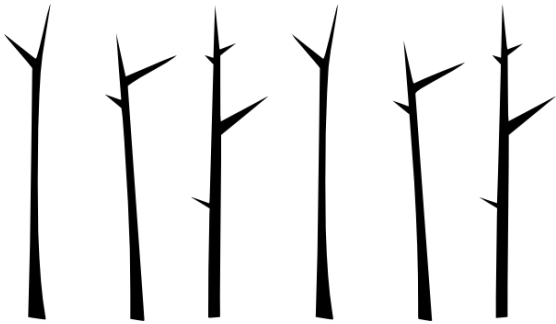


**WELCOME TO
ST. MARK'S EPISCOPAL CHURCH
✠
CAPITOL HILL**

ST. MARK'S MISSION STATEMENT

St. Mark's is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in the struggles of life and to care for others with love, justice, and compassion.



THE SECOND SUNDAY IN LENT

March 5, 2023

**Without your wound,
where would your power be?**

**5:00 PM CONTEMPLATIVE
EUCCHARIST**

Rector

The Reverend Michele H. Morgan

Associate Rector

The Reverend Christopher Phillips

Deacon

The Reverend Thom Sinclair

Director of Youth & Family Ministries

Caleb Nelson Amaker

Director of Music

Jeff Kempskie

Welcome to St. Mark's Episcopal Church ☩ Capitol Hill

To view the **parish calendar online**, please visit our homepage www.stmarks.net and click “Calendar” at the top of the page.

Masks are optional at St. Mark's and you may continue to wear them during the service.

Hearing – Infrared headsets providing amplified sound are in the tract racks by the doors, or ask an usher.



THE BROKEN MIRROR CROSS, which hangs above the altar in Lent, an especially fitting symbol reflecting to us the often fragmented nature of our lives, was designed and made by Joya Cox.



Notes from the Worship Planning Team about this service:

Based on a Progressive theology, this service attempts to break open the word of G-d into a broader context. We find more grace in the search for understanding than in dogmatic certainty. We respect our questions. “Progressive Christians...invite critical engagement with the Bible, wrestling with the text like Jacob wrestled with God.” [Reverend Brandon Robertson] “God” has many names. We have found a way to connect with God (however you understand God or don't) through the life and teachings of Jesus, even as we recognize that the Spirit moves in beneficial ways in many faith traditions. [[The Core Values of Progressive Christianity](#)]

Jesus was a faithful Jew. He would observe the beginning of the Sabbath with a meal that included prayers and rituals (with candles, wine, and bread). Jesus taught that the kin-dom of God is not in the “sweet by and by” of a heavenly paradise but is here, now, and spread out upon the earth. [Verna Dozier] We are not waiting for or pleading for God to come. God is already available and is waiting for us.

LITURGY OF THE WORD

OPENING SENTENCES Psalm 141:3-4

Set a guard over my mouth, O Lord;
 keep watch over the door of my lips.
Do not turn my heart to any evil,
 to busy myself with wicked deeds
in company with those who work iniquity;
 do not let me eat of their delicacies.

A period of silence is observed.

THE COLLECT

God be with you.
And also with you.

Let us pray:

Almighty and merciful God, you hate nothing that you have made and forgive the sins of all who are penitent; create in us new and contrite hearts, so that when we turn to you and confess our sins we may receive your full and perfect forgiveness; through Jesus Christ our Redeemer. Amen.

Please be seated.

THE FIRST READING

An excerpt from the play *The Angel That Troubled the Waters* by Thornton Wilder

An angel is speaking to a doctor:

Without your wound, where would your power be? It is your very remorse that makes your low voice tremble into the hearts of men. The very angels themselves cannot persuade the wretched and blundering children on earth as can one human being broken on the wheels of living. In love's service, only the wounded soldiers can serve.

Let us reflect on what we have just heard.

SECOND READING Romans 7:14-24

We know that the law has its origin in the divine realm, but I am a creature of the earth, sold as a slave and in bondage to the power of corruption. I don't understand what I find myself doing. I do not accomplish what I intend, but what I actually do I deplore.... I have the capacity to intend what is right, but I cannot make it happen. I do not accomplish the good that I intend, the bad I do not intend is what I actually bring about....

