

# THE HOLY EUCHARIST

FOR THE THIRD SUNDAY IN LENT

MARCH 8, 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.

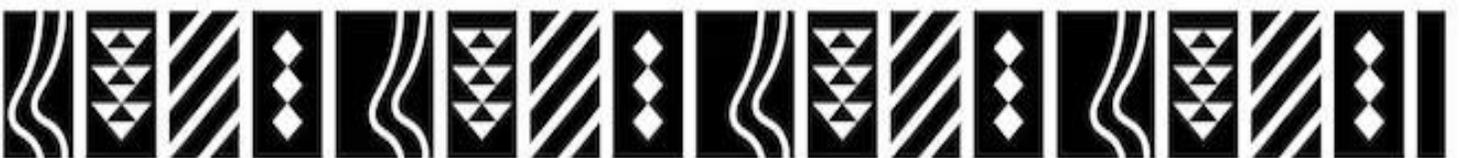
Rooted in the rich heritage of the Episcopal tradition and shaped by the beauty, brilliance, and resilience of our African American history, we come together as a people of praise. Here, the faith of the ancestors steadies us. Here, the songs of our foremothers and forefathers rise again on our lips.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

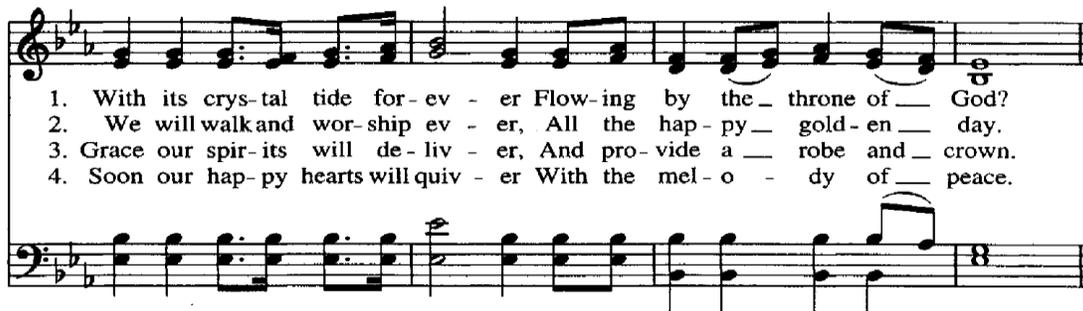
## Gathering Song/Music

141

### Shall We Gather at the River



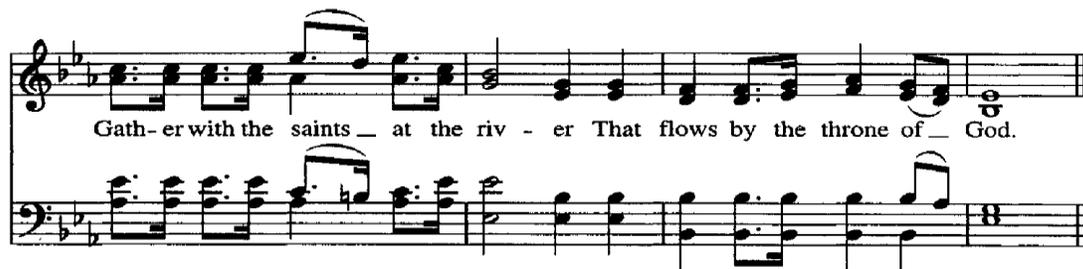
1. Shall we gath-er at the riv - er, Where bright an - gel feet have trod; —  
2. On the mar - gin of the riv - er, Wash - ing up its sil - ver spray. —  
3. Ere we reach the shin - ing riv - er, Lay we ev - 'ry bur - den down; —  
4. Soon we'll reach the shin - ing riv - er, Soon our pil - grim - age will cease. —



1. With its crys - tal tide for - ev - er Flow - ing by the \_ throne of \_ God?  
2. We will walk and wor - ship ev - er, All the hap - py \_ gold - en \_ day.  
3. Grace our spir - its will de - liv - er, And pro - vide a \_ robe and \_ crown.  
4. Soon our hap - py hearts will quiv - er With the mel - o - dy of \_ peace.



