

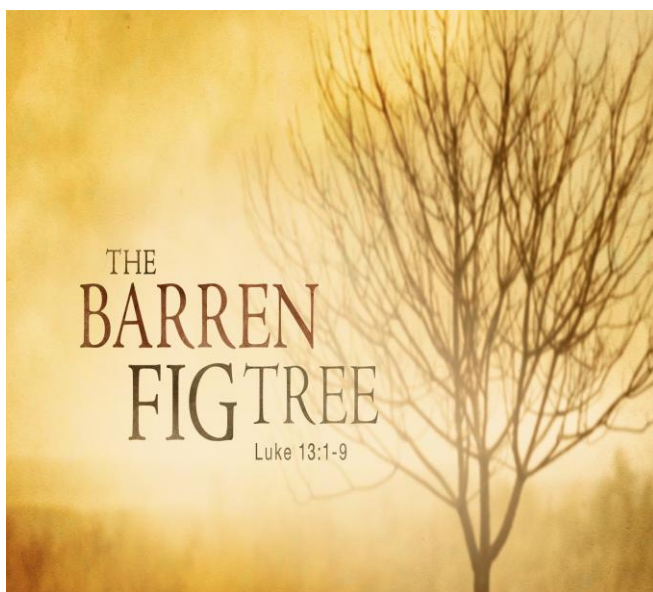
# St. Cyprian's Episcopal Church

THE THIRD SUNDAY IN LENT

SUNDAY, MARCH 23, 2025

10 a.m.

***YouTube LIVE***



**The Rev. Dr. Hector E. K. Sintim**  
**Priest-in-Charge**

1242 W. Queen Street  
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Tuesdays – Thursdays/9:30 a.m. – 2:30 p.m.

**THE THIRD SUNDAY IN LENT**  
**SUNDAY MARCH 23, 2025**  
**THE HOLY EUCHARIST, RITE II**  
**10 a.m.**

**PROCESSIONAL** (*SILENT*)

**A PENITENTIAL ORDER: RITE TWO**

**BCP p. 351**

*The people standing, the Celebrant says*

*Celebrant:* Bless the Lord who forgives all our sins.

*People:* ***His mercy endures for ever.***

*The Celebrant may read one of the following sentences*

**BCP p. 351**

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

**~ I John 1:8, 9**

*The Deacon or Celebrant then says*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Minister and People*

**Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.**

*The Bishop when present, or the Priest, stands and says*

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.*

*When this Order is used at the beginning of the Liturgy, the service continues with the Gloria in excelsis, the Kyrie eleison, or the Trisagion.*

**The Kyrie S91**

**BCP p. 356**

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**

**The Collect**

**BCP p. 218**

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 LESSONS**

**FIRST LESSON: Exodus 3:1-15**

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it

was not consumed. Then Moses said, 'I must turn aside and look at this great sight, and see why the bush is not burned up.' When the Lord saw that he had turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.' He said further, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God. Then the Lord said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.' But Moses said to God, 'Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' He said, 'I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.' But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you", and they ask me, "What is his name?" what shall I say to them?' God said to Moses, 'I am who I am.'\* He said further, 'Thus you shall say to the Israelites, "I am has sent me to you."' God also said to Moses, 'Thus you shall say to the Israelites, "The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you": This is my name for ever, and this my title for all generations. (NRSV)

*Reader:* The Word of the Lord.

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

**PSALM 63:1-8**

*Deus, Deus meus*

**BCP p. 670**

<sup>1</sup> O God, you are my God; eagerly I seek you; \*

my soul thirsts for you, my flesh faints for you, as in a barren and

- dry land where there is no water.
- <sup>2</sup> Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.
- <sup>3</sup> For your loving-kindness is better than life itself; \*  
my lips shall give you praise.
- <sup>4</sup> So will I bless you as long as I live \*  
and lift up my hands in your Name.
- <sup>5</sup> My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,
- <sup>6</sup> When I remember you upon my bed, \*  
and meditate on you in the night watches.
- <sup>7</sup> For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
- <sup>8</sup> My soul clings to you; \*  
your right hand holds me fast.

### **THE EPISTLE: 1 Corinthians 10:1-13**

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, ‘The people sat down to eat and drink, and they rose up to play.’ We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ\* to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you

be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. (NRSV)

*Reader:* The Word of the Lord.

