

# ST. JAMES EPISCOPAL CHURCH



*By Deb Runge*

The Second Sunday in Lent  
Morning Prayer  
March 1, 2026

Welcome! If you are visiting, we offer you a special welcome. If you are with us on Zoom and would like more information about our parish, please send the Zoom Usber a chat message, or email [office@stjamesvt.org](mailto:office@stjamesvt.org) with your name, where you're from, and your email address. On Zoom, please keep microphones muted for most of the service. If you are reading a lesson or adding a prayer request aloud during the time of prayers, please unmute yourself, then mute yourself again. In person, sitting distances may be observed as possible and masks may be worn. Please be mindful of the comfort of others.

## Prelude

### Opening Hymn: How firm a foundation

Hymnal 637, v. 1-3

*All stand as able*

1 How firm a foun - da - tion, ye saints of the Lord,  
 2 "Fear not, I am with thee; O be not dis - mayed!  
 3 "When through the deep wa - ters I call thee to go,  
 4 "When through fier - y tri - als thy path - way shall lie,  
 5 "The soul that to Je - sus hath fled for re - pose,

1 is laid for your faith in his ex - cel - lent word!  
 2 For I am thy God, and will still give thee aid;  
 3 the riv - ers of woe shall not thee o - ver - flow;  
 4 my grace, all suf - fi - cient, shall be thy sup - ply;  
 5 I will not, I will not de - sert to its foes;

1 What more can he say than to you he hath said,  
 2 I'll strength - en thee, help thee, and cause thee to stand,  
 3 for I will be with thee, thy trou - bles to bless,  
 4 the flame shall not hurt thee; I on - ly de - sign  
 5 that soul, though all hell shall en - deav - or to shake,

1 to you that for refuge to Je - sus have fled?  
 2 up - held by my right - eous, om - ni - po - tent hand.  
 3 and sanc - ti - fy to thee thy deep - est dis - tress.  
 4 thy dross to con - sume, and thy gold to re - fine.  
 5 I'll nev - er, no, nev - er, no, nev - er for - sake."

Words: K. in John Rippon's *Selection*, 1787, alt. Music: *Lyons*, att. Johann Michael Haydn (1737-1806); desc. Lois Fyfe (b. 1927). Descant Copyright © 1974, The Cumberland Press. Used by permission.

## Opening Versicle

*All* Jesus said: "If any of you would come after me, deny yourself and take up your cross and follow me." *Mark 8:34*

## Confession

*The Deacon or Officiant says*

Let us confess our sins against God and our neighbor.

*Silence is observed*

*Officiant and 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 your Son 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.

*Officiant*

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

## The Invitatory and Psalter

**Psalm 67: 1-5**    *Deus misereatur*

**EOW 23**

*Said in unison with the Officiant leading*

*Officiant*      Let the peoples praise you, O God:

*People*          let all the people's praise you.

O God, be merciful to us and bless us, \*

show us the light of your countenance and come to us.

Let your ways be known upon earth, \*

your saving health among all nations.

Let the peoples praise you, O God; \*

let all the peoples praise you.

Let the nations be glad and sing for joy, \*

for you judge the peoples with equity and guide all the nations upon earth.

Let the peoples praise you, O God; \*

let all the peoples praise you.

## The Psalm Appointed

*All may sit.*

**Psalm 121**

**St. Helena Psalter**

*Read in a manner chosen by the Officiant: direct recitation (unison), antiphonally (side to side), or responsive recitation (leader and people) alternating either by verse or at the asterisk.*

1 I lift up my eyes to the hills; \*

from where is my help to come?

2 My help comes from God, \*

the maker of heaven and earth.

3 God will not let your foot be moved; \*

the One who watches over you will not fall asleep.

4 Behold, the One who keeps watch over Israel \*

shall neither slumber nor sleep;

5 The Holy One watches over you \*

and is your shade at your right hand,

6 So that the sun shall not strike you by day, \*

nor the moon by night.

7 God shall preserve you from all evil \*

and is the One who shall keep you safe.

8 God shall watch over your going out and your coming in, \*

from this time forth for evermore.

*All*

Glory to God, Source of all being, Incarnate Word, and Holy Spirit, \*  
as it was in the beginning, is now and will be forever. Amen.

## **The Lessons**

### **First Reading: Genesis 12:1-4a**

*Lector* A reading from the Book of Genesis.

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* Hear what the Spirit is saying to the Churches.

*People* Thanks be to God.

*A period of silence is kept.*

### **Canticle: A Song of Lamentation** ***Lamentations 1:12, 16; 3:19, 22-24, 26***

**EOW 33**

*The Canticle is said in unison*

Is it nothing to you, all you who pass by? \*

Look and see if there is any sorrow like my sorrow,  
Which was brought upon me, \*  
inflicted by God’s fierce anger.

For these things I weep; my eyes flow with tears, \*  
for a comforter is far from me, one to revive my courage.

Remember my affliction and my bitterness, \*  
wormwood and gall!

The steadfast love of God never ceases, \*  
God’s mercies never end.

They are new every morning; \*  
great is your faithfulness.

