

Third Sunday in LENT

March 12, 2023

Holy Eucharist

Rite II, 10:30am



Christ and the Samaritan Woman - Henryk Semiradzki

St. Thomas Episcopal Church
231 Sunset Ave.
Sunnyvale, CA 94086

408-736-4155 www.stthomas-svale.org

Third Sunday in LENT

March 12, 2022

Holy Eucharist Rite II, 10:30am

We are so happy you are here today, in-person and online.

For those of you coming to church in-person, please follow these guidelines to keep everyone safe during this pandemic:

INDOOR - Masking is now recommended at church services. For those who have vulnerable health issues, our 10:30am services always offer an option to worship from the safety of home. Please stay home if you feel sick.

*When the priest celebrates communion, she will always thoroughly wash her hands. She will be unmasked while celebrating communion. She will re-mask to distribute communion, since she will come closer than six feet and want to make everyone as comfortable receiving. **Thank you** for your continued patience as we try to provide the greatest level of safety for all of us!*

OUTDOOR - Please be aware of those around you who may be vulnerable and try to maintain a distance. Our coffee hour will be on the Alpha-Omega patio.

For those attending remotely, you may connect in either of two ways:

1. by computer or smartphone (video and audio):

You may access our ZOOM meeting on the following link:

<https://us02web.zoom.us/j/82690025101>

2. by telephone (audio only):

Dial +1 669 900 9128 Meeting ID: 826 9002 5101

When prompted for a participant number, touch the pound key (#).

*Please follow the usual procedures for muting and unmuting (*6) and raising a hand (*9). For the sake of audio clarity, your mic will be muted on entry.*

*Please note: Regarding joining us on Zoom, we welcome newcomers and appreciate your **on-time** attendance. If you arrive more than 15 minutes after the service begins, our Zoom protocols may not permit your joining the service.*

Equally important, please be sure that your zoom account ID includes your first and last name. We look forward to seeing you.

Thank you for joining us, and for observing our protocols.

When all are ready, the Celebrant will begin.

Prelude

Please take some time in silence before the service begins.

After the bell tolls, please stand.

Opening Hymn

Hymnal #686

Come, Thou Fount of Every Blessing

Please join in singing the hymn. Zoom participants stay muted.

The image shows a musical score for the hymn 'Come, Thou Fount of Every Blessing'. It consists of two systems of music, each with a vocal line and a piano accompaniment line. The key signature has two flats (Bb and Eb) and the time signature is 3/2. The first system includes three verses of lyrics. The second system continues the lyrics. The piano accompaniment features chords and melodic lines in both hands.

1 Come, Thou fount of ev-ery bless-ing, Tune my heart to sing thy
2 Here I raise my Eb-en - e - zer, Hith-er by thy help I'm
3 O, to grace how great a debt-or, Dai - ly I'm con-strained to

1 grace; Streams of mer-cy nev-er ceas-ing, Call for songs of loud-est
2 come; And I hope, by thy good plea-sure, Sure-ly to ar - rive at
3 be; Let that grace, Lord, like a fet-ter, Bind my won-d'ring heart to

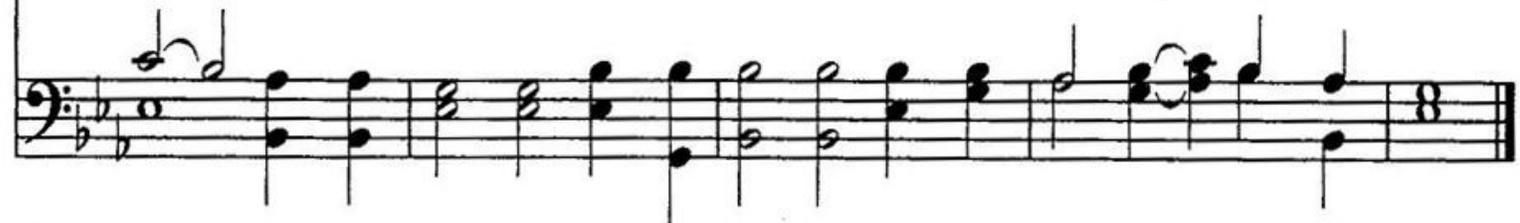
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1 praise, Teach me_ some me-lo-dious son - net, Sung by_ flam-ing tongues a
2 home. Je-sus_ sought me when a stran-ger, Wan-d'ring from the fold of
3 Thee. Prone to_ wan-der, Lord, I feel_ it, Prone to_ leave the God I



1 bove. Praise the mount, O fix me on it. Mount of God's un-chang-ing love.
2 God. He, to save my soul from dan-ger, In-ter-posed His pre-cious blood.
3 love. Here's my heart Lord take and seal it. Seal it from thy courts a - bove.



Words: Robert Robinson (1735-1790)

Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Carl Haywood (b. 1949),
from *Songs of Praise*, Copyright © 1992.

Celebrant: Bless the Lord, who forgives all our sins.

People: **God's mercy endures for ever.**

The Decalogue

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.**

Celebrant: If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

1 John 1:8,9

Let us confess our sins against God and our neighbor.

The Confession

Celebrant 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.**

Kyrie

F. Schubert

Please join in singing the Kyrie. Zoom participants please stay muted.

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,

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

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

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

Collect for the Third Sunday in Lent

Celebrant: The Lord be with you.

People: And also with you

Celebrant: Let us pray.

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 Lesson: Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, “Give us water to drink.” Moses said to them, “Why do you quarrel with me? Why do you test the Lord?” But the people thirsted there for water; and the people complained against Moses and said, “Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?” So Moses cried out to the Lord, “What shall I do with this people? They are almost ready to stone me.” The Lord said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, “Is the Lord among us or not?”

Lector: Hear what the Spirit is saying to God’s people.