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

## THE GRADUAL HYMN/HYMN OF THE MONTH

(LEVAS # 170) ~ “Yield Not to Temptation”

### A READING FROM THE HOLY GOSPEL

*Gospeller:* The Holy Gospel of our Lord Jesus Christ according to **Luke 13:1-9**

*People:* **Glory to you, Lord Christ**

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, ‘Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.’ Then he told this parable: ‘A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” He replied, “Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.”’ (NRSV)

*Gospeller:* The Gospel of the Lord.

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

### SERMON HYMN (LEVAS #107)

~ “There’s Something About That Name”

**THE SERMON**

**THE PRIEST**

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

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

**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 Father.**

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

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

## **LENT PRAYERS OF THE PEOPLE**

*The Leader and People pray responsively*

Fast from judging others;  
***Feast on Christ dwelling in them.***

Fast from fear of illness;  
***Feast on the healing power of God.***

Fast from words that pollute;  
***Feast on speech that purifies.***

Fast from discontent;  
***Feast on gratitude.***

Fast from anger;  
***Feast on patience.***

Fast from pessimism;  
***Feast on hope.***

Fast from negatives;  
***Feast on encouragement.***

Fast from bitterness;  
***Feast on forgiveness.***

Fast from self-concern;  
***Feast on compassion.***

Fast from suspicion;  
***Feast on truth.***

Fast from gossip;  
***Feast on purposeful silence.***

Fast from problems that overwhelm;  
***Feast on prayer that sustains.***

Fast from anxiety;  
***Feast on faith.***

*Silence*



*The Celebrant adds a concluding Collect.*

**CONCLUDING COLLECT**

**BCP p. 394**

Almighty God, to whom our needs are known before we ask, help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. *Amen.*

**THE PEACE** ~ *Please stand.*

*The Celebrant says to the people*

*Celebrant:* The peace of the Lord be always with you.

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

**OFFERTORY SENTENCE** (*To be said by all*)

*Walk in love, as Christ has instructed us, and let us with one accord bring our offerings and our needs before the Lord.*

**THE OFFERTORY ANTHEM** (*LEVAS # 228*)

~ *“When Israel Was in Egypt’s Land”*

**PRESENTATION OF OFFERINGS AND DOXOLOGY HYMN**

(*All Stand*) ~ (*HYMNAL # 380 v 3*)

*Representatives of the congregation bring the people’s offerings of money or other gifts, to the deacon or celebrant. The people stand while the offerings are presented and placed on the Altar.*

*Celebrant and People*

*Praise God from whom all blessings flow.*

*Praise Him, all creatures here below.*

*Praise Him above, ye heavenly host.*

*Praise Father, Son, and Holy Ghost. Amen*

*Celebrant:* We pray, brethren, that your sacrifice and mine may be acceptable by the Lord Almighty.

*People:* **May the Lord receive our sacrifice both for our benefit and that of his holy Church.**

**THE HOLY EUCHARIST~ Eucharistic Prayer C    BCP p. 369**

*In this prayer, the lines in italics are spoken by the People.*

*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 him thanks and praise.***

*Then, facing the Holy Table, the Celebrant proceeds*

God of all power, Ruler of the Universe, you are worthy of glory and praise.

***Glory to you for ever and ever.***

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

***By your will they were created and have their being.***

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

***Have mercy, Lord, for we are sinners in your sight.***

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

***By his blood, he reconciled us.***

***By his wounds, we are healed.***

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**Holy, Holy, Holy Lord, God of power and might,  
Heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The Celebrant continues*

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

*At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

*Celebrant ~ “Father, We Adore Thee”*

After supper, he took the cup of wine, gave thanks, 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.”

*People ~ “Jesus, We Adore You; Spirit, We Adore You”*

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

***We celebrate his death and resurrection,  
as we await the day of his coming.***

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

*Risen Lord, be known to us in the breaking of the Bread.*

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. *AMEN.*

*As our Savior Christ has taught us, we now pray,*

*People and Celebrant*

**THE LORD'S PRAYER ~ (LEVAS # 263)**

**BCP p. 364**

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

**THE BREAKING OF THE BREAD**

**BCP p. 364**

*The Celebrant breaks the consecrated Bread*

**THE FRACTION ANTHEM**

*A period of silence is kept.*

*Celebrant and People*

*“Christ Our Passover” ~ (LEVAS # 268)*

*“O Lamb of God” ~ (LEVAS #269)*

**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: grant us peace.**

*Facing the people, the Celebrant says the following Invitation*

The Gifts of God for the People of God.

