

ST. PAUL'S  
EPISCOPAL CHURCH  
BEAUFORT, NORTH CAROLINA

# THE FIRST SUNDAY IN LENT

HOLY EUCHARIST, RITE II

FEBRUARY 26, 2023 – 10:45 A.M.



# ST. PAUL'S EPISCOPAL CHURCH

*Whether you are joining us in person or from the comfort of your living room, welcome to St. Paul's Episcopal Church.*

*Your spoken responses are welcomed throughout the service and can be recognized by the words in **bold print**.*

# THE HOLY EUCHARIST, RITE II

Please silence all electronic devices before the service begins. Page numbers refer to *The Book of Common Prayer*.

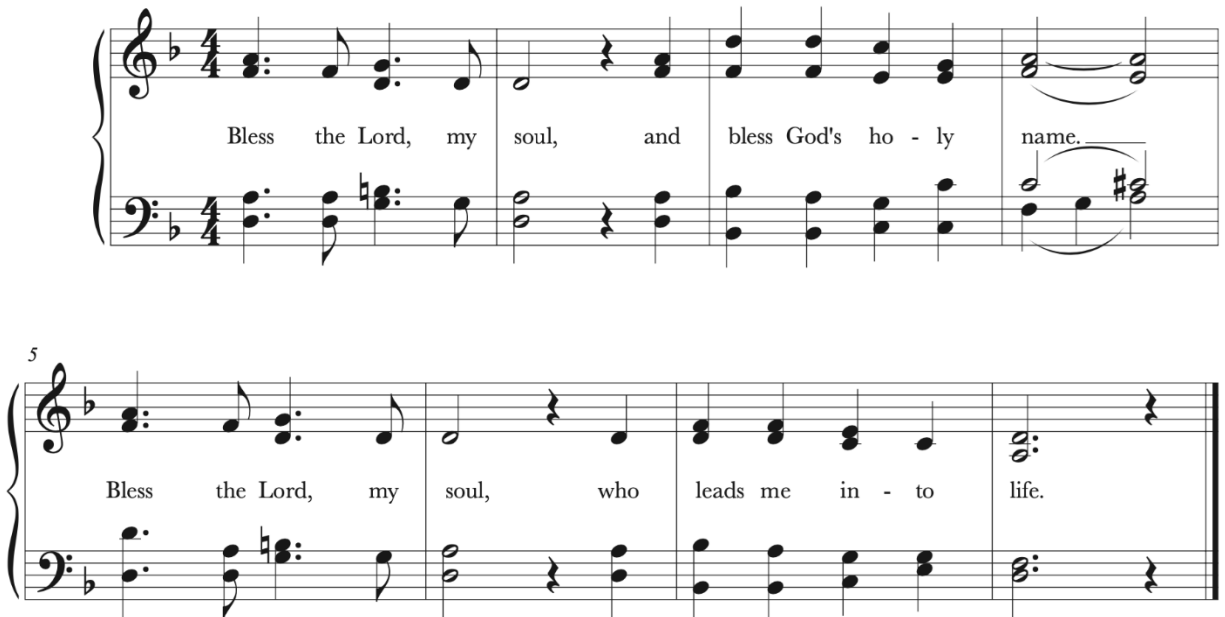
## PRELUDE

# LITURGY OF THE WORD

## INTROIT

*Bless the Lord, My Soul*

Jacques Berthier



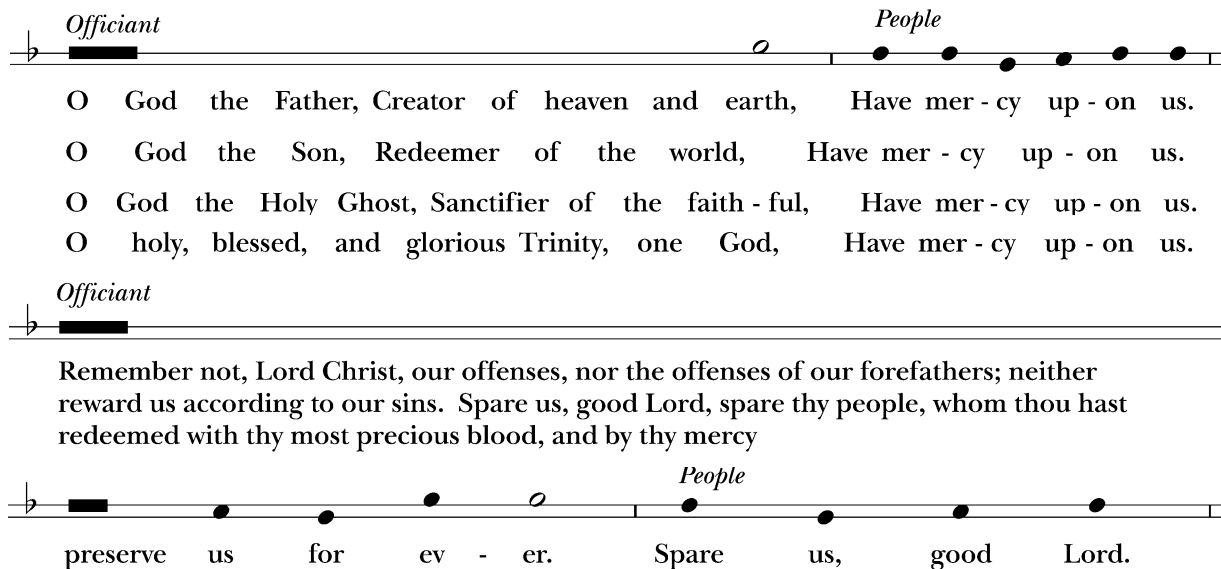
Bless the Lord, my soul, and bless God's ho - ly name.

Bless the Lord, my soul, who leads me in - to life.

## THE GREAT LITANY

BCP 148

*Stand or kneel as you are able.*



*Officiant*

*People*

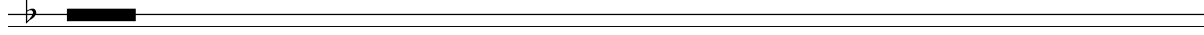
O God the Father, Creator of heaven and earth, Have mer - cy up - on us.  
O God the Son, Redeemer of the world, Have mer - cy up - on us.  
O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.  
O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

*Officiant*

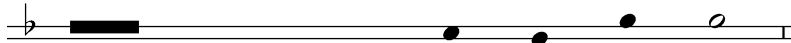
*People*

Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ev - er. Spare us, good Lord.

*Officiant*

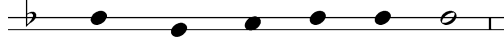


From all evil and wickedness; from sin; from the crafts and assaults of the



devil; and from everlast - ing dam - na - tion,

*People*



Good Lord, de - liv - er us.

*(This same response is sung after the petitions that follow)*

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity, *Good Lord, deliver us.*

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil, *Good Lord, deliver us.*

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment, *Good Lord, deliver us.*

