

Holy Eucharist Rite II

Second Sunday in Lent

March 1, 2026



Courage Is Contagious

St. Andrew's Episcopal Church

Feeding the Hungry + Welcoming the Stranger

Being Transformed by God

An Invitation to a Holy Lent

The Season of Lent is set aside as a time of renewal, repentance, and remembrance. During Lent, we are invited to deepen our awareness of God's presence in our lives, and to draw closer to God. Traditionally, Christians have done this by choosing to make sacrifices or add disciplines of Bible reading and study, fasting, or prayer. Lent is also a time for reflection, a time to discover and remove the self-made barriers that keep us from experiencing God more fully. Throughout Lent, the worship services are still joyful, but more subdued. The church hangings are purple, the word "Alleluia" is not used in the liturgy or the hymns, and our altars are not adorned with flowers. These practices help the worshipping community mark this as a season for remembering God's gifts of mercy and grace.

Welcome to this morning's worship!

Thank you for joining us today. If you are new to our service, please take a moment to fill out our welcome card so we can get to know you. Please use this bulletin, the red Book of Common Prayer (BCP), and the blue Hymnal to follow along in worship. Nursery care is available down the stairs at the back of the church. We offer children's ministry time during worship as well as activity bags at the back of the church to keep little hearts and hands engaged.

Prelude

Allemande and Gigue from Partita #2 in D Minor (BWV 1004)
Robert Eversman, violin

J.S. Bach

Opening Hymn *(Please stand as you are able.)*

Guide me, O thou great Jehovah

Hymnal 690

The Opening Acclamation

BCP p. 355

Celebrant Bless the Lord who forgives all our sins.

People ***God's mercy endures for ever. Amen.***

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. ***Amen.***

Kyrie

Hymnal S-96

Hymns beginning with S are found in the Service music in the front pages of the Hymnal.

The Collect of the Day

Celebrant The Lord be with you.

People ***And also with you.***

Celebrant Let us pray.

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 Children's Procession

All children are invited to children's ministry time. They will process out of the church together and go to the classroom hall for Godly Play and Kids of the Kingdom, returning for the announcements.

Jesus loves you (sung by all)

Jesus loves you, this we know, for the Bible tells us so.

Little ones to him belong; they are weak, but He is strong.

Yes, Jesus loves you. Yes, Jesus loves you. Yes, Jesus loves you; the Bible tells us so.

The Word of God

A Reading from the Hebrew Bible

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.

Reader The Word of the Lord.

People ***Thanks be to God.***

The Psalm *(sung by choir)*

Psalm 121

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

Anglican Chant Psalter 303,

from where is my help to come?

by Henry Walford Davies

*My help comes from the Lord, **

the maker of heaven and earth.

*He will not let your foot be moved **

and he who watches over you will not fall asleep.

*Behold, he who keeps watch over Israel **

shall neither slumber nor sleep;

*The Lord himself watches over you; **

the Lord is your shade at your right hand,

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

nor the moon by night.

*The Lord shall preserve you from all evil; **

it is he who shall keep you safe.

*The Lord shall watch over your going out and your coming in, **

from this time forth for evermore.

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.

Reader The Word of the Lord.

People *Thanks be to God.*

Gradual Hymn (*standing*)

O love of God, how strong and true (vv. 1–2)

Hymnal 455

The Holy Gospel

John 3:1–17

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.

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.”

Deacon The Gospel of the Lord.

People ***Praise to you, Lord Christ.***

Gradual Hymn

O love of God, how strong and true (vv. 3–4)

Hymnal 455

The Sermon (*seated*)

The Rev. Tricia de Beer

The Nicene Creed (*standing*)

BCP p. 358

The Prayers of the People (Form IV) (*standing or kneeling*)

BCP p. 388

O Lord, Hear My Prayer (sung by all, one time)

Jacques Berthier

O Lord, hear my prayer, O Lord, hear my prayer; when I call answer me.

O Lord, hear my prayer, O Lord, hear my prayer; come and listen to me.

The Confession and Absolution

BCP p. 360

The Peace

Announcements

The Holy Communion

Offertory Anthem

God so loved the world

John Stainer

*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.*

At the Presentation

The Doxology

Hymnal 380, v. 3

The Great Thanksgiving, Eucharistic Prayer B

BCP p. 367

Celebrant The Lord be with you.

