



# THE HOLY EUCHARIST

## WEDNESDAY in the THIRD WEEK of LENT

March 11, 2026

6:15 P.M.



St. John the Baptist Episcopal Church  
in the Admiral District of West Seattle

*We acknowledge that we are on the unceded traditional land of the Coast Salish people,  
including the Duwamish and Suquamish People past and present.*

*We honor with gratitude the land itself and the Duwamish and Suquamish tribes.*

*Please know, that wherever you are in your spiritual journey, you have a place at St. John's.*

Portions of this service are from the optional expansive-language versions of the 1979 *Book of Common Prayer*, as authorized by the 79th General Convention in 2018.

*Standing as able.*

## **A Penitential Order**

*Presider* Bless the Lord who forgives all our sins;  
*People* **His mercy endures for ever.**

## **Confession**

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

*A moment of reflective silence is kept.*

*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.**

## **Kyrie**

*Presider* Lord, have mercy upon us.  
*People* **Christ, have mercy upon us.  
Lord, have mercy upon us.**

## **The Collect of the Day**

**Wednesday in the Third Week of Lent**

*Presider* God be with you.  
*People* **And also with you.**

*Presider* Let us pray.  
Give ear to our prayers, O Lord, and direct the way of your servants in safety under your protection, that, amid all the changes of our earthly pilgrimage, we may be guarded by your mighty aid; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*You may be seated.*

# THE LITURGY OF THE WORD

## Reading

### Deuteronomy 4:1–2, 5–9

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you.

See, just as the LORD my God has charged me, I now teach you statutes and ordinances for you to observe in the land that you are about to occupy. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!"

For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

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

*People* **Thanks be to God.**

## Holy Gospel

*Standing as able.*

### Matthew 5:17–19

*Presider* The Holy Gospel of our Savior Jesus Christ according to Matthew.

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

Jesus said, "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven."

*Presider* The Gospel of our Savior.

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

*You may be seated.*

## Brief Response to the Word

## **A Litany of Healing**

*Presider* Let us name before God those for whom we offer our prayers.

*The people audibly name those for whom they are interceding. A person appointed then leads the Litany*

*Intercessor* God the Father, your will for all people is health and salvation;

*People* **We praise you and thank you, O Lord.**

*Intercessor* God the Son, you came that we might have life, and might have it more abundantly;

*People* **We praise you and thank you, O Lord.**

*Intercessor* God the Holy Spirit, you make our bodies the temple of your presence;

*People* **We praise you and thank you, O Lord.**

*Intercessor* Holy Trinity, one God, in you we live and move and have our being;

*People* **We praise you and thank you, O Lord.**

*Intercessor* Lord, grant your healing grace to all who are sick, injured, or disabled, that they may be made whole;

*People* **Hear us, O Lord of life.**

*Intercessor* Grant to all who seek your guidance, and to all who are lonely, anxious, or despondent, a knowledge of your will and an awareness of your presence;

*People* **Hear us, O Lord of life.**

*Intercessor* Mend broken relationships, and restore those in emotional distress to soundness of mind and serenity of spirit;

*People* **Hear us, O Lord of life.**

*Intercessor* Bless physicians, nurses, and all others who minister to the suffering, granting them wisdom and skill, sympathy and patience;

*People* **Hear us, O Lord of life.**

*Intercessor* Grant to the dying peace and a holy death, and uphold by the grace and consolation of your Holy Spirit those who are bereaved;

*People* **Hear us, O Lord of life.**

*Intercessor* Restore to wholeness whatever is broken by human sin, in our lives, in our nation, and in the world;

*People* **Hear us, O Lord of life.**

*Intercessor* You are the Lord who does wonders:

*People* **You have declared your power among the peoples.**

*Intercessor* With you, O Lord, is the well of life:

*People* **And in your light we see light.**

*Intercessor* Hear us, O Lord of life:

*People* **Heal us, and make us whole.**

*Presider* Let us pray.

*A period of silence follows.*

*Presider* Gracious God, we give you thanks for your beloved Jesus Christ, in whom you have shared the beauty and pain of human life. Look with compassion upon all for whom we pray, and strengthen us to be your instruments of healing in the world, by the power of the Holy Spirit. **Amen.**

*The Presider then invites any who wish to come forward for anointing and laying on of hands.*

*The Laying on of Hands [and Anointing] may conclude with the following Collect.*

*Presider* May the God who goes before you through desert places by night and by day be your companion and guide; may your journey be with the saints; may the Holy Spirit be your strength, and Christ your clothing of light, in whose name we pray. **Amen.**

## The Peace

*Presider* The peace of Christ be always with you.

