



**St. Mark's City Heights  
Episcopal Church**  
MANOS DE DIOS - WE ARE GOD'S HANDS

# Holy Eucharist

Lent 4

March 30, 2025

**Join online at 9:45 am [tinyurl.com/stmarkszoom](https://tinyurl.com/stmarkszoom)**

If this is your first time worshipping at St. Mark's, we welcome you! Wherever you are on your journey of faith we are glad you are here, and we invite you to join us in all that we do. If you are joining us online today please know that you are a full member of our family.

*The in-person service is being streamed live and pictures may be taken during the service. If you don't wish to be seen on camera or to be photographed, please ask someone at the welcome table for appropriate seating.*

## Welcoming Prayer

**Holy Spirit living within us, guide our hearts and minds as we welcome today all those who worship with us as part of the St. Mark's family. Give us discerning hearts so that everyone who worships with us feels welcomed in the spirit of your love. Help us to recognize each person as an individual sent by you who will enrich our lives. And most of all, O God, let this community be a place of love and acceptance of all your children; in the name of your child, our Savior Jesus Christ. Amen.**

**Gathering Hymn**

**God Is Here! Vs 1 and 4**

**Renew 5**

God is here! As we your people meet to offer praise and prayer,  
may we find in fuller measure what it is in Christ we share.  
Here, as in the world around us, all our varied skills and arts  
wait the coming of the Spirit into open minds and hearts.

Lord of all, of Church and kingdom, in an age of change and doubt  
Keep us faithful to the gospel, help us work your purpose out.

Here, in this day's celebration, all we have to give, receive,  
we, who cannot live without you, we adore you! We believe!

## The Word of God

Presider Blessed be the one, holy, and living God.

**People Glory to God for ever and ever.**

Presider Almighty God, to you all hearts are open, all desires known, and from you  
no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of  
your Holy Spirit, that we may perfectly love you, and worthily magnify your  
holy Name; through Christ our Lord. Amen.

## Kyrie

MHSO

The image shows a musical score for the Kyrie. It consists of two staves of music in G major and 3/4 time. The lyrics are written below the notes. The first staff contains the lyrics: Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri -  
Chri - ste e - le - i - son. Chri - ste e - le - i - son. Chri -  
The second staff contains the lyrics: e - le - i - son. Ky - ri - e e - le - i - son!  
ste e - le - i - son. Chri - ste e - le - i - son!  
The score ends with the instruction "repeat Kyrie".

## Confession of Sin

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

**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 our Savior 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.**

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.

## The Collect of the Day

Presider God be with you.

**People And also with you.**

Presider 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.*

## The Lessons

*A Reading from the Book of Joshua*

**Joshua 5:9-12**

The Lord said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day.

While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

The Word of the Lord. **Thanks be to God.**

### **Psalm 32**

*Read bolded verses responsively.*

English version, Espanol below

READER: 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!

**ALL: 2 Happy are they to whom the Lord imputes no guilt, \*  
and in whose spirit there is no guile!**

R: 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.

**A: 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.**

R: 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.

**A: 6 I said, " I will confess my transgressions to the Lord." \*  
Then you forgave me the guilt of my sin.**

R: 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.

**A: 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.**

R: 9 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.

**A: 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."**

R: 11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the Lord.

**A: 12 Be glad, you righteous, and rejoice in the Lord; \*  
shout for joy, all who are true of heart.**

ESPAÑOL

LECTOR: 1 ¡Dichoso el que ve absueltas sus ofensas \*  
y la que ve perdonados sus pecados!

**TODO: 2 ¡Feliz el que el Señor no culpa, \*  
y la que en su espíritu no tiene engaño!**

L: 3 Mientras callaba, mis huesos se secaban \*  
de tanto gemir todo el día.

**T: 4 Tu mano pesó sobre mí, día y noche; \*  
se me secó la savia como en sol de verano.**

L: 5 Entonces te confesé mi pecado \*  
y no te oculté mis transgresiones.

**T: 6 Dije: «confesaré mis rebeliones a Dios», \*  
y perdonaste mi pecado.**

L: 7 Por eso te ruega el fiel en sus aprietos; \*  
aunque venga el torrente, no lo alcanzará.

**T: 8 Tú eres mi refugio;  
me guardas del peligro; \*  
me rodeas con gritos de liberación.**

L: 9 «Te enseñaré y te indicaré el camino; \*  
te guiaré con la mirada.

**T: 10 No seas como mula o caballo, que no entiende, \*  
que hay que controlar con rienda y freno  
para que no se escapen.»**

L: 11 Grandes son las aflicciones del malvado; \*  
pero la bondad rodea a quien confía en Dios.