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine, *Good Lord, deliver us.*

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared, *Good Lord, deliver us.*

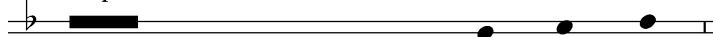
By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation, *Good Lord, deliver us.*

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost, *Good Lord, deliver us.*

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment, *Good Lord, deliver us.*

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,

*People*



We beseech thee to hear us, good Lord.

*(This same response is sung after the petitions that follow)*

That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly, *We beseech thee to hear us, good Lord.*

That it may please thee to bless and keep all thy people, *We beseech thee to hear us, good Lord.*

That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,  
*We beseech thee to hear us, good Lord.*

That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,  
*We beseech thee to hear us, good Lord.*

That it may please thee to bring into the way of truth all such as have erred, and are deceived,  
*We beseech thee to hear us, good Lord.*

That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandme  
*We beseech thee to hear us, good Lord.*

That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth,  
*We beseech thee to hear us, good Lord.*

That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,  
*We beseech thee to hear us, good Lord.*

That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,  
*We beseech thee to hear us, good Lord.*

That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,  
*We beseech thee to hear us, good Lord.*

That It may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,  
*We beseech thee to hear us, good Lord.*

That it may please thee to preserve all who are in danger by reason of their labor or their travel,  
*We beseech thee to hear us, good Lord.*

