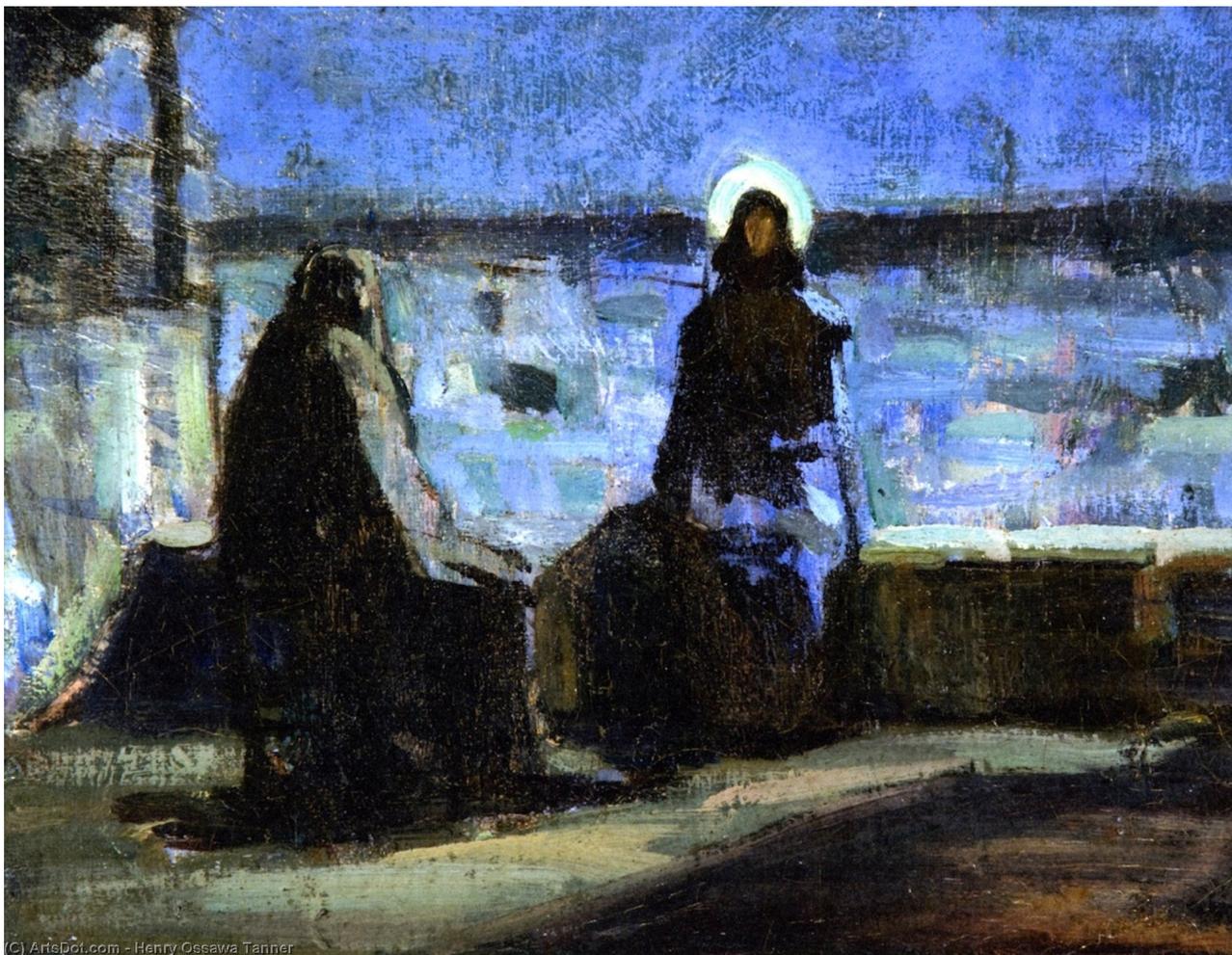


Saint John's Episcopal Church—Gloucester, Massachusetts  
The Fourth Sunday in Lent  
March 14, 2020



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Welcome  
Regular worshiper, first-timer, or occasional visitor,  
we hope you will enjoy our fellowship!