*(All baptized Christians are invited to receive the bread and wine. To receive, please come to the altar rail; kneel or stand with hands outstretched to receive the bread. Then decide whether to receive the wine by dipping the bread or drinking from the large common cup.)*

**COMMUNION HYMN (LEVAS # 147)**

*~ “Come Ye Disconsolate, Where’er Ye Languish”*

**PRAYERS FOR BIRTHDAYS AND ANNIVERSARIES**

**WELCOME AND ANNOUNCEMENTS**

**THE POSTCOMMUNION PRAYER**

**BCP p. 366**

Let us pray.

*Celebrate and People*

**Almighty and everliving God,  
we thank you for feeding us with the spiritual food  
of the most precious Body and Blood  
of your Son our Savior Jesus Christ;  
and for assuring us in these holy mysteries  
that we are living members of the Body of your Son,  
and heirs of your eternal kingdom.  
And now, Father, send us out**

to do the work you have given us to do,  
to love and serve you  
as faithful witnesses of Christ our Lord.  
To him, to you, and to the Holy Spirit,  
be honor and glory, now and for ever. *Amen.*

**THE BLESSING**

**RECESSIONAL HYMN** (*HYMNAL # 390*)

~ “Paise to the Lord, the Almighty”

**CHORAL BENEDICTION** ~ “Let the Church Say Amen”

**THE DISMISSAL**

**BCP p. 366**

*Celebrant:* Go in peace to love and serve the Lord.

*People:* Thanks be to God.

**THE POSTLUDE**



**CHURCH ATTENDANCE  
THE SECOND SUNDAY IN LENT  
MARCH 16, 2025**

Present – 58  
Communion – 58  
*YouTube* – 12

**THE THIRD SUNDAY IN LENT  
MARCH 23, 2025  
10 a.m.**

**Eucharistic Minister** – William H. Walls Jr.  
**Altar Guild** – Jean Carnegie; Fannie Walls  
**Acolyte** – Chloe Barnes  
**Ushers** – Earl Hester; Stacey Hester; Mark Farquharson  
**Webmaster & Audio Visual Technician** – Mark Farquharson  
**Trustees** – Stanley Carnegie; Gail B. Jones; Lucius Wyatt

**BIRTHDAYS AND ANNIVERSARIES**

**MARCH BIRTHDAYS**

3/2 Marilyn Outlaw Evans  
3/3 William Walls, Sr.  
3/4 Dorian Moore  
3/8 Fay Winston  
3/12 Karen McAdoo  
3/13 Alexis Canty  
3/14 John “Holland” Watkins, Jr.  
3/15 Phyllis Holland-James  
3/22 Barbara Savage  
3/24 Simone Griffin  
3/27 Gwendolyn Newsome  
3/29 Joy Maria Watkins

**ANNIVERSARIES**

None

**Diocese of Southern Virginia**

*The Rt. Rev. Susan B. Haynes, Diocesan Bishop*

**St. Cyprian's Episcopal Church**

*The Rev. Dr. Hector K. E. Sintim, Priest –in-Charge*

**Worship Services and Times**

Sundays

10 a.m.

**The Staff**

*Phyllis Holland-James, Director of Music Ministries*

*TBA, Sexton*

*Bettie J. Swain, Parish Administrator*

**The Vestry**

**(Meets the 2nd Tuesday of each month – 12 p.m.)**

*Mary T. Jackson (2025,) Senior Warden*

*Charles Wynder Sr., (2027), Junior Warden*

*Lisa Barnes (2027), Register*

*Jean H. Carnegie (2025)*

*Marshall Jackson (2027)*

*Alberta W. Reid (2026)*

*Joy D. Strawn (2026)*

*Fannie J. Walls (2027)*

*Lora P. Ham, Treasurer*

*Mark Farquharson, Webmaster/Audio Visual Technician*

**St. Cyprian's Episcopal Church**

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**Rev. Dr. Hector E. K. Sintim - 757-690-6739 (Cell)**

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**Website:** <http://www.stcyprianshamptonva.org>

**YouTube:** St. Cyprian's Episcopal Church, Hampton, VA

**Follow Us on Facebook -** <https://www.facebook.com/St-Cyprians-Episcopal-Church-Hampton-Va-30770105>

*Saint Cyprian's Church is named after Cyprian, the first Bishop of Carthage, North Africa (248-258). He spoke for reconciliation of the Church with those who had denied their faith. Cyprian was beheaded for refusing to worship pagan gods and deny Christianity. Thus, he became a martyr of Christ's Church universal.*