



THE HOLY EUCHARIST

A Penitential Order for
The Fourth Sunday in Lent
March 15, 2026 • 10:00am

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.

Prelude

March (Das Jahr), Fanny Hensel (1805-1847)

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 remain kneeling to 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.

The Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for 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.

All stand to sing

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 First Samuel

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or

on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

After the reading, the reader says

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

People Thanks be to God.

Cantor sings Refrain. All sing Refrain. Cantor sings verses.

Refrain

The Lord is my shep - herd; I shall not be in want.

- 2 He makes me lie down in green pastures *
and leads me beside still waters.
- 3 He revives my soul *
and guides me along right pathways for his Name's sake.

All sing REFRAIN.

- 4 Though I walk through the valley of the shadow of death, I shall fear no evil; *
for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those who trouble me; *
you have anointed my head with oil, and my cup is running over.

All sing REFRAIN.

- 6 Surely your goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the LORD for ever.

All sing REFRAIN.

Second Lesson

Ephesians 5: 8-14

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

Once you were darkness, but now in the Lord you are light. Live as children of light— for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but

everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!
Rise from the dead,
and Christ will shine on you.”

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

“Sing, my soul, his wondrous love”
 Music: Sarah MacDonald (b. 1968)
 Words: John Bacchus Dykes (1823-1876)



1. Sing, my soul, his won-drous love, _____ who, from
 2. Heav'n and earth by him were made; _____ all is
 3. God, the merc - i - ful and good, _____ bought us
 4. Sing, my soul, a - dore his Name! _____ Let his



yon bright throne a - bove, _____ e - ver watch - ful o'er our
 by his scep - ter swayed; _____ what are we that he should
 with the Sav - iour's blood, _____ and, to make sal - va - tion
 glo - ry be thy theme: _____ praise him till he calls thee



race, still ex - tends _____ to us his
 show so much love _____ to us be -
 sure, guides us by _____ his Spi - rit
 home; trust his love _____ for all to



grace, _____ still ex - tends _____ to us his grace.
 low, _____ so much love _____ to us be - low?
 pure, _____ guides us by _____ his Spi - rit pure.
 come, _____ trust his love _____ for all to come.

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

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

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.” They said to him, “What did he do to you? How did he open your eyes?” He answered them, “I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?” Then they reviled him, saying, “You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a

person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

After the Gospel, the reader says

Reader The Gospel of the Lord.

People Praise to you, Lord Christ.

The people are seated.

Sermon

The Rev. Sarah C. Stewart

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.**

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 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 Anglican Church of Kenya in the Anglican Communion and for churches and ministries in the San Francisco Deanery and for the Dean, the Very Rev. Dr. Cameron Partridge and for churches and ministries in the Southern Alameda Deanery and for the Dean, the Very Rev. Jeff Dodge-Hogarth 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.

We lift up all who have entered your nearer presence, God. We pray especially for Carol Miller, mother of Gayle Miller-Janton in our community, Yanar Mohammed, students and staff who were killed in the Minab school bombings, Cody Khork, Noah Tietjens, Nicole Amor, Declan Coady, Jeffrey O'Brien, Robert Marzan, Benjamin Pennington, and all others who have died in the military violence in the Middle East but whose names are not yet known. We pray for every nation in which weaponized fear and hatred destroy families and communities.

Give to the departed eternal rest.
Let light perpetual shine upon them.

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.**

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.

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

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

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

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

The musical score for the Agnus Dei chant is written on four staves. The lyrics are: 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. The score includes vocal parts for Cantor and All, with lyrics written below the notes.

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

Let my love be heard, Jake Runestad (b. 1986)

*Angels, where you soar
Up to God's own light,
Take my own lost bird
On your hearts tonight;
And as grief once more
Mounts to heaven and sings,
Let my love be heard
Whispering in your wings.*

~ Alfred Noyes (1880-1958)

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.

Look mercifully on this your family, Almighty God, that by your great good they may be preserved ever-more; 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 664

“My Shepherd will supply my need,” *Resignation*

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

Retrospection, Florence Price (1887-1953)

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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