



ST. DUNSTAN'S
EPISCOPAL CHURCH

THE FIRST SUNDAY IN LENT

March 9, 2025
8 am

Welcome to St Dunstan's! We are glad you are here!

St. Dunstan's acknowledges that the land on which we gather, and which we steward, is the historic territory of the Rumsen and Esselen peoples, who cared for this land throughout the generations. We give thanks for their strength and resilience in protecting this land, and aspire to uphold our responsibilities according to their example.

THE LITURGY OF THE WORD

All stand at the ringing of the bell.

The ministers process in silence.

Priest Blessed be the God of our salvation:

People Who bears our burdens and forgives our sins.

Priest Let us come to the Lord, who is full of compassion
and acknowledge our transgressions in penitence and faith.

The people sit or kneel. A moment of silence is kept.

**People God eternal, giver of light and grace,
we have sinned against you and against our neighbors,
in what we have thought, in what we have said and done,
through ignorance, through weakness, through our own deliberate fault.
We have wounded your love and marred your image in us.
We are sorry and ashamed and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past and lead us out from darkness
to walk as children of light. Amen.**

Priest May the God of all healing and forgiveness draw us to himself, and cleanse us
from all our sins that we may behold the glory of his Son and Word made
flesh, Jesus Christ our Lord. **Amen.**

Remain standing or kneeling.

Priest Lord, have mercy.

People Christ, have mercy.

Priest Lord, have mercy.

The Collect of the Day *The people stand or kneel.*

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

God of the wilderness, your Spirit leads us to face the truth, unprotected and exposed: in our times of trial, help us to resist the worship of empty power and the illusion of invulnerability that we might find our true food in Jesus Christ, the Broken Bread. **Amen.**

The people are seated.

Deuteronomy 26:1–11

The Lord's mighty salvation of Israel from slavery in Egypt is recalled, and the people are bid to offer in thanksgiving the first fruits of their fields. The passage presents one of Judaism's oldest summaries of its history and confessions of its faith. It is always to be remembered that it was God who made them a people, who heard and delivered them from their distress and gave them this good land for a heritage.

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and

honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Reader The Word of the Lord.

People Thanks be to God.

Psalm 91:1–2, 9–16

A hymn of trust in the Lord. The Lord will guard and deliver the one who loves and seeks refuge with God.

1 He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

2 He shall say to the LORD,
"You are my refuge and my stronghold, *
my God in whom I put my trust."

9 Because you have made the LORD your refuge, *
and the Most High your habitation,

10 There shall no evil happen to you, *
neither shall any plague come near your dwelling.

11 For he shall give his angels charge over you, *
to keep you in all your ways.

12 They shall bear you in their hands, *
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent under
your feet.

14 Because he is bound to me in love,
therefore will I deliver him; *
I will protect him, because he knows my Name.

15 He shall call upon me, and I will answer him; *
I am with him in trouble;
I will rescue him and bring him to honor.

16 With long life will I satisfy him, *
and show him my salvation.

Romans 10:8b–13

Paul teaches that the word of faith is a gift to us; by it we make our saving confession that Jesus is Lord and that God raised him from the dead. Without God's grace the way of righteousness would be impossibly distant. But the faith that leads to righteousness is in our hearts and the confession of salvation is on our lips. This is true for all people, no matter what their background, who call upon the name of the Lord.

"The word is near you,
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Reader The Word of the Lord.

People Thanks be to God.

All stand.

Luke 4:1–13

The story of the temptations of Jesus by the devil. After his baptism Jesus is led into the wilderness and confronted with the temptations which are inescapable in his ministry. He might seek to show that he is the Son of God by satisfying material needs, or he could control lives by ruling with worldly pomp and authority. Or, in what may be seen as the greatest temptation, he could direct allegiance through miraculous power. Instead Jesus three times confesses his obedience to the will of God.

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,
to protect you,' and
'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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

The Sermon

After the sermon a brief silence is kept.

The Rev. Laurel Coote

The Nicene Creed *All Stand.*

**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.

The Prayers of the People *Standing or kneeling.*

Form II

In the course of the silence after each bidding, the People offer their own prayers, either silently or aloud.

Leader I ask your prayers for God's people throughout the world; For our Presiding Bishop, Sean; our Bishop, Lucinda; for this gathering; and for all ministers and people.

Pray for the Church.

Silence

Leader I ask your prayers for peace; for goodwill among all nations; for our leaders, for Donald, our president and Gavin, our governor, and for the well-being of all people.

