



## THE HOLY EUCHARIST

A Penitential Order for  
The Second Sunday in Lent  
March 1, 2026 • 10:00am

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*Welcome to St. Paul's! We are grateful you are joining us on this Sunday and look forward to welcoming you into this life we share through the love of Jesus Christ! Please don't forget to silence your devices as our worship service begins.*

*Families are welcome to sit anywhere they would like, including our dedicated children's area in the Chapel, which features self-directed activities and books. Restrooms are located in the Parish Hall on the Occidental Avenue side of the church campus. Our worship service is live-streamed on St. Paul's YouTube Channel, where we welcome online friends to pray with us.*

*All are warmly invited to participate in Holy Communion at St. Paul's. If you prefer not to receive the wine, simply cross your arms over your chest as the Eucharistic Minister greets you saying, "the Blood of Christ, the Cup of Salvation." Thank you for sharing the light of your presence with our community this sacred season! May God's grace and peace be near to you this week.*

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### Prelude

*Improvisation  
Aidan Yau, organist*

*All stand as the procession enters.*

### Introit

*Come, renew us, Eleanor Daley (b. 1955)*

*Come, Lord, come to us, enter our darkness with your light,  
Fill our emptiness with your presence,  
Come, refresh, restore, renew us.*

*~ David Adam (1936-2020)*

### An Exhortation to Repentance

*The priest invites the people to examination and repentance. The people's responses are in bold.*

In the Scriptures, the prophets remind us, that if we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

Let us therefore confess our sins against God and our neighbor.

*The people kneel, as able. Silence may be kept.*

Confession and Absolution

*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 pronounces words that proclaim God's grace.*

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.**

*All sing*

Kyrie

*Missa Oecumenica, Richard Proulx (1937-2010)*

1, 3. Lord, \_\_\_\_\_ have mer - cy. Lord, \_\_\_\_\_ have mer - cy.  
2. Christ, \_\_\_\_\_ have mer - cy. Christ, \_\_\_\_\_ have mer - cy.

1, 3. Lord, \_\_\_\_\_ have mer - cy, have mer - cy.  
2. Christ, \_\_\_\_\_ have mer - cy, have mer - cy.

*All stand.*

The Collect of the Day

Celebrant The Lord be with you.

**People And also with you.**

Celebrant Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

*Children are invited to congregate by the Celebrant and altar rail.*

For the Season of Lent: Children in the PrayGrounds and within the church are invited to congregate in front of the Celebrant’s chair by the altar rail. All sing *A Song of Hope* as the children and their chaplains process out of the church to their chapel experience in the Parish Hall.

A Song of Hope

Words & Music: Choristers of St. Paul’s (2026)



1. We sing a wist - ful song — of hope  
 4. O God, you shape — all worlds — and time,  
 from blue clouds of joy and sad - ness.  
 You hold earth with love and com - fort.  
 Com - plex end - ings, lon - ging re - gret; your  
 Help us make a new world of hope, as  
 waves of peace flow deep be - low.  
 we re - joice in your good word.

*The people are seated.*

A Reading from the Book of Genesis

The Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him.

*After the reading, the reader says*

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Psalm 121

*Chant*

*Cantor sings REFRAIN. All sing REFRAIN. Cantors sing verses.*



- 1 I lift up my eyes to the hills; \*  
from where is my help to come?
- 2 My help comes from God, \*  
the maker of heav'n and earth.

*All sing REFRAIN.*

- 3 God will not let your foot be mov'd \*  
and the One who watches over you will not fall asleep.
- 4 Behold, the one who keeps watch over Israel \*  
shall neither slumber nor sleep.

*All sing REFRAIN.*

- 5 The Holy One watches over you; \*  
and is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
nor the moon by night.

*All sing REFRAIN.*

- 7 God shall preserve you from all evil; \*  
and is the One who shall keep you safe.
- 8 God shall watch over your going out and your coming in, \*  
from this time forth for evermore.