That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,  
*We beseech thee to hear us, good Lord.*

That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,  
*We beseech thee to hear us, good Lord.*

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,  
*We beseech thee to hear us, good Lord.*

That it may please thee to have mercy upon all mankind,  
*We beseech thee to hear us, good Lord.*

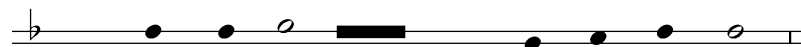
That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,  
*We beseech thee to hear us, good Lord.*

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts, *We beseech thee to hear us, good Lord.*

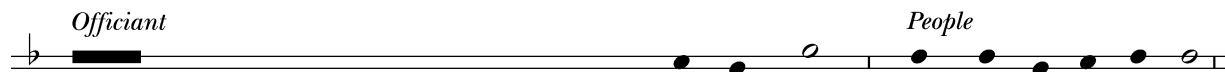
That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet, *We beseech thee to hear us, good Lord.*

That it may please thee to grant to all the faithful departed eternal life and peace, *We beseech thee to hear us, good Lord.*

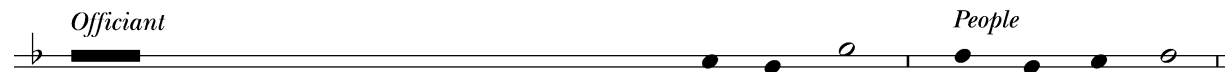
That it may please thee to grant that, in the fellowship of St. Paul and all the saints, we may attain to thy heavenly kingdom, *We beseech thee to hear us, good Lord.*



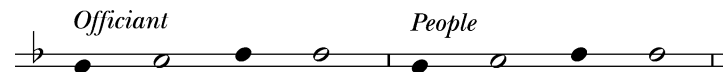
*Officiant* Son of God, we beseech thee to hear us.  
*People* Son of God, we beseech thee to hear us.



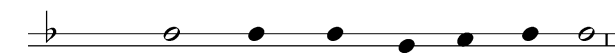
O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.  
O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



O Lamb of God, that takest away the sins of the world, Grant us thy peace.



O Christ, hear us. O Christ, hear us.



*Officiant* Lord, have mer - cy up - on us.  
*People* Christ, have mer - cy up - on us.  
*Officiant* Lord, have mer - cy up - on us.

## THE COLLECT OF THE DAY

BCP 218

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## FIRST LESSON: GENESIS 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the

garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

*Reader* The Word of the Lord.

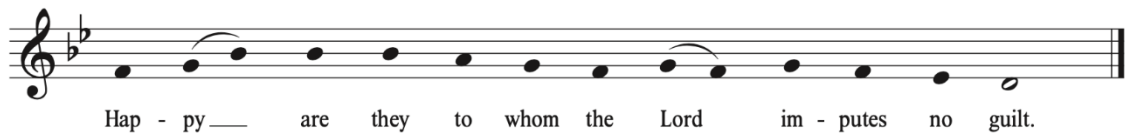
*People* **Thanks be to God.**

**PSALM 32** *Beati quorum*

*After the organ introduction, the congregational response is first demonstrated by a cantor and then repeated by the congregation. It is then sung when indicated in the text.*

**Congregational Response**

*Plainsong*



- <sup>1</sup> Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- <sup>2</sup> Happy are they to whom the Lord imputes no guilt, \*  
and in whose spirit there is no guile!
- <sup>3</sup> While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- <sup>4</sup> For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.

***Congregational Response***

- <sup>5</sup> Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- <sup>6</sup> I said, "I will confess my transgressions to the Lord." \*  
Then you forgave me the guilt of my sin.
- <sup>7</sup> Therefore all the faithful will make their prayers to you in time of trouble; \*  
when the great waters overflow, they shall not reach them.

<sup>8</sup> You are my hiding-place; you preserve me from trouble; \*  
you surround me with shouts of deliverance.

*Congregational Response*

<sup>9</sup> "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.

<sup>10</sup> Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle, or else they will not stay near you."

<sup>11</sup> Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the Lord.

<sup>12</sup> Be glad, you righteous, and rejoice in the Lord; \*  
shout for joy, all who are true of heart.