Pray for justice and peace.

Silence

Leader I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison.

Pray for those in any need or trouble.

Silence

Leader I ask your prayers for all who seek Jesus, or a deeper knowledge of Him.

Pray that they may find and be found by him.

Silence

Leader I ask your prayers for the departed.

Pray for those who have died.

Silence

Leader Praise God for those in every generation in whom Christ has been honored.

Pray that we may have grace to glorify Christ in our own day.

Silence

Leader You are invited to add your names and thanksgivings either silently or aloud.

Silence

Priest O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

The Peace *All stand.*

Priest The peace of the Lord be always with you.

People And also with you.

The people exchange the peace with one another.

Announcements *All are seated.*

THE LITURGY OF THE TABLE

Offertory Sentence

During the setting of the table a collection is taken to support the life and ministry at St. Dunstan's. The people's offerings of bread, wine and money or other gifts will be brought to the priest. The people stand while the offerings are presented. Offerings may also be made online at www.stdcv.org

Priest But do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. *Hebrews 13:15-16*

The Great Thanksgiving

Eucharistic Prayer A

The people stand at the procession of the offering and remain standing.

Priest The Lord be with you.

People And also with you.

Priest Lift up your hearts.

People We lift them to the Lord.

Priest Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Priest It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth; 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 we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

People **Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

The people stand or kneel.

Priest Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he 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 shed 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.**

Priest We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and

unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

THE LORD'S PRAYER

Priest And now, as our Savior Christ has taught us, we are bold to say,

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.**

The Breaking of the Bread

The Priest breaks the consecrated bread.

Priest Christ, our Passover is sacrificed for us.

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

The Fraction

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People Grant us peace.

Priest 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.

INVITATION TO COMMUNION

All who come in faith seeking a deeper knowledge and love of Jesus Christ are welcome to receive Holy Communion. Come forward to receive the bread in your open palm.

If you choose to receive the cup, gently guide the chalice to your lips by touching the base.

At this time, we are not able to allow dipping the wafer into the chalice.

Those who prefer to receive a blessing, or who choose not to receive the cup, may indicate this by crossing their arms over their chest.



If you have a wheat sensitivity, you may ask the priest for a gluten-free wafer. You may have communion brought to your seat by notifying an usher.

Prayers for yourself or another are available during Communion by a member of the Daughters of the King in the back of the church near the Sacristy door.

The Prayer After Communion

Priest Let us pray.

People Compassionate and loving God, through your Son Jesus Christ you have fed us, and reconciled your people to yourself. May we who have shared in the holy meal know your forgiveness in our lives, bring your reconciliation to others, and be a sign of your wholeness in this broken world. Following Christ's example of fasting and prayer, may we obey you with willing hearts and serve one another in holy love. Amen.

All stand for the blessing

The Blessing

Priest Grant, Almighty God, that your people, recognizing their weakness and need for you, may place their whole trust in your strength and rejoice for ever in the protection of your loving providence; and the blessing of God Almighty, Creator, Redeemer and Sustainer, be upon you and remain with you always. **Amen.**

The Dismissal

Priest Go in peace to love and serve the Lord.

People Thanks be to God.

The people remain standing as the ministers depart in silence.

All are welcome at coffee hour.

~

The altar flowers are given to the Glory of God



come. explore. serve. be.

Come walk with us in faith and friendship.
Share our desire to **explore** our relationship with God
and support one another.
Join us to make a difference in our world and **serve**
those who need compassion and help.
Be yourself among us.

Lent Madness is back!

Learn about two saints every day and vote on which should progress toward the Golden Halo! This is just for fun, but you also learn about two saints every day— a good thing for Lent. Go on line and visit lentmadness.Org every morning, read and vote! Watch the progress toward the Golden Halo on the bracket posted in Brock Hall.

Dedicate Altar Flowers



This is a lovely and meaningful way to give Glory to God in celebration of a birthday, or in thanksgiving, or in memory of a loved one. The cost of the flowers is \$30, but some give more. Checks should be made out to St. Dunstan's with "Altar Flowers" in the memo.

Sign up on the Welcome Table.

Help us get to know you by **Filling out a Pew Card**

If you are visiting us, are new to St. Dunstan's, or if your contact information has changed, please fill out a Pew Card and drop it in the collection plate. Thanks!