*All sing REFRAIN.*

A reading from the Letter of Paul to the Church in Rome

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

*After the reading, the reader says*

Reader Hear what the Spirit is saying to God's people.

**People Thanks be to God.**

*All stand to sing*

Sequence Hymn 603

“When Christ was lifted from the earth,” *St. Botolph*

The Holy Gospel

John 3:1-17

Reader The Holy Gospel of our Lord Jesus Christ according to John.

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.”

Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?”

Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

Nicodemus said to him, “How can these things be?”

Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?”

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things?”

No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

*After the Gospel, the reader says*

Reader    The Gospel of the Lord.

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

*The people are seated.*

Sermon

Señor Antonio López  
San Mateo County Poet Laureate

*During the season of Lent, a moment of prayerful reflection is observed following the sermon.*

*All stand.*

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:**

**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 she is worshiped and glorified.  
She 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

Form III, *The Book of Common Prayer*, p. 387

*The Leader and People pray responsively*

Most loving God, we pray for your holy Catholic Church;  
**That we all may be one.**

We pray for The Nippon Sei Ko Kai in the Anglican Communion and for all church wardens, vestry and bishop's committee members, and treasurers in the Diocese of California. Grant that every member of the Church may truly and humbly serve you;  
**That your Name may be glorified by all people.**

We pray for the priesthood of all believers and for all bishops, priests, and deacons;  
**That we may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;  
**That there may be mercy, justice, and peace on the earth.**

Give us grace to do your will in all that we undertake;  
**That our works may find favor in your sight.**

We lift up all who have requested the prayers of this community, especially Cyndy Bodenlos, Rodney Gehrke, Michael Kimball, Sonny Liu, Listina Moa, Jen Norman, Jim Prescott, and Craig Tam.

Have compassion on those who suffer from any grief or trouble;  
**That they may be delivered from their distress.**

Give to the departed eternal rest. We pray for the repose of the soul of Ants Astesano, Kate Morse and those who lost their lives in the Tahoe Avalanche and in other skiing accidents.  
**Let light perpetual shine upon them.**

We lift up all who have entered your nearer presence, God. We praise you for your saints who have entered into joy;  
**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others.

*Silence*

*The Celebrant concludes the prayers, saying*

Most merciful God, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Savior. **Amen.**

### The Peace

*All stand. The Celebrant says to the people*

Celebrant Blessed be Christ the Prince of peace, who breaks down the walls that divide us:  
**People praise to Jesus Christ who is our peace.**

*The people may greet one another with a sign of God's peace and then are seated.*

### Offertory Anthem

*Lord, for thy tender mercy's sake, Richard Farrant (c. 1525-1580)*

*Lord, for thy tender mercy's sake, lay not our sins to our charge,  
but forgive that is past and give us grace to amend our sinful lives,  
to decline from sin and incline to virtue,  
that we may walk in a perfect heart before thee now and evermore. Amen.*

~Anonymous prayer in *Christian Prayers and Holy Meditations*, 1566

*All stand to sing stanzas 1 and 4*

### Presentation Hymn 598

*"Lord Christ, when first thou cam'st to earth," Mit Freuden zart*

### The Great Thanksgiving

*Eucharistic Prayer II, adapted from The Book of Common Prayer, page 340*

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are as follows:

**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.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, almighty God, Creator of heaven and earth. Through Jesus Christ our Savior; who was tempted in every way as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer for ourselves alone, but unto the One who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify your glorious Name; evermore praising you, and singing,

Sanctus *sung by all*

*Missa Oecumenica*, Richard Proulx

Ho - ly, Ho - ly, Ho - ly Lord, Lord God of hosts.

*mf* *mp*

Heav'n and earth are full of your glo - ry. Ho - san - na in the

*mp* *mf*

high - est. Bless'd is the one who comes in the name of the Lord.

*mf* *mp*

Ho - san - na in the high - est, ho - san - na in the high - est.