Yes, we'll gath - er at the riv - er, The beau - ti - ful, the beau - ti - ful \_ riv - er;



Gath - er with the saints \_ at the riv - er That flows by the throne of \_ God.

Words: Robert Lowry (1826-1899)  
Music: Robert Lowry

## 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.*

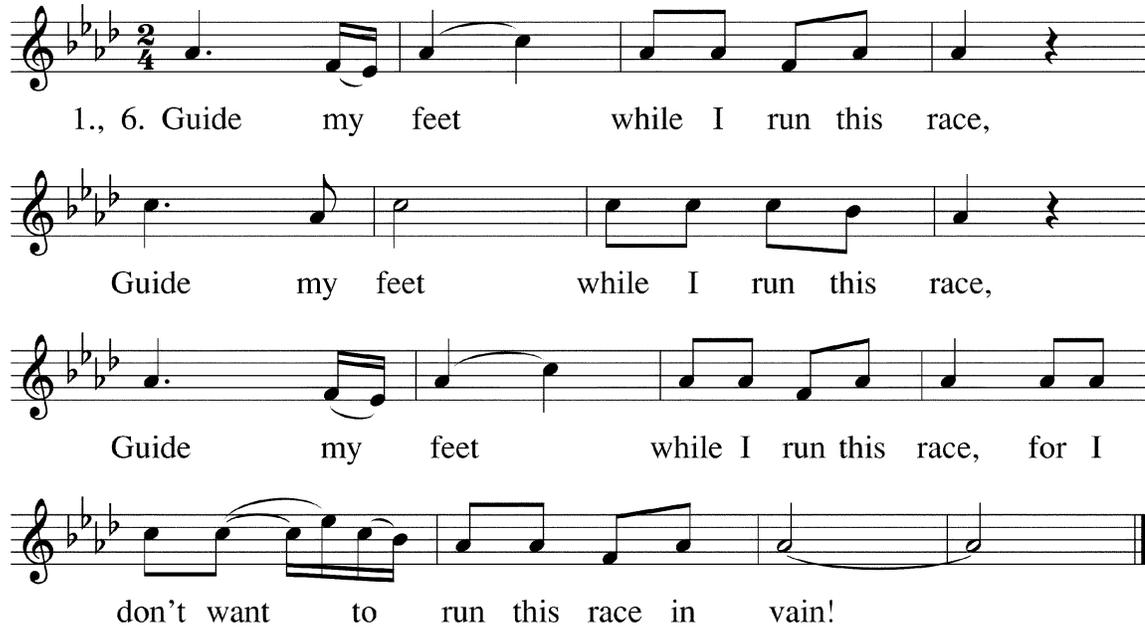
*Presider* With the ancestors surrounding us, Christ before us, and the Spirit within us, let us walk the Lenten path together and worship the Holy One who brings life out of death. **Amen.**

*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 Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and 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 BOOK OF EXODUS 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

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

People **Thanks be to God.**

### THE PSALM OF THE DAY: PSALM 95

1 Come, let us sing to the LORD; \*

**let us shout for joy to the Rock of our salvation.**

2 Let us come before his presence with thanksgiving \*

**and raise a loud shout to him with psalms.**

3 For the LORD is a great God, \*

**and a great King above all gods.**

- 4 In his hand are the caverns of the earth, \*  
**and the heights of the hills are his also.**
- 5 The sea is his, for he made it, \*  
**and his hands have molded the dry land.**
- 6 Come, let us bow down, and bend the knee, \*  
**and kneel before the LORD our Maker.**
- 7 For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
**Oh, that today you would hearken to his voice!**
- 8 Harden not your hearts,  
as your forebears did in the wilderness, \*  
**at Meribah, and on that day at Massah,  
when they tempted me.**
- 9 They put me to the test, \*  
**though they had seen my works.**
- 10 Forty years long I detested that generation and said, \*  
**"This people are wayward in their hearts;  
they do not know my ways."**
- 11 So I swore in my wrath, \*  
**"They shall not enter into my rest."**

