



"The 5PM" The Season of Lent

Sundays at 5:00 p.m.

*Newcomers and visitors, we welcome you warmly.
May you find here, by the grace of God, that which feeds your soul.
May you leave here with a heart prepared to serve.*



Welcome & Introduction

All are invited to join in the responses.

Opening Responses (from Common Worship)

This is love, not that we loved God,
but that he loved us and sent his Son.

He is the sacrifice for our sins,
that we might live through him.

If God loves us so much
we ought to love one another.

If we love one another
God lives in us.

Song of Praise

“What We Need is Here”

Collect of the Day

Prayer for Evening (Daily Prayer for All Seasons)

Holy God, in love you created us and called our being “good.” With open hearts, we praise you for your unfailing love. With open hands, we offer you our labors. Bless and guide us now as our day turns toward evening; through your grace, may we share with others the love we receive from you. In the name of God our Creator, Jesus our brother, and the Spirit who lights our way. Amen.

First Reading (from the Old Testament or the New Testament)

Scan the QR code below for readings.



Psalm

Processional Song

“Come Bring Your Burdens To God”

Slowly

The musical score is written in 6/8 time with a key signature of one sharp (F#). It consists of three systems of music, each with a vocal line and a piano accompaniment. The first system starts with a vocal line that begins with a rest and a fermata, followed by the lyrics 'Cantor: Come, bring your bur-dens, oh,'. The piano accompaniment features chords D, G, and D. The second system begins at measure 4 and includes the lyrics 'come, bring your bur - dens, oh, come, bring your bur - dens, thwa - lo wa - kho, bur - dens to God, wo - za nom - thwa - lo wa - kho U - come, bring your bur - dens to God for'. The piano accompaniment features chords A, D, and G. The third system begins at measure 7 and includes the lyrics 'Je - sus will nev - er say— ye - s'a - ka - so - za - thi hayi. Je - sus will nev - er say no.'. The piano accompaniment features chords D/A, A7, and D. The score concludes with a double bar line.

(no.) Cantor: Come, bring your bur-dens, oh,

Wo - za nom - thwa - lo wa - kho, wo - za nom -
Come, bring your bur-dens to God, come, bring your

4
come, bring your bur - dens, oh, come, bring your bur - dens,
thwa - lo wa - kho, bur - dens to God, wo - za nom - thwa - lo wa - kho U -
come, bring your bur - dens to God for

7 (except last time)
Je - sus will nev - er say—
ye - s'a - ka - so - za - thi hayi.
Je - sus will nev - er say no.

D G D
A D G
D/A A7 D

Gospel of the Day

Reflection and Conversation

Affirmation of Faith

We believe that our lives are held within the encircling love of God, who knows our names and recognizes our deepest needs.

We believe that Christ is the divine Child of the living God, and that his grace is like living waters that can never be exhausted.

We believe in the birthing, renewing, enabling Spirit of God who yearns over our welfare as a mother yearns for her child.

We believe that God is in the arid desert as well as in green pastures, and that hard times and disciplines are also loving gifts.

We believe that our journey has a purpose and a destination, and that our path leads to a human glory we cannot yet imagine.

We believe that in the church we are fellow pilgrims on the road, and that we are called to love one another as God loves us.

*This is our faith and we are humbled to profess in Jesus the Christ.
Amen.*

Prayers of the People Response

We invite the prayers of the community for whatever is on your hearts and minds. It is always appropriate to pray for the Church, the Nation, the welfare of the world, the concerns of the local community, those who suffer or who are in trouble, and those who have died. We also give thanks for all of the blessings in our lives.

God of compassion,
In your mercy, hear us.

Confession (From Sundays and Seasons)

Blessed be the holy Trinity, one God, who writes the law on our hearts, who draws all people together through Jesus. *Amen.*

Held in God's mercy, let us confess our sin in the presence of God and of one another.

Holy God,

We confess that we are caught in snares of sin

And cannot break free.

We hoard resources while our neighbors are hungry and cold.

We speak in ways that silence others.

We are silent when we should speak up.

We keep score in our hearts.

We let hurts grow into hatred.

For all these things and for sins only you know,

Forgive us, Lord. Amen.

