

# THE HOLY EUCHARIST

FOR THE FOURTH SUNDAY IN LENT

MARCH 15, 2026

**THE EPISCOPAL CHURCH OF ALL SAINTS & ASCENSION**

4520 LUCAS AND HUNT RD, ST. LOUIS, MO 63121



## **WELCOME! KARIBU!**

God brought you here!

Scattered into a world that does not always see our worth, we gather as God's beloved at The Episcopal Church of All Saints and Ascension. We gather to remember who we are and whose we are. We bring the fragments of our lives, our joys and our sorrows, our weariness and our hope, to be healed and made whole in Jesus Christ.

Rooted in the rich heritage of the Episcopal tradition and shaped by the beauty, brilliance, and resilience of our African American history, we come together as a people of praise. Here, the faith of the ancestors steadies us. Here, the songs of our foremothers and forefathers rise again on our lips. Here, the Spirit meets us in dance and in song, in prayer and in proclamation, in silence and in holy celebration.

We seek to be a place of healing, where wounded spirits find restoration and broken hearts find balm. We seek to be a place of empowerment, where gifts are named, voices are lifted, and leadership is nurtured. We seek to embody Black excellence, not as pride apart from God, but as the radiant reflection of the Divine image within us, cultivated through faith, discipline, creativity, and love.

In this sacred space, we support one another in mutual care and accountability. We testify to God's goodness in the midst of struggle. We proclaim a Gospel that liberates, restores, and sends us forth.

And when our worship ends, our work continues. Strengthened at the altar and stirred by the Spirit, we follow Jesus out into the world carrying with us the courage of the ancestors, the wisdom of those who have gone before, and the unshakable hope of the Resurrection.

God brought you here! Welcome home.



GATHERING OF THE PEOPLE OF GOD.

Gathering Song/Music

330 Savior, Like a Shepherd Lead Us

D A7 D

1 Sa - vior, like a shep-herd lead us; much we need your ten - der care.  
2 We are yours; in love be - friend us, be the guard - ian of our way.  
3 You have prom - ised to re - ceive us, poor and sin - ful though we be;  
4 Ear - ly let us seek your fa - vor, ear - ly let us do your will;

A7 D

In your pleas - ant pas - tures feed us, for our use your fold pre - pare.  
Keep your flock, from sin de - fend us, seek us when we go a - stray.  
You have mer - cy to re - lieve us, grace to cleanse, and power to free.  
Bless - ed Lord and on - ly Sav - ior, with your love our spir - its fill.

G D A7 D

Bless - ed Je - sus, bless - ed Je - sus, you have bought us, yours we are.  
Bless - ed Je - sus, bless - ed Je - sus, hear your chil - dren when we pray.  
Bless - ed Je - sus, bless - ed Je - sus, ear - ly let us turn to you.  
Bless - ed Je - sus, bless - ed Je - sus, you have loved us, love us still.

G D A7 D

Bless - ed Je - sus, bless - ed Je - sus, you have bought us, yours we are.  
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Bless - ed Je - sus, bless - ed Je - sus, ear - ly let us turn to you.  
Bless - ed Je - sus, bless - ed Je - sus, you have loved us, love us still.

## OPENING ACCLAMATION

*Presider* Blessed be the God of our salvation.

*People* **Who bears our burdens and forgives our sins. Amen.**

*Presider* 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.**

## CALLING TO THE ANCESTORS

*During the calling to the Ancestors, a drum rhythm sounds between the calls.*

*Presider* In this journey of Lent, we call to the Ancestors, the dreamers, the seekers, the agitators.

*People* **We call on their strength, their fortitude, their courage as we walk this way.**

*The Presider and people face East.*

*Presider* From the East, where the sun rises and hope is born again, we remember the dreamers, those who trusted in freedom they did not live to see, who prayed toward a brighter dawn. In this Lenten season of repentance and renewal, we lean on their steadfast hope.

*People* **Ancestors of hope, stand among us.**

*The Presider and people face South.*

*Presider* From the South, land of suffering and song, we honor those who bore injustice yet lifted spirituals that carried faith through the fire. As we walk the wilderness road of Lent, may their courage strengthen us.

*People* **Ancestors of courage, stand among us.**

*The Presider and people face West.*

*Presider* From the West, across the waters of sorrow, we remember the stolen ones our ancestors carried in chains, yet never abandoned by God. As we journey toward the cross, we trust the One who entered suffering and rose with healing in his hands.

