

ST. PAUL'S
EPISCOPAL CHURCH
BEAUFORT, NORTH CAROLINA

THE SECOND SUNDAY IN LENT

HOLY EUCHARIST, RITE II

MARCH 5, 2023 – 10:45 A.M.



NICODEMUS SEEKS JESUS BY NIGHT.

ST. PAUL'S

EPISCOPAL CHURCH

Saint Paul's has been building God's community in Carteret County for almost one hundred and seventy years. Whether you are joining us virtually or in person, are a newcomer, seeker, or a long-term parishioner, please know that you are welcome.

*You are invited to join us in the singing of the hymns, the responses printed in **bold**, and always in the prayers spoken silently or aloud. We pray that this service of worship will strengthen your spirit, lift your heart to God and give you an opportunity to give thanks and praise to the One in whose image and likeness we are all made.*

HOLY EUCHARIST, RITE II

*Please silence all electronic devices before the service begins. Page numbers refer to The Book of Common Prayer.
Your spoken responses are welcomed throughout the service and can be recognized by the words in **bold print**.*

PRELUDE

LITURGY OF THE WORD

INTROIT

Bless the Lord, My Soul

Jacques

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

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

Berthier

HYMN 147

Now Let Us All with One Accord

Bourbon

1 Now let us all with one ac - cord, in
 2 The cov - e - nant, so long re - vealed to
 3 Your love, O Lord, our sin - ful race has
 4 Re - mem - ber, Lord, though frail we be, in
 5 There - fore, we pray you, Lord, for - give; so

1 com - pa - ny with a - ges past, keep vi - gil with our
 2 those of faith in for - mer time, Christ by his own ex -
 3 not re - turned, but fal - si - fied; au - thor of mer - cy,
 4 your own i - mage were we made; help us, lest in anx -
 5 when our wan - derings here shall cease, we may with you for

1 heaven - ly Lord in his temp - ta - tion and his fast.
 2 am - ple sealed, the Lord of love, in love sub - lime.
 3 turn your face and grant re - pent - ance for our pride.
 4 i - e - ty, we cause your Name to be be - trayed.
 5 ev - er live, in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938).

OPENING SALUTATION

BCP 355

Celebrant

Bless the Lord who forgives all

our sins.

People

His mercy endures for ever.

COLLECT FOR PURITY

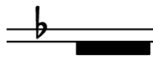
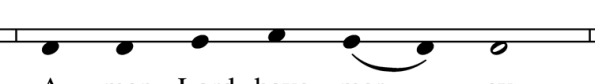
Celebrant

Almighty God, to you all hearts are open, all desires known, and from you no secrets

are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

THE DECALOGUE

BCP 350

<i>Celebrant, Deacon, or Cantor</i>	<i>People</i>
	
<i>(Each commandment monotoned)</i>	A - men. Lord, have mer - cy.

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

THE TRISAGION
S-102

Ho - ly God, Ho - ly and Might - y,

Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Music: Ver. *Hymnal* 1982, after Alexander Archangelsky (1846-1924). Setting: Copyright © Church Publishing Inc.

THE COLLECT OF THE DAY

BCP 217

Celebrant The Lord be with you.

People

And also with you.

Celebrant

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.**

FIRST LESSON: GENESIS 12:1-4A

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

Reader

The Word of the Lord.

People **Thanks be to God.**

PSALM 121 *Levavi oculos*

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



My help comes from the LORD, the mak - er of heav - en and earth.

Plainsong

- 1 I lift up my eyes to the hills;
from where is my help to come?
- 2 My help comes from the Lord,
the maker of heaven and earth.
- 3 He will not let your foot be moved
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep;

Congregational Response

- 5 The Lord himself watches over you;
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,
nor the moon by night.
- 7 The Lord shall preserve you from all evil;
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in,
from this time forth for evermore.

Congregational Response

SECOND LESSON: ROMANS 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without

works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader The Word of the Lord.

People **Thanks be to God.**

HYMN 473

Lift High the Cross

Crucifer

Descant

Lift high the cross, the love of Christ pro - claim

Refrain

Lift high the cross, the love of Christ pro - claim

till all the world a - dore his sa - cred Name.

till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:

the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.

Repeat Refrain

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission. Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b. 1937). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission.

