



The Episcopal Church of the Good Shepherd

goodshepherd fw.org

The Fifth Sunday in Lent (Year B)

March 17, 2024 – 8:00 & 10:30 a.m.

Our Mission: To know Christ and to make Christ's love known to others



Cross with Wheat Chaff, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=46037> [retrieved March 13, 2024].

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253-839-6100

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Good Shepherd Clergy, Staff, and Lay Leadership

The Rev. Josh Hosler, *Rector* (rector@goodshepherdfw.org)
 The Rev. Dr. Roy McLuen, *Priest Associate*
 Anna Lynn, *Diaconal Postulant* (anna@goodshepherdfw.org)
 Alan Lynch, *Director of Music* (alan@goodshepherdfw.org)
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 Bill Gillanders, *Treasurer* (treasurer@goodshepherdfw.org)
 Beth Shoemaker, *Assistant Treasurer*
 Mary McClellan Aronen, *Ministry Coordinator*

Today's Service Ministers

Presider/Preacher: The Rev. Josh Hosler
Organist/Pianist: Alan Lynch
Cantor: Moira Gaffney

March 17	8:00 a.m.	10:30 a.m.
Tech Team		Dina Johnson, Bob Neal
Zoom Usher	Terry Kruser	Gay Neal
On-Site Ushers		Linda Butcher, Karen White
First Lector	Beth Shoemaker	Darren Anderson
Second Lector/Intercessor	Terry Kruser	Jane Ely
Eucharistic Minister		Mary Aronen, Jim Donahe
Altar Guild		Sherri Jarvey
Flowers		Linda Butcher
Counters		Gay Neal, Linda Butcher
Coffee Hour		Rani Rose, Lady Bridget Akparanta
Vestry Person of the Month (Lockup)		Susan Ennaro

We sing hymns at the 10:30 service only. All music used during this service, unless otherwise noted, is licensed for online streaming through onelicense.net #609900. Art files, unless otherwise noted, are licensed under the Creative Commons Attribution Noncommercial ShareAlike 3.0 License.

Welcome, Guests and Newcomers!

Welcome, and thank you for worshiping with us today, whether you are doing so on-site or online. At Good Shepherd, we welcome you as you are, with all your joys, fears, doubts, and questions, with no strings or agendas. We welcome you for where you've been, with all the gifts and hurts you've received from other places and people in your life. God loves you ... no matter what. We welcome you into a community. We pray together. We gather every week to look and listen for God at work, to refuel for daily life, and to go back out to serve the world.

In addition to our weekly Sunday morning worship, we have been offering a variety of other online opportunities to connect—for people of all ages. See the back pages of this service leaflet for more information.

Worshipping Online

Welcome to a church without walls! Our services take place both on-site and online. You can join us on Zoom through a link available via Good Shepherd's weekly email, *The Shepherd's Crook*. Or you can watch our services on Facebook (8:00 or 10:30) or YouTube (10:30; see the back pages of this service leaflet for more information).

Recording and Streaming in Use

Recording and streaming in use: Please note that video cameras and microphones are capturing our worship services, and that the resulting content is being transmitted over Zoom, Facebook, and YouTube. Likewise, from time to time still photography of our worship services may be taken and used for church communications, websites, and other uses. By your presence within the worship space or on Zoom, you are indicating your consent to the possibility that your likeness may be captured and used in any of these ways. While video capture of congregants in the pews is relatively minimal, if you wish to guarantee you will not ever be depicted on video, the area toward the back of the pew seating area is unable to be picked up on camera.

Land Acknowledgment

We acknowledge that the Church of the Good Shepherd sits on a seasonal campground of the [Puyallup \(puyallup-tribe.com\)](https://puyallup-tribe.com) and [Coast Salish People](https://coast.salishpeople.com), who have lived on and stewarded these lands for thousands of years and continue to do so today. We recognize that this land acknowledgement is one small step toward true allyship, and we commit to uplifting the voices, experiences, and histories of the Indigenous people of this land and beyond.

How can you make this Land Acknowledgment more than a performative gesture? Go to the tribe's news website (<https://news.puyalluptribe-nsn.gov/>) and sign up for their newsletter. Notice what issues are important to the Puyallup people and decide how you can begin to forge a learning relationship.

The Season of Lent



Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or *Pascha* (BCP, pp. 264-265). In English we refer to Pascha as Easter.

The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ’s fasting in the wilderness. The forty-day

fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly.

In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum (“three days”) of Maundy Thursday, Good Friday, and Holy Saturday.

Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265).

This year at Church of the Good Shepherd, we have no adults preparing for baptism. But we do have nine adults who are preparing to reaffirm their baptismal vows in the form of confirmation in the Episcopal Church or, for those confirmed in another Christian tradition, formal reception as Episcopalians. Together they are considering whether to take this step, or whether to slow down and take more time with this important decision. We bid your continual prayers this season for **Ayishah Chinue, Sharon Jansen, Alisa Kincade, Rick Kincade, Nancy Krueger, Ray Krueger, Ania Malkowska-Leek, Anita Paden, and Bruce Paden**, and for their catechists and sponsors in our Wednesday night program of preparation, The Way.