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

People *It is right to give God thanks and praise.*

Sanctus

Holy, holy, holy (sung by all, two times)

WLP 785

Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My
heart is glad to say the words: you are ho - ly, Lord.

The Lord's Prayer

BCP p. 364

The Breaking of the Bread

Agnus Dei

Hymnal S-161

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

We are offering Communion in both kinds. If you do not want to receive Communion but would like to come forward for a blessing, come to either side of the altar rail and place your arms across your chest in the form of an "X" or cross.

Communion Hymns (sung by all)

Biblical Poem

Charles Callahan

Robert Eversman, violin

Near the Cross

LEVAS 29

1. Je - sus, keep me near the cross, There's a pre - cious foun - tain;
2. Near the cross, a trem - bling soul, Love and mer - cy found me;
3. Near the cross! O Lamb of God, Bring its scenes be - fore me;
4. Near the cross, I'll watch and wait, Hop - ing, trust - ing ev - er,
1. Free to all, a heal - ing stream Flows from Cal - v'ry's moun - tain.
2. There the Bright and Morn - ing Star Sheds its beams a - round me.
3. Help me walk from day to day With its shad - ows o'er me.
4. Till I reach the gold - en strand Just be - yond the riv - er.

In the cross, in the cross Be my glo - ry ev - er;
Till my rap - tured soul shall find Rest be - yond the riv - er.

My faith looks up to thee

Hymnal 691

In the cross of Christ I glory

Hymnal 441

Postcommunion Prayer

BCP p. 365

Lenten Blessing

May the One who suffers with the sin of the world pour grace upon you that your life may reveal the power of God's love, and the blessing of God, Father, Son, and Holy Spirit, be upon you this day and forever. *Amen.*

Closing Hymn

Hail thou once despised Jesus

Hymnal 495

The Dismissal

Deacon Let us go forth in the name of Christ.

People **Thanks be to God.**

Postlude

We welcome the Rev. Tricia de Beer as preacher today.

We welcome Robert Eversman, guest musician. Robert is Music Director at Heritage Congregational Church in Madison, Wisconsin. We are grateful for his offering of music at St. Andrew's while he is in Greensboro.

Acolyte: Jonathan Spinks, Holden Troutman, Will Troutman. **Readers:** Dawn Martin, Stephen Martin. **Chalicians:** Alan Atwell, Barbara Lawless. **Verger:** George Hanna. **Ushers:** Lee Eanes, Joe Graves, Nancy Kimbrough, Roger Kimbrough, Sandy Shelton. **Greeter & Newcomer Host:** Jon Anderson. **Altar Guild:** Dottie Clark, Carolyn Hackett, Anne Jones, Shelley Kappauf, Betty Self, Laurinda Stokes, Linda Van Ormer, Gail Walters. **Livestream Team:** Jorge Chaires, Joe Stultz.

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We Pray For

Anglican Cycle of Prayer: The Nippon Sei Ko Kai

Featured Prayer: *Today we are continuing to share prayers and liturgy from Anglican prayer books around the world. Here is a blessing in use in the Anglican Church of Kenya. Kenyan Anglicans, led by the Rt. Rev. David Gitari, were at the forefront of African Anglican engagement in the global liturgical renewal movement. Notably, he hosted a consultation on African Culture and Anglican Liturgy in 1993 at Kanamai, near Mombasa (which our own Leon Spencer attended). The blessing below is not specifically for Lent, but its text is a reminder of the journey of Lent from Ash Wednesday to the Resurrection. In the first three of these stages — “problems, difficulties, devil’s works” — the congregants made a sweep of the arm towards the cross; with the last, they made a sweep of the arm toward heaven.*

All our problems

We send to the cross of Christ.

All our difficulties

We send to the cross of Christ.

All the devil’s works

We send to the cross of Christ.

All our hopes

We set on the risen Christ.