*People* **Ancestors of faith, stand among us.**

*The Presider and people face North.*

*Presider* From the North, place of resilience and rebuilding, we call on the elders who taught us dignity, who built churches from prayer and perseverance. In this holy season, may their wisdom guide our repentance and our hope.

*People* **Ancestors of wisdom, stand among us.**

*All face toward the altar.*

*Presider* With the ancestors surrounding us, Christ before us, and the Spirit within us, let us walk the Lenten path together and worship the Holy One who brings life out of death. **Amen.**

*Presider* God of our ancestors and God of our becoming, you call us from bondage into freedom, from wilderness into promise, from death into life.

*People* **Gather us in your mercy and set our feet upon your holy way.**

SONG OF LAMENT: "GUIDE MY FEET"

(Each week in lent a different verse is sung)



1., 6. Guide my feet while I run this race,



Guide my feet while I run this race,



Guide my feet while I run this race, for I



don't want to run this race in vain!

2. Hold my hand... 3. Stand by me... 4. I'm your child... 5. Search my heart...

Text: African-American spiritual  
Tune: African-American spiritual; harm. by Diana Kodner, b. 1957

CONFESSION OF SIN

(A brief silence is kept.)

*Deacon* In this season of Lent, let us confess our sins against God and our neighbor, trusting in the mercy of the One who hears our cries.

*Silence is kept*

*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 honored the sacrifices of those who came before us. We have forgotten the songs that sustained us. We have grown weary in the struggle for justice and slow to love one another. Forgive us, we pray. Create in us clean hearts, O God, and renew a right spirit within us. Strengthen us to walk the Lenten road with humility and courage, through Jesus Christ our Lord. Amen.**

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

*Presider* God is with you.

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

*Presider* Let us pray.

*The Presider prays the collect of the day.*

*Presider* Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## THE LITURGY OF THE WORD

*Deacon* May the Word of God always be heard in this place. May the experience of our spiritual ancestors be valued in this place. May the Good News of love be proclaimed in this place.

*People* **May the mystery of Christ unfold before us, may the words of salvation revive us, and may the Spirit of Truth guide us. Let us hear once more the stories of our redemption.**

*All are seated.*

### A READING FROM THE FIRST BOOK OF SAMUEL 16:1-13

The LORD said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the LORD said, "Take a heifer with you, and say, 'I have come to sacrifice to the LORD.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the LORD commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the LORD; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the LORD." But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the LORD chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the LORD chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The LORD has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The LORD said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the LORD came mightily upon David from that day forward. Samuel then set out and went to Ramah.

*Reader* Hear what the Spirit is saying to God's People.

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

THE PSALM OF THE DAY: PSALM 23

- 1 The LORD is my shepherd; \*  
***I shall not be in want.***
- 2 He makes me lie down in green pastures \*  
***and leads me beside still waters.***
- 3 He revives my soul \*  
***and guides me along right pathways for his Name's sake.***
- 4 Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
***for you are with me;  
your rod and your staff, they comfort me.***
- 5 You spread a table before me in the presence of those who trouble me; \*  
***you have anointed my head with oil,  
and my cup is running over.***
- 6 Surely your goodness and mercy shall follow me all the days of my life, \*  
***and I will dwell in the house of the LORD for ever.***

A READING FROM THE BOOK OF EPHESIANS 5:8-14

Once you were darkness, but now in the Lord you are light. Live as children of light— for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!  
Rise from the dead,  
and Christ will shine on you.”

*Reader*            Hear what the Spirit is saying to the Church.  
*People*            ***Thanks be to God.***

# 691 Amazing Grace

G D Em C G

1 A - maz - ing grace— how sweet the sound— that  
 2 'Twas grace that taught my heart to fear, and  
 3 The Lord has prom - ised good to me, his

D7 G/B D/A G

saved a wretch like me! I once was lost, but  
 grace my fears re - lieved; how pre - cious did that  
 word my hope se - cures; he will - my shield and

C G Em G/D D7 G

now am found, was blind, but now I see.  
 grace ap - pear the hour I first be - lieved!  
 por - tion be as long as life en - dures.

4 Through many dangers, toils, and snares  
 I have already come;  
 'tis grace hath brought me safe thus far,  
 and grace will lead me home.

5 When we've been there ten thousand years,  
 bright shining as the sun,  
 we've no less days to sing God's praise  
 than when we'd first begun.