You may notice that we are not using the word “Alleluia” in worship during Lent. This is a longstanding tradition among liturgical Christians. We mute our joy during this season and save up that sacred word to use again when we proclaim Christ’s Resurrection.

HOLY EUCHARIST: Rite Two

The Liturgy of the Word

At the 8:00 service, we skip all musical portions or, where indicated, read the text of them.

Processional Hymn: Father Eternal, Ruler of Creation (*Hymnal 1982 #573*)



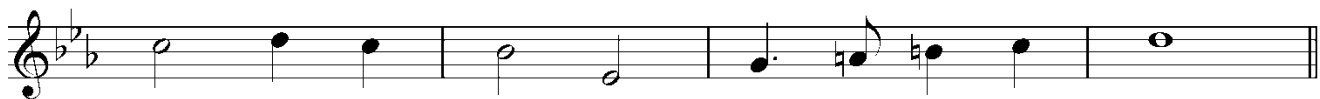
1 Fa - ther e - ter - nal, Ru - ler of cre - a - tion,
 2 Rac - es and peo - ples, lo, we stand di - vid - ed,
 3 En - vious of heart, blind - eyed, with tongues con - found - ed,
 4 Lust of pos - ses - sion work - eth des - o - la - tions;
 5 How shall we love thee, ho - ly hid - den Be - ing,



1 Spi - rit of life, which moved ere form was made,
 2 and, shar - ing not our griefs, no joy can share;
 3 na - tion by na - tion still goes un - for - given,
 4 there is no meek - ness in the powers of earth;
 5 if we love not the world which thou hast made?

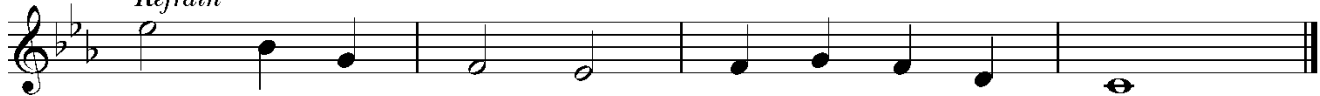


1 through the thick dark - ness cov - ering ev - ery na - tion,
 2 by wars and tu - mults love is mocked, de - rid - ed;
 3 in wrath and fear, by jea - lous - ies sur - round - ed,
 4 led by no star, the ru - lers of the na - tions
 5 Bind us in thine own love for bet - ter see - ing



1 light to our blind - ness, O be thou our aid:
 2 his sav - ing cross no na - tion yet will bear:
 3 build - ing proud towers which shall not reach to heaven:
 4 still fail to bring us to the bliss - ful birth:
 5 thy Word made flesh, and in a man - ger laid:

Refrain



thy king - dom come, O Lord, thy will be done.

Words: Laurence Housman (1865-1959), alt. By permission of Oxford University Press. Music: *Langham*, Geoffrey Turton Shaw (1879-1943). Used by permission of the United Nations Association.

The Opening Acclamation

Presider: Bless the Lord who forgives all our sins;

People: **God's mercy endures forever.**

The Collect for Purity

Presider: 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.**

At 8:00:

Presider: Lord, have mercy.

People: **Christ, have mercy.**

Presider: Lord, have mercy.

At 10:30:

Kyrie (Hymnal 1982 S-96)

The musical score is written for two voices, Soprano and Bass, in the key of D major (indicated by two sharps). The time signature is common time (C). The score is divided into two systems. The first system contains two staves. The Soprano staff has the lyrics: "Lord, have mer - cy. Lord, have mer - cy." The Bass staff has the lyrics: "Lord, have mer - cy. Lord, have mer - cy." The second system also contains two staves. The Soprano staff has the lyrics: "Christ, have mer - cy. Christ, have mer - cy. Lord, —" The Bass staff has the lyrics: "Christ, have mer - cy. Christ, have mer - cy." The music features a mix of half notes, quarter notes, and eighth notes, with some measures containing rests. The lyrics are written below the notes, with hyphens indicating syllables that span across notes.

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

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

The Collect of the Day

Presider: The Lord be with you.

People: **And also with you.**

Presider: Let us pray.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

Our readings from the Bible each week include one from the Old Testament or Hebrew Scriptures; a Psalm; one from the New Testament or Christian Scriptures; and a reading from one of the four Gospels, the accounts of the life of Jesus.

First Lesson (Jeremiah 31:31–34)

Lector: A reading from the Prophet Jeremiah.

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

... Holy Word, Holy Wisdom.

People: **Thanks be to God.**

At 8:00, the first lector invites us to read the text of the psalm as follows:

Let us pray the psalm responsively by verse.

At 10:30, the congregation is invited to sing along with the cantor or choir.

Psalm 51:1–13

Adapted from the Negro Spiritual *I want Jesus to walk with me*
by William Bradley Roberts



- 1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my of-fenses.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.

