

ST. MICHAEL & ALL ANGELS

9:00 AM HOLY EUCHARIST



Christ in the Wilderness, Ivan Nikolaevich Kramsko, 1872

THE FIRST SUNDAY IN LENT
FEBRUARY 26, 2023

A PRAYER FOR TRANSITION

Compassionate Creator,

You have journeyed with your people since ancient times, once with pillars of cloud and fire, and later through prophetic visions and promises of a future. Finally, you sent your Holy Spirit to reveal the truth that leads to abundant life.

Give us wisdom and discernment as we listen to the Christ in one another and as we imagine the spiritual leadership we will need to guide the community of St. Michael & All Angels to the future you have in mind for us.

Through Christ our Savior. Amen

SERVING AT 9:00 AM TODAY

Presiding	The Rev. Sherman Hesselgrave
Preaching	Dr. Brian Litzenberger, PhD
Musicians	St. Michael's Singers Brian Fairbanks, Choir Director Hannah Brewer, Music Director/Organist
Crucifer	Lucy Shields
Acolytes	Joplin Henry, Benji Lighthart-Faletta
Lectors	Cash Henry, Sheri O'Brien
Eucharistic minister	Marie Bagwell
Ushers	Julie Romberg, Patrick McLaughlin
Altar Guild	Stephanie English, Richard Hartman Josh English
Bread	Brian Fairbanks
Eucharistic visitors	Terrie Ingram to Ann Muir Sue Harper to June Gravengaard
Coffee Host	Lynn Baker, Pam Gravalos

Cover: Kramskoï, Ivan Nikolaevich, 1837-1887. Christ in the Wilderness, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59367> [retrieved February 21, 2023].

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St. Michael & All Angels, located in Multnomah County, rests on the traditional homelands of the Multnomah, Kathlamet, Clackamas, Molalla, Tumwater, Watalala bands of the Chinook, the Tualatin Kalapuya, and many other indigenous nations of the Columbia River. We acknowledge the ancestors of this place and understand that we are here because of the sacrifices forced upon them. By recognizing these communities, we honor their legacy, their lives, and their descendants.

St Michael & All Angels Episcopal Church acknowledges the gifts of sacred music written by African Americans, indigenous peoples and all people of color. This music enriches our liturgies, and we are grateful for these musicians. Music of oppressed cultures has been appropriated by the dominant culture without an appreciation of the pain and suffering experienced by its creators. We repent and commit to the work of racial justice and ending racism.

THE COMMUNITY GATHERS FOR WORSHIP

PRELUDE

A little more faith in Jesus Spiritual arr. John W. Work III (1901-1967)

HYMN 143

The glory of these forty days

Erhalt uns, Herr



1 The glo - ry of these for - ty days we
2 A - lone and fast - ing Mo - ses saw the
3 So Dan - iel trained his mys - tic sight, de -
4 Then grant us, Lord, like them to be full
*5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
2 lov - ing God who gave the law; and to E - li - jah,
3 liv - ered from the li - ons' might; and John, the Bride - groom's
4 oft in fast and prayer with thee; our spi - rits strength - en
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
2 fast - ing, came the steeds and char - i - ots of flame.
3 friend, be - came the her - ald of Mes - si - ah's name.
4 with thy grace, and give us joy to see thy face.
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt.

Music: *Erhalt uns, Herr*, melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750)

A PENITENTIAL ORDER

Presider Blessed be the God of our salvation:

People **Who bears our burdens and forgives our sins.**

Presider You enter the desert to face the hardest truth; we live in self-deception.

Kyrie eleison.

People **Kyrie eleison.**

Presider You offer the bread that gives life; we consume what leaves us craving more.

Christe eleison.

People **Christe eleison.**

Presider You refuse to worship empty power; we let greed rule our world.

Kyrie eleison.

People **Kyrie eleison.**

Presider Jesus said, "The first commandment is this: Hear, O Israel: The Lord our 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 other commandment greater than these."

Let us confess our sins to God.

Silence may be kept.

All **God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

TRISAGION

Ho - ly God, Ho - ly and Might - y, Ho - ly Im -
mor - tal One, Have mer - cy up - on us. Ho - ly God,
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy
up - on us. Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Setting: From *New Plainsong*; David Hurd (b. 1950)

THE WORD OF GOD

THE COLLECT OF THE DAY

Revised Common Lectionary

Presider God be with you.

People **And also with you.**

Presider Let us pray.