LENT ONE

Scripture: John 6:25-40



BREAD OF LIFE

There is a lot to love about cross-country season. Both of my boys run with their high school team, the Grizzlies, and going to cheer them on at races reminds me of the Saturday mornings I spent running hilly paths through green and forested parks with my teammates years ago. Though there's new technology in timing chips and PRs are now posted online for team followers to access instantly, the most beautiful aspects of the sport remain unchanged. Crisp autumn mornings, with their yellow and orange leaves falling onto the dirt paths below. Applauding every runner through the last leg of the race, no matter how slowly they're making their way. Blankets to wrap up in on colder race days, at the ready once the runner crosses the finish line and their legs, no longer pumping, start shivering. And the very best part of the season, the tradition we all hope never dies: team dinners.

My kids' cross-country coach, like mine years ago, like countless others, embraces the idea that a well-fed team is a better-performing team, so before every race day, he invites the runners to a team dinner. Sometimes, these are held at the school. Sometimes, families open their homes to the team. While the high schoolers are running practice that day, some combination of their parents and supporters are preparing a feast for them. When their workout is completed, they rush in—exhausted from the miles logged but eager to fill their bellies. They are greeted with seemingly endless pots of spaghetti, a variety of sauces, leafy green salad piled high in bowls, garlic bread hot from the oven, and dessert options ranging from brownies to berries to banana splits.

It's incredible to watch how quickly the runners move through the line, how fast those mountains of food shrink, how crowded the kids make their plates, how quiet they suddenly become when they're all seated at the tables. After I'd doled out cups of lemonade at one team dinner this fall, I watched and wondered if all of these kids ate this well every night. I wondered if most nights, these kids all had a balanced meal, kind people to enjoy it with, and good conversation around the table. I wondered if most nights, each kid in that room got to eat with folks they knew would be cheering them on the next day, on whatever path they found themselves. I hoped so, even as I knew, statistically, it probably wasn't true. I was grateful that at these team dinners, each runner was well-fed, and more than that, each runner was welcomed, accepted, heard, served, celebrated, safe, and part of something bigger than themselves. All of that is as nourishing as the bottomless pasta bowls, if not more so.

When Jesus tells his friends and disciples he is the "bread of life," he's reminding them of all that people hunger for—not just the bread that fills their bellies but the belonging that eases their spirits, the care that heals their wounds, the love that makes them whole. The stories of Jesus' life tell us he broke bread with and for people. He listened to their deep hunger. Through his presence, he helped them know God's embrace of each of them, of all the world.

Through the sharing of broken bread, through the passing of one cup, a community that follows in Jesus' way also commits to addressing the hunger of its members, its neighbors, and the world. All of us are



running some kind of race. All of us need sustenance to make it through. All of us benefit when others are cheering us on. All of us benefit from doing the cheering, too—being reminded that no matter what it feels like, none of us travel these paths alone.

The Lenten season invites us to set aside surface desires and reflect on our deep longings. When Jesus promises those who come to him will never hunger, those who believe in him will never thirst, he is acknowledging that beneath all of our longings is the most vulnerable of desires: to be known and beloved by our Creator. Jesus tells us that longing has already been met. God’s knowing of us, God’s love for us, is like a team dinner. So many are so hungry, we might think there will never be enough, and yet everyone is welcomed, everyone is nourished, and somehow, everyone gets what they need.

LENT ONE DISCUSSION QUESTIONS

1. What questions, or what hopes, come to mind when you hear Jesus’ promise, “I am the bread of life”?
2. Who cheers for you? For whom do you cheer?
3. What is something “bigger than you” that you are part of?
4. Tell the story of a table gathering that fed you in more ways than one.
5. If you were to host a dinner where people left feeling full, known, and beloved, how would you do it? Who would you invite? What food would you serve? What questions would you ask? What stories would you share? Can you make it happen?

Adult Faith Exploration

Luke Bible Study continues this week with Chapter 20

Sunday March 9th—9:00am

Tuesday, March 11th—5:30pm

Wednesday, March th—11:00am



Wonder what's going on at St. Dunstan's?

Sign up today to receive

St. Dunstan's weekly eNews

Getting weekly news, links to sermons, updates, and schedules is as simple as visiting stdcv.org/subscribe and entering your email address.