## THE PROCLAMATION OF THE GOSPEL: JOHN 9:1-41

*Deacon* Beloved, God is with you.

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

*Deacon* The holy Gospel of our Lord Jesus Christ, according to John.

*People* ***Glory to you Lord Christ.***

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do

nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

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

## THE SERMON

THE REV. DR. DN. VALERIE E. PATTON

### OUR AFFIRMATION OF FAITH

*Deacon* Let us affirm our faith in the One, Holy and Living God. *Silence is kept for a time.*

*Deacon*            We believe in one God, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

*People*            ***We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Creator, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Creator. Through him all things were made.***

*Deacon*            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 became truly human.

*People*            ***In his life among us, he proclaimed good news to the poor, liberty to the captives, sight to the blind, and release to the oppressed.***

*Deacon*            Jesus ate with outcasts, forgave sinners, challenged injustice, and embodied the boundless love of God.

*People*            ***In word and deed, he revealed the reign of God drawing near.***

*Deacon*            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 Creator.

*People*            ***He will come again in glory to judge the living and the dead, and his kingdom will have no end.***

*Deacon*            We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Creator and the Son. With the Creator and is worshiped and glorified. Who has spoken through the Prophets.

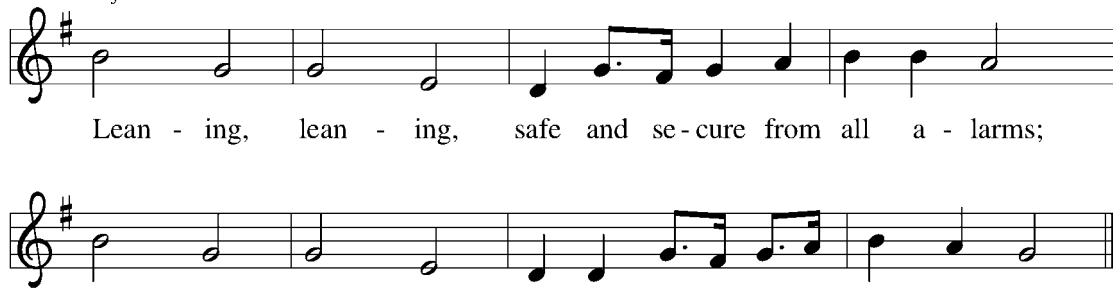
*People*            ***We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.***

## THE PRAYERS OF THE PEOPLE:

A sung refrain may be offered during the prayers.

*Deacon* Trusting in the God who walked with our mothers and fathers through fire and flood, who parted seas and made a way out of no way, let us offer our prayers for the Church and for the world.

*Refrain*



Lean - ing, lean - ing, safe and se - cure from all a - larms;  
lean - ing, lean - ing, lean - ing on the ev - er - last - ing arms.

*Leader* For the holy Church of God throughout the world; for Sean our Presiding Bishop, for Deon our Bishop, for this Diocese, and for all bishops, priests, and deacons; for lay leaders, elders, and young prophets; that the Church may be a shelter in the time of storm, a light in the darkness, and a freedom song for all who long for deliverance; let us pray to the Lord.

*Leader* For this nation, and for all who bear the weight of leadership; for those who sit in seats of power, that they may do justice, love mercy, and walk humbly with our God; that every valley of inequality be lifted and every mountain of oppression made low; let us pray to the Lord.

*Leader* For the peace of the world; for lands torn by war and communities divided by fear; for places where children cry and mothers weep; that swords may be beaten into plowshares and we may study war no more; that God would trouble the waters of injustice and bring healing to the nations; let us pray to the Lord. **Refrain.**

*Leader* For this city and for our neighborhoods; for teachers and students, workers and caregivers; for those seeking employment and those building new beginnings; that our streets may be places of safety, our homes places of laughter, and our churches places where everybody is somebody; let us pray to the Lord.

*Leader* For the sick and the suffering; for those bowed down by grief, addiction, incarceration, or despair; for those who feel like motherless children a long way from home; that Christ, the Man of Sorrows, would sit beside them, rock them in the cradle of his love, and remind them that trouble don't last always; let us pray to the Lord.