3 For I know my trans-**gressions**, *
and my sin is ever be-**fore me**.

4 Against you only have I **sinned** *
and done what is evil in your **sight**.

5 And so you are justified when you **speak** *
and upright in your **judgment**.

6 Indeed, I have been wicked from my **birth**, *
a sinner from my mother's **womb**.

7 For behold, you look for truth deep with-**in me**, *
and will make me understand wisdom **secretly**.

8 Purge me from my sin, and I shall be **pure**; *
wash me, and I shall be clean in-**deed**.

9 Make me hear of joy and **gladness**, *
that the body you have broken may re-**joice**.

10 Hide your face from my **sins** *
and blot out all my in-**iquities**.

11 Create in me a clean heart, O **God**, *
and renew a right spirit with-**in me**.

12 Cast me not away from your **presence** *
and take not your holy Spirit from **me**.

*13 Give me the joy of your saving help a-**gain** *
and sustain me with your bountiful **Spirit**.

Second Lesson (Hebrews 5:5–10)

Lector: A reading from Hebrews.

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;
as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and

having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

... Holy Word, Holy Wisdom.

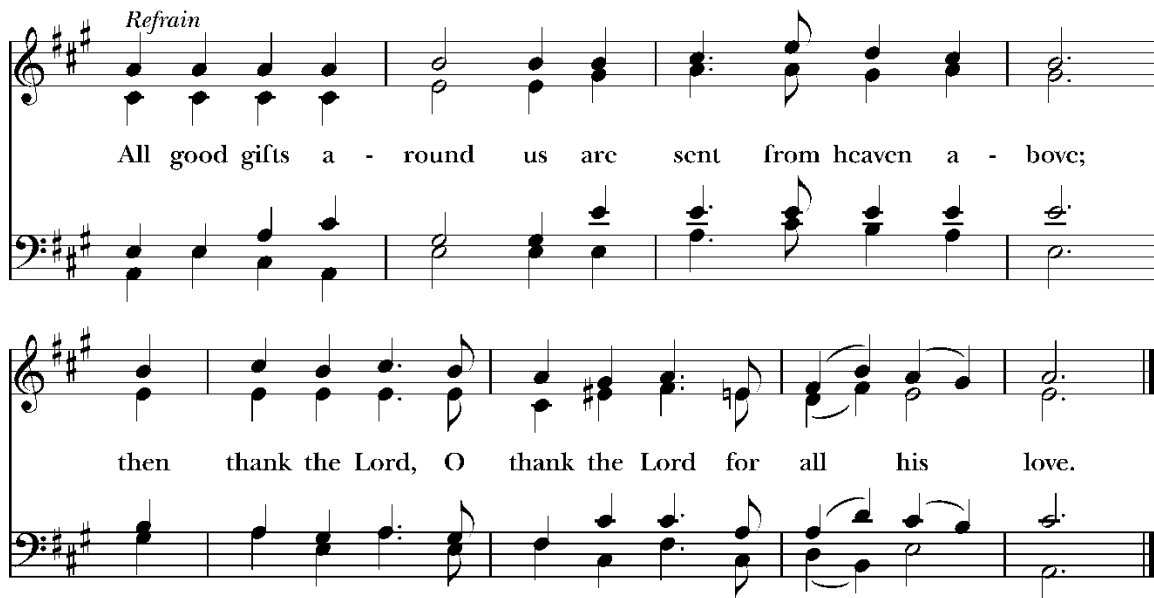
People: **Thanks be to God.**

The congregation stands as able.

Gradual Hymn: We Plow the Fields and Scatter (Hymnal 1982 #291)

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) in G major (one sharp) and 4/4 time. It consists of four systems of music, each with a vocal line and a piano accompaniment line. The lyrics are printed below the vocal line of each system. The score begins with a key signature of one sharp (F#) and a common time signature (C). The melody is simple and hymn-like, with a steady rhythm. The piano accompaniment provides a harmonic foundation with chords and moving lines. The lyrics are: 1 We plow the fields, and scat - ter the good seed on the land, 2 He on - ly is the Ma - ker of all things near and far; 3 We thank thee, then, O Fa - ther, for all things bright and good, but it is fed and wa - tered by God's al - might - y hand; he paints the way - side flow - er, he lights the eve - ning star; the seed - time and the har - vest, our life, our health, our food: he sends the snow in win - ter, the warmth to swell the grain, the winds and waves o - bey him, by him the birds are fed; the gifts we have to of - fer are what thy love im - parts, the breez - es and the sun - shine, and soft re - fresh - ing rain. much more to us, his chil - dren, he gives our dai - ly bread. but chief - ly thou de - sir - est our hum - ble thank - ful hearts.

1 We plow the fields, and scat - ter the good seed on the land,
2 He on - ly is the Ma - ker of all things near and far;
3 We thank thee, then, O Fa - ther, for all things bright and good,
but it is fed and wa - tered by God's al - might - y hand;
he paints the way - side flow - er, he lights the eve - ning star;
the seed - time and the har - vest, our life, our health, our food:
he sends the snow in win - ter, the warmth to swell the grain,
the winds and waves o - bey him, by him the birds are fed;
the gifts we have to of - fer are what thy love im - parts,
the breez - es and the sun - shine, and soft re - fresh - ing rain.
much more to us, his chil - dren, he gives our dai - ly bread.
but chief - ly thou de - sir - est our hum - ble thank - ful hearts.