*Congregational Response*

**SECOND LESSON: ROMANS 5:12-19**

**A**s sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous."

*Reader* The Word of the Lord.

*People* **Thanks be to God.**



1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytton (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

## THE GOSPEL: MATTHEW 4:1-11

*Gospeller* The Holy Gospel of our Lord Jesus Christ according to Matthew.

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone,  
 but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'  
 and 'On their hands they will bear you up,  
 so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

‘Worship the Lord your God,  
and serve only him.’”

Then the devil left him, and suddenly angels came and waited on him.

*Gospeller* The Gospel of the Lord.

*People* **Praise to you, Lord Christ.**

#### THE SERMON

THE REV. ASHLEY SIMPSON

*After a period of silent reflection, all stand and say*

#### THE NICENE CREED

BCP 358

*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 PEACE**

BCP 360

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

*People* **And also with you.**

*All greet one another in the name of the Lord with a wave, a bow, or a head nod.*

## LITURGY OF THE TABLE

**OFFERTORY SENTENCE**

**ANTHEM**

*The Truth Sent from Above*

English Folksong

Harmonized by Ralph Vaughan Williams

**HYMN**

*Praise God from Whom All Blessings Flow*

*The Eighth Tune*

Praise God, from whom all bless - ings flow; praise him all crea - tures

here be - low; praise him a - bove, ye heaven - ly hosts; praise Fa - ther, Son, and Ho - ly Ghost.

**THE GREAT THANKSGIVING EUCHARISTIC PRAYER A**

BCP 361

*The people remain standing*

*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 him thanks and praise.**

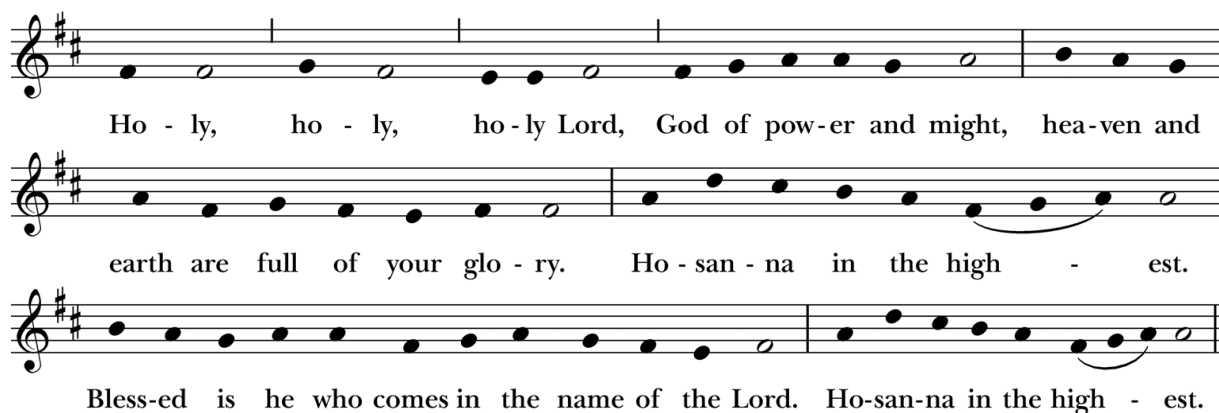
*Celebrant* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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:

HOLY, HOLY, HOLY LORD: *Sanctus*

HYMNAL S 124



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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*The people stand or kneel.*

*The Celebrant continues*

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;**

*The Celebrant continues*

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**

BCP 364

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

*People* **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.**

#### **THE BREAKING OF THE BREAD**

BCP 364

*Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

*The Celebrant continues by saying*

Christ our Passover is sacrificed for us;

*People* **Therefore let us keep the feast.**

#### **INVITATION TO COMMUNION**

#### **THE COMMUNION OF GOD'S PEOPLE**

*All are welcome at God's table. People who are searching for a deeper understanding and relationship with God who do not wish to partake are invited to receive a blessing. Come forward to the front of the chancel at the direction of the ushers, simply cross your arms over your chest. To receive the bread and the wine, extend your hands upward, palms*