**T: 12 Justos: alégrese en Dios y regocíjense; \*  
rectos de corazón, griten de gozo.**

From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

The Word of the Lord. **Thanks be to God.**

**The Gospel Hymn Lord, Be Glorified Vs 1,2,3, and 4 Renew 172**

In our lives, Lord, be glorified,  
In our lives, Lord, be glorified today.

In our homes, Lord, be glorified.  
In our homes, Lord, be glorified, today.

In your church, Lord, be glorified,  
In your church, Lord, be glorified today.

In our world, Lord, be glorified, be glorified,  
In our world, Lord, be glorified today.

**The Gospel: Luke 15:1-3, 11b-32**

The Holy Gospel of our Lord Jesus Christ according to Luke  
**Glory to you, Lord Christ.**

All the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them."

So Jesus told them this parable:

"There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**Sermon**      **Fr Richard**

## **The Nicene Creed**

**People**      **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  
he is worshiped and glorified.  
He 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.**

**Prayers of the People** *The response for each bidding is: **have mercy on us***

## The Peace

## ANNOUNCEMENTS

**TODAY!! Renovation Shower** | To celebrate our newly remodeled space we invite you to join our Renovation Shower following the service **TODAY**. All are invited and welcome! Note: If you haven't had a chance to check our [shower wish list](#), there is still time to do so.

**Lenten Book Study** | All are invited to join the Lenten book study of the *Acts of the Apostles* led by Fr. Richard continuing Thursdays in Lent via Zoom, 6:15-7:30 pm. Find more info see our website: <https://stmarks-cityheights.org/2025/02/19/lenten-book-study-2/> The study will be based on the Booklet: *Risk: Through Lent With Acts*. **The booklet is available in Kindle format.** It is not required for participation.

**Stations Prayer Walk and Soup Supper** | Join us for the Lenten practice of praying with the Stations of the Cross followed by a soup supper, 5:30 pm Friday, April 11. We will start at St. Mark's, then walk through the neighborhood (down Fairmount to University Avenue, returning via 43rd Street to St. Mark's for closing prayers and soup supper).

**Lenten Mite Boxes** | Our yearly Lenten tradition of giving alms for a needy cause is under way. This year's mite box money will be designated for [Comunidad de Luz](#), a shelter and residential program for migrant women and children in Tijuana, with job training to help women build new skills and a stable environment for children. **Robert Vivar**, EDSD's Migration Missioner, will talk to us today about Comunidad de Luz. If you haven't done so already, be sure to pick up your mite box **TODAY**. It fits coins, bills & checks! Please be generous as the need is great. Mite box Ingathering will be on April 20, Easter Sunday.

**Lenten Faith To Go Podcasts** | Check out: [Faith To Go](#), our diocesan podcast, is releasing a special Lenten devotional: for each of the 40 days of Lent, a different voice from our diocesan family will offer a reflection on the day's Gospel (listen for St. Mark's contribution!). These brief episodes are an invitation to open yourself up to a daily conversation with God inspired by the wisdom and insights of others.

**Maundy Thursday Community Outreach** | Jesus showed his love & servanthood for his disciples by washing their feet. We will show God's love and our servanthood to the community by offering footwashing and (new) socks to our pantry clients on Maundy Thursday (April 17). ***Ways in which you can help:***

**-Donate new KIDS socks** (casual, athletic type socks, all genders kids sizes needed).  
**Come help with the event on Maundy Thursday** (10:30 am-1:30 pm). Help needed for set-up, footwashing & clean up. Contact Thérèse if you are willing to help.

**Important Tax Prep Update** | The tax prep originally scheduled for tomorrow, March 31 **HAS BEEN CANCELLED**. Free tax prep remains available at the City Heights library.

**Food Pantry** | Pantry guests who lack kitchen facilities receive our "Kitchenless Bags." This month the pantry asks for donations suitable for these bags: **Vienna Sausages** (with pull top), **Chef Boyardee** (with pull top), **individual packs of crackers**, **graham crackers**, **peanut butter crackers**, **beef sticks**, **trail mix snack packs**. Questions or want to arrange a drop off? Contact Joanna ([joannas@stmarks-cityheights.org](mailto:joannas@stmarks-cityheights.org)) or Lauren ([lauren@stmarks-cityheights.org](mailto:lauren@stmarks-cityheights.org)).