Words: Matthias Claudius (1740-1815); tr. Jane Montgomery Campbell (1817-1878), alt. Music: *Wir Pflugen*, Johann Abraham Peter Schulz (1747-1800).

The Gospel (John 12:20–33)

Gospeler: The Holy Gospel of our Savior Jesus Christ according to John.

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

Gospeler: The Gospel of the Lord.

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

The Sermon *(The Rev. Josh Hosler)*

The Nicene Creed

The congregation stands as able. This statement of belief dates from the 4th century. Here we use it as a prayer. In our post-Enlightenment times, it is helpful to think of the word “believe” not as meaning merely “I intellectually assent,” but rather, “I place my trust.”

**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

*Every week we pray, using a variety of liturgies, for the world, the church, and those in need. We offer prayers of thanks, and we remember those who have died. We maintain two channels of organized petitionary prayer, the **Prayer List** and the **Prayer Chain**.*

Prayer List: *To have a name read aloud for prayer during our Sunday services on a temporary or ongoing basis, contact Diaconal Postulant Anna Lynn at anna@goodshepherdffw.org. This list is published in Parishioner Resources for you to use in your private devotions; the link appears in the Shepherd's Crook email.*

Prayer Chain: *To have a name and a concern emailed to a small group of designated parishioners for one-time, immediate prayer, contact Alisa Johnson at alisajohnson@hotmail.com.*

Diaconal Postulant or Priest: O Holy Spirit of God, gather your church in a time of restoration and write a new covenant on our hearts. Through the prayers we offer today, teach us patiently to seek you and to know you, that all sin may be forgotten and all hurts healed, and that in time the whole world may know you and live in peace.

Intercessor: We pray for your church throughout the world. Where your church is shrinking, deepen our commitment to share your love with abandon. Where your church is growing, humble us, that we may see change not as fearful but as hopeful. We pray for those followers of The Way who seek growth in the church as they explore their Christian faith in more depth during this time: **Alisa, Ania, Anita, Ayishah, Bruce, Nancy, Ray, Rick, and Sharon**, and their catechists and sponsors. We also ask you especially to guide the minds of those who will choose a bishop for this diocese, that we may receive a faithful pastor who will care for your people and equip us for our ministries.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our nation and the best of what it has represented: gentle, abiding strength; the mutual sharing of decisions in community; and a commitment to truth. Where we have failed to live these ideals, call us to repentance. This year we especially ask you to address the anxiety of our upcoming elections. Dispel the clouds of confusion that hide the dishonest actions of the insecure and power-hungry. Teach us to dis-identify from partisan rancor and vengeful goals, and to cleave instead to the risks of mercy and the undeniable truth of our common humanity.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our ever-shrinking world—for people with whom we share common goals, and for people whose aims are quite different from our own. We pray for all your creatures affected by the rising temperatures and inclement weather we continue to inflict on them. Disenchant us

from any notion of our innocence in a world ravaged by the wars of the opportunistic. Empower us to speak and to act with the understanding that the world depends on our kindness and our insistence on justice.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our community and our neighborhoods. Stir and arise among us, that a spirit of caring and joy may pour out from the Church of the Good Shepherd into the lives of all those we meet and befriend. Disassemble the walls of our church that prevent us from encountering the challenges that surround us, and where opportunity for connection arises, guide us to act on behalf of your love.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for those who suffer and those in any need or trouble, including those here among us today.

The Diaconal Postulant or Priest shares the names of those on our prayer list and invites additional names.

Intercessor: We pray for those who have died, and for those who remember them with honor.

The Diaconal Postulant or Priest shares the names of those who have died and invites additional names.

Intercessor: Entreat us, O Spirit, to share willingly the lot of those who are in pain, that we may help bear their burdens. When we feel too safe or self-assured, disorient us and drive us into the wilderness, that in finding common cause with the suffering, we may come to know you all the more.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Presider: Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our ignorance cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

The Confession and Absolution

Presider: Let us confess our sins against God and our neighbor.

You may kneel if able. It is customary each week to acknowledge our human faults and failures knowing that God forgives us and desires growth and abundant joy for all of us.

Silence

All [led by Presider]:

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.

Presider: 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

The congregation stands.

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

People: **And also with you.**

We exchange a sign of peace with one another.

Announcements

At the 8:00 service, we save the announcements for the end of the service.

A Prayer for Birthdays and Anniversaries

O God, our times are in your hand: Look with favor, we pray, on your servant(s) *N.* as *they* begin[s] another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their lives*; through Jesus Christ our Lord. Amen.

The Offertory

Presider: Rooted in the generosity of God's creation, let us share our gifts at this holy altar in full confidence that God's Spirit will renew us and will continue to reconcile the entire world.

We give not to "pay dues," but as a spiritual practice of participation for the good of the world and of our souls. We strongly encourage all members to make an annual pledge, no matter how large or small. To make a gift or a pledge today using your mobile device, see the QR codes on the back of this service leaflet. Another option is to mail checks to the Church of the Good Shepherd, P.O. Box 3108, Federal Way, WA 98063.