“God is my portion,” says my soul, \*  
“therefore will I hope in God.”

It is good that we should wait quietly \*  
for the coming of God’s salvation.

Glory to God, Source of all being, Incarnate Word, and Holy Spirit, \*  
as it was in the beginning, is now and will be forever. Amen.

**Second Reading: Romans 4:1-5, 13-17**

*Lector* A reading from the letter of Paul to the Romans.

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* Hear what the Spirit is saying to the Churches.

*People* Thanks be to God.

**Anthem: Come, Holy Spirit**

**- Bill Gaither/Besig**

**Gospel: John 3:1-17**

*For Morning Prayer, please remain seated for the Gospel lesson.*

*Deacon* A reading from the Gospel according to John.

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.”

*Deacon* Hear what the Spirit is saying to God’s people.

*People* Thanks be to God.

## **Sermon**

**Meg Vittum**

## **Affirmation of Faith**

*All standing as able, the creed is said in unison*

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, God’s only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried; he descended to the dead.

On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body, and the life everlasting. Amen.

## **The Prayers**

*Officiant* Hear our cry, O God.

*People* And listen to our prayer.

*Officiant* Let us pray.

*People and Officiant*

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.

### **Suffrages**

**EOW 42**

*The Suffrages are said responsively.*

V. Help us, O God our Savior;  
R. Deliver us and forgive us our sins.  
V. Look upon your congregation;  
R. Give to your people the blessing of peace.  
V. Declare your glory among the nations;  
R. And your wonders among all peoples.  
V. Do not let the oppressed be shamed and turned away;  
R. Never forget the lives of your poor.  
V. Continue your loving-kindness to those who know you;  
R. And your favor to those who are true of heart.  
V. Satisfy us by your loving-kindness in the morning;  
R. So shall we rejoice and be glad all the days of our life.

### **The Collect of the Day**

**St. Helena Breviary**

*All are invited to say this collect together.*

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; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

### **A Collect for a Time of Transition**

Chief Shepherd, we trust in your guidance for our church. We ask for your Holy Spirit to fill us with wisdom and unity as we navigate this time without a priest in charge. Protect us from division and discouragement. Empower our leaders and members to serve faithfully, meet our needs, and continue to spread the Gospel. Guide us to the leader you have chosen for us and help us grow in your kingdom. In Jesus' name. *Amen.*

### **A Collect for Sundays**

O God, you make us glad with the weekly remembrance of the glorious resurrection of our Savior: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through our Redeemer, Jesus Christ. *Amen.*

### **A Collect for Grace**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. *Amen*

### **Prayer for Welcoming the Stranger**

We saw a stranger yesterday. We put food in the eating place, drink in the drinking place, music in the listening place. And, in the sacred name of the triune God, God blessed us and our house, our cattle and our dear ones. As the lark says in her song: often, often, often goes the Christ in the stranger's guise. *Amen* -Traditional

### **Intercessions and Thanksgivings**

*The Intercessor offers prayers for those on our prayer lists. All may sit.*

We remember and pray for the ministry and work of the Racial Justice and Healing Committee in our Diocesan Cycle of Prayer and for The Nippon Sei Ko Kai in our Anglican Cycle of Prayer. We give thanks and pray for Shirley Ziemer, Heather Winship, and Livy Hitchcock who are celebrating their birthdays this week.

I invite your prayers of thanksgiving.

*The Intercessor will invite prayers to be offered aloud by guiding first, the in-person group and after that, the online worshippers.*

We pray for those who are sick or have asked for our prayers, especially Grace; Kristen; Tyler; Darcy; Foster Borch; Connie; Neil Eklund; Jim Larkin; Carl Runge; John; Linda Chiasson's brother Mark; Matthew; Carol Reichard; and Frances.

I invite your prayers of intercession.

*The Intercessor will invite prayers to be offered aloud by guiding first, the in-person group and after that, the online worshippers.*

We pray for those who have died and those who mourn, especially for the people who have died in global conflicts; for the people who have died from acts of violence; and for all the people who mourn these losses.

I invite your prayers for those who have died.

*The Intercessor will invite prayers to be offered aloud by guiding first, the in-person group and after that, the online worshippers.*

*The Intercessor offers a Prayer for Justice:*

Creator of the Universe, source of all goodness and love, we ask wisdom, help, and guidance as we work to counter the many instances of injustice and racism in our world. Help us to value differences in culture, religious beliefs, and physical appearance, and celebrate the God-made wonder of every human being. Help us to be vigilant, working against racial and social injustice in our own hearts and in the world around us, that we may live into our baptismal covenant to “strive for justice and peace among all people, and respect the dignity of every human being. Amen.

*The Officiant concludes with the following Collect.*

### **A Collect of Dedication**

Beloved God: As we offer ourselves to you this day, guide and stir us with your Holy Spirit, that we may become one body, one spirit in Jesus Christ our Savior. *Amen.*

*The people’s offerings are gathered and brought to the altar by the ushers to be offered to God.*

*All stand as able.*

**Office/Offertory Hymn: Bless Now**

**VF 142**

C G Bm Em

1 Bless now, O God the jour - ney that all your peo - ple make,  
 2 Bless so - journ - ers and pil - grims who share this wind - ing way—  
 3 Di - vine e - ter - nal lov - er, you meet us on the road.