*Leader* For those who have gone before us in the faith, our ancestors and all the saints; for those whose names we speak now, either aloud or in the silence of our hearts. (*Silence is kept.*) May

they rest in that bright land where there is no more crying and no more pain, where the tree of life is blooming and the saints go marching in; let us pray to the Lord. **Refrain.**

*Additional prayers may be offered silently or aloud.*

*Presider* God of our weary years and our silent tears, you have brought us thus far by faith. Hear the prayers we offer, spoken and unspoken, and keep us singing as we journey toward the cross and the empty tomb; through Jesus Christ our Lord. **Amen.**

## THE PEACE

*Presider* The peace of the Lord be always with you.

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

## WELCOME AND ANNOUNCEMENTS

## THE LITURGY OF THE TABLE

518

## The Church

*Descant*

4 Here vouch-safe to all thy serv - ants what they ask of

1 Christ is made the sure foun - da - tion, Christ the head and  
 2 All that ded - i - cat - ed ci - ty, dear - ly loved of  
 3 To this tem - ple, where we call thee, come, O Lord of  
 4 Here vouch-safe to all thy serv-ants what they ask of

thee to gain; what they gain from thee, for ev - er

cor - ner - stone, cho - sen of the Lord, and pre - cious,  
 God on high, in ex - ult - ant ju - bi - la - tion  
 Hosts, to - day; with thy wont - ed lov - ing - kind - ness  
 thee to gain; what they gain from thee, for ev - er

with the bless - ed to re - tain, and here - af - ter

bind - ing all the Church in one; ho - ly Zi - on's  
 pours per - pet - ual mel - o - dy; God the One in  
 hear thy serv - ants as they pray, and thy full - est  
 with the bless - ed to re - tain, and here - af - ter



in thy glo - ry ev - er - more with thee to reign.  
 help for ev - er, and her con - fi - dence a - lone.  
 Three a - dor - ing in glad hymns e - ter - nal - ly.  
 ben - e - dic - tion shed with - in its walls al - way.  
 in thy glo - ry ev - er - more with thee to reign.

## THE EUCHARISTIC PRAYER-Prayer A

*Presider* The Lord be with you.  
*People* **And also with you.**  
*Presider* Lift up your hearts.  
*People* **We lift them to the Lord.**  
*Presider* Let us give thanks to the Lord our God.  
*People* **It is right to give thanks and praise.**

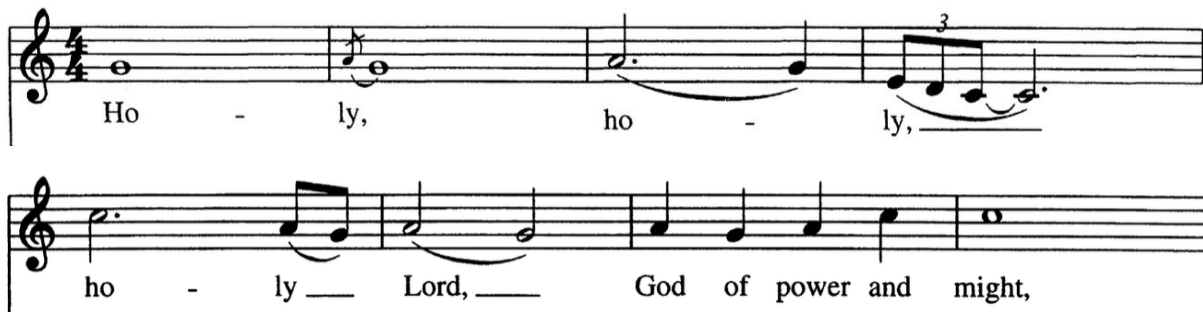
*Presider*  
 It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no 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:

*Presider and People*

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## Holy, Holy, Holy



Ho - ly, ho - ly, ho - ly,  
 ho - ly Lord, God of power and might,

heaven and earth are full of your glory Ho-san-na in the  
high-est. Bless-ed is he who comes in the name of the  
Lord. Ho-san-na in the high-est.

*Presider*

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 many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

*Presider and People*

***Christ has died. Christ is risen. Christ will come again.***

*The Presider continues*

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 AND ASHE!**

## THE GREAT AMEN (SUNG)

### THE LORD'S PRAYER

*Presider* And now, as our Savior Christ has taught us, we are bold to pray,

*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

*Presider* Christ our Passover is sacrificed for us.

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

### FRACTION ANTHEM

*Lamb of God who takes away the sins of the world, have mercy on us.  
Lamb of God who takes away the sins of the world, have mercy on us.  
Lamb of God who takes away the sins of the world, grant us peace.*

### THE INVITATION TO COMMUNION

*Presider* 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.

