



# St. Paul's

## EPISCOPAL CHURCH

THE THIRD SUNDAY  
IN LENT

The Rev. J. Carr Holland III, Celebrant  
The Rev. Stephanie Yancy, Homilist

HOLY EUCHARIST  
9:00 A.M. SERVICE  
MARCH 23, 2025

**Prelude**

Carol Yeargin, Organist

**Processional**

Come, We That Love the Lord

Hymn 392

### Liturgy of the Word

**Penitential Order**

Book of Common Prayer (BCP) 351

*The Celebrant says*

Blessed be the Lord who forgives all our sins.

People

*His mercy endures forever.*

*The Celebrant says*

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

*The Deacon or Celebrant says*

Let us confess our sins against God and our neighbor.

*Minister 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 Priest stands and says*

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 following is sung.*

**Kyrie**

Kyrie Eleison

Russell McKinney

**Collect of the Day**

Ky - ri - e e - le - i - son, Ky - ri - e e - le - i - son,  
Ky - ri - e e - le - i - son. Chri - ste e - le - i - son, Chri - ste e -  
le - i - son, Chri - ste e - le - i - son. Ky - ri - e e - le - i - son,  
Ky - ri - e e - le - i - son, Ky - ri - e e - le - i - son, e - le - i - son.

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.*

**Children's Processional**

Fairest Lord Jesus (v. 1)

Hymn 383

*Children's Chapel is for children 3 years old through 5th grade.*

**First Reading**

Exodus 3:1-15

A Reading from Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever,  
and this my title for all generations."

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

**The Psalm**

Psalm 63:1-8

- 1 O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; \*  
my lips shall give you praise.
- 4 So will I bless you as long as I live \*  
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, \*  
and meditate on you in the night watches.
- 7 For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; \*  
your right hand holds me fast.

**Second Reading**

1 Corinthians 10:1-13

A Reading from First Corinthians.

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge



*What wondrous love is this, O my soul!  
 What wondrous love is this  
 that caused the Lord of bliss  
 to bear the dreadful curse,  
 for my soul, for my soul,  
 to bear the dreadful curse for my soul.*

*When I was sinking down,  
 sinking down, sinking down;  
 when I was sinking down, sinking down;  
 when I was sinking down,  
 beneath God's righteous frown,  
 Christ laid aside his crown  
 for my soul, for my soul.  
 Christ laid aside his crown for my soul.*

*to God and to the Lamb,  
 I will sing, I will sing.  
 to God and to the Lamb, I will sing.  
 to God and to the Lamb,  
 who is the great I AM,  
 while millions join the theme,  
 I will sing, I will sing.  
 While millions join the theme,  
 I will sing!*

### Offertory Response

*All things come of Thee, O Lord, and of Thine own have we given Thee.*

### Eucharistic Prayer A

BCP 361

*The people remain standing.  
 The Celebrant proceeds.*

|           |                                                   |
|-----------|---------------------------------------------------|
| Celebrant | The Lord be with you.                             |
| People    | <i>And also with you.</i>                         |
| Celebrant | Lift up your hearts.                              |
| People    | <i>We lift them to the Lord.</i>                  |
| Celebrant | Let us give thanks to the Lord our God.           |
| People    | <i>It is right to give God thanks and praise.</i> |

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

*Celebrant and People*

Holy, Holy, Holy Lord

Hymnal S124

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.

*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:

### **Memorial Acclamation**

*Celebrant and People*

*Christ has died.*

*Christ is risen.*

*Christ will come again.*

*The Celebrant then 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 Celebrant then continues*

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

### **Lord's Prayer**

BCP 364

*People and Celebrant*

*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.*

### **Breaking of the Bread**

*A period of silence is kept.*

### **Fraction Anthem**

Lamb of God

Hymnal S161

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: grant us peace

### **Holy Communion**

*The Celebrant says*

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.

*All are welcome to come forward for communion, including children. Please follow the ushers' guidance as you come to the rail.*

*If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you.*

*If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps*

at the end of the rail. A communion server will be there with the common cup.

If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.