People: Thanks be to God.

Psalm 95

You are welcome to sing along with the refrain.

Zoom participants, please stay muted.

Refrain:



To-day_ if you would hear_ God’s_ voice__ hard - en not_ your_ hearts.

Come, let us sing to the LORD;
let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms.

Refrain

Refrain:



To-day_ if you would hear_ God's_ voice_ hard - en not_ your_ hearts.

For the LORD is a great God,
and a great King above all gods.

In his hand are the caverns of the earth,
and the heights of the hills are his also.

The sea is his, for he made it,
and his hands have molded the dry land.

Refrain

Refrain:



To-day_ if you would hear_ God's_ voice_ hard - en not_ your_ hearts.

Come, let us bow down, and bend the knee,
and kneel before the LORD our Maker.

For he is our God,
and we are the people of his pasture and the sheep of his hand.

Oh, that today you would hearken to his voice! *Refrain*

Refrain:



To-day_ if you would hear_ God's_ voice_ hard - en not_ your_ hearts.

Harden not your hearts,
as your forebears did in the wilderness,

at Meribah, and on that day at Massah,
when they tempted me.

They put me to the test,
though they had seen my works. *Refrain*

Refrain:



To-day_ if you would hear_ God's_ voice__ hard - en not_ your_ hearts.

The image shows a musical staff with a treble clef and a key signature of three sharps (F#, C#, G#). The melody consists of a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4-A4 (beamed eighth notes), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (half). The lyrics are placed below the staff, with underscores indicating syllable placement.

Forty years long I detested that generation and said,
"This people are wayward in their hearts;
they do not know my ways."

So I swore in my wrath,
"They shall not enter into my rest." *Refrain*

Refrain:



To-day_ if you would hear_ God's_ voice__ hard - en not_ your_ hearts.

The image shows a musical staff with a treble clef and a key signature of three sharps (F#, C#, G#). The melody consists of a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4-A4 (beamed eighth notes), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (half). The lyrics are placed below the staff, with underscores indicating syllable placement.

The Epistle Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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

People: Thanks be to God.

Gradual Hymn

Hymnal #676

There Is A Balm

Please join in singing the hymn. Zoom participants stay muted.

Refrain:

The musical notation is written on three staves in a treble clef with a key signature of one sharp (F#). The melody is simple and consists of eighth and quarter notes. The lyrics are printed below the notes, with some words underlined to indicate phrasing.

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.____ soul.

continued next page

1 Some - times I feel dis - cour - aged and
 2 If you can - not preach like Pe - ter, if you
 think my work's in vain, but then the Ho - ly
 can - not pray like Paul, you can tell the love of
Repeat Refrain
 Spi - rit re - vives my soul a - gain.
 Je - sus, and say, "He died for all."

Words: Afro-American spiritual

Music: *Balm in Gilead*, Afro-American spiritual

Irr. with Refrain

The Gospel: John 4:5-42

Gospeler: The Holy Gospel of Our Lord Jesus Christ
 according to John

People: **Glory to you, Lord Christ**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is

deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has

brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true,

‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Gospeler: The Gospel of the Lord

People: Praise to you Lord Christ

Sermon

There will be a time of silence for meditation.

The Nicene Creed

said in unison

**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 Prayers of the People

Form I

Leader: With all our heart and with all our mind,
let us pray to the Lord, saying, “Lord, have mercy.”

For the peace from above, for the loving kindness of God,
and for the salvation of our souls, let us pray to the Lord.

People: Lord, have mercy.

Leader: For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

People: Lord, have mercy.

Cycles of Prayers are added here

Leader: For our Bishop, and for all the clergy and people, let us pray to the Lord.

People: Lord, have mercy.

Leader: For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

People: Lord, have mercy.

Leader: For this city of Sunnyvale, and for every city and community, and for those who live in them, let us pray to the Lord.

People: Lord, have mercy.

Leader: For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

People: Lord, have mercy.

Leader: For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

People: Lord, have mercy.

Leader: For those who travel on land, on water, or in the air, let us pray to the Lord.

People: Lord, have mercy.

Leader: For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

People: Lord, have mercy.

Prayers for healing may be added here

Leader: For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who

remember and care for them, let us pray to the Lord.

People: Lord, have mercy.

Leader: For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

People: Lord, have mercy.

Prayers for the departed may be added here.

Leader: For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

People: Lord, have mercy.

Leader: For the absolution and remission of our sins and offenses, let us pray to the Lord.

People: Lord, have mercy.

Leader: That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

People: Lord, have mercy.

Leader: Defend us, deliver us, and in thy compassion protect us, O Lord, by thy grace.

People: Lord, have mercy.

Prayers of thanksgiving maybe added here.

Leader: In the communion of Thomas 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.

Silence

Celebrant: Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

The Peace

Celebrant: The peace of the Lord be always with you.

People: And also with you.

Let us greet one another with a wave and a namaste of peace.

Offertory

John Foley

Come to the Water

Members of the St. Thomas Choir

Benjamin Belew, piano

THE GREAT THANKSGIVING

Celebrant: All things come of you, O Lord.

People: And of your own have we given you.

Sursum Corda

Eucharistic Prayer A

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Lift up your hearts.

People: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give God thanks and praise.

Celebrant: It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to

the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus

Hymnal S-130, F. Schubert

You are invited to sing along. Zoom participants, please stay muted.

Ho - ly, ho - ly, ho - ly, Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea-ven and earth are

continued next page

full, full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na

in the high - est. Bless - ed is he who comes

in the name of the Lord, Ho - san - na

The image shows a musical score for a vocal part. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one flat (B-flat), and the time signature is common time (C). The lyrics are written below the treble staff. The melody is simple and homophonic, with the vocal line in the treble and accompaniment in the bass. The lyrics are: "in the high - est. Ho - san - na in the high - est."