All **God of mercy, your word was the sure defense of Jesus in his time of testing. Minister to us in the wilderness of our temptation, that we who have been set free from sin by Christ may serve you well into life everlasting. Amen.**

*School-age children are invited to the Children's Liturgy of the Word
to hear stories about the Good News of God's love.
Children return to their families at the Peace.*

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

The story of the creation of the first man and woman in the Garden of Eden and their disobedience and consequent loss of innocence.

After the reading there is a time of silence.

The reader concludes The word of the Lord.

People **Thanks be to God.**

PSALM 32

Plainsong Tone II.1

The choir or cantor sings the first verse. All join the following verses.



- 1 Happy are they whose transgressions are for-/-given, *
and whose sin is / put away!
- 2 Happy are they to whom the LORD im-/-putes 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 your 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 con-/-ceal 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 de-/-liverance.
- 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.

SECOND READING: **Romans 5:12-19**

Paul tells how the history of human sinfulness and death has been transformed by the free gift of Jesus Christ.

After the reading there is a time of silence.

The reader concludes The word of the Lord.

People **Thanks be to God.**

GOSPEL HYMN 150

Forty days and forty nights

Aus der Tiefe rufe ich

1 For - ty days and for - ty nights thou wast fast - ing in the wild;
 2 Should not we thy sor - row share and from world - ly joys ab - stain,
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smyttan (1822-1870), alt.

Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889)

GOSPEL: **Matthew 4:1-11**

The story of the temptations of Jesus by the devil.

At the announcement of the Gospel, the People respond **Glory to you, Lord Christ.**

The reader concludes The Gospel of the Lord.

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

SERMON *Short-circuiting Our Short-cuts*

Dr. Brian Litzenberger, PhD.

NICENE CREED

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, was incarnate of the Holy Spirit and the Virgin Mary and became truly human. 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, who with the Father and the Son is worshiped and glorified, who 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

Presider **Beloved friends, in this season of repentance and healing, we accept God's invitation to be ever-mindful of the needs of others, offering our prayers on behalf of God's community in the church and the world.**

Leader Let us pray for the Church and for the world.
Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

Leader Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

Leader Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

Leader Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

Leader Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

Leader We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Leader Lord, in your mercy

People **Hear our prayer.**

The Presider adds a concluding Collect.

Presider Fill us with your strength to resist the seductions of our foolish desires and the tempter's vain delights, that we may walk in obedience and righteousness, rejoicing in you with an upright heart. Amen.

THE PEACE

Presider The Peace of the Lord be always with you.

People **And also with you.**

A WORD OF WELCOME, BIRTHDAYS AND ANNIVERSARIES

A PRAYER FOR BIRTHDAYS

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin 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.

*Wherever you are on your spiritual journey, you are welcome to receive communion at this table. If you'd like to receive the bread, please extend your hands out. If you need a gluten free wafer, please let us know as you receive. If you'd like to come forward, but prefer a blessing in place of the bread or the wine, please cross your arms across your chest.
If you wish to use intinction please ask for a wafer.*

THE HOLY COMMUNION

OFFERTORY ANTHEM

Lay me low

Shaker Song arr. Kevin Siegfried (b. 1969)

Lay me low,
lay me low,
lay me low.

Where the Lord can find me,
Where the Lord can own me,
Where the Lord can bless me.

Presider May God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

Presider We thank you, desert Mother, for in the valley of dry bones you create hearts of flesh quickened by the Spirit's breath.

We thank you, wise Sister, that you walk in cloud and fire with your lost and faithless people.

We thank you, Son of Heaven, that you empty yourself of might and glory and set your face towards the fickle crowd, the cruel empire, the faithful despisers.

We welcome you as God's own fool whose cross brings to nothing the violence of the world and reveals another wisdom outside the city walls.

Therefore, with all who follow your way with the traders and tax collectors, the soldiers and prostitutes, and all who caught a glimpse of glory in the humanity you shared, we worship God's own holiness revealed in sweat and tears:

SANCTUS

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.

Setting: From *New Plainsong*; David Hurd (b. 1950)

The Presider 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 maker 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.**

THE LORD'S PRAYER

Presider As our Savior Christ has taught us, we are bold to say,

Our Fa - ther, who art in hea - ven, hal - low - ed
be thy Name, thy king - dom come, thy will be done,
on earth as it is in hea - ven. Give us this day our
dai - ly bread. And for - give us our tres - pas - ses,
as we for - give those who tres - pass a - gainst us. And lead
us not in - to temp - ta - tion, but de - liv - er us
from e - vil. For thine is the king - dom, and the power,
and the glo - ry, for ev - er and ev - er. A - men.