On the third Sunday of each month, offerings not otherwise designated are contributed to the Rector's Discretionary Fund, which is used to help people in immediate need (parishioners or otherwise) or to assist new, as-yet-unbudgeted ministry opportunities.

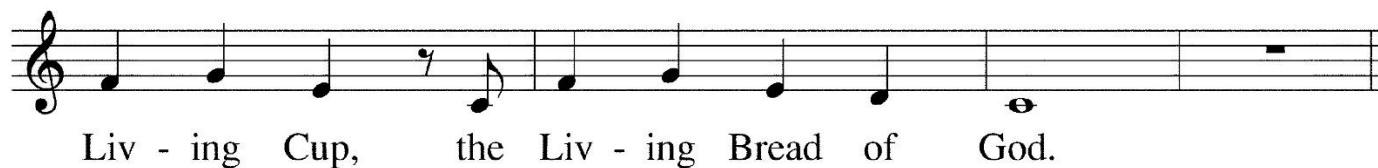
The congregation may be seated until the final verse of the offertory hymn or until motioned to stand.

Offertory Hymn: Seed, Scattered and Sown (Gather 2 #830)

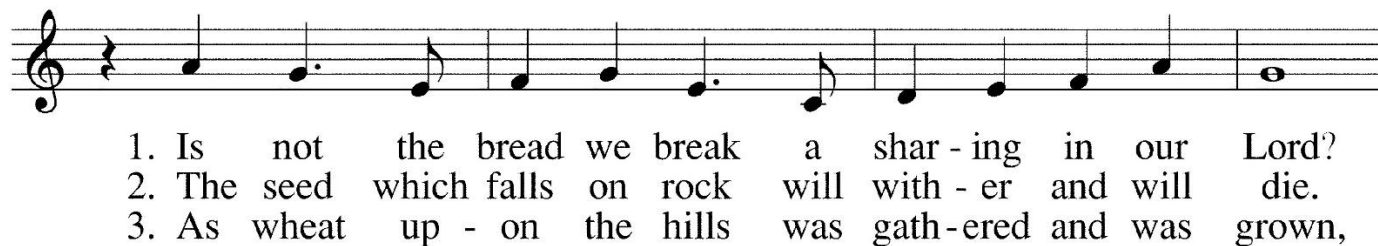
Refrain

Musical notation for the Offertory Hymn Refrain. It consists of four staves of music in 4/4 time, with lyrics written below each staff. The melody is simple and repetitive, using eighth and quarter notes.

Seed, scat - tered and sown, wheat, gath - ered and
grown, bread, bro - ken and shared as one, the
Liv - ing Bread of God. Vine, fruit of the land,
wine, work of our hands, one cup that is shared by all; the



Verses



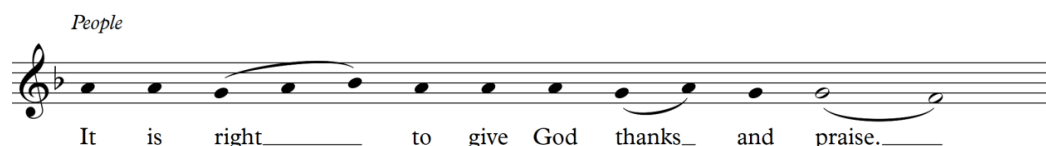
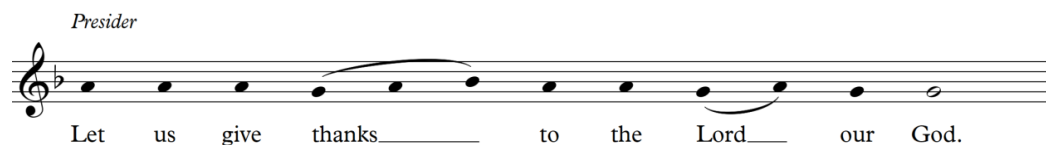
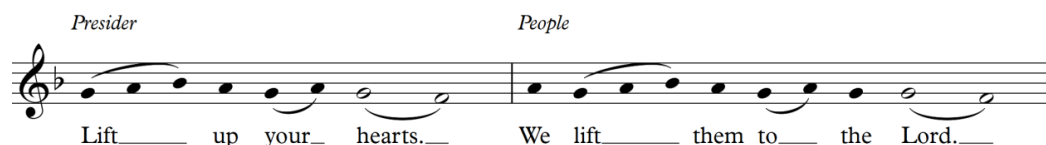
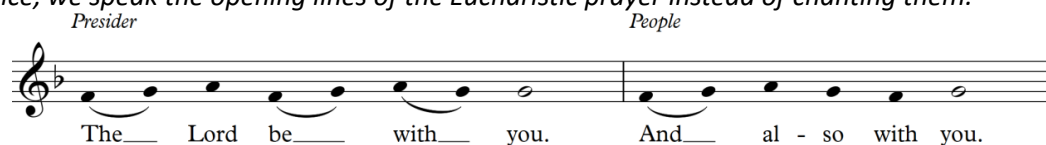
Text: *Didache* 9, 1 Corinthians 10:16-17, Mark 4:3-6; Dan Feiten
 Tune: Dan Feiten; keyboard arr. by Eric Gunnison, R.J. Miller
 © 1987, Ekklesia Music, Inc.