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

*Those present celebrate the peace with a bow, hands raised in blessing, or the peace sign.*

*You may be seated.*

## Welcome and Announcements

---

*If you wish to make online donations to the ministry of St. John the Baptist Episcopal Church, please visit <https://sjbwestseattle.org/give> or use the SJB Venmo QR code. Thank you.*

---



# THE LITURGY OF THE TABLE

## Offertory Sentence

*Presider* I appeal to you by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship. — *Romans 12:1*

*Please stand as you are able.*

*The congregation's gifts of money for the mission and ministry of St. John's and food for the Food Bank and Little Free Pantry are presented and placed on the Holy Table.*

## Presentation

*People* **All things come from you, O God, and from your own have we given you.**

*Please remain standing.*

## The Great Thanksgiving

**Eucharistic Prayer 1** from *Enriching Our Worship 1*

*Presider* God 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 God thanks and praise.**

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

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

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

## Sanctus

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*Please remain standing.*

*Presider* 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:

*People* **Christ has died. Christ is risen. Christ will come again.**

*Presider* 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 [ \_\_\_\_\_ 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.**

## **The Lord's Prayer**

*Presider* And now as our Savior Christ has taught us, we are bold to pray,

*People* **Our Father, who art in heaven,  
hallowed be thy Name, thy kingdom come,  
thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory, for ever and ever. Amen.**

## **Breaking of the Bread**

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

## **Fraction Anthem**

*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 to Communion**

*Presider* The Gifts of God for the People of God.

*You may be seated.*

*To receive Communion, you are invited to come to the altar rail and stand or kneel at one of the cushions. To receive the bread (wafer), please hold your hands palms up, and the Presider will place a wafer in your hands. Gluten-free bread is available for those requiring it. Please indicate this by holding your hands palms down initially. If you do not wish to partake of the consecrated wine from the common chalice, you may consume the wafer at the altar rail or return to your seat to consume it.*

*To receive the wine, please consume your wafer, and then wait for the Eucharistic Minister to bring the common cup to you at the altar rail. Please do not attempt to intinct (dip) the wafer into the chalice. If you prefer not to partake of the common cup, but would like to receive the words of ministration, simply cross your arms in front of your chest when the Eucharistic Minister comes to you at the altar rail.*

*Reception of the sacrament in one kind (either bread or wine) is considered a full experience of the sacrament.*

*If you would prefer to receive a blessing instead of communion, when you come to the altar rail, simply cross your arms in front of your chest, and the Presider will greet you and offer God's blessing.*

*If you are unable to come forward, ask an usher or someone nearby to request that communion be brought to you.*

## **Prayer for Those Worshipping at Home During the Time of Communion**

*Those worshipping at home are invited to pray.*

*People* **O Christ, 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. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.**

— from *Saint Augustine's Prayer Book*, Forward Movement, 2014

## **Postcommunion Prayer**

*Please stand as you are able.*

*Presider* Let us pray.

*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.**

## **Solemn Prayer Over the People: Third Sunday in Lent**

*Presider* Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

## **Dismissal**

*Presider* Let us bless the Lord.

*People* **Thanks be to God.**

### **Holy Week Services at St. John's**

Palm Sunday, **March 29**, 8:30 a.m. & 10:30 a.m. *Proper Liturgy with Procession*

Monday in Holy Week, **March 30**, 6:30 p.m. *Stations of the Cross*

Tuesday in Holy Week, **March 31**, 6:30 p.m. *Holy Eucharist*

Wednesday in Holy Week, **April 1**, 6:30 p.m. *Tenebrae*

Maundy Thursday, **April 2**, 6:30 p.m. *Proper Liturgy with the Stripping of the Altar*

Good Friday, **April 3**, noon & 6:30 p.m. *Proper Liturgy*

Holy Saturday, **April 4**, 10:30 a.m. *Proper Liturgy*

Saturday Vigil, **April 4**, 8:00 p.m. *The Great Vigil of Easter*

Easter Sunday, **April 5**, 8:30 a.m. *Easter Day spoken Holy Eucharist*

10:30 a.m. *Easter Day Holy Eucharist with music*

11:45 a.m. *Easter Egg Hunt*