### THE COMMUNION OF THE PEOPLE

*(All are invited to God's Table. You may come forward to receive the Body of Christ or to receive a blessing. Some may wish to remain in your seats. Please use this time to quietly sit and pray or join in the singing of the hymn.)*

*(Those at home may, if they wish, say this prayer:)*

*In union, O God, with the faithful of your Church where the Holy Eucharist is now being celebrated, we desire to offer you praise and thanksgiving. We present to you our souls and bodies with the earnest wish that we may always be united to you. And since we cannot now receive you sacramentally, we beseech you to come spiritually into our hearts. We unite ourselves with you and embrace you with all the love of our souls. Let nothing ever separate you from us. May we live in you, and may you live in us, both in this life and in the life to come. Amen.*

COMMUNION HYMN

815 Gift of Finest Wheat

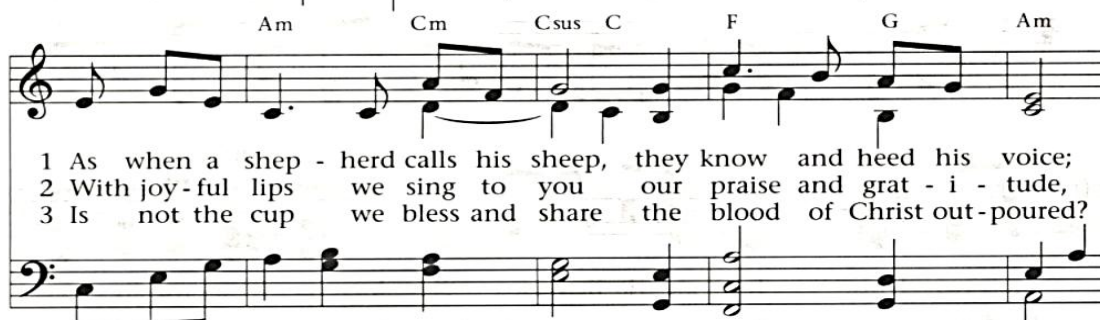
Refrain C Am F Am Dm Em Csus C  
Unison



You sat-is-fy the hun-gry heart with gift of fin-est wheat.



Come, give to us, O sav-ing Lord, the bread of life to eat.



1 As when a shep-herd calls his sheep, they know and heed his voice;  
2 With joy-ful lips we sing to you our praise and grat-i-tude,  
3 Is not the cup we bless and share the blood of Christ out-poured?



so when you call your fam-ily, Lord, we fol-low and re-joice.  
that you should count us wor-thy, Lord, to share this heav-en-ly food.  
Do not one cup, one loaf de-clare our one-ness in the Lord?  
To Refrain

4 The mystery of your presence, Lord,  
no mortal tongue can tell:  
whom all the world cannot contain  
comes in our hearts to dwell.

5 You give yourself to us, O Lord;  
then selfless let us be  
to serve each other in your name  
in truth and charity.

To use with Psalm 81: sing the Refrain, read Ps. 81:1-4, sing Refrain, read Ps. 81: 5-10, Refrain,  
Ps. 81:11-16, Refrain.

Words: Omer Westendorf, 1976, © 1977 Archdiocese of Philadelphia, published by International Liturgy Publications

## THE POST COMMUNION PRAYER

*Presider* Eternal God, God of our weary years and silent tears, we thank you for feeding us with the Bread of Life and the Cup of Salvation. At this table we have tasted freedom, we have touched the faith of our ancestors, we have been strengthened by the Spirit of Christ.

*People* **Send us now into the world, to walk in the strength of those who came before, to sing the songs they taught us, to labor for justice, to rejoice in hope, and to live as your beloved community, until your dream of freedom and wholeness is fulfilled for all people, through Jesus Christ our Lord. Amen and Ashe.**

## THE BLESSING

*Presider* Life is short and we do not have much time to gladden the hearts of those whom we love or those who walk this way with us. So, be swift to love and make haste to be kind and may the Divine Mystery that is beyond our ability to know be your companion along the way. And may the blessing of God Almighty, the grace of Christ the Son and the fellowship of the Holy Spirit, be upon you, and remain with you for ever. **Amen.**

# This Little Light of Mine

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1. This lit - tle light of mine, — I'm goin' - a let it shine, —

The first system of music consists of a treble and bass staff in 4/4 time. The treble staff contains the vocal melody with lyrics. The bass staff provides a harmonic accompaniment. The key signature has one sharp (F#).

this lit - tle light of mine, — I'm goin' - a let it shine, —

The second system continues the melody and accompaniment from the first system.

this lit - tle light of mine, — I'm goin' - a let it shine,

The third system continues the melody and accompaniment.

let it shine, let it shine, let it shine (let it shine).

