

Second Sunday of Lent
March 17, 2019

Prelude

Entrance Antiphon

Intercessor: Good Morning! Be wary of the “demons” within us that seek to silence the message of the Love of God for all! God’s grace overcomes all obstacles.

Processional Hymn

None

Greeting

Priest: Bless the Lord who forgives all our sins.

All: His mercy endures forever.

Those who wish are invited to kneel.

The Decalogue

Book of Common Prayer (BCP) pg. 350-351

Priest:

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.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

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*

Confession of Sin and Absolution

The Book of Common Prayer (BCP), Page 352-353

Trisagion

Priest: Lord, have mercy.

People: Christ, have mercy

All: Lord, have mercy

Opening Prayer

Priest: The Lord be with you

All: And also with you

Priest: Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen*

THE WORD OF GOD

A Reading from the Book of Genesis (15:1-12,17-18)

The word of the LORD came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." But Abram said, "O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" And Abram said, "You have given me no offspring, and so a slave born in my house is to be my heir." But the word of the LORD came to him, "This man shall not be your heir; no one but your very

own issue shall be your heir." He brought him outside and said, "Look toward heaven and count the stars, if you are able to count them." Then he said to him, "So shall your descendants be." And he believed the LORD; and the LORD reckoned it to him as righteousness.

Then he said to him, "I am the LORD who brought you from Ur of the Chaldeans, to give you this land to possess." But he said, "O Lord GOD, how am I to know that I shall possess it?" He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon." He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the LORD made a covenant with Abram, saying, "To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates."

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

All: Thanks be to God.

Psalm 27

1 The LORD is my light and my salvation;
whom then shall I fear? *
the LORD is the strength of my life;
of whom then shall I be afraid?

2 When evildoers came upon me to eat up my flesh, *
it was they, my foes and my adversaries, who
stumbled and fell.

3 Though an army should encamp against me, *
yet my heart shall not be afraid;

4 And though war should rise up against me, *
yet will I put my trust in him.

- 5 One thing have I asked of the LORD;
one thing I seek; *
that I may dwell in the house of the LORD all the days of my life;
- 6 To behold the fair beauty of the LORD *
and to seek him in his temple.
- 7 For in the day of trouble he shall keep me safe in his shelter; *
he shall hide me in the secrecy of his dwelling
and set me high upon a rock.
- 8 Even now he lifts up my head *
above my enemies round about me.
- 9 Therefore I will offer in his dwelling an oblation
with sounds of great gladness; *
I will sing and make music to the LORD.
- 10 Hearken to my voice, O LORD, when I call; *
have mercy on me and answer me.
- 11 You speak in my heart and say, "Seek my face." *
Your face, LORD, will I seek.
- 12 Hide not your face from me, *
nor turn away your servant in displeasure.
- 13 You have been my helper;
cast me not away; *
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, *
the LORD will sustain me.
- 15 Show me your way, O LORD; *
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries, *
for false witnesses have risen up against me,
and also those who speak malice.
- 17 What if I had not believed
that I should see the goodness of the LORD *
in the land of the living!

18 O tarry and await the LORD's pleasure;
be strong, and he shall comfort your heart; *
wait patiently for the LORD.

A Reading from the Letter of Paul to the Philippians 3:17-4:1

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

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

All: Thanks be to God.

Choir Anthem

"In Darkness do I Wonder"

A Reading from the Gospel According to Luke 13:31-35

Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

Priest: The Gospel of the Lord.

All: Praise to you, Lord Christ.

Sermon

Nicene Creed

Book of Common Prayer (BCP), Page 358

Prayers of the People

Intercessor: Since the days of the covenant you have promised everlasting life.

In the mystery of the cross you have promised us to be heirs of your kingdom.

Keep us safe in your mercy, and lead all your people to a deeper faith.

Lord, in your mercy, *hear our prayer.*

We pray for the Church that it may follow the way of the Cross and proclaim the Word to all people.

Lord, in your mercy, *hear our prayer.*

We pray for a rich faith that we too may reach out to all people that they may be gathered up in your arms.

Lord, in your mercy, *hear our prayer.*

We remember the sick and the dying that they will remain steadfast in faith to the Cross of Jesus.

Lord, in your mercy, *hear our prayer.*

Priest: Lord keep us in your love, preserve our community, and do not let us become separated from one another. We ask this through Christ our Lord.

Amen.

The Peace

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

All: And also with you.

