



Holy Eucharist Rite II, 7:45 AM and 9:30 AM
The First Sunday in Lent
St. John's Episcopal Church
February 22, 2026

On this first Sunday in Lent, we will begin worship with The Great Litany which takes the place of our intercessory prayers and confession later in the liturgy. It is moved to the start of the service to emphasize the penitential nature of Lent.

9:25 AM — At the ringing of the bell, please prepare for worship in silence.

9:30 AM — All stand as able at the ringing of the bell to begin worship.

Congregation enters in silence.

The Great Litany

from Enriching Our Worship 1

*(Spoken as the altar party moves in solemn procession among the people; congregational parts in **bold**)*

Holy God, Creator of heaven and earth,
Have mercy on us.

Holy and Mighty, Redeemer of the world,
Have mercy on us.

Holy Immortal One, Sanctifier of the faithful,
Have mercy on us.

Holy, blessed and glorious Trinity, One God,
Have mercy on us.

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,
Savior deliver us.

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,
Savior deliver us.

From sins of body and mind; from deceits of the world, flesh and the devil,
Savior deliver us.

From famine and disaster; from violence, murder, and dying unprepared,
Savior deliver us.

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,
Savior deliver us.

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,
Savior deliver us.

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,
Savior deliver us.

By your agony and trial; by your cross and passion; by your precious death and burial,
Savior deliver us.

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,
Savior deliver us.

Hear our prayers, O Christ our God.
Hear us, O Christ.

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.
Hear us, O Christ.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, O Christ.

Enlighten your bishops, priests and deacons, especially Sean, our Presiding Bishop, Sam and Jennifer, bishops of the Diocese of North Carolina, and our parish clergy, Stephanie, Mawethu, and Lorraine with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Hear us, O Christ.

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

Hear us, O Christ.

Bring into the way of truth all who have erred and are deceived.

Hear us, O Christ.

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

Hear us, O Christ.

Guide the leaders of the nations into the ways of peace and justice.

Hear us, O Christ.

Give your wisdom and strength to the President of the United States, the Governor of this state, and the Mayor of this city, that in all things they may do your will, for your glory and the common good.

Hear us, O Christ.

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

Hear us, O Christ.

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

Hear us, O Christ.

Give us the will to use the resources of the earth to your glory and for the good of all.

Hear us, O Christ.

Bless and keep all your people,

Hear us, O Christ.

Comfort and liberate the lonely, the bereaved, and the oppressed.

Hear us, O Christ.

Keep in safety those who travel and all who are in peril.

Hear us, O Christ.

Heal the sick in body, mind or spirit especially **Carol, Tammy, Jim, Pat, Jane, Reta, Greta, Cindy, Jack, Elizabeth, Marita, Dee, John, Caroline, and those on our chronic prayer list**, and provide for the homeless, the hungry, and the destitute.

Hear us, O Christ.

Guard and protect all children who are in danger

Hear us, O Christ.

Show your compassion on prisoners, hostages and refugees, and all who are in trouble.

Hear us, O Christ.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Hear us, O Christ.

Hear us as we remember those who have died, and grant us with them a share in your eternal glory.

Hear us, O Christ.

Give us true repentance; forgive us our sins of negligence and ignorance, and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

Lord have mercy, Lord have mercy, Lord have mercy.
Christ have mercy, Christ have mercy, Christ have mercy.
Lord have mercy, Lord have mercy, Lord have mercy.

Celebrant Bless the Lord who forgives all our sins.
People **His mercy endures for ever.**

The Collect of the Day

Celebrant The Lord be with you.
People **And also with you.**

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

Please be seated for the readings.