C G Bb Am

the path thru noise and si - lence, the way of give and take.  
 whose hope burns through out the ter - rors whose love sus - tains the day.  
 We wait for land of prom - ise where milk and hon - ey flow.

D C G Am F

The trail is found in des - ert and winds the moun - tain round,  
 We yearn for ho - ly free - dom, while of - ten we are bound.  
 But wait - ing not for pla - ces— you meet us all a - round.

C G Am Dsus4-3 G 1. 2.

then leads be - side still wa - ters, the road where faith is found.  
 To - geth - er we are seek - ing the road where faith is found.  
 Our cov - e - nant is writ - ten on roads, as faith is found.

found.  
found.  
found.

*Play either keyboard or guitar accompaniment, but not together.*

Words: Sylvia G. Dunstan © 1991 GIA Publications, Inc. All rights reserved. Used by permission.  
Music: Ana Hernández © Ana Hernández. All rights reserved. Used by permission.

*Please continue to support our parish life and ministries by sending your offering to St. James Episcopal Church, 4 St. James Place, Essex Junction, VT 05452. You may also give online by visiting: [stjamesvt.org/giving](http://stjamesvt.org/giving)*

## **A Prayer of St. Chrysostom**

*The Officiant and People say together*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

## **Community Announcements**

### **Solemn Prayer**

*The Deacon says*

Bow down before the Lord.

*The people bow or kneel as able and the Officiant says*

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**

*Deacon* Let us bless the Lord.  
*People* Thanks be to God.

1 My faith looks up to thee, thou Lamb of Cal - va - ry,  
 2 May thy rich grace im - part strength to my faint - ing heart,  
 3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my  
 my zeal in - spire; as thou hast died for me, O may my  
 be thou my guide; bid dark - ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.  
 love to thee pure, warm, and change - less be, a liv - ing fire.  
 tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1808-1887). Music: *Olivet*, Lowell Mason (1792-1872).

## Postlude

*Music used with permission under OneLicense #A-727024*

*Collect of the Day from the Saint Helena Breviary Copyright © 2006 by The Order of St. Helena, Inc. All rights reserved.*

*Psalm from the Saint Helena Psalter Copyright © 2004 by The Order of St. Helena, Inc. All rights reserved.*

*Prayer for Justice written by Peggy Bonesteel*

*Please join us for coffee and refreshments in the Parish Hall.*

*And please join us for a brief Compline service with music online Thursday evenings at 7:00 p.m.*



**Officiant:** Peggy Bonesteel

**Preacher:** Meg Vittum

**Deacon:** The Rev. Dn. Dave Ganter

**Lector:** Susan Ficklin

**Intercessor:** Jenny Ogelby

**Musicians:** Richard Merriman; St. James Choir

**In-Person Ushers:** Nancy Collins, Ron Belair

**Minister of Technology:** Brian Garland

**Digital Usher:** Ian Ogelby

---

## IN OUR PRAYERS

**Diocesan and Anglican Cycle of Prayer:** We remember and pray for the ministry and work of the Racial Justice and Healing Committee in our Diocesan Cycle of Prayer; and for The Nippon Sei Ko Kai in our Anglican Cycle of Prayer.

**We pray for those who are sick, recovering from injuries, lonely or grieving, and others who have asked for our prayers:** especially Grace; Kristen; Tyler; Darcy; Foster Borch; Connie; Neil Eklund; Jim Larkin; Carl Runge; John; Linda Chiasson's brother Mark; Matthew; Carol Reichard; and Frances.

**We pray for those who have died and those who mourn:** especially for those who have died in global conflicts; and those who have died from acts of violence.

### **Birthdays:**

Shirley Ziemer, March 2

Heather Winship, March 4

Livy Hitchcock, March 5



## ST. JAMES EPISCOPAL CHURCH

Bishop of Vermont: The Right Rev. Shannon MacVean-Brown

Deacon: The Rev. Deacon David Ganter

Vestry:

Senior Warden, Brian Garland

Junior Warden, Jeff Moskovics

Linda Chiasson

Frances Huessy

Kathy Laidman

Jenny Ogelby

Neal Robinson

George Rudgers

Parish Treasurer: Susan Ficklin

Assistant Treasurers: Janice Rheaume and Jenny Ogelby

Pledge Treasurer: Jeanne Pizii

Vestry Clerk: Molly Rudgers

Minister of Music: Carol Reichard

Parish Administrator: SarahJean Bos

Bulletin: Heather Winship

Constellation Partner: Calvary Episcopal Church, Underhill, VT

4 St. James Place, Essex Junction, Vermont 05452

[www.stjamesvt.org](http://www.stjamesvt.org)

Office e-mail: [office@stjamesvt.org](mailto:office@stjamesvt.org)

Office Phone: 802-878-4014

Office hours: 9-1 Tuesday and Thursday

Senior Warden contact: [bjgarland@gmail.com](mailto:bjgarland@gmail.com)