THE HOLY EUCHARIST

Offertory Sentence

Offertory Music

Blue Hymnal No. 441

Verses 1, 2, 4

"In the Cross of Christ"

The Presentation of Offerings

8:00 a.m.

Priest: All things come of thee of Lord.

All: And of thine own have we given thee.

10:30 a.m.

Blue Hymnal No. 380 Doxology ~ Verse 3

Eucharistic Prayer C

Priest: The Lord be with you

All: And also with you.

Priest: Lift up your hearts.

All: We lift them to the Lord.

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

All: It is right to give our thanks and praise.

Priest: God of all, creator of the Universe, you are worthy of glory and praise.

All: 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.

All: 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 stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

All: 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 to us the way of freedom and peace.

All: 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:

Holy, Holy, Holy
"Blue" Hymnal No. S-130

The people are invited to stand or kneel.

And so, Father, we who have been redeemed by him, and made a new people by water and the blood, now celebrate his gift to us. We now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. *All: Come Holy Spirit, Breath of Eternal Life.*

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 bread and this cup, our sacrifice of praise and thanksgiving,

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

God of our holy Ancestors; God of Abraham, Isaac, and Jacob; God of Deborah, Ruth and Esther; 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 power only, and not for compassion; 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.

All: 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, be honor, glory, worship, and praise, now and forever.

Amen.

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

The Lord's Prayer

Book of Common Prayer (BCP), Page 364

The Breaking of the Bread

Priest: Christ our Passover is sacrificed for us;

All: Therefore, let us keep the feast.

The Invitation to Communion

All baptized Christians are welcome to receive communion.

Communion Hymn

Blue Hymnal No. 325

Verses 1-3

"Let Us Break Bread"

Post Communion Prayer

*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 usual purgation and healing, whether of body or of soul, takes place only little by little and by passing from one advance to another with difficulty and patience. Although the angels on Jacob’s ladder had wings, they did not fly but went up and down in order and step by step. The soul that rises from sin to devotion has been compared to the dawning of day, which at its approach does not drive out the darkness instantaneously but only little by little. A slow cure, the maxim says, is always surest. Diseases of the soul as well as those of the body come posting on horseback but leave slowly and on foot.” ~St. Francis de Sales

Announcements

Blessing

Priest: May the blessing of Almighty God, Father, Son, and Holy Spirit descend upon you and remain with you forever and ever.

All: Amen.

Hymn in Procession Red Gather Hymnal No. 603

Verses 1-3

“There’s a Wideness”

Dismissal

Deacon/Priest: Let us bless the Lord.

All: Thanks be to God.

Postlude





Members *in ACTION*

† SERVICE PARTICIPANTS †

GREETERS:

8:00 a.m. Meredith Palmer
10:30 a.m. Kathy Terrible

LECTORS:

8:00 a.m. Chuck Abbott, Rich Jennings
10:30 a.m. Will Gregory, Joe Whitehill

INTERCESSORS:

8:00 a.m. Meredith Palmer
10:30 a.m. Judy Foltz

ACOLYTES:

8:00 a.m. Ann Hamlin
10:30 a.m. Gwyn Greenleaf

ALTAR GUILD:

Joan Fry, Gwyn Greenleaf

BUILDING LOCKUP:

Kathy Terrible

USHERS/GIFT BEARERS*:

8:00 a.m. Dennis Goda, Robin Netwall
10:30 a.m. Chika & Christian Acholonu

WORSHIP LAY EUCHARISTIC MINISTERS:

8:00 a.m. John Bates
Ruth Davis
10:30 a.m. Gwyn Greenleaf
Kathy Terrible

OFFERTORY COUNTERS:

Sharon Schaible, Ruth Davis

EUCHARISTIC VISITOR:

Andrea Sarnowski

PASTORAL CARE MINISTERS:

Sally Gordon, Sandy Harding





DELIVERY DATES

MARCH 25TH

\$10 a quart

Choices are 1-quart container or 3 Pack of 11oz containers, with beans or without beans

NOTE: Chili is Gluten Free

An 8oz serving is:

250 calories with beans and 175 calories without beans

Order forms in Parish Hall



Volunteers Needed

Homemade Soup and Crusty Bread - the perfect top off to the fellowship created by our joint service March 31. If you are willing to make soup or buy bread/rolls, please sign up on the sheet in the Parish Hall. You will be notified the week before how much you will need to bring. Questions should be directed to Cathie Meholic.

'BEYOND THE BROKEN HEART' GROUP

Next meeting will be March 20, 6pm in the conference room.