*mp* *mf*

*The Celebrant continues*

All glory be to you, Most Holy One, for that you created heaven and earth, and made us in your own image; and, of your tender mercy, gave your only Son Jesus Christ to take our human nature and to suffer death upon the cross for our redemption. Jesus there made a full and complete sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, Our Savior took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, Jesus took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as you shall drink it, in remembrance of me."

Wherefore, O Lord, we your people do celebrate and make, with these your holy gifts which we now offer unto you, the memorial your Son has commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for Christ's coming again with power and great glory.

And we most humbly beseech you, O merciful God, to hear us, and, with your Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of your dearly-beloved Son Jesus Christ.

And we earnestly desire your goodness to accept this, our sacrifice of praise and thanksgiving, whereby we offer and present unto you, O Lord, our selves, our souls and bodies.

Grant, we pray, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, and be filled with your grace and heavenly benediction; and also that we and all your whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory be unto you, Almighty God, world without end. **AMEN.**

As our Savior Christ has taught us we are bold to pray

**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.**

## The Breaking of the Bread

*The Celebrant breaks the Bread. A period of silence is kept.*

### Agnus Dei

*Chant*

Cantor  
Lamb of God, you take a - way the sins of the world:

All  
have mer - cy on us. Cantor  
Lamb of God, you take a - way the

sins of the world: All  
have mer - cy on us. Cantor  
Lamb of God,

you take a - way the sins of the world: All  
grant us peace.

### Invitation to Communion

The gifts of God for the people of God.

*All who seek God and are drawn to Christ are welcome to receive the bread and the wine, if desired. Ushers will invite you forward by rows to approach the rail, where you may kneel or stand to receive Communion. If you would like Communion brought to your seat, please let an usher know.*

*Gluten-free wafers are available upon request. In addition to the consecrated bread, wine in the chalice is available to those who wish to receive it. Please drink directly from the cup, guiding it to your mouth, and do not intinct (dip) the bread. Feel free to return to your seat if you do not wish to sip from the cup.*

*To indicate a prayer of blessing is preferred, please cross your arms over your chest as the communion minister comes to you. However you choose to share in this sacred meal, we pray God's love strengthens you in your Lenten journey.*

### Communion Anthem

*Ave verum corpus, William Byrd (1540-1623)*

*Ave verum corpus natum de Maria Virgine;  
Vere passum, immolatum  
in cruce pro homine:  
Cujus latus perforatum  
unda fluxit sanguine:  
Esto nobis praegustatum mortis  
in examine.  
O dulcis, O pie,  
O Jesu, Fili Mariae,  
Miserere mei. Amen*

Hail, true body, born of the Virgin Mary,  
Who has truly suffered,  
was sacrificed on the cross for mortals,  
Whose side was pierced,  
whence flowed water and blood:  
Be for us a foretaste of heaven during our  
final examining.  
O Jesu sweet, O Jesu pure,  
O Jesu, Son of Mary,  
Have mercy upon me. Amen.

*All stand to say*

### The Postcommunion Prayer

**Compassionate God, you have fed us with the bread of heaven. Sustain us in our Lenten pilgrimage: May our fasting be hunger for justice; our alms, a making of peace; and our prayer, the song of grateful hearts; through Jesus Christ our Savior and Lord. Amen.**

### The Lenten Prayer over the People

*The Priest offers a reminder of God's extravagant love and sends the people into the world to share God's blessing.*

Presider

Bow down your hearts before the Lord our God.

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

### The Blessing

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of the Merciful Creator, Loving Savior, and Transforming Spirit, be among you this day and remain with you forever. **Amen.**

*All sing*

Hymn 489

“The great Creator of the worlds,” *Tallis' Ordinal*

### The Dismissal

Our worship is ended. Our service in the world begins.

Go forth to love what God loves. Go in peace, to love and serve the Lord.

**Thanks be to God.**

Postlude

*Plein Jeu (Suite de Quatrieme Ton), Jean-Adam Guilain (1680-1739)*

*Aidan Yau, organist*

*During this season of Lent, all are invited to quietly linger in the church following the postlude, creating a sacred space for prayer and contemplation before going back into the world.*

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