THE GOSPEL: JOHN 3:1-7

Gospeller
People

The Holy Gospel of our Lord Jesus Christ according to John.
Glory to you, Lord Christ.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Gospeller The Gospel of the Lord.

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

THE SERMON

THE REV.

TAMBRIA E. LEE

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 PRAYERS OF THE PEOPLE (FORM IV)

BCP 388

The Leader and People pray responsively

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We remember especially : Joyce, Greg, Jack, Roman, Johanna, Alicia, Elaine, Vivian, Michael, Rick, Lee, Thomas "Bull", Judy, Patti, Sophia, Dave, Brinn Louise, George, Linnie, Toni, Pat, Charlie, Lorri, Patsy, Emily, Jim, Joe, and Jennie, Ellen, Mike. Are there others?

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. We remember especially Randy and John.

Lord, in your mercy

Hear our prayer.

Silence

The Celebrant concludes the prayers by saying

Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

CONFESSION OF SIN

BCP 360

The Celebrant says

Let us confess our sins against God and our neighbor.

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.

THE ABSOLUTION

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.**

THE PEACE

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.

LITURGY OF THE TABLE

OFFERTORY SENTENCE

ANTHEM

God So Loved the World from the Crucifixion

John Stainer

HYMN

Praise God from Whom All Blessings Flow

The Eighth Tune

The musical notation is written on two staves in G major (one sharp) and 4/4 time. The first staff begins with a treble clef and a key signature of one sharp (F#). It contains two measures of music, each starting with a measure rest. The first measure is marked with a '1' above it, and the second with a '2'. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The second staff begins with a '4' above it, indicating the start of the fourth measure. It contains two measures of music. The notes are: A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter), A5 (quarter). The piece ends with a double bar line.

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.**

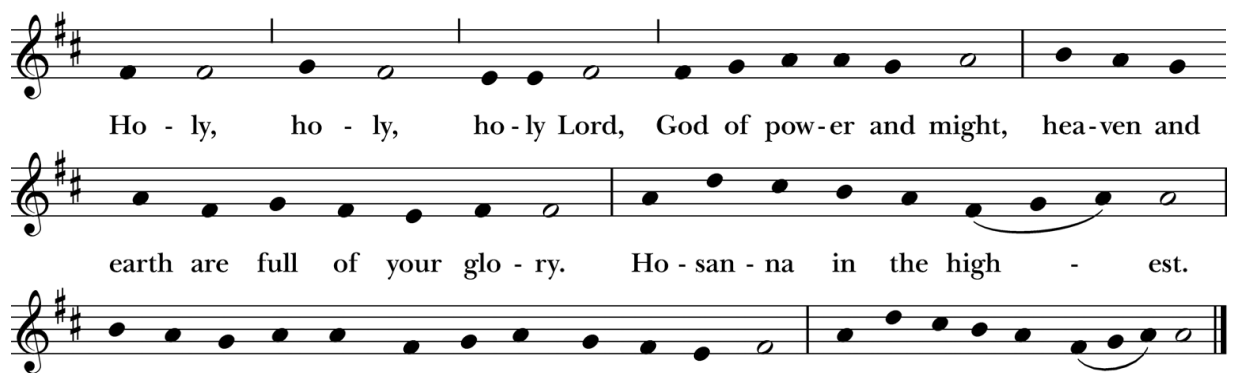
Celebrant It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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



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.

COMMUNION MOTET

Now Let Us All with One Accord

Matt Hill

THE POST COMMUNION PRAYER

BCP 365

Said in unison

**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.**

A SOLEMN PRAYER

Keep this your family, Lord, with your never-failing mercy, that
relying solely on the help of your heavenly grace, they may be
upheld by your divine protection; through Christ our Lord. **Amen.**

HYMN 635

*If Thou but Trust in God to Guide Thee**Wer nur den lieben Gott*

Unison or harmony

1 If thou but trust in God to guide thee, and hope in him through
 2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part

all thy ways, he'll give thee strength what - e'er be - tide thee,
 faith - ful - ly, and trust his word, though un - de - serv - ing;

and bear thee through the e - vil days. Who trusts in God's un -
 thou yet shalt find it true for thee; God nev - er yet for -

chang - ing love builds on a rock that nought can move.
 sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1829-1878), alt. Music: *Wer nur den lieben Gott*, Georg Neumark (1621-1681).

