

The Holy Eucharist: Rite One

Sunday, February 22, 2026

The First Sunday in Lent

Prelude

Processional Hymn 143: “The glory of these forty days”

- 1 The glory of these forty days we celebrate with songs of praise;
for Christ, by whom all things were made, himself has fasted and has prayed.
- 2 Alone and fasting Moses saw the loving God who gave the law;
and to Elijah, fasting, came the steeds and chariots of flame.
- 3 So Daniel trained his mystic sight, delivered from the lions’ might;
and John, the Bridegroom’s friend, became the herald of Messiah’s name.
- 4 Then grant us, Lord, like them to be full oft in fast and prayer with thee;
our spirits strengthen with thy grace, and give us joy to see thy face.
- 5 O Father, Son, and Spirit blest, to thee be every prayer addressed,
who art in three-fold Name adored, from age to age, the only Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell, alt.

Penitential Order: Rite One

Celebrant: Bless the Lord who forgiveth all our sins.

People: **His mercy endureth for ever.**

Decalogue (BCP 317)

Celebrant: God spake these words, and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth;

thou shalt not bow down to them, nor worship them.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not take the Name of the Lord thy God in vain.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Remember that thou keep holy the Sabbath day.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Honor thy father and thy mother.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt do no murder.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not commit adultery.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not steal.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not bear false witness against thy neighbor.

People: **Lord have mercy upon us, and incline our hearts to keep this law.**

Celebrant: Thou shalt not covet.

People: **Lord have mercy upon us, and write all these thy laws in our hearts,
we beseech thee.**

Confession of Sin (BCP 320)

Celebrant: Let us humbly confess our sins unto Almighty God.

All: **Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.**

Absolution (BCP 321)

Celebrant: The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit.

People: **Amen.**

The Word of God

The Kyrie (BCP 324, S 90)

Lord, have mercy upon us. Lord, have mercy upon us.

Lord, have mercy upon us.

Christ, have mercy upon us. Christ, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us. Lord, have mercy upon us.

Lord, have mercy upon us.

Collect of the Day (BCP 166, 325)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

People: **Amen.**

The Lessons (BCP 325)

The First Reading

Reader: A reading from the book of Genesis. (2:15-17, 3:1-7)

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden;

but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gradual: Psalm 32 (BCP 624)



- 1 A Happy are they whose transgressions are for-^l given, *
and whose sin is put a-^l way!
- 2 B Happy are they to whom the LORD imputes no^l guilt, *
and in whose spirit there is no^l guile!
- 3 A While I held my tongue, my bones withered a-^l way, *
because of my groaning all day^l long.
- 4 B For your hand was heavy upon me day and^l night; *
my moisture was dried up as in the heat of^l summer.

- 5 **A** Then I acknowledged my sin to ^lyou, *
and did not conceal my ^lguilt.
- 6 **B** I said, " I will confess my transgressions to the ^lLORD." *
Then you forgave me the guilt of my ^lsin.
- 7 **A** Therefore all the faithful will make their prayers to you in time of ^ltrouble; *
when the great waters overflow, they shall not ^lreach them.
- 8 **B** You are my hiding-place; you preserve me from ^ltrouble; *
you surround me with shouts of de- ^lliverance.
- 9 **A** "I will instruct you and teach you in the way that you should ^lgo; *
I will guide you with my ^leye.
- 10 **B** Do not be like horse or mule, which have no under- ^lstanding; *
who must be fitted with bit and bridle, or else they will not stay ^lnear you."
- 11 **A** Great are the tribulations of the ^lwicked; *
but mercy embraces those who trust in the ^lLORD.
- 12 **B** Be glad, you righteous, and rejoice in the ^lLORD; *
shout for joy, all who are true of ^lheart.

The Second Reading

Reader: A reading from Paul's letter to the Romans. (5:12-19)

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much

more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader: The word of the Lord.