## Blessings for Birthdays and Anniversaries

*For a Birthday*

*O God, we come before you with hearts full of gratitude and joy as we celebrate this/these birthday(s). Thank you for this special day, for the gift of life, and for the opportunity to celebrate another year together. In your Holy name we pray. Amen.*

*For an Anniversary*

*O God, we thank and praise You for the gift of this anniversary and the love and joy that it brings. Pour out we pray, Your love, joy, grace and peace into the hearts of all who are celebrating this day. We pray that in this remembrance, that you join each of us closer, to each other, and to You. Amen.*

**The Offertory**     *The Table is prepared: The Liturgy of the Table Begins.*

## The Great Thanksgiving | Eucharistic Prayer (Enriching Our Worship 1)

*If able and comfortable, the people remain standing.*

Presider     The Lord 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.**

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:



**Sanctus***Argentine Santo, Santo, Santo WLP 785*

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi  
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.  
 heart is glad to say the words: you are ho - ly, Lord.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out 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:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Remembering his death and resurrection, we now present to you from your creation this bread and this wine.

By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's

Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Saint Mark and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. AMEN.

As our Savior Christ has taught us, we now pray, in the language of our own heart.

**Padre nuestro que estás en el cielo, santificado sea tu Nombre, venga tu reino, hágase tu voluntad, en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y líbranos del mal. Porque tuyo es el reino, tuyo es el poder, y tuya es la gloria, ahora y por siempre. Amén.**

**Our Father in heaven, hallowed be your Name your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.**

## **The Breaking of the Bread**

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

**Presider** Christ our Passover is sacrificed for us;

**People** Therefore let us keep the feast.

**People** Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: grant us peace.

## **The Invitation**

**Presider** This is the table, not of the Church, but of the Lord. It is made ready for those who love him, and for those who want to love him more. So, come, those who have much faith and those who have little, those who have been here often and those who have not been here for a long time, those who have tried to follow and those who have failed. Come, not because the Church invites us; it is Christ, and he invites us to meet him here.

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with Thanksgiving.

## **The Prayer of Spiritual Communion For Those On Zoom**

**Presider:** We know that some of us are joining this morning on zoom, and although they can not physically receive the holy sacraments, they can receive in their own hearts.

**People** In union, Blessed Jesus, with the faithful gathered at every altar of Your Church where Your blessed body and blood are offered, I long to offer You praise and thanksgiving. I believe that You are truly present in the Holy Sacrament. And since I cannot at this time receive communion, I pray You to come into my heart, my soul, and my mind. I unite myself to You, and embrace You with all the affections of my soul. Let nothing separate me from You; let me serve You in this life until, by Your grace, I join You in Your reign of unending peace. Amen.

*We will be offering communion in both kinds: bread & wine.*

*If you would like to **receive the bread and wine** please hold out both hands. You can either drink from the chalice (in which case, after receiving the bread, go to the altar server on the left) or have the bread intincted (dipped) into the wine and given to you (in which case go to the altar server on the right after receiving the bread.) If you would like to **receive the bread only** please hold out one hand.*

*If you would **prefer not to receive the body and bread but receive a blessing**, please cross your hands over your chest.*

*If you would like to receive gluten free bread please tell the presider.*

### **Communion Hymn: Amazing Grace! How Sweet the Sound vs 1,2,3, and 5 Renew 189**

Amazing grace, How sweet the sound  
That saved a wretch like me.  
I once was lost, but now I am found,  
Was blind, but now I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved.  
How precious did that grace appear  
The hour I first believed.

The Lord has promised good to me  
his word my hope secures;  
he will my shield and portion be  
as long as life endures.

When we've been there ten thousand years  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we've first begun.

### **Post Communion Prayer**

**People** Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of Christ, and heirs of your

**eternal kingdom. And now, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Savior. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

## **Sending Out of Eucharistic Ministers with Home Communion**

**Presider** In the name of God, we send you forth to share communion with those who are not able to be with us today.  
**People** **As you have been fed, now feed others.**  
**Presider** Our prayers are with you, go in peace.  
**People** **Thanks be to God.**

## **In Lent, in place of a blessing, a solemn Prayer over the People is used**

**Presider** Bow down before the Lord.

**Lent 4** Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. Amen.

**Lent 5** Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. Amen.

**From Palm Sunday through Maundy Thursday** Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who lives and reigns for ever and ever. Amen.

## **Sending Hymn      God of Grace and God of Mercy Vs 1 and 4      Renew 301**

God of grace and God of glory,  
on your people pour your power;  
crown your ancient Church's story;  
bring its bud to glorious flower.  
Grant us wisdom, grant us courage,  
for the facing of this hour,  
for the facing of this hour.

Save us from weak resignation  
to the evils we deplore;  
let the gift of your salvation  
be our glory evermore.  
Grant us wisdom, grant us courage,  
serving you whom we adore,  
serving you whom we adore.

## Dismissal

Presider Our worship service has come to an end, our service to the world continues. Go in peace, to love and serve the world!

People **Thanks be to God.**