The First Lesson: A reading from the Book of Genesis

Genesis 2:15-17; 3:1-7

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

Reader The Word of the Lord.
People **Thanks be to God.**

Psalm Appointed: 32 *(read responsively by whole verse)*

p. 624, Book of Common Prayer

**1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!**

**2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!**

**3 While I held my tongue, my bones withered away, *
because of my groaning all day long.**

**4 For my hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.**

**5 Then I acknowledged my sin to you, *
and did not conceal my guilt.**

**6 I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.**

**7 Therefore all the faithful will make their prayers to you
in time of trouble; *
when the great waters overflow, they shall not
reach them.**

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

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

**10 Do not be like horse or mule, which have no under-
standing; *
who must be fitted with bit and bridle,
or else they will not stay near you."**

**11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.**

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

The Second Lesson: A reading from Paul's letter to the Romans

Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader The Word of the Lord.
People Thanks be to God.

All stand in body or spirit.

Gospel Acclamation, Tree of Life and Awesome Mystery

Tree of Life and Awesome Mystery

Marty Haugen

vss. 1—3

1. Tree of Life and awe-some mys - t'ry, in your death we are re -
2. We re - mem - ber truth once spo - ken, lovepassed on through act and
3. Christ, you lead and we shall fol - low, stum - bling though our steps may

born; though you die in all of his - t'ry, still you rise with ev - 'ry
word; ev - 'ry per - son lost and bro - ken wears the bod - y of our
be; one with you in joy and sor - row, we the riv - er, you the

morn, still you rise with ev - 'ry morn, _____
Lord, wears the bod - y of our Lord, _____
sea, we the riv - er, you the sea, _____

The Holy Gospel

Deacon The Holy Gospel of our Savior Jesus Christ according to Matthew.

Matthew 4:1-11

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

Deacon The Gospel of the Lord.

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

Gospel Acclamation continued.

From the dawning of creation you have loved us as your own;
Stay with us through all temptation, make us turn to you alone.
Make us turn to you alone.

All are seated as invited by the preacher.

The Sermon

The Rev. Dr. Lorraine Ljunggren, Priest Assoc.

All remain seated for a moment of silence following the sermon.

All stand in body or spirit.

The Nicene Creed

p. 358, Book of Common Prayer

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.

Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.

For our sake he was crucified under Pontius
Pilate; he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son
he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

The Peace

Celebrant The peace of the Lord be always with you.
People And also with you.

Please be seated for

Welcome & Parish Announcements

The Holy Communion

The Offertory

If you are viewing our livestream, you may wish to prepare your financial offering for mailing at this time. Anyone may give online at www.stjohnswf.org/give OR Text "STJOHNSWF" to 73256 to give using your mobile device.

Offertory Anthem (9:30 AM)

Guide My Feet, Lord

Traditional Spiritual/Setting by John Carter
CANTATE

Today's choral anthem is a Spiritual believed to have originated during the Reconstruction Era.(1865-1877). The text offers a prayer for guidance to freedom for African Americans following the end of the Civil War.

Guide my feet, Lord, while I run this race.
'Cause I don't want to run this race in vain.

Hold my hand, Lord, while I run this race.
I don't want to run this race in vain.

Stand by me, Lord, while I run this race.
'Cause I don't want to run this race in vain.

All stand in body or spirit for

The Doxology

(7:45 am—spoken)

All things come of thee, O Lord, and of thine own have we given thee.

(9:30 am—sung—Hymn 380 vs. 3)

**Praise God, from whom all blessings flow; Praise God, all creatures here below;
Praise God above, ye heavenly host: Praise Father, Son, and Holy Ghost. Amen.**

The Great Thanksgiving

p 361 Book of Common Prayer Eucharistic Prayer A

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 God thanks and praise.

Celebrant It is right, and a good and joyful thing....who for ever sing this hymn to proclaim the glory of your Name:

Sanctus— Holy, holy, holy (7:45 AM spoken; 9:30 AM sung)

#858, Wonder, Love, and Praise

Setting American Folk melody; arr.
Marcia Pruner; harm. Annabel Morris Buchanan (1889-1983)

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest, Hosanna in the highest.**

The People stand or kneel in body or spirit. The Celebrant continues.