A READING FROM THE LETTER TO THE ROMANS 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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

Give Me Jesus

1. In the morn - ing when I rise, In the morn - ing when I  
 2. Dark — mid - night was my cry Dark — mid - night was my  
 3. O — when I come to die, O — when I come to

1. rise, In the morn - ing when I rise, Give me Je - - sus.  
 2. cry, Dark — mid - night was my cry, Give me Je - - sus.  
 3. die, O — when I come to die Give me Je - - sus.

Give me Je - sus, Give me Je - sus, You may

have all this world, Give me Je - sus.

## THE PROCLAMATION OF THE GOSPEL: JOHN 4:5-42

*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.***

*Deacon* The Gospel of the Lord.

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

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his

work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

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

God Will Take Care of You

1. Be not dis-mayed \_ what-e'er be-tide, God will take care of you;—  
 2. Through days of toil \_\_\_ when heart doth fail, God will take care of you;—  
 3. All you may need \_\_\_ He will pro-vide, God will take care of you;—  
 4. No mat-ter what \_\_\_ may be the test, God will take care of you;—

1. Be - neath His wings \_ of love a - bide, God will take care of you. —  
 2. When dan - gers fierce \_ you path as - sail, God will take care of you. —  
 3. Noth - ing you ask \_\_\_ will be de - nied, God will take care of you. —  
 4. Lean, wea - ry one, \_\_\_ up - on His breast, God will take care of you. —

God will take care of you, Through ev - 'ry day, O'er all the way;

He will take care \_ of you, God will take care \_ of you. —

# 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*

252

## Holy, Holy, Holy

Ho - ly, ho - ly, ho - ly, Lord, God of power and might,  
hea - ven and earth are full of your glo - ry 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

154

Taste and See

Taste and see. Taste and see the good - ness

of the Lord. O Taste and see. Taste and

see the good - ness of the Lord, of the Lord. Fine

1. I will bless the Lord at all times.  
2. Glo - ri - fy the Lord with me.  
3. Wor - ship the Lord all you peo - ple.

Words: Psalm 34  
Music: James E. Moore, Jr.  
Music Copyright © 1992 G.I.A. Publications, Inc., Chicago, IL. All Rights Reserved.

1. — His praise — shall al - ways be on my  
 2. — To - geth - er — let us all — praise His  
 3. — You'll — want for noth - ing — if you

1. lips; — my soul — shall  
 2. name. — I called — the  
 3. ask. — Taste — and

1. glo - ry — in the Lord; — for  
 2. Lord — and He ans - swered me; — from  
 3. see — that God is good; — in

1. He — has been — so good to me. —  
 2. all — my trou - bles — He set me free. —  
 3. Him — we need — put all our trust. —

D.C.

## 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.**

Baptized in Water

1. Bap-tized\_ in wa-ter, sealed by the Spi-rit, Cleansed by the  
 2. Bap-tized\_ in wa-ter, sealed by the Spi-rit, Dead in the  
 3. Bap-tized\_ in wa-ter, sealed by the Spi-rit, Marked with the

1. blood of Christ our King: Heirs of sal - va - tion, \_\_\_  
 2. tomb with Christ our King: One with his ris - ing. \_\_\_  
 3. sign of Christ our King: Born of one Fa - ther, \_\_\_

1. trust - ing his prom-ise, Faith ful - ly now God's praise we sing.  
 2. freed and for-giv - en, Thank - ful - ly now God's praise we sing.  
 3. we are his child-ren, Joy - ful - ly now God's praise we sing.

## 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!**

**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**

*Gaylard Williams*

### **Reader**

*Joyce Crittenden*

### **Acolyte**

*Stanley Meredith*

### **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**

TBA

**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**

**“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.”**

***-Ralph Waldo Emerson***

# 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	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)."

## 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 Zoom 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 Zoom login info>

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