THE LITURGY OF THE TABLE

The Great Thanksgiving

Eucharistic Prayer A

At the 8:00 service, we speak the opening lines of the Eucharistic prayer instead of chanting them.



Presider: 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:

Sanctus (*The Hymnal 1982 #S-130*)

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

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

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

full, full of your glo - ry. Ho -

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

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

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

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

Music: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

The people are invited to kneel as able (or to continue standing).

Presider: 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All:

Christ has died.

Christ is risen.

Christ will come again.

Presider: 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.**

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

The Lord's Prayer

**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

Silence is kept.

Presider: Christ our Passover is sacrificed for us.

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

At 10:30:

Fraction Anthem: I Come with Joy to Meet My Lord (*Hymnal 1982* #304, vv. 1–3)

1 I come with joy to meet my Lord, for -
2 I come with Chris - tians far and near to
3 As Christ breaks bread and bids us share, each

1 giv - en, loved, and free, in awe and won - der
2 find, as all are fed, the new com - mu - ni -
3 proud di - vi - sion ends. That love that made us

1 to re - call his life laid down for me.
2 ty of love in Christ's com - mun - ion bread.
3 makes us one, and stran - gers now are friends.

Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

Presider: The gifts of God for the people of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Holy Communion is Christians' weekly participation in the death and resurrection of Christ, so it properly flows from the vows made at our baptism. Even so, all are invited to the table: the baptized of any Christian denomination who have committed to follow Jesus Christ, and any guests at Jesus' table. If you are not baptized and would like to begin to explore the possibility, please reach out to Pastor Josh.

If you require gluten-free bread, tell the priest when he comes to you and it will be provided.

Some people prefer to intinct (dip) their bread in the wine. Please do not; the science is clear that this method spreads germs far more easily than sipping from the Common Cup.

Data about potential COVID-19 transmission via the Common Cup is scant. You may certainly abstain; it has always been our understanding that those who receive communion in only one kind have received communion in the fullest sense. To abstain from either the Bread or the Wine, cross your arms over your chest to indicate that you would prefer that the priest bless you.

Communion Music: Unless a Grain of Wheat (Hymnal 1982 #783)

Refrain sung by the congregation.

Refrain

Un - less a grain of wheat shall fall up -
on the ground and die, it re - mains but a
sin - gle grain with no life.

The musical notation is for a treble clef in D major (two sharps) and 3/4 time. The melody consists of eighth and quarter notes, with some phrases spanning across bar lines. The lyrics are written below the notes, with hyphens indicating syllables that span multiple notes or bars.

A Prayer for Spiritual Communion

Those who cannot be with us on-site to receive Holy Communion may wish to add this private prayer:

In union, O Lord, with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united with you and with the Body of Christ. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you and to your Church, and I embrace you with all the affections of my soul. Let nothing ever separate you from me; may I live and die in your love. Amen.

Sending Out Eucharistic Visitors

If Eucharistic Visitors are to be sent to some who could not attend in person today, this prayer follows at the end of Holy Communion. Please stand as able.

Presider: In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's Body and Blood.

People: **We who are many are one body, because we share one bread, one cup.**

Post-Communion Prayer

The congregation stands as able.

Presider: Let us pray.

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

Solemn Prayer over the People

Presider: Bow down before the Lord.

The people kneel as able or bow deeply.

Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. **Amen.**

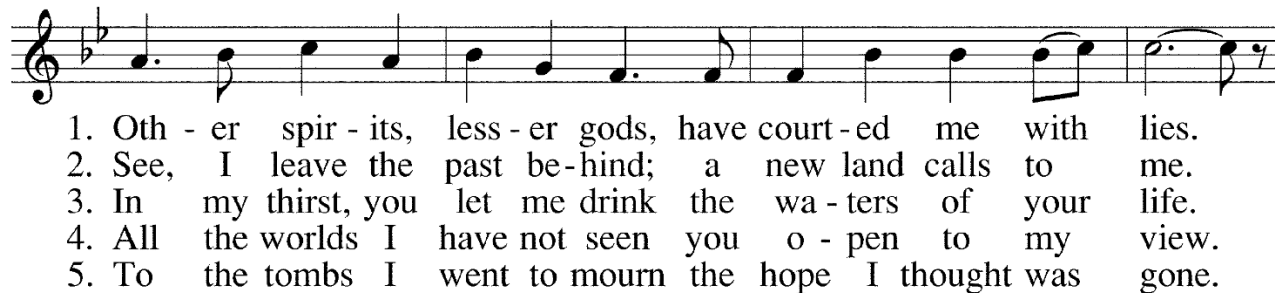
Sending Hymn: Jerusalem, My Destiny (Gather 2 #284)