Setting: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

Celebrant:

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

Celebrant and People:

Christ has died.

Christ is risen.

Christ will come again.

Celebrant:

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

The Lord's Prayer

As our Savior Christ has taught us, we now pray,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

The Breaking of the Bread

The Fraction Anthem

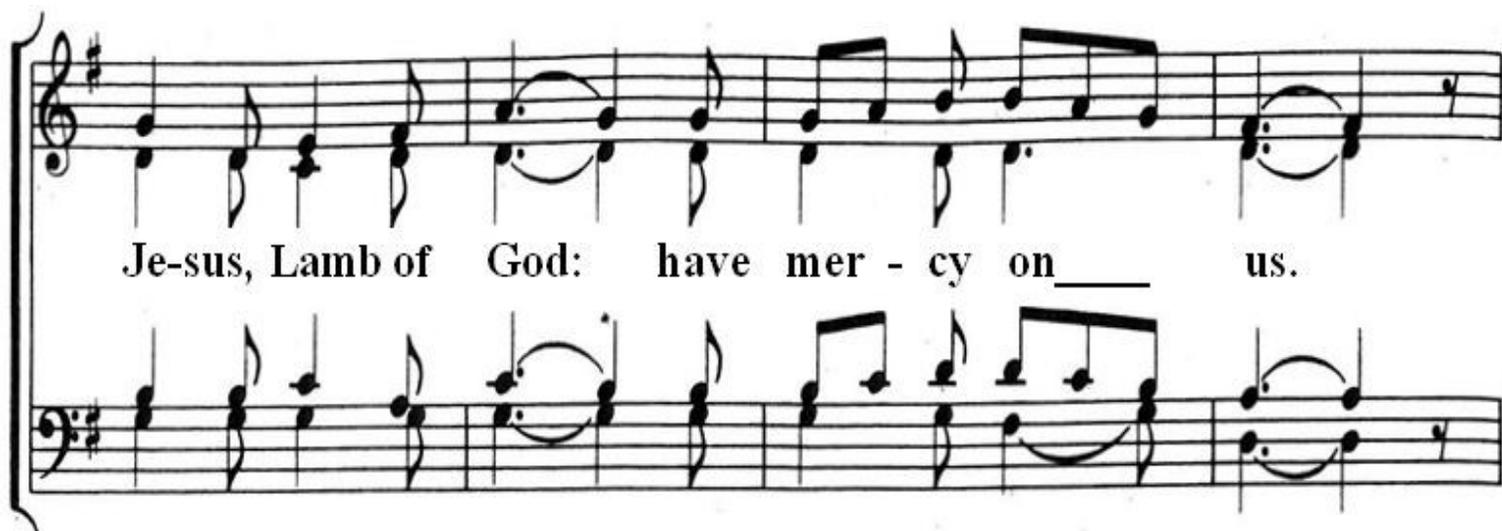
Celebrant: We break this bread to share in the Body of Christ.

People: **We who are many are one body,
for we all share in the one bread.**

Agnus Dei

Hymnal S-164, F. Schubert

You are invited to sing along. Zoom participants, please stay muted.



Je-sus, Lamb of God: have mer - cy on us.



Je-sus, bear-er of our sins: have mer - cy on us.

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Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

Setting: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

Celebrant: The gifts of God for the people of God.

The Communion

Everyone is invited to come forward to receive Communion.

Please come to the rail.

- *You may stand or kneel at the altar rail, as you are able.*
- *As a symbol of our unity as the body of Christ, the wine will be served from the flagon into individual cups after the consecration. Once you have consumed your wine, please place the cup on one of the trays near the aisles.*
- *If you do not wish to receive communion, you may receive a blessing:*

please cross your arms over your chest as a sign that you wish to be blessed.

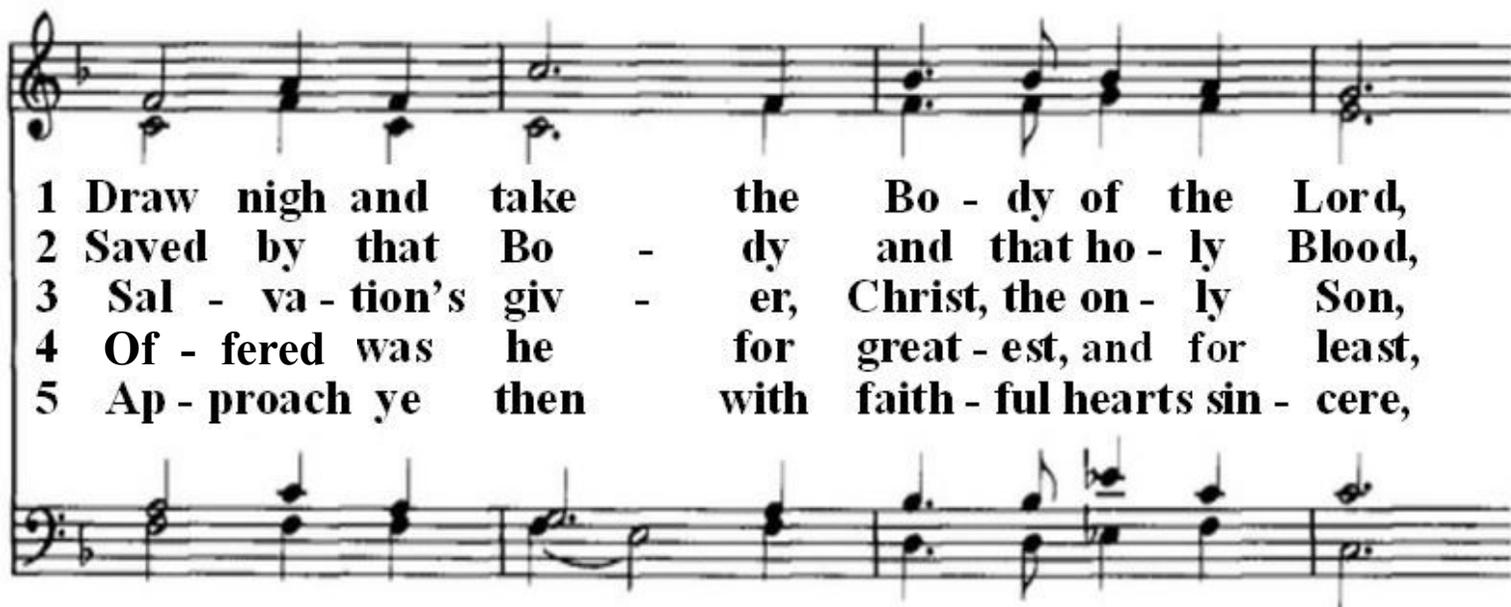
- *Gluten free bread is available upon asking.*