*crossed. When receiving the wine, please assist the chalice as it is offered. To indicate a gluten free wafer, cross your hands one on top of the other.*

**HYMN 148**

*Creator of the Earth and Skies*

*Uffingham*



1 Cre - a - tor of the earth and skies, to whom the  
 2 We have not known you: to the skies our mon - u -  
 3 We have not loved you: far and wide the wreck - age  
 4 For this, our fool - ish con - fi - dence, our pride of  
 5 Teach us to know and love you, Lord, and hum - bly



1 words of life be - long, grant us your truth to make us  
 2 ments of fol - ly soar, and all our self - wrought mis - er -  
 3 of our ha - tred spreads, and e - vils wrought by hu - man  
 4 know - ledge and our sin, we come to you in pen - i -  
 5 fol - low in your way. Speak to our souls the quick - ening



1 wise; grant us your power to make us strong.  
 2 ies have made us trust our - selves the more.  
 3 pride re - coil on un - re - pent - ant heads.  
 4 tence; in us the work of grace be - gin.  
 5 word, and turn our dark - ness in - to day.

Words: David W. Hughes (1911-1967), alt. By permission of J. Donald P. Hughes. Music: *Uffingham*, melody and bass Jeremiah Clarke (1670-1707), alt.; harm. *Songs for Liturgy and More Hymns and Spiritual Songs*, 1971.

**THE POST COMMUNION PRAYER**

BCP 366

*Said in unison*

**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 Saviour 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.**

A SOLEMN PRAYER

*Celebrant* 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.

*People* Amen.

HYMN 149

*Eternal Lord of Love, Behold Your Church*

Old 124<sup>th</sup>

*Unison or harmony*

1 E - ter - nal Lord of love, be - hold your Church  
 2 So dai - ly dy - ing to the way of self,  
 3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,  
 so dai - ly liv - ing to your way of love,  
 you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,  
 we walk the road, Lord Je - sus, that you trod,  
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:  
 know - ing our - selves bap - tized in - to your death:  
 glo - rious in spring - time dress of leaf and flower,  
 far off yet here— the goal of all de - sire.  
 so we are dead and live with you in God.  
 so in the Fa - ther's glo - ry shall we wake.

Words: Thomas H. Cain (b. 1931) Copyright ©1982, Thomas H. Cain. Music: *Old 124th*, melody *Pseaumes octante trois de David*, 1551; harm. Charles Winfred Douglas (1867-1944) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

**DISMISSAL**

*Celebrant* Let us go forth in the name of Christ.  
*People* **Thanks be to God.**

**POSTLUDE**

*The flowers on the retable are given to the Glory of God and in honor of family and friends, past and present, and in memory of Marilyn Strickland by Helen O'Neal.*



## SERVICE PARTICIPANTS

### CELEBRANT

THE REV. TAMBRIA E. LEE

### PREACHER

THE REV. ASHLEY SIMPSON

### DIRECTOR OF MUSIC AND ORGANIST

MATT HILL

### ACOLYTES

SARAH EVANS MOLLIE IVEY SLEDGE IVEY

### LECTORS

WALTER PHILLIPS SANDRA HOWARTH

### EUCCHARISTIC MINISTER

NANCY WHITT

### USHERS

BILL MOSIER JEAN KIESOW MEG RISSER

### TECHNICAL SUPPORT

GLENN DUNN MARY DUANE HALE DAVID BROWN PENNYLLOYD BALDRIDGE

### ALTAR GUILD

MARY DUANE HALE NANCY SMITH KELLY STAINBACK

## UPCOMING

- Feb. 28 8:30 a.m. Morning Prayer  
10:00 a.m. Spiritual Practice: Inward Journey  
5:30 p.m. Spiritual Practice: Inward Journey  
*Simple soup supper following*
- Mar.1 Noon Holy Eucharist  
Lectionary Study to follow  
4:45 p.m. Bible Study, Book of John
- Mar.2 7:00 p.m. Compline
- Mar.5 8:00 a.m. Holy Eucharist, Rite I  
10:45 a.m. Holy Eucharist, Rite II

The noon service on Wednesday, the Evening Prayer service on Thursday, and the 10:45 a.m. service on Sunday will be live streamed and available to watch on-demand following the service: St. Paul's Facebook page and St. Paul's YouTube channel.