Diocesan Cycle of Prayer: Iglesia El Buen Pastor, St. Joseph’s, and St. Luke’s, all of Durham

Those on our parish prayer list: Norma Bullock, Traci and Erik, Jeff Cummer, Betty Atwell, Mack Baker, Lauren, Martha and Jim Kaley, Heather, Victoria, Pauline Tatum, Jim Tatum, Pia, Jeannie Phillips, James, Madeline Colavito, Hilary Towle, Myra Stephens, E. MacKenzie, Susan Seaton, Karl Towle, Heidi Dohmeier, Barbara Van Cleve, Faye Thompson, Ethan Shoffner, Paul, Karen, Sabrina, John Bald, Julie Dameron, Lynn Hayworth, Vicky, Terese Southern, Jordan, Bill Hill, Carl and Angie Smith, James R. Smith, Lauren Vasquez and family, Clare, Ken Sisk, Ken, Patricia, Rhonda Weaver, Lee Martin, Charlyne Hanna, Julia Davis, Carrether, Michael Ballard, Katherine Yost Hayden, Carole, Kat, and Julia, Greta

Seminarian: Ryan Waide

Special concerns: The people of Gaza, Israel, Ukraine, Russia, and Sudan; all those impacted by recent storms

Those serving in our military: Tom Stauffer, Paul Zeigler, Stephen Johnson, Benjamin Phillips, Kenneth Gearhart, Alex Reyes, Michael McNeil, Jordan Payne, Catharyn Nosek

Those expecting: Sean and Olivia Toso, due March 2026

Birthdays: Ethan Chapman, Catherine Clifton Hardman, Mike Hackett, Brooks Johnson, Lorin Kaley, Anne Thornton

Anniversaries: Joe and Sue Graves, Rafael and Marianne Morales

Prayer requests can be sent to Susan Frye, Parish Administrator, at parish@standrewsgso.org or 336-275-1651, ext. 1. Names remain on our parish prayer list for six weeks.

Today

Join Us for Lenten Formation: Courage Is Contagious Meets in the Cloister after Worship

In this class, we will consider what it means to live and act with courage as people of faith. Scripture is full of stories of courage ranging from those like Daniel and Esther who were brave in the face of fear, to whole communities of faith like those in Rome or Philippi that chose God's will over contemporary culture. In Lent, we focus on the courage of Jesus whose love of God led him to unexpected relationships, confrontations with power, and great sacrifice. The word courage comes from the Latin root cor, meaning heart. In the Gospels, Jesus encourages those he encounters to "take heart," to trust and be changed by God's love. Come learn with us as we explore the modern day meaning of courage and learn from those who inspire us. Courage is contagious! Led today by Dr. Joe Graves, in the Cloister.

Forty Days of Feeding the Hungry

*To meet our long-standing commitment to feeding the hungry, we need you! This year we are challenging everyone in the congregation to collect **40 pounds of food or give \$40** to support our feeding ministry during Lent. There will be boxes in the parish hall marked "40 Days" for food. Most needed food items include: rice, pasta, beans (dried and canned), canned vegetables, and canned meats and fish. Checks can be made out to "St. Andrew's Food Insecurity." Online donations are also accepted and should have "Food Insecurity" in the memo line.*

Did you know that the food pantry we support with our "Burgundy Bag" food collection serves 6,000 clients each month? It is a lifeline for many individuals and families. However, this feeding ministry is in a time of transition. At the end of February, One Step Further will no longer run the food pantry. Fortunately, the feeding ministry will continue at the same place (Definition Church) under a new name, "Simple Ways," with continued direction by Susan Cox and current staff members. Simple Ways needs an infusion of funds to get established and is asking us and its other funding partners for immediate support so there is no gap in feeding our neighbors. ***If you can help with an additional donation, please contact Doug Sanecki, our Outreach Chair, at dpsanecki@gmail.com.***

Come to EYC Today (and Middle School Meetup Beforehand)!

At EYC tonight we're having our annual Lenten Prayer Station Scavenger Hunt—eight new and creative ways to pray and to lean in to the season of Lent. We'll also take some time to discuss last

Sunday's Interfaith Tour and all of the things we learned about our neighbors and the different ways they meet God in their places of worship. We'll follow up with a yummy pizza dinner. See you in Herman Hall from 5-6:30 p.m.!

We also have our next Middle School Meetup today at 4! Our 6th-8th graders come at 4 p.m. for our own Winter Olympics, complete with curling, snowball fights, and a parade of nations. Middle School Meetup will last from 4-5 p.m. Then feel free to stick around for EYC right after.

Announcements

Lenten Midweek Eucharists: Wednesdays at Noon in the Chapel

During Lent, we will offer a midweek Noonday Eucharist in the Chapel. All are invited!

