

ST. PAUL'S  
EPISCOPAL CHURCH  
BEAUFORT, NORTH CAROLINA

THE THIRD SUNDAY IN LENT  
HOLY EUCHARIST, RITE II

MARCH 12, 2023 – 10:45 A.M.



# 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**.

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## 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.

5

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

*A moment of silence follows t*

1 As longs the deer for cool - ing streams in  
 2 For thee, my God, the liv - ing God, my  
 3 Why rest - less, why cast down, my soul? Hope  
 4 To Fa - ther, Son, and Ho - ly Ghost, the

parched and bar - ren ways, so longs my soul, O  
 thirst - y soul doth pine: O when shall I be -  
 still, and thou shalt sing the praise of him who  
 God whom we a - dore, be glo - ry, as it

God, for thee and thy re - fresh - ing grace.  
 hold thy face, thou Ma - jes - ty di - vine?  
 is thy God, thy health's e - ter - nal spring.  
 was, is now, and shall be ev - er - more.

Words: New Version of the Psalms of David, 1696, alt.; para. of Psalm 42:1-7. Music: *Martyrdom*, melody and bass Hugh Wilson (1764-1824); adapt. and harm. Robert Smith (1780-1829).

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 TRISAGION

S-102

The musical score consists of two systems of vocal lines. Each system has a treble clef staff and a bass clef staff. The lyrics are: "Ho - ly God, Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy up - on us." The music is in a minor key and features a steady, rhythmic accompaniment.

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

THE COLLECT OF THE DAY

BCP 218

*Celebrant* The Lord be with you.

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

*Celebrant* Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

**FIRST LESSON: EXODUS 17:1-7**

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

*Reader*    The Word of the Lord.

*People*    **Thanks be to God.**

**PSALM 95** *Venite, exultemus*

*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*



**Hard - en not your hearts, as your fore - bears did in the wil - der - ness.**

- <sup>1</sup> Come, let us sing to the LORD;  
let us shout for joy to the Rock of our salvation.
- <sup>2</sup> Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.
- <sup>3</sup> For the LORD is a great God,  
and a great King above all gods.
- <sup>4</sup> In his hand are the caverns of the earth,  
and the heights of the hills are his also.
- <sup>5</sup> The sea is his, for he made it,  
and his hands have molded the dry land.

***Congregational Response***

<sup>6</sup> Come, let us bow down, and bend the knee,  
and kneel before the LORD our Maker.

<sup>7</sup> For he is our God,  
and we are the people of his pasture and the sheep of his hand.  
Oh, that today you would hearken to his voice!

<sup>8</sup> Harden not your hearts,  
as your forebears did in the wilderness,  
at Meribah, and on that day at Massah,  
when they tempted me.

*Congregational Response*

<sup>9</sup> They put me to the test,  
though they had seen my works.  
<sup>10</sup> Forty years long I detested that generation and said,  
"This people are wayward in their hearts;  
they do not know my ways."

<sup>11</sup> So I swore in my wrath,  
"They shall not enter into my rest."

*Congregational Response*

**SECOND LESSON: ROMANS 5:1-11**

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

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

*Reader* The Word of the Lord.

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

1 Je - sus, Lov - er of my soul, let me to thy bos - om  
 2 O - ther ref - uge have I none, hangs my help - less soul on  
 3 Plen-teous grace with thee is found, grace to cleanse from ev - ery

fly, while the near - er wa - ters roll, while the tem-pest  
 thee; leave, ah! leave me not a - lone, still sup - port and  
 sin; let the heal - ing streams a - bound, make and keep me

still is high: hide me, O my Sa - vior, hide,  
 com - fort me! All my trust on thee is stayed;  
 pure with - in. Thou of life the foun - tain art,

till the storm of life be past; safe in - to the  
 all my help from thee I bring; cov - er my de -  
 free - ly let me take of thee: spring thou up with -



ha - ven guide, O re - ceive my soul at last.  
 fense - less head with the sha - dow of thy wing.  
 in my heart, rise to all e - ter - ni - ty.

**THE GOSPEL: JOHN 4:5-42**

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

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

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?”

Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

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

spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

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

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

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

*Gospeller* The Gospel of the Lord.

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

**THE SERMON**

THE REV. ASHELY 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 PRAYERS OF THE PEOPLE (FORM V)

BCP 388

*The Leader and People pray responsively*

In peace, let us pray to the Lord, saying, "Lord, have mercy".  
For the holy Church of God, that it may be filled with truth and love, and be  
found without fault at the day of your coming, we pray to you, O Lord.  
**Lord, have mercy.**

For Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Rob, our  
Bishop; Tammy, our Rector; Ashley, our Associate; for all bishops and other  
ministers, and in the Diocesan Cycle of Prayer praying for the staff of the  
Diocese of East Carolina, and for all the holy people of God, we pray to you, O  
Lord.  
**Lord, have mercy.**

For all who fear God and believe in you, Lord Christ, that our divisions may

cease, and that all may be one as you and the Father are one, we pray to you, O Lord.

**Lord, have mercy.**

For the mission of the Church, that in faithful witness it may preach the Gospel to the ends of the earth, we pray to you, O Lord.

**Lord, have mercy.**

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

**Lord, have mercy.**

For those in positions of public trust especially Joe, our President; Roy, our Governor, and Sharon and Gerald, our local Mayors, that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

**Lord, have mercy.**

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord.

**Lord, have mercy.**

For this congregation, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

**Lord, have mercy.**

For all who have commended themselves to our prayers; remembering 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, Ben, Sylvia, Elaine, William. Are there others?

We pray to you, O Lord.