## ANNOUNCEMENTS

**For Visitors and Newcomers: Welcome!** We are glad you have joined us in person and online. To learn more about membership, baptism, or confirmation, or to receive emails about upcoming St. Paul's events, visit our website [www.stpaulsbeaufort.org](http://www.stpaulsbeaufort.org) or email the church office at [church@stpaulsbeaufort.org](mailto:church@stpaulsbeaufort.org).

### ***SPIRITUAL PRACTICE* on THE INWARD JOURNEY OF FAITH...**

In partnership with the Second Breath Center in Greensboro, North Carolina, the good people of Saint Paul's are invited to both begin, and continue, a path many began pre pandemic through a program entitled *The Inward Journey of Faith*. We continue now by exploring and experiencing *spiritual practice*.

*Spiritual practice* is exactly what it sounds like.... those actions of *head, heart and body* that draw us into relationship with God. Practices such as prayer, meditation and movement, active imagination, journaling, discernment/listening, holy conversation and sacred reading all help us to explore the height, the breadth and the depth of our connection to the living God. Opportunity abounds to fill your spiritual toolbox with ways to fix or repair or renew your life in Christ. Participants will join small groups for the duration of Lent where they will have an opportunity to both experience and dig deeper into the practices and nurture the hope those practices create. All are invited and no prior experience with the program is necessary.

**CLASSES MEET ON TUESDAYS. YOU MAY JOIN THE MORNING CLASS FROM 10-11:30AM OR THE EVENING CLASS FROM 5:30-7:15 PM WHICH INCLUDES A SIMPLE SUPPER AND PROGRAM FOR CHILDREN**

Classes are facilitated by Nancy Spencer. Nancy is a life long educator who has a passion for connecting people to the sacred. She has worked with the Servant Leadership School as well as Second Breath facilitating the Inward Journey and believes that these practices are vital in changing lives. She is also a delight.

**Sign up in the church office, by email [church@stpaulsbeaufort.org](mailto:church@stpaulsbeaufort.org) or by calling 252 728 3324 . You can also sign up in the parish hall or on the podium at the back of the church.**

February 28<sup>th</sup> Introduction to Spiritual Practice and why it matters in your life. What practices do I currently have? What helps or hinders that process?

March 7<sup>th</sup> What are the spiritual practices that can change my relationship with God? What is the one thing that you have consistently done to strengthen your relationship with God?

March 14<sup>th</sup> Practices of Heart Where have you felt the call to dig deeper in your life of faith?

March 21<sup>st</sup> Practices of the Head What have been the intellectual obstacles to faith for you? What questions have been the most difficult or disturbing for you?

March 28<sup>th</sup> Practices of Body How do you experience God in your body? What is your general

awareness of your body in relationship to your mind and spirit?

## WAYS TO DIG DEEPER IN LENT

Tuesday Morning Prayer 8:30am

Wednesday Eucharist Noon

Thursday Compline 7:00pm

- From The Episcopal Church: "[Life Transformed: The Way of Love in Lent](#)"
- From Episcopal Relief & Development: "Who Is My Neighbor?" Daily meditations [via email](#) or [downloadable PDF](#).
- Additional [weekly resources](#) are also available. From Living Compass: "[Living Well Through Lent 2023](#)"
- From the Society of St. John the Evangelist <http://www.ssje.org> "Brother Give us a Word

**Lent at St. Paul's** This year, we will be offering a course on Spiritual Practices and you can choose between two different times to attend: Tuesdays at 10 am or Tuesdays at 5:30 pm (light dinner will be provided). For the season of Lent, we will also be offering Compline at 7 pm on Thursday Evenings instead of Evening Prayer. Also, if you would like to know more about some of the saints of the Episcopal Church, follow along with our Lent Madness brackets to see who will win this year's "Golden Halo." Lent Madness is a ministry of Forward Movement. You can pick up scorecards at the church office or download one off Amazon.

**Adult Formation** began a new set of adult education classes on January 15th. For the months of January, February, and March, we will be looking into 2 foundational books of the Bible: GENESIS and EXODUS.