Refrain



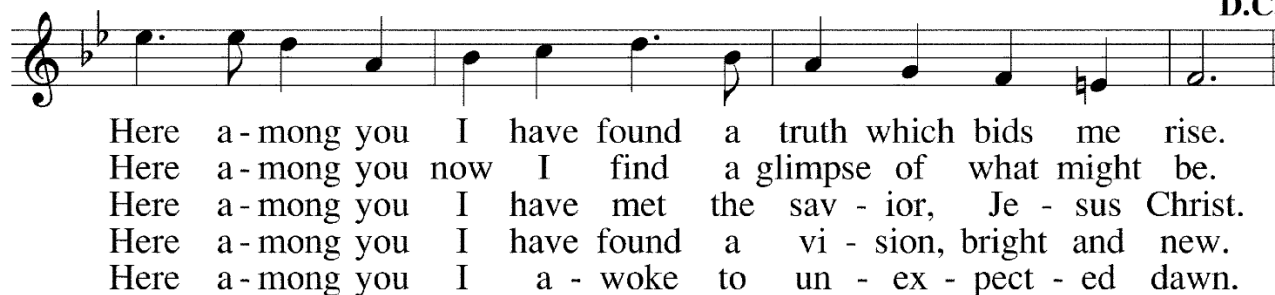
I have fixed my eyes on your hills, Je - ru - sa - lem, my
des - ti - ny! Though I can - not see the end for me, I
can - not turn a - way. We have set our hearts for the
way; this jour - ney is our des - ti - ny. Let
no-one walk a - lone. The jour - ney makes us one.

Verses



1. Oth - er spir - its, less - er gods, have court - ed me with lies.
2. See, I leave the past be - hind; a new land calls to me.
3. In my thirst, you let me drink the wa - ters of your life.
4. All the worlds I have not seen you o - pen to my view.
5. To the tombs I went to mourn the hope I thought was gone.

D.C.



Here a - mong you I have found a truth which bids me rise.
Here a - mong you now I find a glimpse of what might be.
Here a - mong you I have met the sav - ior, Je - sus Christ.
Here a - mong you I have found a vi - sion, bright and new.
Here a - mong you I a - woke to un - ex - pect - ed dawn.

The Dismissal

Presider: Let us bless the Lord.

People: **Thanks be to God.**

At this point our livestream ends. Those in the Zoom room may remain for “online coffee hour.” Coffee, snacks, and ongoing conversation are available after the 10:30 service in Seaman Hall. You can get there by going down the stairs at the rear of the worship space or by walking around the front of the building down a gently sloping path through the garden.

HOLY WEEK and EASTER at Good Shepherd

We are Christians. This is our story. Help us tell the story!

PALM SUNDAY, March 24

On Palm Sunday we remember the day Jesus rode into Jerusalem ... on a donkey. Perhaps no other liturgy in the entire year contains as violent shift in mood as this one. At the end of the service, we participate in the great unraveling that propels us into Holy Week. Regular worship schedule. For 10:30 Eucharist: Please join us downstairs in Seaman Hall at the beginning for the palm procession into the church.

THE TRIDUUM: “Three Days”

Our annual participation in the death and resurrection of Christ is actually one liturgy, taking place over three consecutive evenings.

Part 1: MAUNDY THURSDAY, March 28

7:00 p.m. Maundy Thursday Eucharist with Footwashing and the Stripping of the Altar. *On the night of his arrest, Jesus gave us parting instructions. Tonight, we join the apostles to hear and carry out those instructions again.*

Part 2: GOOD FRIDAY, March 29

12:00 noon or 7:00 p.m. The Good Friday Liturgy with the Veneration of the Cross. *Our annual remembrance of the death of Jesus focuses on the Cross as an icon of redemptive suffering, tempered by our faith that even death is no obstacle to God. Our offering from this service will benefit the work of Anglican Churches in the Holy Land.*

Part 3: THE GREAT VIGIL OF EASTER, March 30

8:00 p.m. Gather outside the church. (Bring a bell, drum, or noisemaker to use at the time of the proclamation of Easter.) *This is the night. We light the new Paschal flame. By candlelight, we hear the ancient tales of God’s works of salvation. We come to the water to renew the vows of our baptism. We proclaim Easter! And then all are invited to the table, old and young, sinners and saints, to share in the eternal meal of the Risen Christ. Bring the whole family. Bring kids and little ones in pajamas. Bring parents. Bring friends. Bring anyone and everyone who is in need of Good News!*

What's Happening at Good Shepherd?

Because our service leaflet is posted on the Web for all to see, we don't print here parishioners' personal contact information. Members of Good Shepherd are given a printed parish directory. If you'd like to participate in something but don't know how to contact the appropriate person, please contact the church office at office@goodshepherdfw.org.

Godly Play

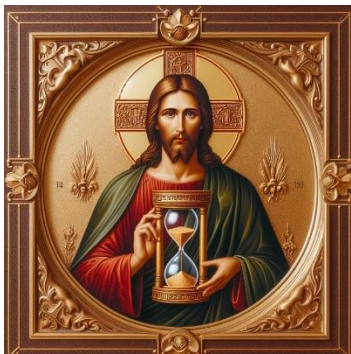
Sundays after the 10:30 service; kids ages 3–11

This weekly program uses a Montessori-based method for helping children wonder and learn about God. Bring your family downstairs for coffee hour after the service; our storytellers for the week will gather children and shepherd them to the Godly Play room. Friends of children are always welcome, though registration is necessary for all those who participate regularly. Contact **Pastor Josh** at rector@goodshepherdfw.org with questions.