Invitation: Gun Violence Prevention Group Meeting—March 5 (Library)

For the past two years a small group has been meeting to learn more about gun violence in our country and organize programs for the parish and wider community. Most recently we held a community conversation, "Stop Gun Violence: What Can We Do?" The group's next meeting is this Thursday at 10:30 a.m. in the Library, and we invite new members to join us! Please contact Kathryn Crowe for more information at kmcrowe71@gmail.com or 336-429-1795.

Join Us for Crafting, Good Works, and Fellowship (No Skills Required)—March 5

*You're invited for some crafting, good works, and fellowship, this Thursday in Parish Hall! We will work on projects we can put to good use (prayer hearts, market bags) or get a jump on Deck the Halls 2026 (only 283 days away!). Please email Lynda Sanecki (lsanecki894@gmail.com) or Cheri Courtright (cvc987@yahoo.com) to let us know if you can join for the morning (9:30-1:00), afternoon (12:30-4:00), or both—with everyone invited to bring a lunch to enjoy together, 12:30-1:00. If you'd like to work on a sewing project, let us know if you need a machine or will bring one. Otherwise, all materials are provided, and **no skills are needed**—just a willing spirit!*

Brotherhood of St. Andrew Interest Meeting—March 8 at 9 a.m. (Library)

The goal of the Brotherhood of St. Andrew (or BOSA) is to inspire, empower, and equip men to fulfill the Great Commission. We address our mission by practicing the disciplines of Daily Prayer, Regular Scripture Study, and Service to others. If you are interested in learning more about BOSA, please join us in the Library on Sunday, March 8, at 9 a.m. Contact David Stokes with any questions at dstokes56@bellsouth.net or 502-523-6396.

Save the Date for Our Next Sprouts Brunch Bunch—March 8 after Worship

All of the ice and snow have us way behind on our usual brunch dates! Mark your calendars for next Sunday, March 8, after church. This time we're heading over to Mellow Mushroom (609 S. Elm St.) for yummy pizzas, pretzels, and more. Contact martha@standrewsgso.org with questions.

Help Share God's Love: Cook for Abundant Life's Community Dinner! — March 10

Many neighbors will be struggling with grocery prices as well as winter heat bills, and one simple way we can help is by cooking for Abundant Life's weekly dinners, where hospitality, fellowship, and good food abound. St. Andrew's turn is Tuesday, March 10, and we're inviting you to provide 9x13 pans of protein packed entrees and vegetable sides. Here's how to help:

- Use a disposable pan, label it with your name and the name of the dish, and freeze it at home.
- All dinner donations need to be in the church's pantry freezer by Sunday morning, March 8th.
- Sign up using the link in this week's eNews. Email Barbara with questions at bjcooke58@gmail.com.

Thank you for bringing hope and connection to our neighbors through this ministry of hospitality!

Sign Up for Our Lenten Women's Retreat, "Grounded: Rooted Wisdom" — March 14

Originally an Epiphany event, our Women's Retreat was rescheduled for Lent. We are planning a special morning of reflection, conversation, and intention setting. Our retreat will be held at St. Andrew's on Saturday, March 14, 9 a.m.–12 p.m., and will be led by Mother Ginny and parishioner Sarah Chowning. Signup is ongoing at the link in this week's eNews, **through March 9**. If you signed up for January and wish to attend on the new date, you DO need to sign up again. We hope you can join us!

Honor Loved Ones with Easter Flower Dedications — Submit by Thursday, March 26

One of the duties of St. Andrew's Altar Guild is to decorate our worship space for special services. On Easter Sunday, we would like the church altar to be full of beautiful flowers, especially lilies. We invite you to support the Altar Guild with an honorary or memorial Easter Flower Offering. The bulletin for Easter Sunday will list all donors and tributes. All submissions must be received in the office by March 26. Please place your cash or check to St. Andrew's, with "Altar Guild Easter Flowers" on the memo line, in the flower envelope. Or submit the online flower form in this week's eNews. **Note: If donating online, you will also need to submit a flower form, so your tribute is not missed.** See this week's eNews for mail-in instructions.