Communion Music

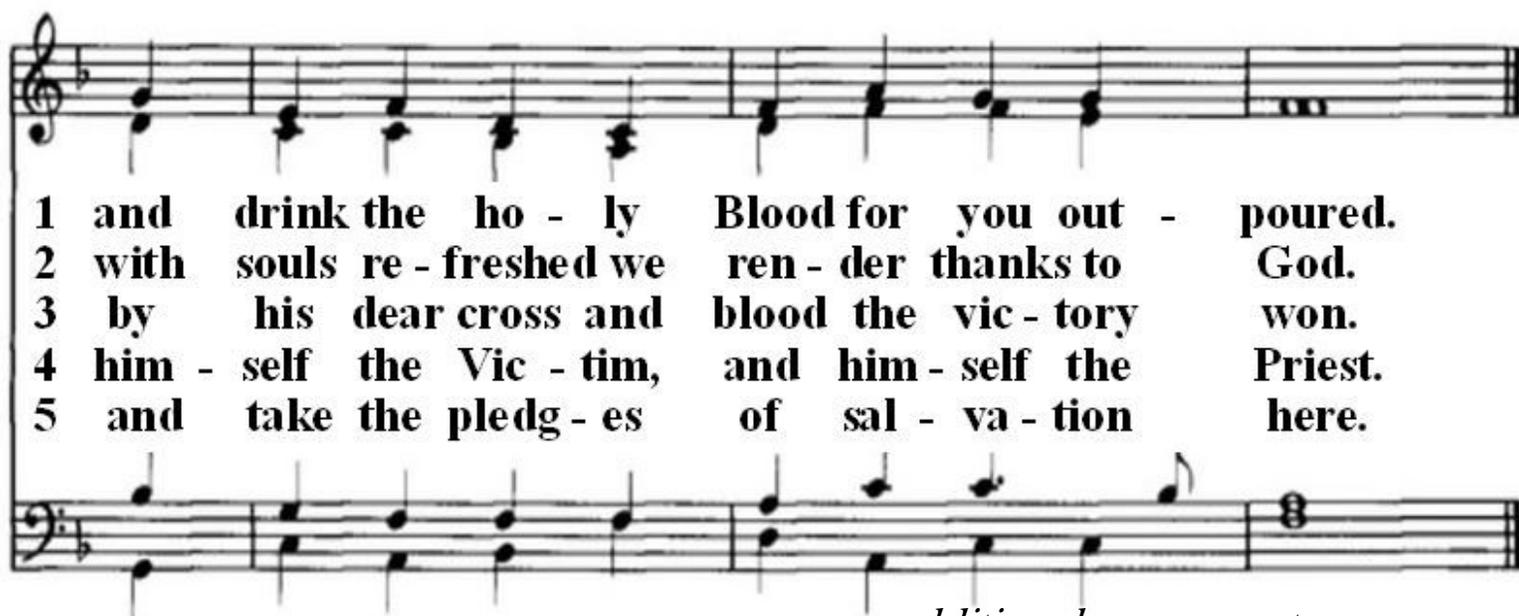
Hymnal #328

Draw Nigh and Take

Please join in singing the hymn. Zoom participants stay muted.



1 Draw nigh and take the Bo - dy of the Lord,
2 Saved by that Bo - dy and that ho - ly Blood,
3 Sal - va - tion's giv - er, Christ, the on - ly Son,
4 Of - fered was he for great - est, and for least,
5 Ap - proach ye then with faith - ful hearts sin - cere,



1 and drink the ho - ly Blood for you out - poured.
2 with souls re - freshed we ren - der thanks to God.
3 by his dear cross and blood the vic - tory won.
4 him - self the Vic - tim, and him - self the Priest.
5 and take the pledg - es of sal - va - tion here.

additional verses next page

- 6 He that his saints in this world rules and shields
to all believers life eternal yields;**
- 7 with heavenly breakd he makes the hungry whole,
gives living waters to the thirsting soul.**
- 8 Alpha-Omega, unto whom shall bow
all nations at the doom, is with us now.**

Words: *Bangor Antiphoner*, ca. 690; tr. John Mason Neale (1818-1866), alt.

Music: *Song 46*, melody and most of the bass from a longer tune by Orlando Gibbons (1583-1625);
harm. *The English Hymnal*, 1906

10. 10

Post Communion Prayer *led by the Celebrant, said in unison*

**All: Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.**

The Blessing

Book of Occasional Services

Celebrant: Bow down before the Lord.

Please bow or kneel.

Grant, Almighty God, that your people may recognize
their weakness and put their whole trust in your strength,
so that they may rejoice for ever in the protection of
your loving providence; through Christ our Lord.