Here is a flood of grace: Out of love for the whole world, God draws near to us, breaks every snare of sin, washes away our wrongs, and restores the promise of life through Jesus Christ. *Amen.*

Peace

Offertory

Eucharist

Prayer over the Gifts

Jesus, you are the bread of life and the host of this meal. Bless these gifts that we have gathered that all people may know your goodness. Feed us not only with this holy food but with hunger for justice and peace. We pray this in your name. Amen.

Great Thanksgiving

May God be with you.

And also with you.

Lift up your hearts.

We lift them up to God.

Let us give thanks to God our Creator.

It is right to offer thanks and praise.

It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer and acts of service you bring us back to your generous heart. Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendor of your love.

As we prepare to celebrate the Easter feast with joyful hearts and minds we bless you for your mercy and join with saints and angels for ever praising you and saying:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.

Hosanna in the highest. Blessed is the One who comes in the name of the Lord. Hosanna in the highest.

Gracious One, we struggle with spirits of fear and greed that tempt us away from your original plan for us. We excuse ourselves from responsibilities to our neighbors. We struggle to believe we have anything to offer to the whole. And at times we knowingly do harm to others for the sake of our own gain.

You know our struggles, O God. And so you sent us Jesus.

In him we learn how to show up for one another. Jesus lived in service to collective well-being. He sought out those in need of community. He befriended the ones who were isolated. He challenged the structures that destroy.

Through his life, you taught us that the same capacities live in us. We too can choose the way of service to collective life. You have given each of us gifts to play our part. The same spirit of courage that kept Jesus proclaiming love even in the face of death lives in us.

On the night of his arrest, Jesus shared a meal with his companions.

He took bread, blessed it, broke it, gave it to his disciples and said:

“This is my body which is given for you.

Do this in remembrance of me.”

After the meal, he took the cup, blessed it, and shared it saying:

“This cup that is poured out is the new covenant.”

In remembrance of all you have done to save us,

we proclaim the mystery of our faith:

Christ was birthed among us.

Christ was killed among us.

Christ rises again among us.

Pour out your Spirit on these gifts and make this bread and this cup sustenance for our Lenten journey. By your grace, may we experience anew the call you place on our lives to serve one another. In feasting at your table, may our hearts be filled with courage once again to follow Christ, come what may. *AMEN.*

Lord's Prayer

As Christ teaches us we pray:

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.

Breaking of the Bread

We break this bread to share in the Body of Christ.

Thanks be to God.

Invitation

Bread for the journey. A feast for hungry hearts. Come!

Prayer After Communion

God, we thank you for giving us your bread and your cup to renew our spirits. No matter the times we have failed to show up to your call, or to our own needs, or to the cries of our neighbors, you receive us again. May your unending grace be our foundation as we journey with Christ towards justice. Amen.

Blessing

Closing Song

“Guide us waking, guard us sleeping”

Ana Hernandez

Guide us wa-king guard us sleep-ing that a - wake we watch with Christ,

The first system of the musical score consists of a vocal line and a piano accompaniment. The vocal line is written in a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The piano accompaniment is written in a grand staff (treble and bass clefs) with the same key signature and time signature. The lyrics are placed below the vocal line.

and a - sleep we may rest in peace.

The second system of the musical score continues the vocal line and piano accompaniment. The vocal line ends with a fermata over the final note. The piano accompaniment also concludes with a fermata. The lyrics are placed below the vocal line.

This first page should be repeated several times before the next voice enters on the next page. Then the parts numbered 1 and 2 sing through once or twice and part 3 comes in, etc. There is no end to the tune, and you may continue as long as forever, or bring the parts out in reverse order (8-7-6 etc.) for a tidier finish. The fermata is observed only for the final repetition.

Dismissal

Renew and strengthen us, eternal God,
As we prepare for resurrection.

The Episcopal Church of St. Mary the Virgin

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Church Office Hours:

Monday through Thursday

9:00 a.m. - 4:00 p.m.

Vestry

Russell Fudge, *Senior Warden*

Linda Woodworth, *Junior Warden*

Barbara Bernard, Rick Darwin, Nicole Elliott, Elizabeth Falcon, Russell Fudge,

James Griffith, Georgia Burke Lu, Amy Nachman, Sandy Stadtfeld

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Thank you for Joining Us at St. Mary the Virgin



To visit our website you may visit smvsf.org,
or you can open your camera app on your phone
and hover over the QR code shown below.



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