The goal of these studies is for us to get a better overview of what these books contain. Many of us are familiar with the basics: Adam and Eve, the Flood, Patriarchs and Matriarchs, and other stories, but may not know the broader sweep of these books. They are packed with amazing stuff!

We will use 2 video courses by Bart Ehrman, Professor in the Department of Religious Studies, UNC Chapel Hill, as a framework for discussion: the first on Genesis, the second focused on Moses. He provides brief talks (25 minutes) allowing time for discussion.

There are no outside readings needed. Classes run from 9:30 to 10:30 in the Men's Sunday School Room in the Parish Office Building.

**The Women's class** will be studying *Angels of the Bible: Finding Grace, Beauty, and Meaning* by Kate Moorehead. Copies can be purchased from the office.

The **Wednesday Bible Study** led by George Hirasawa meets on **Wednesdays, at 4:45 pm**. In this next series, they will be covering the Gospel of John.

**2023 ECW Lenten Retreat** Our ECW Lenten Retreat will be at Trinity Center on Saturday March 18 from 9:30am to 2:30pm in St. James Room.

The Reverend Gray Hodsdon will be our leader. He is currently the Associate Rector at St. James Episcopal Church in Wilmington.

A sign-up sheet is on bulletin board in the Parish Hall along with an envelope to collect your payment. The cost of this retreat which includes lunch is \$30.00. To guarantee your space, please sign up and pay by February 26<sup>th</sup>. After this date, we may open registration to other local Episcopal Churches if space is still available.

The 15-part winter session of **Mindfulness + Meditation + Movement** has come to a close, but will resume on Wednesday, March 1 in the Parish Hall from 8 - a.m. - 9 a.m. on Monday, Wednesday, and Friday. This series will conclude on Wednesday, April 5. The classes incorporate gentle exercise, yoga asanas, stretching, some Pilates movements, and a time for prayer and meditation. These classes are designed for everybody and **every body**. No experience is required, only a desire to find stillness and gratitude while stretching and strengthening. The ultimate goal is for participants is to add to their physical, spiritual, and emotional strength. Please email or call the class teacher, Cindy Cash, at: cindy.cash1117@gmail.com or 252-230-0719. Attendees will need to wear loose, comfortable clothing, and bring a yoga mat. Participants are also invited to use a chair if they prefer, and modify all poses as needed. Friends and guests are most welcome to attend.

**Five Loaves Mission** is looking for more people willing to cook casseroles for their Monday night dinners. If you are interested, the recipes and baking pans will be provided. Just stop by the Parish Hall after the service to pick up your supplies and sign up for a date.

**Coffee hour is back**--and we can't wait to see you there after your service of choice on Sundays going forward. We also can't wait to see your name on the sign-up sheet. Duties include preparing coffee, lemonade, and simple refreshments such as pretzels and cookies. The master schedule will be posted in the parish hall on Sundays or go to [www.signupgenius.com/go/60B0F4EAEA62BA7F94-coffee](http://www.signupgenius.com/go/60B0F4EAEA62BA7F94-coffee) to sign up online for your preferred date and service time. And for those of you who are new to the sign-up process there are 2 easy steps. Tick the **Sign-up** box and then click on **Submit and Sign-Up** box at the lower left-hand side of the webpage to open the scheduling page.

### **Outreach for February – Broad Street Clinic**

The Broad Street Clinic, founded in 1992, is one of the many outreach programs that is supported by the generosity of the parishioners of St. Paul's. Many local doctors volunteer their time, seeing patients and prescribing appropriate medicines. Medicines are paid for by donations, grants, and support from Carteret Health Care. The clinic's staff and volunteers dispense these medicines free of any charge. On many days the clinic will deliver 600 prescriptions. This truly saves lives every day. Many of our fellow parishioners volunteer at the clinic. Under normal circumstances, new volunteers are often needed for administrative duties (filing, staffing the phones, etc.), handing out medicines, interviewing patients, and many more opportunities. Currently, because of limitations imposed by Covid-19, that's not the case. But donations are always welcome! Contact Diane Meelheim, parish liaison, at dmeelheim@aol.com or 919-614-5557 for more information.