Celebrant Holy and gracious father: In your infinite love...Therefore, we proclaim the mystery of faith:

**All Christ has died.
Christ is risen.
Christ will come again.**

The Celebrant continues

We celebrate the memorial of our redemption....

....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.**

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

**All 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.**

All stand in body or spirit.

Fraction Anthem

Lamb of God

Setting by Marjorie Landsmark-DeLewis

#270, Lift Every Voice and Sing (7:45 AM Spoken, 9:30 AM Sung)

**Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.**

The Communion of the People (please sanitize your hands before coming forward)

All are welcome to receive Holy Communion or to receive a blessing (instead of the bread and wine) at the altar rail. If you prefer to receive a blessing, simply cross your arms over your chest to signal the clergy. If you need a gluten free wafer, please extend your hands with palms down. If you need to be served in your seat, please inform an usher. At this time, we will refrain from offering the common cup (drinking from a common chalice) and will offer the wine by intinction only (dipping the communion wafer in the cup of wine.) If you wish to receive the wine, please hold the wafer in your fingers as the chalice bearer comes to you and take care to dip only the wafer into the wine (and not your fingers.) If you are not comfortable receiving the wine this way, please know that receiving only the consecrated bread at Holy Communion (or the wine only) is still considered full Communion.

Communion Hymn (9:30 AM)
#143, The Hymnal 1982

The glory of these forty days

Words: Latin, 6th cent.; tr.
Maurice F. Bell (1862-1947), alt.
Music: Erhalt uns, Herr, melody from Geistliche Lieder, 1543

1 The glory of these forty days
we celebrate with songs of praise;
for Christ, through whom all things were made,
himself has fasted and has prayed.

2 Alone and fasting Moses saw
the loving God who gave the law;
and to Elijah, fasting, came
the steeds and chariots of flame.

3 So Daniel trained his mystic sight,
delivered from the lions' might;
and John, the Bridegroom's friend, became
the herald of Messiah's name.

4 Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.

5 O Father, Son, and Spirit blest,
to thee be every prayer addressed,
who art in threefold Name adored,
from age to age, the only Lord.

All stand in body or spirit.

The Postcommunion Prayer

Celebrant 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.

The Celebrant prays a Solemn Prayer over the People.

Grant, gracious God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

(9:30 AM)

All children and youth here today are invited to join the clergy at the church door during the following hymn. Our youth will help send us out with the words of Dismissal.

The Dismissal Hymn (9:30 AM)
#227, Lift Every Voice and Sing

We Shall Overcome

Words: Traditional
Music: Negro Spiritual; arr. Carl Haywood (b. 1949),
from The Haywood Collection of Negro Spirituals

First appearing with the title “We Will/We’ll/I Will Overcome,” this song was introduced during the 1945-1946 protest by African American workers seeking a pay raise (up to 30 cents an hour) at American Tobacco in Charleston, SC. Lucille Simmons, one of the strikers, brought the song to the Highlander Folk School of Tennessee, introducing it to other activists including musician Pete Seeger. It was Seeger who changed the words from “We will” to “We shall.” On September 2, 1957, Martin Luther King, Jr., visited the Highlander School, heard this work sung, and from that time forward, “We Shall Overcome” became the anthem for the Civil Rights Movement.

- 1 We shall overcome,
We shall overcome,
We shall overcome some day;
Oh, deep in my heart, I do believe,
We shall overcome some day.
- 2 We’ll walk hand in hand, today...
- 3 God is on our side, today...
- 4 We are not afraid, today...
- 5 We shall live in peace, someday...

The Dismissal

Youth Go in peace to love and serve the Lord.
All **Thanks be to God.**

Postlude

Jesus, Keep Me Near the Cross

Setting by Don Lee White

A prominent figure in the field of African American sacred music, DON LEE WHITE (1930-2010), was a respected composer, arranger, conductor, and performer. Serving as the Music Minister for nearly forty years at Grant African Methodist Episcopal Church in Los Angeles, White is also credited with organizing a community chorale dedicated to the preservation and performance of Heritage African American Music.

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