THE BREAKING OF THE BREAD

The Presider breaks the consecrated Bread. A period of silence is kept.

AT THE FRACTION

Lamb of God

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.

Setting: From *New Plainsong*; David Hurd (b. 1950)

Presider The Gifts of God for the People of God.

THE COMMUNION OF GOD'S PEOPLE

AT THE COMMUNION

COMMUNION MOTET

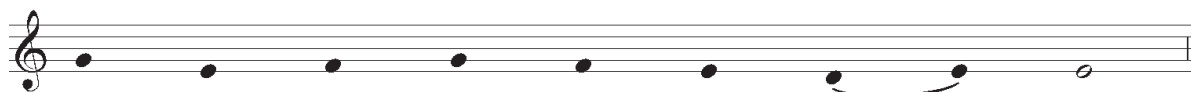
Love is little

Shaker song arr. Siegfried

Love is little, love is low,
love will make my spirit grow.
Grow in peace, grow in light,
love will do the thing that's right.



1 Now let us all with one ac - cord,
 2 The cov - e - nant, so long re - vealed
 3 Your love, O Lord, our sin - ful race
 4 Re - mem - ber, Lord, though frail we be,
 5 There - fore, we pray you, Lord, for - give;



1 in com - pa - ny with a - ges past,
 2 to those of faith in for - mer time,
 3 has not re - turned, but fal - si - fied;
 4 in your own im - age were we made;
 5 so when our wan - derings here shall cease,



1 keep vi - gil with our heaven - ly Lord
 2 Christ by his own ex - am - ple sealed,
 3 au - thor of mer - cy, turn your face
 4 help us, lest in anx - i - e - ty,
 5 we may with you for ev - er live,



1 in his temp - ta - tion and his fast.
 2 the Lord of love, in love sub - lime.
 3 and grant re - pent - ance for our pride.
 4 we cause your Name to be be - trayed.
 5 in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt.

Music: *Ex more docti mystico*, plainsong, Mode 2, Verona MS., 12th cent.; acc. Roy F. Kehl (b. 1935); alternate acc., Morgan F. Simmons (b. 1929)

SENDING OUT OF EUCHARISTIC VISITORS

Presider In the name of this congregation we send you forth to share this Eucharist with N.

All **You carry the prayers of us all as you take this Sacrament of Christ's presence. May those who receive it be strengthened and encouraged in the life we find together in our Lord Jesus Christ. Amen.**

PRAYER FOR MISSION AND MINISTRY

Presider Let us pray.

All **God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world, and continue for ever in the risen life of Christ our Savior. Amen.**

BLESSING

May the crucified Christ shatter our brittle fear, draw all people to his glory and make us servants living for the world; and the blessing of God . . .

All Amen.

HYMN O Lord, throughout these forty days Consolation

1 O Lord, through - out these for - ty days you
2 You strove with Sa - tan, and you won; your
3 Though parched and hun - gry, yet you prayed and
4 Be with us through this sea - son, Lord, and

prayed and kept the fast; in - spire re - pen - tance
faith - ful - ness en - dured; lend us your nerve, your
fixed your mind a - bove; so teach us to de -
all our earth - ly days, that when the fi - nal

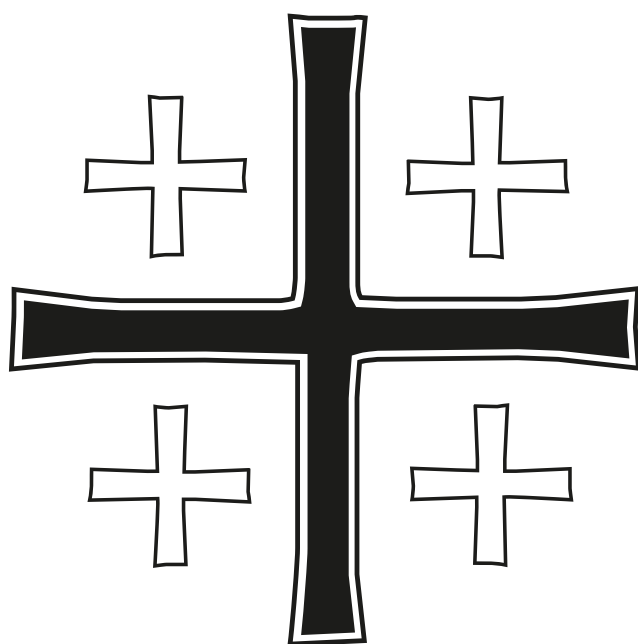
for our sin, and free us from our past.
skill and trust in God's e - ter - nal word.
ny our - selves that we may know God's love.
Eas - ter dawns, we join in heav - en's praise.