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

POSTLUDE

The greenery on the retable is given in thankfulness for God's grace and love and in honor and memory for all past and present members of St. Paul's by Joe and Nancy Smith.

UPCOMING

- Mar. 7 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
with Children's Program with Matt Hill*
- Mar. 8 Noon Holy Eucharist
Lectionary Study to follow
4:45 p.m. Bible Study, Book of John
- Mar. 9 7:00 p.m. Compline
- Mar. 12 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.

SERVICE PARTICIPANTS

CELEBRANT

THE REV. ASHLEY SIMPSON

PREACHER

THE REV. TAMBRIA E. LEE

DIRECTOR OF MUSIC AND ORGANIST

MATT HILL

ACOLYTES

ANNA SHERMAN CATHERINE CUTHRELL WILLA SHERMAN

LECTORS AND INTERCESSOR

JEANETTE SALTER MARTINA REBURN

EUCCHARISTIC MINISTER

WALTER PHILLIPS

USHERS

DAVID DUBUISSON JON COVERT COLE WHITT

COFFEE HOUR HOST

ASHLEY SIMPSON

ALTAR GUILD

ALLISON DUBUISSON MARY DUANE HALE LAURA SNYDER

TECHNICAL SUPPORT

GLENN DUNN MARY DUANE HALE DAVID BROWN PENNYLLOYD BALDRIDGE

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 or email the church office at church@stpaulsbeaufort.org.

Spiritual Practice on the Inward Journey of Faith... In partnership with the Second Breath Center in Greensboro, North Carolina, with classes facilitated by Nancy Spencer. *Call or email the office to sign up at church@stpaulsbeaufort.org OR 252-728-3324*
Tuesdays--10-11:30am and 5:30-7:15pm**simple soup supper to follow the 5:30 p.m. session. The children singing with Matt Hill in preparation for Easter as well as a Bible Story Lego program "Building Faith Brick by Brick."*

Adult Formation—is studying 2 foundational books of the Bible: GENESIS and EXODUS—2 video courses by Bart Ehrman, Professor in the Department of Religious Studies, UNC Chapel Hill, will be the framework for discussion: the first on Genesis, the second focused on Moses. 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 is 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. Please contact the Church Office at 252-728-3324 or email church@stpaulsbeaufort.org

The Patti Dill Scholarship The ECW is so proud and thankful for all of our students and their contribution to St. Paul's. As a thank you for all your hard work we would like to offer a \$1000 scholarship to our graduating seniors as they continue their education. If you are a graduating senior, a member of St. Paul's Church, and continuing your education, please stop by the office and get an application. The application must be completed by May 10 and returned to the office. If you have any questions, please feel free to call Tricia Phillips at 252-241-6363 or email cjp101445@gmail.com. Thank you for all your dedication to St. Paul's Church.

The 15-part winter session of **Mindfulness + Meditation + Movement** Sessions go from: 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-- 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 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 March—Thompson Child and Family Focus--Thompson has a long history of Episcopal ministry and St. Paul's Beaufort has a long history of positive involvement in this ministry. Thompson has evolved into a leading provider of effective clinical and behavioral treatment, development education and proactive care for at-risk children and families. For more information, contact Sarah Jo Safrit, sarahjows66@gmail.com. If you would like to donate to Thompson Child and Family Focus, please do so through "Online Giving" on our website, www.stpaulsbeaufort.org. Alternatively, you may donate with a check payable to St. Paul's Church with Thompson Child and Family Focus in the memo line. Checks also may 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 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, Pat Pitts, William Moore Davis, Jennie Jeffries, Elaine Barber, Thomas "Bull" Bullock.

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), Beth Bradley (sister, Kathi Dunn), Lorri Rowe (daughter, Bob Gallo), Patsy Salter (friend, Donna and Bob Ivey), Jeff Van Meter (nephew, Nancy Ustach), Mike.

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. 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: Nicodemus seeks Jesus by night (1875)
Alexandre Bida (1813-1895).
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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

Heather Carpenter - Parish Secretary

Stephen Hauman - Sexton

VESTRY

Pennylloyd 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.

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

