

The Second Sunday in Lent

1 March 2026



Choral Holy Eucharist : Rite II
with Birthday Blessing

10:00 am

Grace Episcopal Church

385 Essex Street • Salem • Massachusetts 01970

(978) 744-2796

Email: office@gracechurchsalem.org Web: www.gracechurchsalem.org

Welcome!

Welcome to those of you here. Here's some information:

Most Sundays, we have Church School at 10:00 am with trained teachers. The classroom is located through the door at the front right of the chapel and down the hall; please ask if you need help finding it. The children will join us in church at the Peace and for Communion. All baptized children of any age are welcome to receive Communion.

Please join in the singing! Hymnals are in the pew and the numbers are listed in the leaflet. "S" numbered hymns are found in the front of the *Hymnal 1982*. The *Book of Common Prayer* may also be found in the rack in front of you.

This is a self-supporting congregation, so when the plate is passed in the middle of the service, please be generous. Today's collection will support our ministries to the community.

At the Eucharist, God welcomes all to the heavenly banquet.

The Episcopal Church offers the sacraments to anyone baptized in any denomination who, through prayer and thoughtful consideration, desires them. Please come to the communion rail to receive the bread whether you are an Episcopalian or not, or to receive a blessing.

When coming to the rail for Communion, please kneel or stand at the rail from right to left until the rail is full. You may receive the wafer, receive the wine after consuming the wafer (no intinction) or may ask for a blessing. Please let the priest know if you need a gluten free wafer.

If this is your first time here, please sign the book at the

entrance of the church. If you want more information, our website is www.gracechurchsaalem.org. Our weekly newsletter, called Grace Notes, can be found there. If you wish to receive the newsletter, simply go to the website, open Grace Notes and subscribe.

May we all find the service meaningful and the embrace of the community inviting. It is a joy to worship together, wherever we are on our journey.

The Opening Rite

Prelude

Von Gott will ich nicht lassen

Johann Sebastian Bach

Opening Hymn

The God of Abraham praise

The Hymnal 1982, #401

Leoni

A Penitential Order

The Book of Common Prayer, page 351

Kyrie

Lord, have mercy upon us

The Hymnal 1982, S91

Healey Willan

The Collect of the Day

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.**

The Word of God

The Lessons *(The people sit)*

The First Lesson

Genesis 12:1-4a

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.

Lector The Word of the Lord.

People Thanks be to God.

Psalm 121

Levavi oculos

Tone V.1



1 *I lift up my eyes to the hills;**
from where is my help to come?

- 2 My help comes from the LÓRD, *
the máker of héaven and earth.
- 3 He will not let your fóot be moved *
and he who watches over you wíll not fáll asleep.
- 4 Behold, he who keeps watch over Ísrael *
shall neither slumber nór sleep;
- 5 The LORD himself watches óver you; *
the LORD is your sháde at your ríght hand.
- 6 So that the sun shall not strike yóu by day, *
—nór the móon by night.
- 7 The LORD shall preserve you from all évil; *
it is hé who shall kéeep you safe.
- 8 The LORD shall watch over your going out and your cóming in, *
from this time fóρθ for évermore.

The Epistle

Romans 4:1-5, 13-17

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.

Lector The Word of the Lord.
People Thanks be to God.

The Sequence Hymn

Breathe on me, Breath of God

The Hymnal 1982, #508

Nova Vita

The Gospel

John 3:1-17

Gospeller 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.”

Gospeller The Gospel of the Lord.
People Praise to you, Lord Christ.

The Sermon

The Reverend Sarah A. Conner

The Nicene Creed

The Book of Common Prayer, page 358

The Prayers of the People: Form II

BCP, page 385

The Birthday Prayer

Those celebrating birthdays in the month of March are invited to come forward.

(Said by all): O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in

wisdom and grace, and strengthen their trust in your goodness all the days of their lives, through Jesus Christ our Lord. **Amen.**

The Peace

Welcome and Announcements

The Holy Communion

The Offertory Anthem

John Stainer

God so loved the world

God so loved the world, that He gave His only-begotten Son, that whoso believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved. Amen.