Words: based on Claudia F. Hernaman, (1838-1898); para. Gilbert E. Doan Jr., (b. 1930)
Music: *Consolation*, A. Davisson, *Kentucky Harmony*, 1816; arr. Theodore A. Beck, (1929-2003)

DISMISSAL

Response **Thanks be to God.**

POSTLUDE *Two variations on "Durch Adams Fall ist ganz verderbt"* Jan Pieterszoon Sweelinck (1562-1621)



ANNOUNCEMENTS

Finance/Budget forum today

Dave Reilly, Treasurer for the Vestry, is offering a follow-up, hybrid forum **today, February 26**, at 10:15 am to expand on his budget presentation at the Annual Meeting and take your questions. Zoom link in your eblast.

Shrove Tuesday

Thank you to all who helped with Shrove Tuesday—shopping, decorating, cooking, selling tickets, serving and cleaning up—including the MOW/WOWs and youth. Thanks also to Leslie Sackett for providing a “Kid Zone” in the Nativity Hall, and to all those who attended and enjoyed a delicious pancake supper!

Lenten evening prayer & soup dinner

Our special Lenten musical offering this year will be a prayer service held each Wednesday in March in the Chancel area. This service will temporarily take the place of lay-led Evening Prayer, which will reconvene in April. We will start each Wednesday evening in the Parish Hall with a simple soup-and-bread supper at 5:30 pm on March 1, 8, 15, 22 and 29, followed by Holden Evening Prayer at 6:15 pm in the church.

This simple supper and sung prayer service will be a way to gather and reflect on a more intimate scale than on Sunday mornings. We will learn to sing the service together, with time for meditation, a quiet prelude from Hannah and some Lenten readings. We need volunteers to bring soup for those suppers; if you can help, please reach out to Hannah at hannahcbrewer@gmail.com or Gloria at gloria@stmaa.org, or call the office at 503/284-7141.

Parish life opportunities

You are invited! Something new is happening, and it is called the **Lunch Bunch**. Anyone is welcome to join with other church members at a chosen restaurant during the noon hour. Watch this space or your eblast for the date, time and restaurant of choice for the next gathering.

Open Table is also currently underway. This is a group of folks who meet for dinner at popular restaurants around town. Their next night out is Tuesday, March 14, at Farm House Kitchen Thai Restaurant at 6:00 pm. Please contact Paula Raines at psrmelody@comcast.net if you are

interested in learning more about or attending either of these gatherings.

Lenten study and prayer opportunities

There is still room in the two book studies being offered this Lent. The bilingual Lenten study group will be reading and reflecting on *Encounters with Jesus: Stories of Faith for Lent*. The study group will meet in person from 2:30 to 3:15 pm, after convivio, in the Nativity Hall on the first five Sundays of Lent starting February 26. Please contact Bev Hoeffler at hoefferb@msn.com for more information or to sign up. Books are available in the office to purchase for \$5. Fr. Sherman is also offering a small-group Lenten experience. He will be facilitating an in-person, brown-bag book discussion on five Wednesdays, starting on March 1, at 11:00 am at the church. The book he has chosen is *Failure: What Jesus Said About Sin, Mistakes and Messing Stuff Up*. It can be purchased for \$11.65 from *The Book Depository* with free shipping. It is also available as a Kindle ebook for \$11.49. There are a few in the office available to purchase. You can sign up for this book study on the Welcome Table in the Gallery.

Grant received for community-meal program

Last month, we received a \$3,000 grant to benefit our Burrito Love and It's in the Bag meals. This is the second grant from the Central Northeast Neighbors organization, a coalition of nine neighborhoods which support community and civic engagement. We received this grant as a direct result of the efforts of Hjalmer Lofstrom to fill out and submit a very thorough grant application. Thank you, Hjalmer!

AARP Smart Driver classroom course

St. Michael's is hosting another series of AARP driving workshops on Saturdays, March 4 and 11, from 2:30 to 6:00 pm. In the AARP Smart Driver classroom course, you will learn techniques for many driving situations and possibly also save money on your auto insurance. The course costs \$20 for AARP members and \$25 for non-members. Please check the flyers on the bulletin board in the Gallery for more information, or call parishioner and instructor Barb Mason to register at 503/459-1991.



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Portland, OR 97213

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