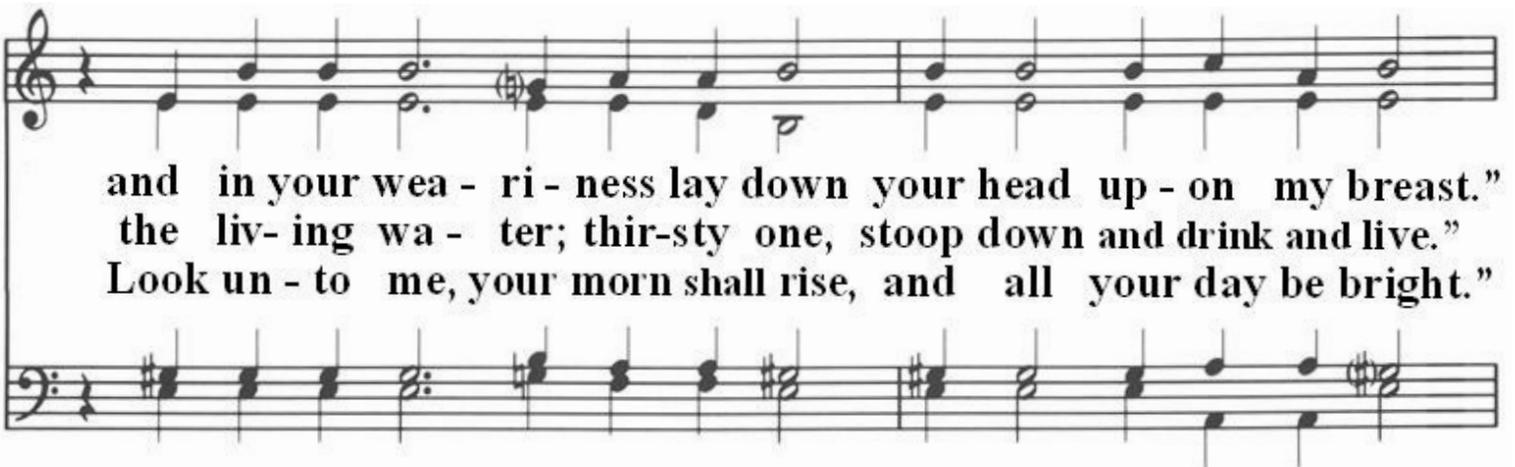
All: Amen.

I Heard the Voice of Jesus

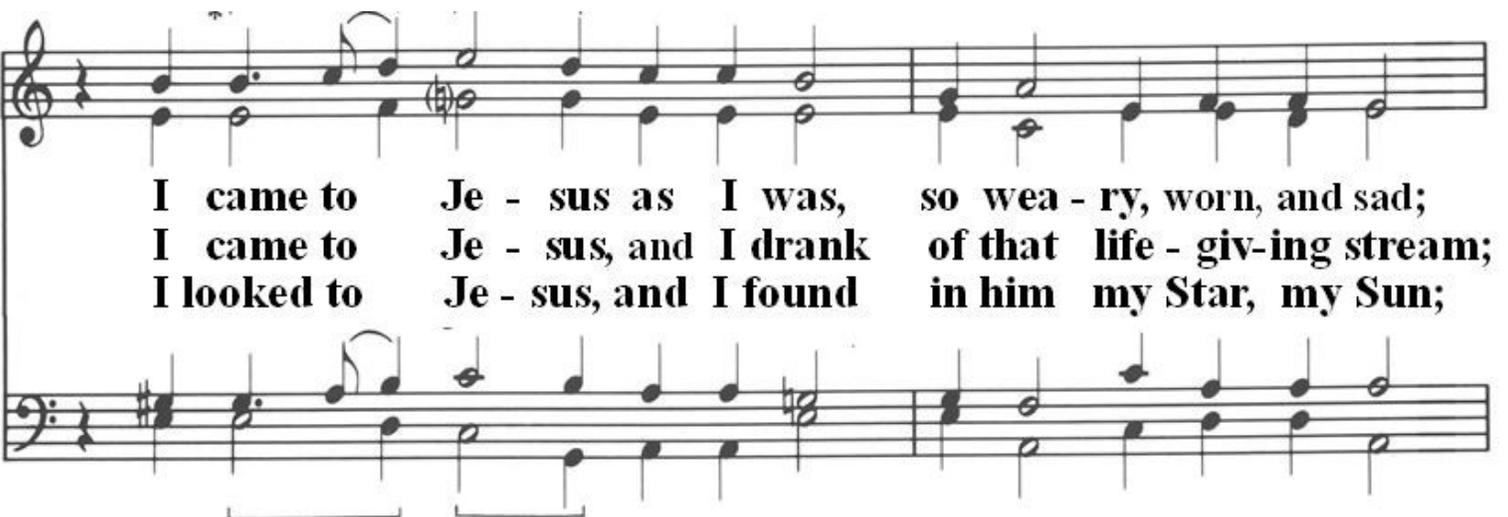
Please join in singing the hymn. Zoom participants stay muted.



1 I heard the voice of Je - sus say, "Come un - to me and rest;
2 I heard the voice of Je - sus say, "Be - hold I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light



and in your wea - ri - ness lay down your head up - on my breast."
the liv - ing wa - ter; thir - sty one, stoop down and drink and live."
Look un - to me, your morn shall rise, and all your day be bright."



I came to Je - sus as I was, so wea - ry, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I looked to Je - sus, and I found in him my Star, my Sun;

continued next page

I found in_ him a rest - ing_ place, and he has made me glad.
 my thirst was_ quenched, my soul re - vived, and now I live in him.
 and in that_ light of life I'll_ walk till pil-grim days are done.

**The bracketed notes are to be treated as triplet groups.*

Words: Horatius Bonar (1808-1889), alt.

