thank you!