People: **Thanks be to God.**

Sequence Hymn : “Jesus tempted in the desert” (v 1, 2)

Tune is *Ton-y-Botel* (H381)

- 1 Jesus, tempted in the desert, lonely, hungry, filled with dread:
“Use your power,” the tempter tells him; “Turn these barren rocks to bread!”
“Not alone by bread,” he answers “Can the human heart be filled.
Only by the Word that calls us is our deepest hunger stilled!”
- 2 Jesus, tempted at the temple, high above its ancient wall:
“Throw yourself from lofty turret; angels wait to break your fall!”
Jesus shuns such empty marvels, feats that fickle crowds request;
“God, whose grace protects, preserves us, we must never vainly test.”

The Gospel

Deacon: The Holy Gospel of our Lord Jesus Christ according to Matthew. (4:1-11)

People: **Glory be to thee, O Lord.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so

that you will not dash your foot against a stone.” Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written, ‘Worship the Lord your God, and serve only him.’” Then the devil left him, and suddenly angels came and waited on him.

Deacon: The Gospel of the Lord.

People: **Praise be to thee, O Christ.**

Sequence Hymn : “Jesus tempted in the desert” (v 3, 4)

- 3 Jesus, tempted on the mountain by the lure of vast domain:
“Fall before me! Be my servant! Glory, fame, you’re sure to gain!”
Jesus sees the dazzling vision, turns his eyes another way:
“God alone deserves our homage! God alone will I obey!”
- 4 When we face temptation’s power, lonely, struggling, filled with dread,
Christ, who knew the tempter’s hour, come and be our living bread.
By your grace, protect, preserve us lest we fall your trust betray.
Yours, above all other voices be the Word we hear, obey.

Words: Herman G. Stuempfle, Jr.

Sermon..... The Rev. Dr. Mark W. Frazier

The Nicene Creed (BCP 326)

All: **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, Form IV (BCP 388)

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 Peace (BCP 332)

Officiant: The peace of the Lord be always with you.

People: **And with thy spirit.**

Announcements

THE HOLY COMMUNION

Offertory

Offertory Anthem..... Choir

Doxology (Hymn 380, v 3)

Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host: praise Father, Son, and Holy Ghost.

The Great Thanksgiving, Eucharistic Prayer II, BCP 340

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

Celebrant It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Celebrant Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

(Sanctus S 113)

All: **Holy, holy, holy, Lord God of Hosts:**

Heaven and earth are full of thy Glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

Celebrant All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

Celebrant For in the night in which he was betrayed, he took bread; and when he had given

thanks to thee, 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, he 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 ye shall drink it, in remembrance of me."

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

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy 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 thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy 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 Ghost all honor and glory be unto thee, O Father Almighty, world without end.

The Lord's Prayer (BCP 336)

Celebrant: And now, as our Savior Christ hath taught us, we are bold to say,

All: **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.

Celebrant: Christ our Passover is sacrificed for us;

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

Agnes Dei (S 157, BCP 337)

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
grant us thy peace.**

Celebrant: The Gifts of God for the People of God.

An Act of Spiritual Communion

All: **My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.**

Post Communion Prayer (BCP 339)

Celebrant: Let us pray.

All: **Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech**

thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

Benediction

Processional Hymn 687: “A mighty fortress is our God”

- 1 A mighty fortress is our God, a bulwark never failing;
our helper he, amid the flood of mortal ills prevailing:
for still our ancient foe doth seek to work us woe;
his craft and power are great, and, armed with cruel hate, on earth is not his equal.
- 2 Did we in our strength confide, our striving would be losing;
were not the right man on our side, the man of God's own choosing:
dost ask who that may be? Christ Jesus, it is he;
Lord Sabaoth, his Name, from age to age the same, and he must win the battle.
- 3 And though this world, with devils filled, should threaten to undo us,
we will not fear, for God hath willed his truth to triumph through us;
the prince of darkness grim, we tremble not for him;
his rage we can endure, for lo! his doom is sure, one little word shall fell him.
- 4 That word above all earthly powers, no thanks to them, abideth;
the Spirit and the gifts are ours through him who with us sideth:
let goods and kindred go, this mortal life also;
the body they may kill: God's truth abideth still, his kingdom is forever.

Words: Martin Luther; tr. Frederic Henry Hedge; based on Psalm 46

Dismissal

Deacon: Let us go forth in the name of Christ.

People: **Thanks be to God.**

Postlude

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