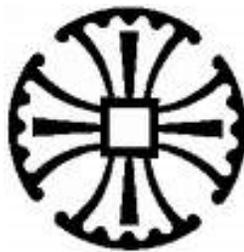
Music: *The Third Tune*. Thomas Tallis (1505?-1585): ed. John Wilson (b. 1905)

CMD

Dismissal

Deacon: Go in peace to love and serve the Lord.

People: **Thanks be to God.**



Serving today

Celebrant: The Rev. Salying Wong

Preacher: The Rev. Bertram Nagarajah

Deacon: The Rev. Bertram Nagarajah

Eucharistic Minister: Jim Cobb

Lector: Fulvia Govetto, Lou Poulain

Greeter: MaryJane Johnson, Donna Cobb

Cantor: Ian Fugate

Tech team: Steve Williams

Zoom Host: Pam Storrer

Today in the Parish

Coffee Hour today will be inside Cowans Hall. Please be mindful of Covid protocols. Thank you.

For Lent: Some Lenten devotions may be found in the issues of *Forward Day By Day* and *The Upper Room* which are available to pick up from the racks at the back of the church.

Cards printed with the **schedule of worship** services through Lent to Easter are also available on the table in the narthex.

UPCOMING EVENTS

Library News:

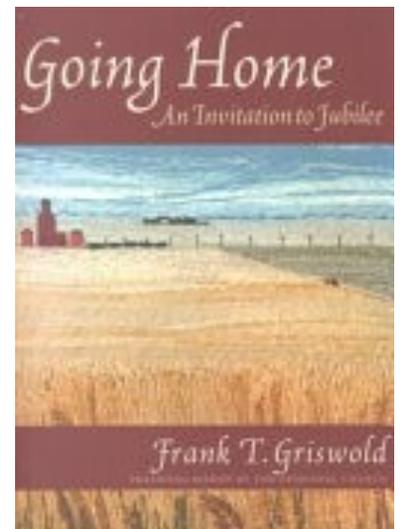
Please take a look in the archives display case to see the 1611 King James Version of the Bible given to the church by the Patterson family during Advent in 1916. William Patterson was the first warden at St. Thomas.

Book of the Week **March 12**

In memory of The Rt. Rev. Frank Tracy Griswold III, the 25th presiding bishop of The Episcopal Church. September 18, 1937 – March 5, 2023.

[*Going home: an invitation to jubilee*](#) by Frank Griswold

“The concept of jubilee has its roots,” notes Nancy Roth in her foreword, “in the idea of sabbath—a time of ‘re-creation, reordering, and release.’ We discover that sabbath first in our own prayer, as our hearts are re-created, reordered, and released from those things which bind us.” In these meditations on the themes of jubilee Frank T. Griswold offers fresh insight into how this ancient practice can be the catalyst for renewal today. The jubilee year was intended to be a time of “going home,” a time of



redemption and release for those in financial or social bondage, a time of replenishment for the land and the people who ate of its fruits. How might the concept of a jubilee “homecoming” and recreation of a just society be lived in our own day? And how might we as a church and as individuals make such changes possible? “The year of the Lord's favor,” writes Bishop Griswold, “is a season of unfoldment in which God's blessing, compassion, and justice are unleashed, not from some remote heaven but from within the human heart—from within our own hearts—as we find ourselves stretched and cracked open by God's own joy and desire for our full flourishing.” - Publisher

ADULT FORMATION DURING LENT 2023

Lenten Book Study:

The Book of Forgiving: The Fourfold Path for Healing ourselves and Our world

by Archbishop Desmond Tutu

South African Archbishop Desmond Tutu was a towering figure in the late 20th century. After the collapse of the apartheid system in South Africa, Archbishop Tutu chaired The Truth and Reconciliation Commission. This commission provided opportunities for those wounded by the racist regime to tell their stories, and of equal importance, it provided opportunities for the perpetrators of these evil acts to acknowledge responsibility.

Desmond Tutu drew from this painful but healing process a roadmap for forgiveness: Here is a quote from the introduction to his book:

There are countless studies that enumerate the social, spiritual, psychological and even physiological benefits of forgiveness. The actual process of forgiveness, however has often been left a mystery. It is good and helpful to let go of resentment, but how do we let go of resentment when we have been harmed? It is better not to exact retribution, but how can we forgo retribution when what has been taken from us cannot be restored? And, is it even possible to

forgive and still pursue justice? What steps must we follow to achieve forgiveness? How do we heal all the holes in our hearts that come with being the fragile creatures we are?

The Lenten book study continues to meet via ZOOM on **Wednesday evenings:**

March 15th and 22nd, beginning at 7:00PM.

<https://us02web.zoom.us/j/82186179073>

Meeting ID: 821 8617 9073

One tap mobile

+16699009128,,82186179073#

Our library has three copies of ***The Book of Forgiving***. It is also available from all major book sellers. Amazon has it in paperback, as a Kindle ebook and as an audiobook. You may also be able to download the audiobook from your local library.

Easter Day Festivities On Easter Sunday, **April 9**, there will be a **single worship service**, Holy Eucharist celebration at **10:30am**. This will be followed by a special pot-luck **Easter brunch** (details below) and a festive **Easter Egg Hunt**. Please put these Easter Day events on your calendar!

Easter Sunday Brunch – April 9

Following the service, we will be hosting Easter Sunday Brunch in Cowans Hall to continue our festive agape gathering as a single congregation. Please plan to join us if you can!

For the brunch, we will be serving Chinese Chicken salad and a tossed Caprese salad. Coffee, tea, and our St. Thomas punch will also be provided. Continuing our “Agape Circle” **potluck** format, we ask that you bring a side dish to help complement the meal (e.g., other salads, veggie or meat dishes, breads and cheese, desserts, wine, etc.) Please do not feel that you need to bring something for the potluck in order to attend - we just want you to come and there will be plenty of food! Invite your guests to join us also!