So, I take it to be a fact of life: that when I intend to do the good, the bad is right there at my side. I rejoice in the law of God so far as my inner self is concerned, but I observe another law in my outward acts at war with the law of my mind and this other law—the law of corrupting power—takes me captive. What a sorry creature am I! Who will rescue me from this earthly self which is captive to death.

Hear what the Spirit is saying to us.

Thanks be to God.

Let us reflect on what we have just heard.

Please stand as able.

THE GOSPEL Matthew 7:12-20

The Gospel of Jesus according to Matthew

Glory to you, Lord Christ.

In everything do to others as you would have them do to you, for this is the law and the prophets. Enter through the narrow gate, for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it. Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will know them by their fruits. Are grapes gathered from thorns or figs from thistles? In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. Thus you will know them by their fruits.

The Gospel of Jesus.

Praise to you, Lord Christ.

PRAYERS OF THE PEOPLE

Based on a Lenten prayer by William Arthur Ward

Gentle God, during this Lenten season, gift us with your presence so we can be a gift to others in carrying out your work.

Help us to fast from judging others;
So we may feast on Christ dwelling in them.

Help us to fast from words that pollute;
So we may feast on words that purify.

Help us to fast from discontent;
So we may feast on gratitude.

Help us to fast from anger;
So we may feast on patience.

Help us to fast from pessimism;
So we may feast on hope.

Help us to fast from negatives;
So we may feast on encouragement.

Help us to fast from bitterness;
So we may feast on forgiveness.

Help us to fast from self-concern;
So we may feast on compassion.

Help us to fast from gossip;
So we may feast on purposeful silence.

Help us to fast from problems that overwhelm;
So we may feast on prayer that sustains.

Help us to fast from anxiety;
So we may feast on faith.

*All may offer their own prayers, either silently or aloud, ending with
"This is my prayer" to which all will respond "Amen"*

Together, let us pray:

Almighty and ever-living God, you invite us deeper into your world, your people, your Lent. May this time be one of outward focus; seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give. Amen.

CONFESSION

Together:

**Happy are those whose sins are forgiven, whose wrongs are pardoned.
I will confess my sins to the Lord,
I will not conceal my wrongdoings.**

Let us take a moment to reflect.

**God forgives and heals us.
We need your healing, merciful God:
lead us to true repentance.
Some sins are plain to us;
some escape us,
some we cannot face.
Forgive us;
set us free to hear your word to us;
set us free to serve you.**

ABSOLUTION

God forgives you. Forgive others; forgive yourself. Through Christ, God has put away your sin: approach your God in peace.

THE PEACE

The peace of God be always with you.
And also with you.

All, one with another, exchange a sign of peace.

WELCOME & ANNOUNCEMENTS

ELECTRONIC OFFERING

Please consider supporting the work of the church. You may make an online gift, or learn about the other ways to give, by visiting the St. Mark's website, stmarks.net, and choosing "Donate or Pledge" at the top.



Gifts to St. Marks can also be made by texting "stmarks20003" to 73256, or by visiting the QR code.

Thank you for your generous support of our collective work.

OFFERTORY SENTENCE

The sacrifice acceptable to God is a broken spirit; a broken and a contrite heart, O God, you will not despise. [Psalm 51:17]

THE LITURGY OF THE TABLE

EUCHARISTIC PRAYER

Written by Bill and Susan Flanders

Adapted by Peter Mosley; Edited by Lenten Team

God, despite our doubts and inward tumult,
You are always with us.

In the dark winter of our souls, we cannot truly see you, yet we know
You are the source from which all life flows.

Again and again, we miss the mark, yet
You invite us to your table to share bread and wine.

Therefore, help us to be thankful and in right relationship with you, ourselves and one another.

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

Holy God, we honor you in whom our lives are founded and in whom our futures lie. We remember and honor also the human searching over the centuries that has perceived your presence in life, and your meaning for all of life. Above all we honor Jesus, our Christ, whose life and death reveal to us the full nature of your being and the potential nature of ours.

Through the cold and dark of winter, we have heard Jesus's teachings, the many ways he calls us to live fully.

As the first disciples might have done as they gathered at table together, we remember his teachings, and his call to be salt of the earth, light of the world, to be reconciled, one with another, and to love even our enemies.

We often find it hard to listen, hard to follow Jesus's teaching, and we often fall short.