Children's schedule for March

March 9—Children in church
with their families

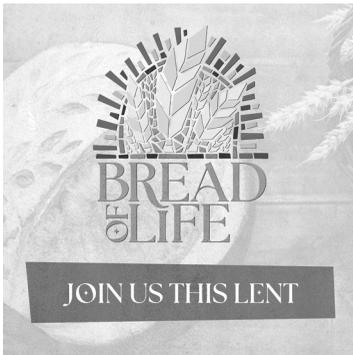
March 16—Sunday School in Brock Hall

March 23—Children in church with
their families.
4th Sunday Service

March 30—Children in church with
their families.



Activity clipboards and
children's books can be
found in a basket at the
back of the church.



Plan to join us for our **Lenten Program and Soup Supper** starting Monday, **March 10th** (and for six consecutive Mondays) from 5:30-7:30pm. The theme is ***Bread of Life*** — a phrase not unfamiliar to us, especially when we think of the many ways bread shows up inside of our gospels and the bread of which we partake at the Christ’s table each Sunday.

Three ways to participate:

- 1) **Attend the soup supper and program** at 5:30p (sign up on the breezeway table).
- 2) Help to **make bread** each week at 1:00 p.m. in the kitchen.
- 3) Read and digest the **Bread of Life Devotional** for each Sunday's gospel (also included in your Sunday bulletin) You can access the weekly devotional from the weekly enews.

WEEKLY THEMES:

- ~ Bread of Life - March 10
- ~ Bread for Growth - March 17
- ~ Bread for Each Day - March 24
- ~ Bread for Sharing - March 31
- ~ Bread for Community - April 7
- ~ Bread for the Road - April 14
- ~ Bread for Feasting — Easter Sunday Celebration



J2A Spring 2025 Schedule

Saturday March 22nd or Sunday March 23rd.

Farm, gardening & agriculture tour at Earthbound Farms in Carmel.
Lunch at Earthbound to follow.

Saturday April 5th, 5pm-7pm - Community Service:

Senior to Senior Dinner Service Project. Saturday evening at 5pm in the Spring when it's lighter.

J2A youth will plan the theme, the menu, cook and serve the food, and perhaps put on a little program with music, comedy, or other entertainment. The theme is that our "Seniors" (everyone in J2A, not just Seniors in High School. But work with us on the pun here) will treat our "Senior Church Members" to an evening of dining and entertainment.

Sunday April 13th at 8am and 10am Service - Church Community:

Passion Reading on Palm Sunday April 13th.
J2A Youth to lead the Dramatic Reading at Both Services.

Saturday or Sunday in May ~3-6pm

Exact time and location TBD - Year End Celebration:
BBQ, Swimming, Parents & Families invited. Hosted at a local home.

J2A Curriculum will be incorporated into all activities.

THIS WEEK AT ST DUNSTAN'S

PARISH OFFICE IS OPEN TUESDAY - THURSDAY 9AM -1PM

Sunday, March 9—Lent Begins!!

8:00 am Holy Eucharist (live-streamed)

9:00 am Choir Rehearsal

9:00 am Adult Formation

Luke Bible Study Ch. 20

10:00 am Holy Eucharist (live-streamed)

11:15 am Coffee Hour

Monday, March 10

Office Closed

5:30 pm Lenten Soup Supper

Tuesday, March 11

4:30 pm Zoom Compline

5:30 pm Adult Formation

Luke Bible Study Ch. 20

7:30 pm AA

Wednesday, March 12

10:00 am Conversation and Communion

Holy Eucharist

11:00 am Adult Formation

Luke Bible Study Ch. 20

11:00 am Prayer Shawl Ministry

Thursday, March 13

9:30 am Bible Study Leaders Meeting

3:00 pm Finance Meeting

Friday, March 14

Saturday, March 15

9:00 am Choir Rehearsal

Sunday, March 16

8:00 am Holy Eucharist (live-streamed)

9:00 am Choir Rehearsal

9:00 am Adult Formation

Luke Bible Study Ch. 21

10:00 am Holy Eucharist (live-streamed)

11:15 am Coffee Hour

View the entire parish calendar stdcv.org/calendar

MARCH BIRTHDAYS

March 1 Dave Beach

March 2 Flo vonPlaten

March 4 Shiree Robinson

March 9 Jeff Jones

March 12 Lisa Olsheskie

March 16 Kurt Buche

March 16 Mike

Hendrickson

March 19 Jim Kasson

March 21 Jenny Whaley

March 22 Sally Dietrich

March 27 Katherine Miller

March 28 Tracy Jones

March 28 Liz Rondelle

March 30 Art Pasquinelli

Sermon Notes

St. Dunstan's Episcopal Church

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