Save the Dates / Worship schedule:

Lent 4 Sunday, March 19	8am - in person 10:30am - Hybrid	Holy Eucharist Rite I Holy Eucharist Rite II
Lent 5 Sunday, March 26	8am - in person 10:30am - Hybrid	Holy Eucharist Rite I Holy Eucharist Rite II
Palm Sunday Sunday, April 2	8am - in person 10:30am - Hybrid	Holy Eucharist Rite I Holy Eucharist Rite II
Maundy Thursday April 6	7pm - in person only	Maundy Thursday
Good Friday April 7	12:15pm - in person only 7pm - Zoom only	Good Friday
Easter Sunday Sunday, April 9	10:30am - Hybrid	Holy Eucharist followed by Egg hunt & Easter brunch

Agape Circle First Friday of each month (mostly!) at 6:30pm, Cowans Hall (we will observe "mask" protocols as necessary). Please join us for food, fun, and friendship! Also, please bring a pot-luck dish to share (along with serving utensils)! Skipping Good Friday, the Agape potluck format will be part of the Easter Brunch celebration. Our next Circle meeting date is **May 5**—Cinco de Mayo!

General Announcements

Episcopal Relief & Development: Turkey & Syria

Almost 2 weeks ago a deadly 7.8-magnitude earthquake and severe aftershocks struck along the border between Turkey and Syria, killing, at current count, over **51,000** people and causing widespread damage across the region. Episcopal Relief & Development has been working with partners to provide support. Please join Episcopal Relief &

Development in this relief effort by making a donation at episcopalrelief.org. Fliers may be found on the table at the back of the church.

Thanksgiving and Memorial Donations to Altar Guild

Our altar guild appreciates your support in making our space holy and beautiful. **Easter flowers donations** are especially welcome. You will find forms on the table at the back of the church if you have a special dedication you'd like to make. Thank you.

COVID Protocols update

Masks are recommended at the services. Please maintain six feet distance to keep all comfortable.

Pledges, Offerings & Donations

Your pledges and other donations may always be mailed to the church office and marked to the attention of the Treasurer.

When donating by check, please make the check payable to "St. Thomas Episcopal Church".

Under our current public health restrictions, we encourage you to mail in your pledges and offerings to the church or use our online donation option.

Online Giving Please look for the "GIVE" option on the main menu bar on the St. Thomas website. It is located on the upper right side of



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Faith. Hope. Love.
Unity.

the home page. Once you select “GIVE”, you will be taken to a new page where you may donate through PayPal, using a debit or credit card. OR, if you prefer, you may go directly to the PayPal site through the following link:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=9C43D8TLRQCLU&source=url

If you choose to give online, please be aware that St. Thomas does pay a fee for each transaction.

As always, we want to say “Thank You!”
Peace, Jim Cobb

Welcome to the St. Thomas Library

The St. Thomas Church Library will be open

The church library will be open **on Sundays** after the 8 a.m. service and after the 10:30 service during the Sundays when there is the option to meet in person. Carol or a member of the Library Committee will be available to answer questions on Fridays from 10-12; after 12 our administrator Anne will be available at 408-736-4155 until 4:00 to open the door for you. We request that you remember to wear your mask.

Small Groups and Spiritual Formation Ministries

St Thomas Stepping Stones Jail Ministry

Get proximate to the pain and you will make the deepest connection. Join the St. Thomas Stepping Stone Jail ministry and get proximate to those who are in need of community and love. We began by sending out pen-pal letters and the coming weeks we will try to organize going in person into the jail (only for persons who want/agreed to do this work).

Recent projects Fifteen St Thomas parishioners donated Christmas

gifts to fifteen families that included forty-five kids. We want to thank each member at St Thomas who donated gifts.

A group of faithful parishioners banded together during Christmas and prepared eight gift baskets for other St Thomas parishioners who are home-bound or less mobile. .

Please contact Deacon Bertram (bertramemail@gmail.com) if you have any questions or wish to volunteer.

The Prayer Chain and Helping Hands and Hearts

Committee. Anyone who needs prayers or needs pastoral care assistance or would like to join in this ministry, please send an email to: prayerchain@stthomas-svale.us.

Family Ministry Families should have received their second **Lenten packet** in the mail. Plan to attend the Palm Sunday festival following our church service that Sunday morning, April 2, 2023. We will have activities for the coming Easter for you to enjoy. All are welcome. The third packet of materials will go out following the 4th Sunday in Lent.

Easter Egg Hunt candy will be greatly appreciated again this year. You may leave your donations in the Easter basket in the narthex Thank you.

Easter Blessing Baskets are back! If you would like to send an Easter Blessing Basket to someone who deserves a special gift this Easter fill out the form in the narthex. Cost of the basket is \$15.00 and may be picked up or delivered on Holy Saturday. Please make sure you put “Blessing Basket“ on the memo line of your check.

Senior Ministry If you are a Senior at Saint Thomas and are not yet receiving our twice weekly Senior Activities Sheets please contact Sue Beckham at Sue_beckham@comcast.net

ESL is back A class for Chinese speakers meets most Fridays at 10:00am in the Disciples room. A class for Japanese speakers meets Wednesdays at 1:00pm in the Disciples room.

Zooming in Men's Spiritual Growth Group

Yes! Now you can be there in your pajamas (at least), and therefore sleep a bit longer. But on the other hand we can no longer advertise coffee + if you arrive a bit early. We are now meeting **weekly** with a standard format, alternating between wondering what the scriptures might be leading us to personally on the 2nd and 4th Saturdays (9-10 AM on your computer), and on the other Saturdays, a check-in and just for sanity's sake (starting at 9 AM). Our Zoom meetings are password protected so you'll need to connect with Chris Schmidt (randischris@gmail.com) if you are new to the group. We invite all men (even those not a part of St. Thomas) to join with us for fellowship and good discussion.