But even as God showed Jesus in the fullness of his potential, we share in that potential as God's beloved. As we strive to live into this fullness, we remember how, on the night before his arrest and execution, Jesus and his close friends gathered for their weekly Sabbath supper.

Following tradition, Jesus lit the Sabbath candles and offered the first blessing: Blessed are you, O God, who blesses us with your presence and calls us to kindle the light of Love within and among us.

Then he took a cup of wine and offered the Blessing: Blessed are You, O God, Creator of the fruit of the vine. Then he said: "Whenever you celebrate the Sabbath meal and bless the wine, remember, I will be present among you."

Next, he took the bread and blessed it, saying: Blessed are You, O God, who brings forth bread from the earth. He then broke open the loaf and gave everyone a piece, saying: "Whenever you take and eat this bread, remember the sustaining power of our belonging to each other even when we are apart."

After supper, Jesus knelt before each of his students, and with water and a towel, he washed their feet. When all were washed, he said: "I have set you an example: you are to do as I have done to you." "Love one another, as I have loved you."

May these gifts of wine, bread, and Love that we are about to receive strengthen us to answer Jesus' call.

God beyond holiness, as we do what Jesus once did, let your Spirit move among us to settle on this bread and this wine. And let that same Spirit stir our hearts to be alive to what is sacred in these symbols of wine and bread. May they open us to your guidance and to your love for us, for all humankind, and for all life on this earth. This is our hope, our common will, and the expression of our love and trust in Jesus, our Christ.

Amen!

A VERSION OF THE LORD'S PRAYER

As Jesus teaches us, we pray,

Giver of life, may the things you care for be held sacred among us.

May your loving kindness unfold and take root everywhere.

May every creature have the nourishment they require to live.

Turn us away from modes of harm and extraction.

Help us be in right relations with You, ourselves, one another, and the earth.

Grant us healing through acts of forgiveness, given and received.

Hold us steady when we want to give up on justice.

Strengthen us to hold ourselves and each other in the trade winds of grace.

The hope of the oppressed will be justified. Amen.

THE FRACTION

We break this bread so all may share;

Therefore, let us keep the feast.

THE INVITATION TO COMMUNION

We recognize this as God's table set before us, and this bread and wine as God's food for us and for all. Therefore, whoever we are, from wherever we have come, and whatever we believe, **All are welcome and invited to receive. Amen!**

The gifts of God for the People of God. Take them in remembrance of Jesus our Christ who embodied God's Love for the world.

COMMUNION

St. Mark's receives communion "in the round" as a symbol of our strong belief in the power of community.

You will be offered bread by a celebrant and invited to drink from the common cup. Please refrain from intincting (dipping) the host (the bread) into the wine.

MUSIC DURING COMMUNION

POST-COMMUNION PRAYER

Written by Susan and Bill Flanders

Together, let us pray.

God of all grace, may we live in expectation and hope, and may the gifts we have received at this table remind us not only of the gift of Jesus, our Christ, but of your steady presence among us, that we may act faithfully in response to your love. Amen.

THE BLESSING

Based on the work of Henri-Frederic Amiel

Life is short, and we have but little time to gladden the hearts of those who make the journey with us. So be swift to love and make haste to be kind. And the blessing of God, who made us, who loves us, and who travels with us, be with you now and forever. **Amen.**

DISMISSAL

Episcopal Migrant Ministries

Go into the world and know how much a tired and hurting world needs your strength and gladness, for there are deeds of compassion and courage that will never be done unless you do them; and words of hope and healing that will never be spoken unless you speak them. And now let us go forth into the world in peace, to love and serve the Lord.
Thanks be to God.



Acknowledgements

The liturgy is based on selections from *A New Zealand Prayer Book* and was created by St. Mark's Worship Planning Team for Lent: Nat White, Leader, and Paul Albergo, Christina Herman, Michael Knipe, and Louise Walsh with Michele Morgan, Chris Phillips, and Jeff Kempeskie. Christina Herman provided technical support. The Eucharist was created by the Reverends Susan and Bill Flanders, adapted by Peter Mosely, and edited by the Lenten Planning Team. The Thornton Wilder play is *The Angel That Troubled the Waters*. The reading from Paul is taken from a new translation in *The Authentic Letters of Paul, The Scholars Version*, p. 227. The Prayers of the People are drawn from a Lenten prayer by William Arthur Ward as adapted by JesuitResource.org. This version of the Lord's Prayer is unattributed.