The Hymn at the Presentation

LEVAS, #72

Just a closer walk with thee

The Great Thanksgiving: Eucharistic Prayer A

BCP, page 361

Sanctus

The Hymnal 1982, S124

Holy, holy, holy

New Plainsong

The Lord's Prayer

BCP, page 364

The Fraction Anthem

The Hymnal 1982, S159

O Lamb of God

Missa Marialis

Communion

All present are invited to reverently receive the Holy Sacrament

Hymn at Communion

The Hymnal 1982, #635

If thou but trust in God to guide thee

Wer nur den lieben Gott

Postcommunion Prayer

BCP, page 365

Postcommunion Hymn

The Hymnal 1982, #149

Eternal Lord of love, behold your Church

Old 124th

Blessing and Dismissal

Postlude

Wir danken dir, Herr Jesu Christ

Johann Sebastian Bach

— Worship Leaders —

The Reverend Sarah A. Conner
Joanne Moar
Gavin Watson-Bertrand
Gavin Watson-Bertrand
Holly Willis
Tom Tucker and Faith Aroko

Presider and Preacher
Vergier
Acolyte
Lector
Chalicer
Ushers

Our Prayers are offered for

Robert Borden, Linda Abbene, Deven Manthorne, Margarett Connor, Chuck Manck, Barbara Dwyer, Lilyann, John Gilbo, Vance Gilbert, Reny Sparapani, Laurel, Gary Young, Amy, Paul, Heather and Prescott, Ariana, Sheridan, Javy, Faith Aroko and Family, Jesse Hurst and Family, Maureen Joyce, Arthur, Deb Young, Cindy Rhodes, Ron, Allison Mascolo, Melissa Glassman, Max Joyce, Marc Britt, those battling cancer, Mel, Corey MacNeil, Dianne, Jenny, Loretta and Kris, Priscilla Lemons, Deb Papps, Derek Fuller and Family, for the peaceful repose of the soul of Smadar and all victims of war the Episcopal Diocese of Jerusalem and their ministries; the Boys and Girls Club of Greater Salem, the Salem Public Schools and for an end to racism, war, anti-Semitism, Islamophobia, gun violence and oppression. In thanksgiving, we pray for the ministry of The Reverend Debbie Phillips and her husband, Eric Wagner, this community of faith, for God's grace and forgiveness, for those with the courage to stand up to tyranny, for creation, for the diversity of people, and for all the blessings of this life.

If you have additions or deletions to the prayer list, please email prayerlist@gracechurchsalem.org by Tuesday at noon for publication in that week's e-news. The Parish Prayer List is read aloud each Wednesday at Morning Prayer.

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Knitting News

Red Hats: Some Episcopalians are knitting or crocheting red hats in opposition to the aggressive actions of federal agents in Minnesota. For more information, visit this web address:

<https://episcopalnewsservice.org/2026/02/06/episcopalians-among-knitters-crocheters-making-melt-the-ice-red-hats/>.

Also, here is a link to the pattern.

<https://www.ravelry.com/patterns/library/melt-the-ice-hat>.

If you are interested in your own red hat and don't know how to knit, join the knitting group on **Tuesday evenings (7 - 8:30 PM)**. Among other forms of knitting, we teach loom knitting which can be learned in a single evening or two. If you let us know in advance, we will be sure to have the necessary supplies.

If you are eager for a red hat but can't come on Tuesday evenings, there are some extra hats in the back of the church. There is no charge, but we ask that you consider a donation to the Diocese's Immigrant Legal Emergency Fund. <https://www.diomass.org/give-now>. If there are no hats left, speak to a member of the Knitting Group.

~ Peggy Carter

UPCOMING Events



Antiracism Team Forum March 15th

The Antiracism Team will offer its next forum on Sunday, March 15 after the 10:00 a.m. service, toward the end of coffee hour.

Lenten Learning

Journeying with the Mystics

offered by Cliff

Meets in person at Grace for five Thursdays
starting February 26th

Each session begins at 7:00 p.m. and concludes by 8:00 p.m.

Every meeting includes an 8-minute presentation of a mystic followed by discussion. The course's purpose is not to make you an expert on the mystics presented, but to utilize these mystics to enhance each participant's capacity for their own spirituality, to awaken wonder and enchantment in daily life.

Mystics to be presented may include John of Dalyatha (called John the Sheikh by Arab Christians); the Muslim mystic Ibn 'Arabi; Cynthia Bourgeault; Henri Nouwen; Catherine of Siena; John O'Donohue; the Celtic saint Non of Wales; and the spiritual motherhood of Catherine de Hueck Doherty. Participants can suggest mystics and even, if desired, offer a presentation.