If you are seeking comfort, or perhaps you are grieving a great loss, struggling with depression, stress, anxiety, or general malaise. This small group meets monthly for the purpose of comfort, companionship, and help. Anyone is welcome to join us at any time. Contact Judy Foltz or Kathy Terrible with any questions.

Judy Foltz 610-841-7483 cfoltz2@ptd.net Kathy Terrible 610-762-4763 chatkatt@ptd.net

BLOOD PRESSURE SUNDAY

The Parish nurses will be offering blood pressure readings Sunday, March 31st at 8:45

Recent studies, as reported by the American Heart Association, estimate that 1 in every 3 U.S. adults have high blood pressure, but because you usually don't feel symptoms, nearly 1/3rd of these people don't know they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney disease. So....do you know what YOUR blood pressure is?





Adult Forum Dates

March 24th at 9:15 a.m.

March 31st at 8:15 a.m.*

(*Note earlier start due to Friends & Family Sunday)

April 7th & 14th at 9:15 a.m.

Reach Out and Read

Reach Out and Read is a program at Lehigh Valley Hospital, and hospitals nationally, where books are provided to and in some cases read to children who are there for their well child visits. We will begin collecting lightly used or new books next week. There will be a box in the parish hall from March 17th through March 24th and look for more info and announcements over the next couple weeks.



FALL RISK PREVENTION

You can still participate!!

For cancellations due to weather, please check WFMZ for Lehigh County Aging. If that is listed as a cancellation, then no Healthy Steps that day.

St. Margaret's is hosting an international potluck on
March 23 at 6pm.

We are asking that everyone bring an ethnic dish to feed at least 10 people. Also, if so inclined, you may wear traditional clothing or you can always wear red, white and blue! If interested, please email Janice Clymer at imcraftyj@gmail.com



2018 Contribution Letters

2019 Contribution Envelopes

If you have not picked up your 2018 Contribution Letter and/or your 2019 envelopes please contact the office to make arrangements get those. Thank you!





A Daybreak Opportunity Monday, March 18, 2019

Another exciting Daybreak volunteer opportunity is planned for Monday, March 18, 2019. I have lost track of how many years St. Anne's has been preparing meals for Daybreak (which is part of Lehigh County Conference of Churches), but I do know that getting to meet and serve some very wonderful people continues to be a true blessing.

As usual, we will need bakers and preparers/servers. St Anne's bakers always make amazingly sweet delights that are reported to be the absolute best of the best! Our preparers/servers are an astonishing culinary team who are also reported to be the absolute best of the best!

Please consider signing up as a baker or a preparer/server. A sign-up sheet can be found in the parish hall. Please contact Nancy Gordon if you have any questions.

Giving is always a joyous experience!



St. Anne's Iron Pigs Fundraiser It's Iron Pigs Volunteer Sign up Time

The 2019 baseball season is right around the corner for the Lehigh Valley Iron Pigs.

2018 was the first year St. Anne's participated in the Iron Pigs Non-profit Volunteer Fundraiser Program. Despite getting a late start, St. Anne's volunteer efforts raised almost \$2100...funds that were a windfall to St. Anne's budget last year. Because of last year's success, however, \$2000 is now included in St. Anne's budget. Volunteer participation this year will determine if this fundraiser is viable.

Please consider joining our volunteer group whose assignment is to assist Iron Pig's concession stand staff. Returning volunteers, as well as new ones, need to sign a one-page Iron Pig Volunteer Agreement. After doing so, a schedule of available games will be provided, as well as dress code requirements.

For more information & to obtain this paperwork, please contact Meg or Ray Leister at 610-928-0268 or missmargaret@ptd.net.

Let's work together to meet or exceed our budget target for 2019.

GO IRON PIGS!!!!

EASTER FLOWER DONATIONS

If you are interested in donating Easter flowers in thanksgiving or memory of loved ones, please fill out a pink form in parish hall and place it in the "Altar Flowers" mail box in the parish hall. If you have any questions, see Joan Fry.



Above all, clothe yourselves with love, which binds us all together in perfect harmony.

Colossians 3:14

What is Hay Fever?

First of all, it is not caused by hay and it does not cause a fever. The correct name is Allergic Rhinitis and it happens when pollen, dust mites or spores trigger an allergic response causing your body to release histamines as a defense against them. The histamines can cause swelling and irritation to the nose as well as watering of the eyes. Allergies and the common cold can cause similar symptoms, but if symptoms persist for more than two weeks chances are it is allergic in nature. Some symptoms include headache, watery eyes, puffy eyes, itchy nose and sneezing. You may also experience post nasal drip, decreased sense of smell. Along with ear clogging and throat soreness, you may also have coughing and fatigue. Any presence of fever, difficulty swallowing, or productive cough with thick mucus production requires a doctor evaluation. OTC medications can be helpful but if they are not enough to relieve the symptoms, speak to your doctor. According to the FDA, grapefruit, orange Juice and apple juice may make some antihistamines less effective, so speak to your pharmacist.