Book Club usually meets once a month from 7 to 8 p.m. in the St. Thomas Library. We are an open book club: All are welcome, whether you have read the book or not. Our next meeting will take place on **Monday March 27** and will be hosted by Carol Campbell.

Using Zoom conferencing, we will meet to discuss *Behind the Beautiful Forevers* by Katherine Boo

As India starts to prosper, the residents of Annawadi are electric with hope. But then a shocking tragedy, false accusation, terror, and global recession rock the city, releasing suppressed tensions over religion, caste, sex, power, and economic envy. Based on years of uncompromising reporting, Pulitzer Prize winner Katherine Boo tells with intelligence, humor, and deep insight the dramatic story of families striving toward a better life in a makeshift settlement in the shadow of luxury hotels near the Mumbai airport.

Please join us—contact Carol through our website www.stthomas-svale.org/contact for the Zoom link.

Weekly Worship at St. Thomas

Tuesdays, 6pm Centering Prayer, led by Pastor Salying:

<https://us02web.zoom.us/j/724376004>

Dial-in option: 1 669 900 9128 meeting ID# 724376004

Wednesdays, 12:15pm Noonday Prayer with Commemoration of a Saint,
led by Pastor Salying: <https://us02web.zoom.us/j/86313271549>

Dial-in option: 1 669 900 9128 meeting ID# 86313271549

Thursdays, 6:30pm Intercessory Prayer Group on Zoom

led by Deacon Bertram: - every Thursday

Zoom link: [https://us02web.zoom.us/j/89699188717?](https://us02web.zoom.us/j/89699188717?pwd=dzNuY1VkOWpnbzFvQkpwRnJ0VGJlUT09)

[pwd=dzNuY1VkOWpnbzFvQkpwRnJ0VGJlUT09](https://us02web.zoom.us/j/89699188717?pwd=dzNuY1VkOWpnbzFvQkpwRnJ0VGJlUT09)

Meeting ID: 896 9918 8717 Passcode: 225424

One tap mobile

+16699009128,,89699188717#,,, *225424# US (San Jose)

Sundays: 8am Holy Eucharist Rite I in the church
with masks and social distancing protocols
and

10:30am Holy Eucharist (Hybrid) or Morning Prayer (online),
led by Pastor Salying in person, in the church or on Zoom

<https://us02web.zoom.us/j/82690025101>

Dial-in option: 1 669 900 9128 Meeting ID: 826 9002 5101

Please see website for week-to-week information:

www.stthomas-svale.org

An updated **Announcement page** is available on line at
**[https://docs.google.com/document/
d/1M_iFUN25FBuxOVTr0UKw6mokVcdE9iNII9RFrPIKNAg](https://docs.google.com/document/d/1M_iFUN25FBuxOVTr0UKw6mokVcdE9iNII9RFrPIKNAg)**
and updates of various parish events and activities may also be
found on our website at **www.stthomas-svale.org**



Parish Mission Statement

St. Thomas is joyfully on the way!

We are becoming whom Jesus calls us to be: a spiritually-centered community dedicated to creating connections with God, each other, and our neighbors, so that we might walk together with love toward justice, compassion, and hope.



All Are Welcome

St. Thomas' Parish is a reconciling, affirming, and inclusive Christian community striving through worship, love, and service to welcome all people just as God created them. No matter where you are on your journey of faith, and whether you are single, married, divorced, separated, or partnered, our welcome knows no boundaries of age, race, ethnicity, culture, gender identity and gender expression, sexual orientation, economic condition, physical, or mental ability. God delights in the diversity of creation, and so do we!

- Rector:** The Rev. Salying Wong.....pastorsalying@stthomas-svale.org
or 510-478-3554
- Deacon:** The Rev. Bertram Nagarajah.....bertramemail@gmail.com
- Treasurer:** Jim Cobb.....Finance@stthomas-svale.org
- Parish Administrator:** Anne Buelteman.....office@stthomas-svale.org
- Family Ministry Director.:** Susan Beckham.....family_ministry@stthomas-svale.org
- Library and Resource Center Coordinator:** Carol Campbellresourcecenter@stthomas-svale.org
- Music Director:** Patricia Pietrzyk,..... patriciapietrzyk@gmail.com
- Newsletter Editor:** Anne Buelteman..... office@stthomas-svale.org
- Our Daily Bread (ODB) Coordinator:** David Barnes.....408-736-4108, odb@stthomas-svale.org

IN CASE OF AN EMERGENCY

If you or a loved one is in urgent need of pastoral care (hospitalization, death in the family, etc.), PLEASE CALL US.

(The hospital does not always automatically notify the parish)

The Rev. Salying Wong, Rector.....510-478-3554

Parish Office.....408-736-4155

If there is no answer, please leave a message.

You may invite prayers online through The Intercessory Prayer Chain
at prayerchain@stthomas-svale.org

THE VESTRY OF ST. THOMAS EPISCOPAL CHURCH, SUNNYVALE

Abby O'Connell, **Senior Warden**
Chris Schmidt, **Junior Warden**

2022
Susan McVey
Chris Schmidt
Bill Rosgen

2023
Pat Dare
Breno DeMedeiros
Abby O'Connell

2024
Nancy Allgeier
Gage McKinney
Rita Welsh

DELEGATES TO CONVENTION

Stephanie Daugherty MaryJane Johnson Hugo Lopez-Laguna Mabel Cheng
(Joe Gutierrez, Marilyn Winans alternates)

St. Thomas website: www.stthomas-svale.org