Episcopal 101

offered by Sarah

This class serves as an introduction to the Episcopal Church for those who are new to it, or as a refresher for those who have been in the church for a while. It also prepares adults for baptism, confirmation, or reception into the Episcopal Church. We'll meet via Zoom on four Tuesday evenings from 7:00 p.m. to 8:00 p.m., and on one Sunday after church, according to the schedule below:

- Tuesday, February 24th: The Nicene Creed
- Tuesday, March 3rd: How the Episcopal Church is Governed
- Tuesday, March 10th : The Book of Common Prayer
- Tuesday, March 17th: The Eucharist
- Sunday, March 22nd: A Guided Tour of the Church (*in person, offered after both services*)

Please let Sarah know in advance if you'd like to participate so I can send you the Zoom link. And please let me know, too, if you want to take the class in order to prepare for baptism, confirmation, or reception.

Suggestions for Keeping a Holy Lent



Pray

Prayer is our conversation with God, spoken and unspoken; to pray is to place ourselves in God's presence. Some ways to pray:

- Attend church each Sunday in Lent.
- Attend an Ash Wednesday service and as many of the Holy Week services as you can.
- Say grace before meals.
- Pray one of the Daily Devotions for Individuals and Families from the prayer book (these are shortened forms of the Daily Office; you can find them at missionstclare.com).
- Set aside 5-10 minutes each day to sit quietly in God's presence.

Fast

To fast is to refrain from something for a time so that we clear space for a greater awareness of God. The absence of something can help us return our focus to God. Some ways to fast:

- Refrain from – or reduce your consumption of – meat, sugar, or caffeine, etc. Then, at Easter, make a donation to The Salem Pantry or another local hunger-relief organization.
- Fast from noise; schedule some time for silence each day, preferably at the same time so it's part of your routine.
- Do a “digital fast” – schedule time in which you do not use your digital devices. You might commit to a digital fast each evening, or for a day or two each week, etc.

Read

Spiritual reading can help recenter us and return our attention to our spiritual life. It also gives us something to reflect on throughout the day. Here are some suggestions:

- Read one of the gospels all the way through, a chapter each day. You might try reading Matthew’s gospel, since our Sunday gospel readings this year are mostly taken from Matthew.
- Read one or two psalms each day.
- Do some spiritual reading (e.g., a book of Lenten devotions; *Forward Day by Day*; a book on prayer or the spiritual life).
- Go to episcopalrelief.org/lent and sign up to receive a daily Lenten email from Episcopal Relief & Development, focused on the holy habits of prayer, worship, and engagement with Scripture.
- Reading can include taking a class – consider attending one of the classes offered at Grace during Lent: “Journeying with the Mystics” and “Episcopal 101,” as well as the monthly forum offered by our antiracism team on March 15.

Serve

Thomas Merton wrote, “Action is the stream, and contemplation is the spring.” Our life of prayer and worship flows naturally into service to others. Here are some ways to consider serving:

- Spend some time reflecting on your gifts and skills, and who might need them.
- If you’re seeking ways to volunteer, consider a local organization that helps people in need, such as Lifebridge, The Salem Pantry, etc.
- Make a donation to our diocese’s [Immigrant Legal Emergency Fund](#).
- Explore [Episcopal City Mission’s Emergent Action Network](#) to find resources for immigration and racial justice.

Grace Episcopal Church



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The Mission of Grace Church is to unconditionally invite all people to join us in building a faithful Episcopal congregation that goes out into the community and through prayer, presence, and partnering improves the quality of life by bringing everyone closer to God.

— Grace Episcopal Church —

A parish in the Episcopal Diocese of Massachusetts

The Most Reverend Sean Rowe
The Right Reverend Julia Whitworth
The Reverend Sarah A. Conner
The Reverend E. Clifford Cutler
The Reverend Manny Faria
Mark N. Peterson
Tom and Karen Tucker

Presiding Bishop
Bishop Diocesan
Interim Priest
Assisting Clergy
Assisting Clergy
Music Director
Property Stewards

— Vestry —

Ryan Patten
Lisa Duffy
Joanna Troy
Katie Scott
Javy Awan, Kai Freyleue, Christine Reichert,
Susan Tweed, Caroline Watson-Felt, Holly Willis

Senior Warden
Junior Warden
Clerk
Treasurer
Members of Vestry