

St. Michael & All Angels Episcopal Church



*First Sunday In Lent*  
*February 26, 2023, 10:00 a.m.*



## HOLY EUCHARIST – RITE ONE

INSTRUMENTAL PRELUDE

Ivana Kenny Carmola

### OPENING PRAYER

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.

PROCESSIONAL HYMN

**L172, Nobody Knows the Trouble I've Seen**

Spiritual

### THE WORD OF GOD

OPENING ACCLAMATION

BCP Pg. 323

KYRIE

**L237, Lord, Have Mercy**

Gillespie

Lord, have mercy, Christ, have mercy.  
Lord, have mercy, Have mercy, O Lord.

COLLECT OF THE DAY

Insert

THE LESSONS [*Congregation is seated*]

Genesis 2:15-17; 3:1-7

Psalm 32

Insert

Romans 5:12-19

GRADUAL HYMN

**H150, v 1-3, Forty days and forty nights**

*Aus der Tiefe rufe ich*

THE HOLY GOSPEL

Matthew 4:1-11

The Reverend Hugh Chapman

SEQUENCE HYMN

**H150, v 4-5, Forty days and forty nights**

*Aus der Tiefe rufe ich*

THE SERMON

Mr. J. Byron Greene

THE NICENE CREED

BCP Pg. 326

THE PRAYERS OF THE PEOPLE FORM II

385

CONFESSION OF SIN AND ABSOLUTION

330

THE PEACE

**L249, Hear Our Prayer, O Lord**

Whelpton

Hear our Prayer, O Lord, hear our prayer, O Lord;  
Incline thine ear to us, and grant us thy peace.



## **PRAYER REQUESTS FOR PEACE AND HEALING**

### **For those at Home**

Fr. Loughton Thomas, Rosalyn Greene, Ella Woodbury, James Manning, Toni Jarmon, Rev. Leslie & Renee White, Rev. Ralph Griffith, Leonel Jones, Charles Walton, Joan Jackson Taylor, Christine Seymour, Mary Ann Nottage, Kove Lawson, Cynthia Holland, Genevie Vaughn, Harriet Bowen, Livy Hitchcock, Sheila Gonzales, Sam & Sharal Jigger, Allan Johnson, and Fr. Terrance Rosheuvel.

### **For those in the care of the Doctor**

Andre Simon, Dourest & JoAnn Robinson, Leslie Baker, John Melville, Lauren Sapp, Dr. Derek Spencer, Marva Davis, Delores Brown, Hattie Olivia Scott, Alexis Shermise Brown, Jasmine Hartin, Shevette Newkirk, Rudolph & Melva Griffith, Delois Abraham, Stella Harris, Pamela Harris Williams, Klcey Scott, Erica Scott, Renrick & Veronica Alleyne, Jeffery Adams, Mayleen Rosheuvel, Ena Mason, Darlene Sheppard, Merrick Winston Edwards, Devonia Sears, Landon Dyre, Brittany Lee, Herma Watson Taylor, Barbara Gruden, Carolyn Allen, Carl Maxwell, Ann Dupree, Al Lawson Jr., Bill Bush, Nohemy Reid, Luann Hickman, Harold Dickey, Sterling Rinks, Scott Allen, Ashley Griffith, Oscar Felker, Fritz Roy, Mark Thomas, Daniella Greenway Thomas, Terrence Harris, Barbara Stovell, Lynn Kimmel, Will Baker, David Thomas, Barbara Lynn, Lee Scott, Leslie Warren, Spencer & Camilla Stapleton.

### **For those on the front lines in the fight against the Coronavirus Pandemic**

Especially all doctors, nurses, scientists, and our own, Dr. Shaun Laurie, Dr. Nwamaka Onyeozili, Dr. Ross Howard McMillan, Dr. Ciara Robinson, Dr. Alaine Sharpe, Zuri A. White and Cheston Williams.

### **For those in the Military**

Linzie Bogan II, Clark Bogan, Brianne Edwards, Vashti Thompson, Thandi Williams and Douglas Sampson.

## **BIRTHDAY PRAYER**

**Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace, which passeth understanding, abide all the days of their lives; through Jesus Christ our Lord. Amen.**

### **Stations of the Cross**

This devotional service will be held throughout the entire duration of the Lenten Season, at 6:30 pm every Friday evening. We urge you to make this also a part of your Lenten discipline.