Liturgical Leaders and Worship Participants

Presider and Preacher	The Reverend Christopher Phillips
Verger	Jennifer Cate



About the “Pilot Project” - A Series of Experimental Worship Services

This is the fifth service planned as part of the St. Mark’s Worship Planning Pilot Project, which is emblematic of St. Mark’s “Shared Ministry,” a long-standing and treasured element of our ethos and practice. Diverse lay-led teams of four to six parishioners have partnered with our Clergy and Music Director to produce six services for January 22 & 29, February 5 & 12 and March 5 & 12. Each service is unique, and we hope you will find them interesting and fruitful as new ways to experience Sunday services. As this has been developed as a limited “Pilot Project,” we are especially interested in your feedback. Please take five minutes to answer & tear off the short QUESTIONNAIRE at the back of the Bulletin and tell us your thoughts about this service. Place your feedback in the basket on the table next to the High Altar steps.

If you want to join a team to plan creative, new liturgies and music for the future, please contact members of the Steering Committee of the Pilot Project, Betsy Athey (atheylloyd@comcast.net) and Nat White (whitenat1938@gmail.com).



Upcoming Services in Lent

Sunday, March 12

9:00 a.m. Eucharist
11:15 a.m. Eucharist (*service live-streamed on Facebook Live*)
5:00 p.m. Contemplative Eucharist

Sunday, March 19

9:00 a.m. Eucharist
11:15 a.m. Eucharist (*service live-streamed on Facebook Live*)
5:00 p.m. Contemplative Eucharist

Sunday, March 26

9:00 a.m. Family Eucharist
11:15 a.m. Eucharist (*service live-streamed on Facebook Live*)
5:00 p.m. Contemplative Eucharist

Holy Week and Easter Services

Holy Saturday, April 1

10:00 a.m. Following after Jesus, Interactive Children's Holy Week Service

Palm Sunday, April 2

9:00 a.m. Liturgy of the Palms

10:00 a.m. Sermon Seminar

11:15 a.m. Liturgy of the Palms (*service live-streamed on Facebook Live*)

5:00 p.m. Liturgy of the Palms

Tenebrae Wednesday, April 5

7:00 p.m. Tenebrae, Contemporary readings and music that prepares us for Easter

Maundy Thursday, April 6

6:30 p.m. Reception

7:00 p.m. Dinner in Parish Hall

8:00 p.m. Holy Eucharist

Good Friday, April 7

12:00 p.m. Good Friday Service

1:00 p.m. Stations of the Cross

3:00 p.m. Stations of the Cross at the U.S. Capitol

7:00 p.m. Good Friday Service

Easter Sunday, April 9

9:00 a.m. Festival Eucharist

11:15 a.m. Festival Eucharist (*service live-streamed on Facebook Live*)

5:00 p.m. Contemplative Eucharist

St. Mark's Episcopal Church, Capitol Hill

301 A Street, SE
Washington, DC 20003

202-543-0053 (phone)

202-546-3695 (fax)

www.stmarks.net

Office Directory

The Reverend Michele H. Morgan, Rector	michele@stmarks.net
The Reverend Christopher Phillips, Associate Rector	christopher@stmarks.net
The Reverend Patricia Catalano, Liturgy & Pastoral Associate	adjunct@stmarks.net
The Reverend Thom Sinclair	deacon@stmarks.net
Jeff Kempskie, Director of Music	jeff@stmarks.net
Caleb Nelson Amaker, Director of Youth & Family Ministries	youthdirector@stmarks.net
Michael Gravlee, Parish Administrator for Building and Facilities	parishadmin@stmarks.net
Annick Milde, Parish Administrator for Finance	pfa@stmarks.net
Judith Rautenberg, Children's Choir Director	judith@stmarks.net
Katherine Philipson, Bulletin Coordinator	bulletin@stmarks.net
Joel Martinez, Seminarian	seminarian@stmarks.net

The Vestry

Senior Warden	Louise Walsh	louise@stmarks.net
Junior Warden	David Wellman	juniorwarden@stmarks.net
Manciple	Martha Huizenga	manciple@stmarks.net

