

The First Sunday in Lent

22 February 2026



Choral Holy Eucharist with
the Great Litany: Rite II
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.gracechurchsalem.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

An Wasserflüssen Babylon

Johann Sebastian Bach

The Great Litany

The Book of Common Prayer, page 148

The Collect of the Day

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Word of God

The Lessons *(The people sit)*

The First Lesson

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.

Lector The Word of the Lord.

People Thanks be to God.

Psalm 32



- 1 Happy are they whose transgressions are forgiven, *
and whose sin / is put away!
- 2 Happy are they to whom the LÓRD imputes nö guilt, *
and in whose spirit there / is nó guile!
- 3 While I held my tongue, my bones wíthered ^áway, *
because of my groan/ing ^áll day long.
- 4 For your hand was heavy upon me ^{dá}y ^ánd night; *
my moisture was dried up as in the heat / of ^{sú}mmer.
- 5 Then I acknowledged my ^{sín} tö you, *
and did not / conceal my guilt.
- 6 I said, "I will confess my transgressions to thé LÓRD." *
Then you forgave me the guilt / of ^{mý} sin.
- 7 Therefore all the faithful will make their prayers to you in
time of tröuble; *
when the great waters overflow, they shall / not ^réach them.
- 8 You are my hiding-place;
you preserve me from tröuble; *
you surround me with shouts of / deliverance.
- 9 "I will instruct you and teach you in the ^{wá}y that you shöuld go; *
I will guide / you ^with my eye.
- 10 Do not be like horse or mule, which ^{há}ve no understanding; *
who must be fitted with bit and bridle,
or else they will / not ^stáy near you."
- 11 Great are the tribulations ^óf the ^wicked; *
but mercy embraces those who trust / in thé LÓRD.
- 12 Be glad, you righteous, and rejóice in thé LÓRD; *
shout for joy, all who / are ^trúe of heart. [Ant.]

The Epistle

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.

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

The Sequence Hymn

Now let us all with one accord

The Hymnal 1982, #147

Bourbon

The Gospel

Matthew 4:1-11

Gospeller The Holy Gospel of Our Lord Jesus Christ
 according to Matthew.
People Glory to you, Lord Christ

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.

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 Peace

Welcome and Announcements

The Holy Communion

The Offertory Anthem

Arlen Clarke

Love bade me welcome

*Love bade me welcome. Yet my soul drew back
Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning,
If I lacked any thing.
A guest, I answered, worthy to be here:
Love said, You shall be he.
I the unkind, ungrateful? Ah my dear,
I cannot look on thee.
Love took my hand, and smiling did reply,
Who made the eyes but I?
Truth Lord, but I have marred them: let my shame
Go where it doth deserve.
And know you not, says Love, who bore the blame?
My dear, then I will serve.
You must sit down, says Love, and taste my meat:
So I did sit and eat.*

The Hymn at the Presentation

WLP, #805

I want Jesus to walk with me

The Great Thanksgiving: Eucharistic Prayer A

BCP, page 361

Sanctus *The Hymnal 1982, #114*
Holy, holy, holy *Healey Willan*

The Lord's Prayer *BCP, page 364*

The Fraction Anthem *The Hymnal 1982, S158*
O Lamb of God *Healey Willan*

Communion
All present are invited to reverently receive the Holy Sacrament

Hymn at Communion *The Hymnal 1982, #693*
Just as I am, without one plea *Woodworth*

Postcommunion Prayer *BCP, page 365*

Postcommunion Hymn *The Hymnal 1982, #690*
Guide me, O thou great Jehovah *Cwm Rhondda*

Blessing and Dismissal

Postlude
Wer nur den lieben Gott läßt walten *Johann Sebastian Bach*

— **Worship Leaders** —

The Reverend Sarah A. Conner	<i>Presider and Preacher</i>
Joanne Moar	<i>Verger</i>
Joanne Moar	<i>Acolyte</i>
Lisa Duffy	<i>Lector</i>
Joanne Moar	<i>Chalicer</i>
The Tuckers	<i>Usbers</i>

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, speak to one of the members of the knitting group. There may be an extra hat available. We ask that those who make or wear a red hat (and everyone else, for that matter) consider a donation to the Diocese's Immigrant Legal Emergency Fund. <https://www.diomass.org/give-now> .

~ Peggy Carter

SAVE THE DATES FOR
Lenten Learning



JOURNEYING WITH THE MYSTICS



Five Thursdays starting February 26th
In-person at Grace from 7:00p.m.–8:00 p.m.

Cliff Cutler will lead an exploration of the mystics to enhance each participants capacity for their own spirituality, and to awaken wonder in daily life.



EPISCOPAL 101



Four Tuesdays starting February 24th
On Zoom from 7:00 p.m. – 8:00 p.m.
(with one in-person session after each service on
Sunday, March 22nd)

Sarah Conner will lead an introduction to the Episcopal Church for those who are new to it or want to learn more. The class will also prepare adults for baptism, confirmation, or reception into the Episcopal Church.

Please let Sarah know in advance if you'd like to participate.

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:

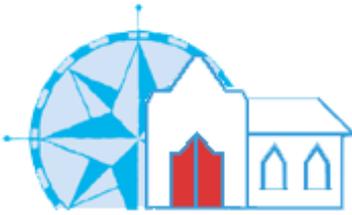
- Read one of the gospels all the way through, a chapter each day. You might try reading Matthew’s gospel, since our Sunday gospel readings this year are mostly taken from Matthew.
- Read one or two psalms each day.
- Do some spiritual reading (e.g., a book of Lenten devotions; *Forward Day by Day*; 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.

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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