### **Pray for Dourest**

Our brother Dourest Robinson did suffer a set-back recently and will have to spend additional time at Center Pointe. Keep him and JoAnn in prayer.

## SPECIAL PRAYERS

### Capital Campaign Prayer

Most gracious Lord Jesus Christ and generous source of all abundance, in gratitude we invite you to expand our hearts as we seek to increase and improve this place of worship, peace, healing, forgiveness, outreach, service and fellowship. May all who enter here be restored and strengthened on their journey of faith. Guide us Heavenly Father, that we may make manifest your vision of a beloved and enlightened church and community, and be a shining example of the living presence of the Holy Spirit. May we and our Capital Campaign be a channel of God's abundant grace. Through Jesus Christ our Lord we pray. *Amen.*

### Collect for the Coronavirus Pandemic

Almighty God, Heavenly Healer, we bring to you all who are affected by our present pandemic; for the infirm and infected, the anxious and afraid. By your power defend us and heal us. Let us see one another not as vectors of infection, but as opportunities for love and service, for the sake of your Son Jesus Christ our Lord. *Amen.*

### **HAPPY BIRTHDAY/ANNIVERSARY TO OUR CHURCH FAMILY!**

Scott Allen (2/26), Fr. Hugh Chapman (2/28), Lennie Helfand (3/3), Collin Laurie (3/3).

### Serving today, Sunday, February 26

**Acolytes:** Omar Mongerie, Sierra Mongerie

**LEM:** John Grayson

**Crucifer & MC:** James Fort

Lectors: Leslie Warren, Shaun Warren-Bailey

**Vestry:** Zollie White II

Ivana Kenny Carmola

**Altar Guild:** Natalie Payne

**Organist:** Ivana Kenny Carmola

### Suggested daily Readings for the First Sunday in Lent: Feb. 27 – Mar. 4.

Mon. Deut. 8:11-20

Psalm 41, 52

John 2:1-12

Tue. Deut. 9:4-12

Psalm.45

John 2:13-22

Wed. Deut. 9:13-21

Psalm.119:49-72

John 2:23 – 3:15

Thurs. Deut. 9:23 – 10:5

Psalm 50

John 3:16-21

Fri. Deut. 10:12-22

Psalm 95 & 40, 54

John 3:22-36

Sat. Deut. 11:18-28

Psalm.55

John 4:1-26

### Cursillo Weekend #145 (Co-Ed)

The Cursillo Secretariat has announced that there will be a weekend upcoming (March 23-26) at Camp Weed & Cervený Conference Center.

## **ANNOUNCEMENTS**

### **Lenten Season Continues**

With the solemnities of Ash Wednesday now behind us, we all should have settled on the particular discipline we propose to uphold for the rest of the Season. In addition to the usual fasting, praying and acts of mercy, I invite you to do something more. Something that impacts others around you, something that enriches you spiritually. First however, plan to be at church every opportunity you have to share fellowship with fellow Michaelites. I remind you that every Wednesday thereafter, we shall have our usual devotional gatherings using a hybrid approach – gathering in person and by zoom. In person gatherings will be held in the Fellowship Hall at 6:30 p.m. preceded by some light refreshments at 6:00 p.m. Please make an effort to be present for all gatherings. Our theme this year is : Renew a right spirit within Me and our speakers are: Dr. Rose Campbell Wesley (March 1), Dr. Neil James (March 8), Ms. Chenikka Usher (March 15), Mr. Byron Greene (March 22) Mrs. Alexis McMillan (March 29) and Mr. James Fort (April 5).

### **Appeal on behalf of Altar Guild**

Our Altar Guild does exemplary work always. Much of what they do is hidden from our view, simply because it is all preparatory. So they prepare the altar for worship and decorate as well as at their expense!! They do all of this and more without complaining, recognizing that this is God’s special call upon their lives. We as a parish need to show greater appreciation for their ministry. It was suggested that one way of doing so in a tangible way, is for all of us consider making a donation to the guild through a “Flower Fund”. So when we are celebrating birthdays, anniversaries or special occasions in our lives, let us make special donations as a way of encouraging these wonderful women of God – helping them fulfil their ministry to us as a parish.

### **Parish Meeting being Planned**

On account of our not being able to hold an AGM as scheduled, the vestry will still go ahead and have a parish meeting on March 26, 2023. At that meeting, financial reports and all other pertinent pieces of information regarding projects undertaken or those outstanding, will all be reported on. Look out for further details.