The fourth system concludes the main melody with a final cadence. The bass staff ends with a double bar line and a common time signature (C).

2. Everywhere I go...      3. All through the night...

Words: Traditional

Music: Negro Spiritual; adapt. William Farley Smith (b. 1941)

Adapt. Copyright © 1989 The United Methodist Publishing House. Reprinted from *The United Methodist Hymnal* by permission.

## THE SENDING

*Deacon* Sisters and brothers, we have gathered at Christ's table with the saints, we have prayed with our faithful ancestors, we have walked the Lenten road toward the cross, and tasted again the mercy of God.

*People* **We do not go alone. The cloud of witnesses surrounds us. The songs of our grandmothers and grandfathers steady our steps.**

*Deacon* As they kept the faith in days of trial, so now we are called to keep the faith; to do justice, love mercy, and walk humbly with our God.

*People* **Ancestors who dreamed of freedom, who sang through sorrow, who trusted God when the night was long, when the way was hard, when hope was dim, walk with us now.**

*Deacon* Christ goes before you in the streets and in the struggle. The Spirit goes within you, stirring holy courage. The God of our weary years goes behind you, guarding and guiding your way.

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

*Deacon* Go forth into the world to lift every voice, to let your light shine, and to run with perseverance the race that is set before you. Go in peace to love and serve our God!

*People* **Thanks be to God. Amen and Ashe!**

**We are grateful to the Rt. Rev. Deon K. Johnson who wrote this Lenten Afrocentric liturgy for us, the beloved community of All Saints and Ascension. Thank you, Bishop!**

## TODAY'S LITURGICAL LEADERS

### **Presider**

*The Rev. Renee L. Fenner, Rector*

### **Deacon**

*The Rev. Dr. Dn. Valerie E. Patton*

### **Worship Leader**

*Margarett Williams*

### **Reader**

*Walter Fox*

### **Acolyte**

*Laura Mabry*

### **Ushers**

*Allen Dukes  
Charles Henderson*

**Minister of Music**

*Terrell Thompson*

**Choir Members**

*Adrienne Dillon, Walter Fox, Michael Griffin, Stanley Johnson, Barrie Jones,  
Helen Owens, and Machel West*

**OUR MISSION AND VISION STATEMENTS**

**Mission Statement:** *To be the Light of Christ that builds relationships in our congregation,  
our community, and with our God.*

**Vision Statement:** *Finding Christ in Relationships*

**Vestry Wardens**

Senior Warden-Gaylard Williams (2027)

Junior Warden-TBA

**Class of 2027**

Adrienne Dillon

Sondra Harrell

**Vestry Clerk**

Margarett Williams

**Class of 2028**

Michael Griffin

Stanley Merridith

**Class of 2029**

Betty Brown

Dawn Johnson

**Treasurer**

Rickey Mabry

**Convention Delegates**

Adrienne Dillon (2027)

Caroline Moore (2027)

**Alternate Delegate**

Donna Black (2027)



**LIFTING UP OUR VOICES**

**“If you see a need, don’t ask why somebody doesn’t do something. Be that somebody.”**

**— Marian Wright Edelman**

# ANNOUNCEMENTS

## PRAYER LIST

We are always ready to pray for family members, friends, neighbors and all those in need of our prayers.