Compassion Camp Registration Is OPEN! Sign Up Today for Our VBS Week, July 27–31

This year's Compassion Camp VBS will be held July 27–31. We're already getting excited about this week of gardening, crafting, learning, yoga, and animal visitors, so be sure to mark your calendars and make your plans to attend. Compassion Camp is fully inclusive and is for ages 4–9. Ages 10 and up are welcome to come as volunteers. Compassion Camp runs Monday–Friday, 9 a.m.–12 p.m., and the cost is \$50 for the week. Scholarships are available. Sign up your Camper(s) at the link in this week's eNews.

It's Time to Sign Up for Our Summer Service Trip in Charleston, SC!

(And Asheville Friends—Look Out for an Email Soon!)

This June 21–26 we'll be heading to a new location to serve, care for, and love on our neighbors in need: Charleston, SC! We'll be hanging with our friends at the Charleston Youth Mission (CYM). (Yes, it's the same mission group we know and love from summers in Asheville!) (cont'd next page)

CYM is located in the Park Circle area of Charleston, which is packed full of local history, parks, shops, and more. We'll spend our days serving the Charleston community while learning more about one of the oldest cities in our nation, including economic and racial disparity in that city, and we'll have time for reflecting on God's call for justice and equity for all. We'll wrap up our week with a beach day and some fun adventures. The cost of this trip is \$200 per person, but scholarships are available—just contact martha@standrewsgso.org for more info. If you are interested in going, please sign up [at the link in our eNews](#). **Asheville Mini-Mission Friends:** We'll be sending out an email with information about payment, packing, and more this week. So keep your eyes peeled!

We Are Grateful for Your Gifts

Your continued gifts sustain the mission and ministry of St. Andrew's. If you have questions about your giving, please email Ray Marsh at bookkeeper@standrewsgso.org or call him at 336-275-1651, ext. 3. Ray is in the office on Tuesdays and Thursdays. To make a new or pledged gift, visit abundant.co/standrewsepiscopalch/give or scan the QR code at right. Checks may be mailed to St. Andrew's Episcopal Church (Bookkeeper), 2105 W. Market St., Greensboro, NC 27403. To submit a pledge for 2026, visit tinyurl.com/WalkInLove2026 or request a pledge packet from Ray. Every pledge matters.



Lenten Resources for Reflection and Prayer

Living Well Through Lent 2026: Cultivating Healing and Wholeness in Heart, Soul, Strength, and Mind, from Living Compass

Available as a booklet in our Parish Hall and church entrances and at livingcompass.org/lent

The Living Compass Model for Well-Being offers us guidance in four dimensions of our being: heart, soul, strength, and mind. Just like a mobile or kinesthetic art, these dimensions are interconnected—movement in one area affects all the others. This year's theme of Healing and Wholeness aligns beautifully with the invitation to a Holy Lent, as the words *holy*, *whole*, *health*, and *healing* all share a common root. The season of Lent is an ideal time to focus on healing and wholeness—for ourselves and for the world.

Holy Habits: Lenten Meditations by Sister Monica Clare, from Episcopal Relief and Development (ERD)

Available at episcopalrelief.org/church-in-action/lent/

Written by Sister Monica Clare, an Episcopal nun, author, and unlikely TikTok star, ERD's 2026 meditations offer an invitation to rediscover—or deepen—holy habits of prayer, worship, and engagement with Scripture. These “holy habits” provide a path to a life that is given shape, meaning, and direction by being rooted in a deeper relationship with God.



*You Are Invited to a Holy and Life-Giving
Lent, Holy Week, and Easter*

LENT

Sunday Worship, 10 a.m.

Contemplative Service, Third Sundays, 8:30 a.m. (Chapel)

Sunday Lenten Formation, 11:15 a.m. (Cloister)

Mar. 14 Lenten Women's Retreat, 9 a.m.–12 p.m. (*St. Andrew's*)

HOLY WEEK AND EASTER

Mar. 29 Palm Sunday Service, 10 a.m.

Apr. 2 Maundy Thursday Service, 7 p.m.

Apr. 3 Good Friday Service, 12 p.m.

Apr. 5 Easter Sunday Service, 10 a.m.
Festive Reception & Easter Egg Hunt after service

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Mark Courtright

Anne Geggie

Elizabeth Troutman

Kathryn Crowe

George Hanna

Celeste Williams

Tim Fleming

AmyRuth McGraw

Eric Revell, *Treasurer*

Jack Garvey

Spencer Musick

Lee Eanes, *Clerk*

Janice Cox Pollard