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## Music Notes 🎵

The Fourth Sunday in Lent is known by various monikers: “Refreshment Sunday,” “Mothering Sunday,” and “Laetare,” the first word of the Introit chant for this day. Indeed in England and other countries in the Commonwealth it is “Mother’s Day!” As a midpoint in the Lent season it is often seen as a break from the vigor of this observance, sometimes using the Rose colored vestments (also used on the 3<sup>rd</sup> Sunday in Advent, a parallel mid-season Sunday.) For this service I have chosen Hymn 143 “The Glory of these Forty Days” and Hymn 686 “Come, Thou Fount of Every Blessing.” The former text recounting illustrating our prayerful journey with that of Moses, Daniel and John the Baptist. The sturdy German chorale supports this in a wonderful way. Fitted with a singable folk tune with wonderful words, this hymn sings itself. I noted that new hymnals have removed the colorful and original words of “melodious sonnet,” which I’m glad we still have. The final voluntary is a bright & light shepherd’s flute piece to celebrate the midpoint.

We’ve enjoyed getting a chance to sing as part of a bigger group on some of the hymns and we’ve even worked up one of our favorite anthems, Purcell’s “Thou knowest, Lord, the secrets” for this week. Not quite like singing live, but we’re singing together as we can!

Voluntary                      “Solemn” (based upon Hymn 143)

*Please join in singing hymn 143:*



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 cel - e - 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

LM

*All stand*

*Officiant* To the Lord our God belong mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us.

Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

*Silence may be kept.*

*Officiant and People together, all kneeling*

**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.**

*Officiant* 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 Invitatory and Psalter — *All stand*

*Officiant* Lord, open our lips.  
*People* **And our mouth shall proclaim your praise.**

*Officiant and People*

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

*Please join in singing the invitatory hymn:*



Canticle 9: a metrical setting

*First Song of Isaiah (12:2-6)*

Torah Song



Sure - ly God is my sal - va - tion, I will trust and shall not fear.  
 Thus with joy you shall draw wa - ter from sal - va - tion's wells and spring.  
 Tell the na - tions of God's glo - ry, make this known in all the earth.



God the Lord is strong and might - y, my sal - va - tion true.  
 Sing your thanks to God Al - might - y for these won - drous deeds.  
 Praise the Lord, the God of Is - rael, call up - on God's name.



Shout a - loud and sing for joy, O daugh - ter Zi - on!



Great in your midst is the Lord, the Ho - ly One!

Words: Zebulon M. Highben b. 1979. Words: ©2009 Augsburg Fortress Publishers  
 Music: Torah Song (Yishrael Vbraita), Hasidic melody; arr. Richard Proulx (1937-2010) ©1985 G.I.A. Publishers  
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# You Are Beloved (Canticle N)

Ana Hernandez

First system of musical notation for 'You Are Beloved'. It consists of three staves: a grand staff (treble and bass clefs) and two vocal staves. The lyrics are: 'You are be-love-ed, be-loved of God for God is Love.' (top staff), 'You are loved for God is love. God is Love.' (middle staff), and 'You are be-loved for God is love. You are be-loved of God.' (bottom staff). The key signature has three sharps (F#, C#, G#) and the time signature is 4/4. A triplet of eighth notes is marked with a '3' above it in the bottom staff.

Second system of musical notation for 'You Are Beloved'. It consists of three staves: a grand staff (treble and bass clefs) and two vocal staves. The lyrics are: 'So let us love one an-oth-er for God is love.' (top staff), 'So let us love, for God is love, for God is love.' (middle staff), and 'You are be-loved for God is love, for God is love.' (bottom staff). The key signature has three sharps (F#, C#, G#) and the time signature is 4/4. The system concludes with a double bar line and repeat dots.