Delphine Booker	Canon Desiree Brattin	Ann Bradley
Lisa Bradley	Harold Briggs	Linette Cayetano
Chris Crittenden	Bessie Clemmons	Jacky Dew
Rick Earley	Ronald Hawkins	Michael Griffin
Renee Griffin	Stella Hughes	Erika Jones
Greg Kelley	Amber King	Winifred Lemmie
Regina Lewis	Johnetta Martin	Diana Oliver
Helen Owens	Betty Patton	Michelle Pendelton
Gwen Perry	Everett Quinn	Marion Robinson
Rick Rollins	Florence Ross	Lisa Shelley
Patricia Thomas	David Westfall	Annie White
Antoinette Williams	James Williams, Sr.	Bill Young

We continue to pray for all those who are still affected by last year's tornado. We pray especially for our adopted family and so many others. Our prayers also continue for all veterans and those who are currently serving in the military, especially:

Sgt. Omar Fernandes (Brantley)-United States Air Force  
Captain Jovonny Carrion-United States Army  
Staff Sgt. Ashley Cole-United States Air Force  
Captain Steven C. Roberts, II – United States Air Force Reserve  
The Rev. Jamal Scarlett-Lieutenant Commander and Navy Chaplain  
Major Christopher Westfall-United States Air Force

We will keep the practice of keeping names on our prayer list for six weeks. If you would like to include someone on our prayer list, please fill out a 'Prayer Request Form' located at the Ushers' station. Thank you!

## REMEMBER OUR ADOPTED FAMILY

Please remember our adopted family in the new year! Our family consists of a single mother and her two daughters, ages 18 and 21. We can continue our monetary fund to help pay for repairs to their home. We can provide food and personal items, and gift cards to stores such as Schnuck's, Target, Walmart, Walgreens, Kohl's, and Aldi's. "Whatever you do to the least of them; you do unto me (Matthew 25:40)."

## EVENSONG FOR WOMEN'S HISTORY MONTH

Christ Church Cathedral, Downtown, will host Evensong for Women's History Month on Sunday, March 22, 2026, at 5:00pm. This special service will feature music by women composers, offered by the Cathedral Choir with featured guest organist Heather Martin Cooper, Associate Organist at the Church of St. Michael & St. George. All are welcome!

## **WOMEN OF THE PASSION**

St. Paul's Episcopal Church, Carondelet (St. Louis), invites the community to a powerful Holy Week meditation entitled "Women of the Passion" on Tuesday, March 31 at 7:00 p.m. The evening will guide participants through three meditations and the Stations of the Cross, told through first-person reflections of women from the Gospel story. Voices such as Pilate's wife, the widow with the mite, the woman with the flow of blood, the bent-over woman, the woman taken in adultery, Mary Magdalene, and Mary the mother of Jesus will bring new perspective and depth to the Passion narrative. St. Paul's is located on 6528 Michigan Ave. This event is free and open to the public.

## **DISCERNMENT DAY**

Mark your calendars for Saturday, May 2, 2026, 10am-4pm for a diocesan-wide Discernment Day at St. Peter's Episcopal Church, 110 N. Warson Road. Are you being called to lay ministry, diaconal ministry, priestly ministry or to religious life? This gathering is designed for anyone exploring a new call to ministry and seeking to learn more about the discernment and formation process. Registration is now open until April 15, and the cost is \$10. Please see the diocesan website for more information.

## **SAFE CHURCH, SAFE COMMUNITY**

It's that time again! This is a reminder that Vestry members and ALL church leaders (especially those who are in close contact with children and teens) are to do 'Safe Church, Safe Community' training. The training is to be done every three years.

However, every year EVERYONE in leadership is expected to re-read and review the policies! Please let Rev. Renee know by April 12, 2026, whether you have taken the training or have re-read the policies. Please DO NOT submit your names individually to the diocesan offices.

## **ASA FOOD MINISTRY – FEED THE NEED**

My dear brothers and sisters in Christ! Thank you for your generosity in feeding our brothers and sisters in the beloved community who are food-insecure! The need is becoming increasingly significant as we continue to partner with the Urban League and as decisions are made in our national government. We want the following items to restock our food pantry:

### **Paper Products**

Paper Towels

### **Toiletries**

Toothpaste, Bar Soap, Deodorant

### **Canned Vegetables or Meal**

Chili, Spaghetti and Meatballs, Vegetables, Corn, Carrots, Peas, Baked Beans, Great Northern Beans, Chicken Noodle Soup, Vegetable Soup

### **Canned or Packet Meat or Protein**

Peanut Butter, Tuna, Chicken Breast, Vienna Sausage, Spam, Luncheon Loaf

### **Starches**

Mac and Cheese, Rice, Spaghetti

### **Breakfast**

Packaged cereal (oatmeal, grits, Cream of Wheat)

When purchasing canned items, please consider getting pull-tops, as many do not have can openers.