A priest is also available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.

If you are at home or otherwise unable to take communion, you may say the following prayer.

### **Spiritual Communion Prayer**

*In union, O Lord, with your faithful people at every altar of your Church, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.*

### **The Communion Music**

O Food to Pilgrims Given  
For the Bread Which You Have Broken

Hymn 309

Hymn 341

### **Final Prayer**

*Celebrant and People*

*Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food as we hear your Word proclaimed and gather at your holy Table. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.*

### **Blessing**

*The Celebrant says*

Bow down before the Lord.

*The people kneel and the Celebrant says*

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.*

### **Recessional**

O Bless the Lord, My Soul

Hymn 411

### **Dismissal**

Deacon

Let us go forth in the name of Christ.

People

*Thanks be to God.*

### **Postlude**

Carol Yeargin, Organist

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### **MISSION STATEMENT**

***Worship. Serve. Grow.***

**Church Phone: 919-467-1477**  
**Web Site: [www.stpaulscary.org](http://www.stpaulscary.org)**

The Rev. Sarah Phelps, Interim Rector  
The Rev. Javier E. Almendárez-Bautista, Senior Associate Rector  
The Rev. J. Carr Holland III, Bridge Priest  
The Rev. Stephanie Yancy, Bridge Priest  
The Rev. Antoinette Wike, Priest Associate  
The Rev. Candy Snively, Deacon  
Russell McKinney, Minister of Music  
Carol Yeargin, Organist

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## **TODAY – MARCH 23, 2025**

**New to St. Paul's? Welcome!** Please let us know you are here by filling out a visitor card in the pew. Stop by our Welcome Station in the narthex (lobby) to chat with Greeters and find materials that might help if you are new to St. Paul's or The Episcopal Church. Join a tour of our campus on the third Sunday of the month at 10:15 a.m. to learn more and meet others. Contact Mary Kintz, our Community Connector, at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) to find out more about us!

**Kids' Club (Education Building):** Our Kids' Club (nursery) is available during the 9 a.m. service through Coffee Hour; infants/toddlers through 36 months (3 years old) are welcome to attend.

**Children's Chapel:** Children 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service for our Lenten program "Animal Crackers," designed by Heifer International. We'll return to our families during announcements.

**Coffee Hour (Parish Hall):** Please join us after the 9 a.m. service for a festive Communion Class Celebration hosted by the Children's Ministry Committee.

**Adult Formation (Chapel, 10:15-11 a.m.):** Our series *Spiritual Renewal in Lent* continues today with "Acting on our Faith through Service: Relationships and Boundaries" presented by Celia Hartnett, MSW, LCSW and the Rev. Dr. Cathy Deats.

**Children's Sunday School - 5th grade and under (Education Building):** Classes are meeting from 10:15-11 a.m.

**Youth Sunday School - 6th thru 12th grade (Youth Wing):** Classes are meeting from 10:15-11 a.m.

**Episcopal Youth Community (EYC):** Meets this evening for fun and fellowship from 5-7 p.m. in the Youth Wing.

**Pre-EYC (4<sup>th</sup> and 5<sup>th</sup> graders):** The overnight retreat at Blue Jay Point County Park is happening this weekend (March 22-23). Thanks to the Pre-EYC Committee & volunteers for making this special trip happen! Let's keep them in our prayers as they bond and grow in love for God and creation.

## **PARISH ANNOUNCEMENTS**

**Midweek Lenten Contemplative Eucharist:** This Lent, join the clergy for contemplative Eucharist services on Wednesday evenings at 7 p.m. in the Chapel. We will use the Sunday readings for Lent as our guide and have ample time for meditation and reflection. All are welcome.

**Hermano Day 2025:** This year, we are supporting the Episcopal Farmworker Ministry (EFWM) Mattress Swap Project as they try to improve living conditions for workers who labor in NC fields to pick our crops. Every \$250 donated buys a new mattress set to replace mattresses in horrible conditions. A generous parishioner has offered to match funds for the first ten mattresses donated. Double your impact by giving online or with checks, putting "EFWM mattresses" in the memo line. The new director of EFWM will be with us on Sunday, Mar. 30; contact Katie Bricio at [katiebricio13@gmail.com](mailto:katiebricio13@gmail.com) with any questions.