### **Congratulations to Althemese Barnes**

As we have been announcing, our sister Althemese received on Friday, the National Society Daughters of the American Revolution Historic Preservation Medal. This is of course in recognition of her work as a Preservationist. We are so proud of you Ms. Althemese!!

## **FROM THE RECTOR'S DESK**

### **A Word about Lent – the Fast of 40 days**

In the first three centuries of the Church's life, the period of fasting in preparation for Easter did not as a rule, exceed two or three days. In fact the first mention of a period of forty days occurs in the Canons of Nicaea (AD 325). The custom may have originated in the prescribed Fast of candidates for baptism, and the number of 40 was evidently suggested by the 40 days' fasts of Moses, Elijah and especially Jesus. In the Eastern Church, the Lenten Fast was observed during seven weeks, but as Saturdays and Sundays (except Holy Saturday) were exempt, that only left 36 actual fast days. The Western Church on the other hand, fasted for six weeks amounting to 36 days, as they normally left out the Sundays. Apparently in Jerusalem the actual 40 days were observed as early as the 4<sup>th</sup> century where believers fasted five days for eight weeks. As our scholars have pointed out, in Rome, the original Fast was for 40 days from the First Sunday in Lent to Maundy Thursday, with the Fasts of Good Friday and Holy Saturday being independent. During the early centuries of Christendom, the observance of the Fast was very strict – only one meal a day, taken towards the end of the day – and in most places the eating of meat and fish (even eggs) were absolutely forbidden. However in the ninth century onwards and in the Western world, the practice began to be considerably relaxed. The hour for breaking the fast was gradually moved forward to three o'clock in the afternoon, and by the 15<sup>th</sup> century, it had become a general custom, even for religious, to eat at noon. Prior to that, these communities allowed only a beverage during the day, but by the 13<sup>th</sup> century, a light meal was encouraged.

In the Western Church, the penitential character of Lent was reflected in the liturgy, such as the use of purple vestments and the omission of the Alleluias and the Glorias at the Eucharist.

Finally, Lent is generally observed as a time of penance by abstaining from festivities, by the giving of alms and the engaging of spiritual exercises – the reading of scripture and meditative and contemplative exercises. Closer to our time, more emphasis has been placed on these aspects of discipline rather than on physical fasting. The observance of Lent continued in the Church of England after the Reformation and is prescribed by the Book of Common Prayer and for us Episcopalians also. **Fr. Hugh+**

### **Mtr. Hillary Elevated**

Mtr. Hilary Murray who stills feels a deep affection for St. Michael and All Angels, for after all her dad Fr. Carl Murray, served as our rector for over ten (10) years, was recently elevated by the Bishop of Ottawa. She has been appointed to the Stall of St. John in Ottawa's Cathedral. We rejoice at her elevation.

## WELCOME TO ST. MICHAEL

We extend a warm welcome to our guests. Thank you for worshipping with us today. If you are without a church home, we invite you to join our church family. Please sign the guest register, *include your home address, phone number, and if you would like to receive our newsletter, news of special events and other happenings, please add your email address also.*

### *About Us*

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#### *Our Clergy*

The Right Reverend John Howard  
**Bishop – Diocese of Florida**

The Reverend Hugh Chapman  
**Rector**  
340.513.1123  
[Frhugh\\_chappy63@yahoo.com](mailto:Frhugh_chappy63@yahoo.com)

#### *Our Vestry & Staff*

Zollie White II, **Senior Warden**  
850.321.2817

Charlie Clark, **Junior Warden**  
850.631.0780

Linda Billups

Kimberly Douglas

Margaret Edwards, **Vestry Clerk**

Dr. Shaun Laurie

Laurette Scott, **Treasurer**

Dr. Kathleen Rodgers, **Financial Secretary**  
Monique Alleyne, Ivana Kenny Carmola and  
Debralee LaSeur-Helfand, **Organists**

Chris White, **Drummer/Choral Director**

John Grayson, **LEMs Coordinator**

J. Byron Green, **Outreach Coordinator**

Elizabeth Humes, **Administrative Assistant**

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*Follow us on Twitter @SMAA\_Tally*

*Find us on Facebook*

*OUR VISION* is to be a cornerstone for serving the spiritual needs of the greater Tallahassee community, extending an eternal invitation to join our caring parish, and to enrich the spiritual life of all people as we journey with Christ.

*OUR MISSION* is to experience the Gospel of Jesus Christ by feeding the mind, body, and spirit of our community in fellowship and service.