### **ASA FOOD MINISTRY – FEED THE NEED - INDOOR FOOD PANTRY and GARDEN**

We want to reopen our indoor Food Pantry soon! We are looking to begin on the 3<sup>rd</sup> Wednesday of each month from 10 am to 12 pm. Volunteers need to be available from 9:30 am to 12:30 pm. We are seeking two volunteers to serve as liaisons to our potential clients.

In spring 2026 (probably late March or early April, depending on the weather), we will plant our vegetable garden. We will need 2-4 volunteers. The volunteers would clean, plant, and maintain the garden. The estimated time commitment is 2 hours per session. For more details, please get in touch with Deacon Valerie.

### **SIBLING SUPPORT NETWORK**

Do not forget that help is there for those dealing with the loss of a sibling due to violent crime. For more info and survey, please go to: [sibling support network.org](http://sibling-support-network.org) or contact Cheeraz Gormon for more information – [cgormon@gmail.com](mailto:cgormon@gmail.com).

### **ALTAR FLOWERS**

During the season of Lent we will not decorate our worship space with flowers. Why? To remind us of Jesus' time in the desert. However, we encourage you to please consider sponsoring altar flowers at Easter and all Sundays following. You can make a dedication to your deceased loved ones or give recognition to living loved ones or in thanksgiving for God's blessings. Check out our website or see an usher for a form!

### **COFFEE HOUR/FELLOWSHIP SIGN UP**

Coffee Hour allows us time to fellowship with each other after Eucharist. Thank you to those who have sponsored a Coffee Hour thus far. Please think about signing up with another parishioner to provide treats for this fun event. There is a sign-up sheet on the bulletin board in the narthex. Refreshments may consist of fruits, pastries/Danish, juice, coffee, tea, and other goodies. **Please note that hosts are also responsible for cleanup.**

### **COMPLETING OFFERING ENVELOPES**

**PLEASE HELP** make the Tellers' job a lot easier by doing the following:

- Write your name on each envelope.
- Write your number on the envelope if you are not using the one assigned to you.
- See Deborah Dukes or Betty Brown if you do not remember your number.
- If you are writing a check, include the check number in the top right corner.
- If you are paying with cash, please write "Cash" in the top right corner instead of a check number.
- Use one envelope for one donation.
- If your donation is for anything other than your pledge, **PLEASE**, include on the envelope what it is for, i.e., ECW Dues, Men's Club, etc.

### **PAYPAL**

Did you forget to bring your pledge with you to church? Or perhaps you cannot attend one of the Eucharists on Sunday morning. Then you should consider using Pay Pal to send in your pledge/contribution. It's fast,

easy, and a guaranteed safe way to contribute. Some of our parishioners are already taking advantage of this service. For more information, go to our website and click on the "Connect Tab" and then click on "Online Contributions."

## **ADDITIONAL WORSHIP AND STUDY OPPORTUNITIES**

### **ASA EVENING PRAYER – EVERY WEDNESDAY AT 6:00 PM**

<contact parish office for login info>

### **ASA BIBLE STUDY**

Please join our weekly Bible Study group every Thursday at 10:00 am. We will be discussing Women of the Bible, so come ready to learn and share your insights. I believe that studying God's Word as a group will strengthen our Faith and will help us relate His Words to our lives in today's world. Joyce Crittenden, Leader.

<contact parish office for login info>

## **HOLY WEEK SERVICES**



**PALM SUNDAY, March 29, 9:00 am-Liturgy of the Palms and Holy Eucharist**

**TUESDAY IN HOLY WEEK, March 31, 7:00 pm - "Women of the Passion" at St. Paul's, Carondelet**

**MAUNDY THURSDAY: April 2, Joint Service at 6:00 pm at All Saints and Ascension with St. Stephen's and the Vine – Holy Eucharist w/Foot washing**

**GOOD FRIDAY: April 3, Joint Service at 6:00 pm at St. Stephen's and the Vine, 33 Clay Ave in Ferguson-Good Friday Solemn Service**

**SATURDAY GREAT EASTER VIGIL: April 4, Time TBD, at Christ Church Cathedral, 1210 Locust St. in St. Louis**

**EASTER SUNDAY: April 20, 9:00 am-Festive Holy Eucharist**

4520 Lucas and Hunt Road  
Saint Louis, Missouri 63121  
314-367-2314  
*allsaintsascension.com*  
[allsaintsadminasst@sbcglobal.net](mailto:allsaintsadminasst@sbcglobal.net)