Apps like Medisafe and Mango Health remind you to take your medications.

EASY TO DO

Quick Posture Tip: One big cause of bad posture is caused by always looking down. When your gaze drops, Your shoulders slump. Keep your eyes focused on the horizon and your posture will improve.

Avoid Food Spoilage - Tips

Food spoilage can cause some illness as well as cost you extra money, so here are a few ways to keep your food fresher longer and to keep you healthy.

1. Freeze fresh fruits and veggies that you will not be using right away this will let you keep them fresh and help you take advantage of items on sale
2. Wrap the crown on bananas with plastic wrap, this helps to slow the release of ethylene gas which causes the fruit to ripen quickly
3. Store counter produce away from direct sunlight to prevent it from ripening too fast
4. Wrap lettuce, broccoli and celery in aluminum foil before placing in the fridge
5. Keep mushrooms in paper bags, not plastic
6. Keep tomatoes upside (stem side) down on the counter so that air does not get into the top opening and speed ripening.
7. Be kind to your vegetables - Boiling or over cooking your favorite veggies can rob them of a lot of their nutrients and antioxidants. Instead, try steaming them. You can use a steamer basket or buy specific bags that steam your veggies in the microwave just follow the directions carefully so you don't over cook them. You can also steam them in a microwave safe container using just one to two tablespoons of water.

Nut of the week: Cashews: These nuts have a good amount of vitamins B6 and K as well as Lutein, which has been linked to improved eye health.

Special Prayers for the Week

Submit names for prayer on cards available in pews
or you may email the parish office.

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†For the sick, especially Kevin, John, Phil, Molly, Bill Q.

†For people continuing to recover, Jill

†For people in hospice care, especially

†For people in nursing and assisted living homes:

†For individuals with special needs:

†For the deceased

†For individuals in the military forces and their families, especially Airman Andrew Shield,  
Sgt. Brendan Messler, SSG Adam Aikey

† Contact the parish office with your special prayer request or update. †



*Stewardship*  
*reflection*

"So shall your descendants be." Just think, you are one of those descendants. Perhaps you sometimes think you are uncountable, as were all the stars Abraham could not number. But we are assured that we are loved and counted by God Himself, who numbers us all as His own. How can we not be full of gratitude for such a special gift?

# CALENDAR

Sunday, March 17

**8:00 & 10:30 a.m. Eucharist**

**9:15 Family Eucharist**

10:00 a.m. Sunday School

Monday, March 18

7:00 p.m. Choir Rehearsal

7:00 p.m. Vestry Meeting

Tuesday, March 19

10:00 a.m. Bible Study with Fr. Don

Wednesday, March 20

2:00 p.m. Ministry to the Elderly - Lehigh Commons

6:00 p.m. Beyond the Broken Heart

6:30 p.m. Bible Study with Fr. Don

Sunday, March 24

**8:00 & 10:30 a.m. Eucharist**

**Prayers for Healing and Anointing**

9:15 a.m. Adult Forum

10:00 a.m. Sunday School

Monday, March 25

1:00 p.m. Senior Exercise Program

7:00 p.m. Choir Rehearsal

Tuesday, March 26

10:00 a.m. Bible Study with Virginia

Wednesday, March 27

1:00 p.m. Senior Exercise Program

7:00 p.m. Bible Study with Fr. Don

Sunday, March 31

**Friends & Family Sunday ~ one service only**

**9:30 a.m. Eucharist**



## ANNIVERSARIES

03/30 Ray & Meg Leister

## BIRTHDAYS

03/17 Chuck Abbott

03/18 Wenda Shestok

03/20 Katy Lange

03/22 Carol Goodley

## For Equilibrium, a Blessing



Like the joy of the sea coming home to shore,  
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,  
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,  
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,  
So free may you be about who you become.

As silence smiles on the other side of what's said,  
May your sense of irony bring perspective.

As time remains free of all that it frames,  
May your mind stay clear of all its names.

May your prayer of listening deepen enough  
to hear in the depths the laughter of god.”

By John O'Donohue,  
To Bless the Space Between Us: A Book of Blessings