**Refuge for Refugees Ministry Update:** Layoffs at the Raleigh office of the US Committee for Refugees and Immigrants (USCRI) are affecting caseworkers for those receiving services in our area. St. Paul's Refuge for Refugee Ministry is currently assisting a Congolese family who arrived in January, mainly with providing transportation to appointments. We are looking to expand our volunteer list as we anticipate other needs surfacing as services are cut. If you would like to learn more about how you can directly serve refugee families in our area, please contact Ann Lockhart and Deb Richard at [refugeforrefugees@stpaulscary.org](mailto:refugeforrefugees@stpaulscary.org).

**Easter Lily Donations:** Donate an Easter lily for our Easter services to honor the special people in your life. Envelopes are available now in the pews. Fill out the envelope with your name and information about your loved one(s), noting whether the donation is given in memory or for thanksgiving. Enclose \$35 per plant; drop the envelope in the collection plate or by the office by April 6. A link is provided for those who wish to donate online. Thank you for your generosity. You may take your lily home after the last service on Easter Day.

**Sign Up for Men's and Women's Beach Weeks:** St. Paul's has a tradition of offering fellowship and relaxation for adults at Emerald Isle each spring, with men attending April 20-27 this year, and the women gathering the following week, April 27-May 4. You can come for a few days or for the whole week; arrangements vary based on the number of participants. Both groups are very welcoming of newcomers and would love to share more details about the fun with you! Sign ups are closing soon; men, please contact Mike McNerney at [mbw@stpaulscary.org](mailto:mbw@stpaulscary.org); women, contact Yvon Daniel at [yvdaniel60@gmail.com](mailto:yvdaniel60@gmail.com). More details are available on flyers in the narthex and on the St. Paul's website.

**Spaghetti Dinner Benefitting Appalachia Service Project (ASP):** Mark Friday, Apr. 11, 6-8 p.m. as a night out to enjoy fellowship and support our youth outreach with ASP. Learn about the impact of this work on both youth and adults as they serve pasta topped with the Men's Group's delicious sauce. Youth who are participating in the trip are expected to help; middle school youth and adults are welcome to volunteer as well. Find the sign up and learn more on the St. Paul's website, or by contacting [asp@stpaulscary.org](mailto:asp@stpaulscary.org).

**Easter Egg Hunt:** Join us after the 9 a.m. service on Easter Day for an Easter Egg Hunt hosted by the Children's Ministry Committee! Children of all ages are welcome. Help support this event by donating individually packaged candy treats or Easter-themed items like stickers or colored pencils. Donations can be dropped in the box in the narthex through Palm Sunday, April 13.

**Prayer List:** Dave, Bob, Ann, Vickie, Ann, Laura, Margaret, Mary, Virginia, Doug, Guy, Katie, Cathy, Alan, Jessica, John, Mary, Susan, Clarence, Susan, Florence, Noah, Sally, Chase, John, Janice, John, Randy, the Lytvinenko Family, Mary, Regina, Nathanael, Lisa, Parrish, Matias, Yosi, Lorraine, Jackie, Christy, Randall, Becky, Connor, Carter, Martha, Joe, Rich, Jen, Jack, Louane, Ted, Barb, Peggy, Joy, Anne, Donna, Tim, Hope, Alexis, Marty, Janet, Austin, Kelle, Jennifer, Liddy, Clay, Ashley, Dolly, Jill, and Mary.

**In the prayers for the deceased,** Gloria Moncelle, wife of Harry Moncelle and mother of Sarah Moncelle.

If you have a name you would like to include on the prayer list, or a ministry event that you would like to announce in this printed bulletin, please send information to [announcements@stpaulscary.org](mailto:announcements@stpaulscary.org). Names included in the prayer list will remain for a month, and we are happy to extend at your request. Please note that there is a 2-week lead time on printed announcements.



St. Paul's Website