Weekday Bible Study

Thursdays, 10:30-11:45 a.m.

This group chooses one book of the Bible at a time to read through and discuss over a number of weeks or months. Contact **Pastor Josh** at rector@goodshepherdfw.org with questions.



Money, Death, and Jesus: Planning Ahead for Those You Love

Saturday, April 13 at 10:00 am

Despite the assurance of eternal life in Christ Jesus, many Christians would rather never talk about death ... or money, for that matter! Unfortunately, this often means that people leave no help for their loved ones about what to do with their earthly goods or how to honor their lives. Join us for a lighthearted (yes, lighthearted!) workshop about planning your own funeral service in advance and communicating clearly with those you love. **RSVP to Stewardship Committee Chair Gay**

Neal. And invite your loved ones wherever they may live; this event will also be available via Zoom and livestream.

Cathedral Day 2024 – Register Now!

Saturday, April 27, 10:30 a.m., at Saint Mark's Cathedral

Join Episcopalians from all over Western Washington on a Saturday in Easter season as many people are formally confirmed and received into the Episcopal Church -- including nine of our own Good Shepherd folks! Pre-register now to reserve your voucher for the food truck lunch following the liturgy. Learn more, and register, at tinyurl.com/Cathedral2024.

Ongoing Ministry Opportunities

We don't have volunteers; all the baptized are ministers in service to Christ, and we give of our time to the degree that we are able. Good Shepherd is a lively congregation, and there are many ways to plug in and serve. Here are a few areas where we could especially use help right now.

Saturday Community Meal: Every Saturday at 1:00 p.m. in Seaman Hall, we feed whoever shows up hungry. Join a team to prepare and serve food and clean up afterward. A food handler's permit is required for some duties and can be acquired online. Also ... **Clothing & Necessities Closet:** Contribute donations of hotel-sized toiletries and warm winter clothing for the guests of the Saturday community meal. Warm winter clothing (lightly used) also sought and appreciated. Please leave donations in the designated basket in the entryway. Questions? Contact **Aimee Drake**.

Refugee Resettlement: Good Shepherd teams with the Diocese of Olympia's **Refugee Resettlement Office** (dioceseroseattle.org) to support the Pawanis, a family from Afghanistan. In addition, you can donate diapers, personal hygiene supplies, or clothing. Another consistent need is to help people practice language skills; most of the office's clients are pre-literate in English. Parishioners can help in person at the RRO during its volunteer-led classes, or via Zoom once they are established as a volunteer. Contact **Nancy Krueger**.

Lake Grove Elementary School: Do you enjoy spending time with kids? Our local school could use your help! During recess and lunch, you can help the children practice social/emotional and community-building skills by playing active or table games, or simply by spending time chatting with them in groups. Begin by filling out a volunteer application at <https://tinyurl.com/lakegrovevolunteer>, and delivering your application in person to Lake Grove. Contact **Lucy Bloedel**.

Coffee Hour: You can sign up for a once-a-month slot to make coffee and bring snacks to follow the 10:30 service. Talk to Ministry Coordinator **Mary Aronen**.

Offer Your Musical Talents: Whether you sing or play an instrument, there may be a way for you to share a musical offering. Talk to Director of Music **Alan Lynch** at alan@goodshepherdfw.org.



Seattle Angels Love Boxes: Monthly support to a local foster family with seven teenagers. Talk to **Mary Aronen** or **Carole Loudenback**.







Tech Crew: Including those who worship online is now a permanent part of life at Good Shepherd. Technological confidence is important for this role, but step-by-step instructions and training are also provided. Talk to Communications Chair **Deb Smith**.

Our **Ministry Guide** contains all the contact information for our ministry leaders. There are printed copies in the entryway. The guide can also be found online at **Parishioner Resources**, the link to which is in our weekly email, The Shepherd's Crook. To receive this email with all its helpful links, sign up at <https://tinyurl.com/cgsemail>.

Helpful QR Codes

You can scan these with your mobile device.

I would like to join Good Shepherd's email list .	
I want to connect to Parishioner Resources .	<i>Scan the above code to sign up for emails.</i>
I want to become a member of Good Shepherd.	
I want to make a financial pledge to Good Shepherd for 2024.	
I want to donate to Good Shepherd's Endowment Fund .	
I want to make a donation specifically to Good Shepherd's music program .	
I want to donate to the Refugee Resettlement Office of the Diocese of Olympia.	
I want to donate to the Episcopal Diocese of Jerusalem .	
I want to donate to Episcopal Relief and Development .	

I want to connect on Facebook .	
I want to connect on Instagram .	
I want to connect on YouTube .	
I want to give consent for my child to participate in Good Shepherd activities.	
I want to be trained in Safe Church, Safe Communities so I can hold a key and/or work with children.	
I want to know when I'm serving in our liturgies this month.	
I want to see the calendar of lectionary readings we use in the Episcopal Church.	
I want to report a facilities maintenance issue .	
I want to report my latest COVID-19 booster to help us keep track of how well protected our congregation is at this moment.	