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Third Reading

John 3:14-21

Sermon

Apostles' Creed "Pentatonic"

Mark Nelson



I be-lieve in God, the Fa-ther al-might-y, cre-at-or of heav-en and earth;



I be-lieve in Je-sus Christ, his on-ly Son, our Lord. He was con-ceived by the



pow-er of the Ho-ly Spi-rit and born of the Vir-gin Mar-y.



He suf-fered un-der Pon-tius Pi-late, was cru-ci-fied, died, and was bur-ied.



He de-scend-ed to the dead. On the third day he rose a-gain. He a-scend-ed in-to heav-en,



and is seat-ed at the right hand of the Fa-ther.



He will come a-gain to judge the liv-ing and the dead. I be-lieve in the Ho-ly Spi-rit,



the ho-ly cath-olic Church, the com-mun-ion of saints, the for-give-ness of sins



the re-sur-rect-ion of the bod-y, and the life ev-er-last-ing. A-men. A-men.

## The Prayers

*The people stand or kneel*

*Officiant*      The Lord be with you.

*People*          **And also with you.**

*Officiant*      Let us pray.

*Officiant and People*

**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.**

V. Show us your mercy, O Lord;

R. **And grant us your salvation.**

V. Clothe your ministers with righteousness;

R. **Let your people sing with joy.**

V. Give peace, O Lord, in all the world;

R. **For only in you can we live in safety.**

V. Lord, keep this nation under your care;

R. **And guide us in the way of justice and truth.**

V. Let your way be known upon earth;

R. **Your saving health among all nations.**

V. Let not the needy, O Lord, be forgotten;

R. **Nor the hope of the poor be taken away.**

V. Create in us clean hearts, O God;

R. **And sustain us with your Holy Spirit.**



*The General Thanksgiving*

*Officiant and People*

**Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise, not only with  
our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.**

*A Prayer of St. Chrysostom*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Let us bless the Lord.

**Thanks be to God.**

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit.

**Amen.**

*Please join in singing hymn 686:*



1 Come, thou fount of ev - ery bless - ing, tune my  
 2 Here I find my great - est trea - sure; hith - er,  
 3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er  
 by thy help, I've come; and I hope, by thy good  
 I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.  
 plea - sure, safe - ly to ar - rive at home.  
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by  
 Je - sus sought me when a stran - ger wan - dering  
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me  
 from the fold of God; he, to res - cue me from  
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.  
 dan - ger, in - ter - posed his pre - cious blood.  
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt.

Music: Nettleton, melody from *A Repository of Sacred Music, Part II*, 1813

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# Saint John's Episcopal Church—StJohnsGloucester.org

48 Middle Street, Gloucester, Massachusetts 01930-5795—978-283-1708—WiFi password: 48MiddleSt

*Parish Office Hours: Monday – Thursday: 8am-noon during which the Church is open for prayer and meditation, by appointment.*

Alan McIntosh Gates, Bishop of Massachusetts & Gayle E. Harris, Bishop Suffragan

The Rev. Bret Bowie Hays, Rector

Wardens: Karen Kasper & Ellen Sibley

Mark Edward Nelson, Music Director

Clerk: Joan Gorga

Elizabeth de Veer, Parish Administrator

Treasurer: Sue Lupo Ass't. Treasurer: Geoff Pope

Marge Bishop, Church Assistant

## **VESTRY**

Staff e-mail: first name+@stjohnsgloucester.org

2022 – Patricia Anders, DeeDee Bedford, Errol Smikle

2023 – Katharine Newhouse, Jane Ward, Carol Ann Zapustas

2024 – Janet Knott, Doug Parsons

## The Acapella App Choir

Marge Bishop  
Maggie Marshall  
Anne Bourne  
Alex Garcia-Mata  
David Oliver

Astrid af Klinteberg  
Sue Lupo  
Gwen Kopka  
Rick Britton  
Mark Nelson

Carol McKenzie  
Katharine Newhouse  
Sarah Larson  
Chuck Everett