Class of '23	Brent Bickley, Fritz Henn, and Edna Boone
Class of '24	Christoph Berendes, Katherine Buchanan and Jeb Ory
Class of '25	Harrison Donnelly, Jan Lipscomb, and Nick Rogers

Officers	Randy Marks, <i>Treasurer</i>
	Bill Jordan, <i>Asst. Treasurer</i>
	Shay Waye, <i>Register</i>

Diocesan Delegates

Tom Getman, Mary Nezneek and Ruth Roman

The upcoming Vestry Meetings are held on Zoom on these dates. Contact Michele for the link if you want to join us: Tuesday 7pm on 3/28, 4/25, 5/23, 6/27, 7/25

Cycle of Prayer

In the Diocese of Washington

Grace Church, Georgetown
Grace Church, Silver Spring Parish

Anglican Communion

Pray for Church of the Province of South East Asia

Parish Prayer List

Louise Abbot • Betsy Agle • Ben Alquiros • Nora Alquiros • Don Bennett
Pamela Blumgart • Joseph Boone • Fairfield Butt • Alexander Casadonte
Aldena Clifford • Deborah Cunningham • Shadi Khoury • Martin De Nys • Mary De Nys
Charley Donnelly • Pete Eveleth • Gale and Wayne Johnson • Nat Marks
Taylor Emerson Marks • Steve Marshall • Pam Burton Moore • David Peterson
Sylvia Peterson • Joan Pierotti • James and Wanda Pittman • Betty Wellman
Eleanor Whitman • Joel Wilson • May Yazawa • Tom Zarek

Parishioners and Family Members serving in the military

Chase Allen Ammon • Clint Billings • Jason Earnest

*In order to keep the prayer list updated, we begin anew semi-annually.
If you would like to request to add a name, please email the
Bulletin Coordinator at bulletin@stmarks.net*

From Your Pilot Project Worship Planning Teams - A Questionnaire!

This service and project have been an experiment in creative liturgy planning by Shared Ministry. We want your feedback!

Please tear off, fold, and place your completed questionnaire in the basket to the left of the high altar steps. Thanks!

Please take 5 minutes to let us know your thoughts.

Name (optional) _____

I/We've been coming to St. Mark's for _____

I/We attended which service today? (Date & Time) _____

Regarding this service:

_____ **I/We liked it** _____ **I/We didn't care for it**

What did you like? _____

What missed the mark? _____

What would you like to see more of in St. Mark's worship services?

If you are interested in joining this project after March, please contact Betsy Athey (athelloyd@comcast.net) or Nat White (whitenat1938@gmail.com).



Welcome Guests!

We'd like to get to know you better!

We invite you to fill out this page, tear it off, and drop it into the offering plate or hand it to one of the greeters as you leave. Please take the rest of this service bulletin with you, so that you can refer to the service schedule, and office directory.

We hope you feel at home with us. If you have questions, please speak with the clergy or one of the greeters after the service. You can also call the office and we will be happy to help you in any way we can.

Thank you for visiting St. Mark's today.
Go in peace and return often!

After completing, please remove this page and place in the offering plate or give to a greeter.

I attended: _____ 9 a.m. Holy Eucharist
_____ Sermon Seminar
_____ 11:15 a.m. Holy Eucharist
_____ 5 p.m. Contemplative Eucharist

on March 5, 2023

Name _____

E-mail _____

Phone No. _____

Zip Code _____

I am interested in learning more about:

- _____ Volunteering during Worship (Usher, Lay Server, Altar Guild, etc.)
- _____ Baptism (child, adult)
- _____ Getting married at St. Mark's
- _____ Music (choir, lessons)
- _____ Children/youth classes & programs
- _____ Adult classes
- _____ Senior programs/activities
- _____ Outreach/community service
- _____ Environmental issues
- _____ Yoga classes
- _____ Dance classes
- _____ St. Mark's Players (theatrical productions)

Would you like to be contacted by a clergyperson? _____ Yes _____ No

You can stay up to date on St. Mark's news by signing up online for the weekly eGospel newsletter at www.stmarks.net/contact-us/. If you'd like to join the St. Mark's egroup to interact with other parishioners, please contact Raiford Gaffney (rgaffneydc@gmail.com).