**Lord, have mercy.**

For all who have died in the communion of your Church, and those whose faith is known to you alone, especially: John, Danny and Connie Noe, Bert Brooks Sr., Jerri Brooks, and Bert Brooks Jr., that with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

**Lord, have mercy.**

Rejoicing in the fellowship of blessed Paul, and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

**To you, O Lord our God.**

*Silence*

*The Celebrant concludes the prayers by saying*

**COLLECT**

BCP 228

Almighty and merciful God, in your goodness keep us, we pray, from all things that may hurt us, that we, being ready both in mind and body, may accomplish with free hearts those things which belong to your purpose; 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

OFFERTORY ANTHEM

*Like as the Hart*

Herbert Howells

PRESENTATION HYMN

*Praise God from Whom All Blessings Flow*

*The Eighth Tune*

The image shows two staves of musical notation for the hymn 'Praise God from Whom All Blessings Flow'. The first staff is in G major (one sharp) and 4/4 time. It begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, D5, C5, B4, A4, G4. Above the first two notes (G and A) is a '1' indicating a first ending, and above the next two notes (B and C) is a '2' indicating a second ending. The second staff begins with a '4' above the treble clef, indicating the start of the second line of music. The melody continues with quarter notes: G4, A4, B4, C5, D5, E5, D5, C5, B4, A4, G4. Below the notes, the lyrics are written: '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:

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 and a period of silence is kept.*

*Celebrant* 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 HYMN 685

### Rock of Ages, Cleft for Me

### Top lady

1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
3 While I draw this fleet - ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,  
all for sin could not a - tone: thou must save, and thou a - lone;  
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.  
in my hand no price I bring, sim - ply to thy cross I cling.  
Rock of a - ges, cleft for me, let me hide my - self in thee.



1 Sure - ly it is God — who saves me; trust - ing him, I shall not  
 2 Make his deeds — known to the peo - ples; tell out his ex - alt - ed



fear. For the Lord de - fends and shields me and his sav - ing  
 Name. Praise the Lord, who has done great things; all his works his



help is near. So re - joice as you draw wa - ter from sal -  
 might pro - claim. Zi - on, lift your voice in sing - ing; for with



va - tion's liv - ing spring; in the day of your de -  
 you has come to dwell, in your ve - ry midst, the



liv - erance thank the Lord, his mer - cies sing.  
 great and Ho - ly One of Is - ra - el.

**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**

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
 2 O - pen now the crys - tal foun-tain, whence the heal - ing  
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
 stream doth flow; let the fire and cloud - y pil - lar  
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

**DISMISSAL**

*Deacon* Let us go forth in the name of Christ.

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

**POSTLUDE**

*The greenery on the retable is given to the Glory of God and in loving memory of  
 Danny and Connie Noe, Bert Brooks Sr., Jerri Brooks, and Bert Brooks Jr.  
 by Scott and Chrissy Brooks.*

### UPCOMING

- Mar. 14 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*
- Mar. 15 Noon Holy Eucharist  
Lectionary Study to follow  
4:45 p.m. Bible Study, Book of John
- Mar. 16 7:00 p.m. Compline
- Mar. 18 9:30 am ECW Lenten Retreat, Trinity Center
- Mar. 19 8:00 a.m. Holy Eucharist, Rite I  
9:30 a.m. Sunday School  
10:45 a.m. Holy Eucharist, Rite II  
4:00 - 5:30 pm Headwinds  
5:00 – 6:30 pm Crosswinds

The noon service on Wednesday, the Compline 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. TAMBRIA E. LEE

**PREACHER**

THE REV. ASHLEY SIMPSON

**ACOLYTE**

McKINLEY SCHODEN LIBBY YOUNG LUCY YOUNG

**LECTOR AND INTERCESSOR**

AMANDA SCHODEN KATIE SHERMAN

**EUCCHARISTIC MINISTER**

BARBARA BRYAN

**USHERS**

MARY DUANE HALE TOM SAMOJEDNY JANE GORDON

**COFFEE HOUR HOST**

KATIE SHERMAN

**ALTAR GUILD**

ALLISON DUBUISSON MARY DUANE HALE LAURA SNYDER

**TECHNICAL SUPPORT**

GLENN DUNN MARY DUANE HALE  
DAVID BROWN PENNYLLOYD BALDRIDGE

## 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, with classes facilitated by Nancy Spencer. *Call or email the office to sign up at [church@stpaulsbeaufort.org](mailto: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.*

**Sunday School** for all ages every Sunday from 9:30 – 10:30 am.

**Children (ages 3 through 5<sup>th</sup> grade)** meet in the Parish Hall. Children may stay for Children's Chapel afterwards and are brought into church before Holy Eucharist during the 10:45 service.

**Youth (6<sup>th</sup> – 12<sup>th</sup> grade)** meet upstairs in the Youth Room in the Parish Office Building.

**Women's Class** meets in the Ladies Sunday School Room in the Parish Office building. They are studying Kate Moorehead's book, *Angels of the Bible: Finding Grace, Beauty and Meaning*.

**Adult Formation Class** meets in the Men's Sunday School Room in the Parish Office building. They are using a video course by Bart Ehrman, Professor in the Department of Religious Studies, UNC-Chapel, as a framework for discussion.

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.

**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](mailto: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](mailto: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.

**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](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 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](mailto: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](http://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](mailto:church@stpaulsbeaufort.org) so we can get you added to the email recipients list.

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## 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, Sylvia Wheatly.

*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, the family of Nancy Neill Spencer (friend of Will Ziglar and the family of Ritzy Weld (friend of Will Ziglar).

*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: Samaritan (Woman) at the Well,  
by Giuseppe Peroni, 18<sup>th</sup> c. Parma, Italy Wall Art.  
Public Domain. [retrieved March 9, 2023]*



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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**

**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**

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**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)**