If you would like to donate to Broad Street, please do so through "Online Giving" on our website, [www.stpaulsbeaufort.org](http://www.stpaulsbeaufort.org). Alternatively, you may donate with a check payable to St. Paul's Church with Broad Street Clinic in the memo line. Checks may also be mailed to the church.

**Parish Emails** are sent weekly to keep you informed about all matters St. Paul's. If you have provided us with your email address and are not getting these emails, please double check your spam/junk folders. If you have changed your email address, please contact the church office at [church@stpaulsbeaufort.org](mailto:church@stpaulsbeaufort.org) so we can get you added to the email recipients list.

---

## YOUR PRAYERS ARE REQUESTED

*for members of the St. Paul's Family:* Rachel Chaplain, Holton Eastman, Anne Eastman, Ben Green, John Carlisto, Jack Gardner, Ginny Costlow, Alicia & Carl Ragsdale, Sandy Brock, Lee Phillips, Elaine Glover, Judy Mercer, Patti Otten, Michael and Joy Rave, Joe Ustach, Allan Harding, Pat Pitts, William Moore Davis, Jennie Jeffries, Elaine Barber.

*for friends:* Linda Gerlock (friend, Barbara Bryan), Elinor King (friend, Barbara Bryan), Thomas Goodson (brother, Bill Goodson), Allison Merante (daughter, Dorothy Kirtley), Danny Owens (friend, 5 Loaves), Joey Smith, Randy Hondros (friend, Jim and Cindy Cash), Bob Long (friend, Wade Gardner), Becky Wilkerson (friend, William Moore Davis), Patty Fowler (friend, Harriet Lassiter), Dave Keefe, George Sherman (father, Frank Sherman), Brinn Louise Bitner (close friend of the Whitt family), George and Linnie (friends, Peter and Laurel Watts), Toni Phillips (daughter, Wade Gardner), Lorri Rowe (daughter, Bob Gallo), Patsy Salter (friend, Donna and Bob Ivey), Jeff Van Meter (nephew, Nancy Ustach).

*To add your name or the name of a loved one to the prayer list, contact the St. Paul's Office at 728-3324 or email [church@stpaulsbeaufort.org](mailto:church@stpaulsbeaufort.org). Individuals will remain on the prayer list for thirty days. To keep the person on the list longer, simply contact the Office with that request at the end of the thirty days. The person to be listed must give permission for their name to be included in this public prayer request list.*

Cover: *Temptation of Christ in the Wilderness* (c. 1860). Julius Schnorr von Carolsfeld (1794-1872).  
"Die Bibel in Bildern" woodcut, Royal Academy Collection, London. Public Domain. [retrieved March 2, 2022]



Music and texts under copyright are reprinted by permission under OneLicense.net.

---

THE EPISCOPAL DIOCESE OF EAST CAROLINA

The Rt. Rev. Robert Stuart Skirving - *Bishop*

THE CLERGY

The Rev. Tambria E. Lee – *Rector*

The Rev. Ashley Simpson – *Associate for Parish Ministry*

THE STAFF

Matt Hill - *Director of Music and Organist*

Mary Duane Hale – *Business Administrator*

Stephen Hauman - *Sexton*

VESTRY

Pennyloyd Baldrige, Jane Gordon (Sr. Warden), Amanda Schoden, Joe Ustach - 2023

Allison DuBuisson, Michael King, Laura Snyder (Jr. Warden), Adeline Talbot – 2024

Virginia Cuthrell, Bob Ivey, Charles Phillips, Megan Ziglar - 2025

Sarah Jo Safrit, Clerk Charles Phillips, Treasurer

---

SUNDAY ANNOUNCEMENTS - THE DEADLINE FOR SUBMISSIONS IS TUESDAY AT NOON.

All submissions are subject to editing and publication is not guaranteed.

Email information to [church@stpaulsbeaufort.org](mailto:church@stpaulsbeaufort.org).

St. Paul's Episcopal Church

Parish Office Hours: Monday - Thursday - 8 a.m. to 4 p.m. and Friday 8 a.m. - 12 p.m.

215 Ann St. Beaufort, NC | 252-728-3324 | [www.stpaulsbeaufort.org](http://www.stpaulsbeaufort.org)

