

Bethesda Episcopal Church

The First Sunday in Lent

22 February 2026

8.00 Holy Communion

At 8am, the order of service is printed on the laminated card.
The Reading, Gospel, and Prayers of the People can be found below.

10.00 Sung Eucharist

Organ Prelude on Aberystwyth (*Jesus, Lover of My Soul*) Maurice Whitney (1909-1984)

All stand as the choir and ministers enter.

The Entrance Hymn – printed below.



1 Lord Je - sus, think on me and purge a - way my sin:
2 Lord Je - sus, think on me, with man - ya care op - pressed;
3 Lord Je - sus, think on me, nor let me go a - stray;
4 Lord Je - sus, think on me, that, when the flood is past,
5 Lord Je - sus, think on me, that I may sing a - bove

from earth-born pas - sions set me free and make me pure with - in.
let me thy lov - ing ser - vant be and taste thy prom - ised rest.
through dark - ness and per - plex - i - ty point thou the heav - en - ly way.
I may the e - ter - nal bright - ness see and share thy joy at last.
to Fa - ther, Ho - ly Ghost, and thee the songs of praise and love.

Text: Synesius of Cyrene (365?-414); tr. Allen W. Chatfield (1808-1896).
Music: William Daman (1540-1591), *Psalmes*, 1579, alt.

SM
SOUTHWELL

Remain standing.

The Opening Acclamation and Collect for Purity

Bless the Lord who forgives all our sins.
His mercy endures forever.

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord.
Amen.

The Summary of the Law

Our Lord Jesus Christ said: 'Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment and the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.'

All: **Lord, have mercy upon us, and write both these thy laws in our hearts, we beseech thee.**

All sing

The Kyrie Eleison

John Merbecke (1510-1585)



Lord, have mer-cy up-on us. Christ, have mer-cy up-on us. Lord, have mer-cy up-on us.

The Collect of the Day

The Lord be with you. **And with thy spirit.**

Let us pray. Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

All sit.

The Reading

Genesis 2.15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the

garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’“

But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

Thanks be to God.

All stand.

The Gradual Hymn #150

From the Hymnal 1982

Remain standing.

The Holy Gospel

Matthew 4:1-11

The Holy Gospel of our Lord Jesus Christ according to St Matthew.
Glory be to thee, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’” Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written, ‘Worship the Lord your God, and serve only him.’” Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the Lord.

Praise be to thee, O Christ.

The Sermon

Starrla Lares

All stand.

The Nicene Creed

**I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;
And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God;
begotten, not made;
being of one substance with the Father;
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried:
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.
And I believe in the Holy Ghost, The Lord, and Giver of Life,
who proceedeth from the Father and the Son;
who with the Father and the Son together is worshipped and glorified;
who spake by the Prophets.
And I believe one holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I look for the resurrection of the dead,
and the life of the world to come. Amen.**

All kneel.

The Prayers of the People

In our prayers, we remember today the Church in Ireland; and in our diocese, Jeremiah, our bishop, and the clergy and people of St Michael's, Colonie.

We remember with thanksgiving those celebrating birthdays and anniversaries this week and whose year's mind falls at this time.

In peace, let us pray to the Lord, saying, *Lord, graciously hear us.*

For the one, holy, catholic, and apostolic Church, and especially, for this parish family, Lord, hear us. **Lord, graciously hear us.**

For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, Lord, hear us. **Lord, graciously hear us.**

For those preparing for baptism and confirmation, and for their sponsors; Lord, hear us. **Lord, graciously hear us.**

For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, Lord, hear us. **Lord, graciously hear us.**

For the poor, the persecuted, the sick, and for their families; for refugees, prisoners, and all in danger; that they may be relieved and protected, and in our parish, remembering especially Linda, Julie, Rolfe, Candance, and Holly. Lord, hear us. **Lord, graciously hear us.**

For those whom we have injured or offended, Lord, hear us. **Lord, graciously hear us.**

For grace to amend our lives and to further the reign of God, Lord, hear us. **Lord, graciously hear us.**

In communion with all those who have walked in the way of holiness and are now at rest, remembering today, Eric Beach. Lord, hear us. **Lord, graciously hear us.**

Celebrant: Almighty God, whose most dear Son went not up to joy, but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. **Amen.**

The Confession and Absolution

Draw near with faith, and make your humble confession to Almighty God, devoutly kneeling.

**Almighty God,
Father of our Lord Jesus Christ,
maker of all things, judge of all men:
We acknowledge and bewail our manifold sins and wickedness,
which we from time to time most grievously have committed,
by thought, word, and deed, against thy divine Majesty,
provoking most justly thy wrath and indignation against us.
We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us,
the burden of them is intolerable.
Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee in newness of life,**

**to the honor and glory of thy Name;
through Jesus Christ our Lord. Amen.**

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

All stand. At the Peace, you may greet one another in the name of the Lord.

The Peace

The peace of the Lord be always with you. **And with thy spirit.**

Hymn at the Offertory #143

From the Hymnal 1982

Remain standing.

The Eucharistic Prayer

The Lord be with you.
And with thy spirit.
Lift up your hearts.
We lift them up unto the Lord.
Let us give thanks unto our Lord God.
It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times and in all places give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died and rose again. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name, evermore praising thee and saying,

The Sanctus and Benedictus

John Merbecke (1510-1585)

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

5
Hea-ven and earth are full of thy glo - ry. Glo - ry be to thee, O Lord Most High.

7
Bless-ed is he that com-eth in the name of the Lord: Ho-san-na in the high - est.

All kneel.

All glory be to thee, Almighty God, our heavenly Father, for that thou of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he *brake* it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me. "Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me. "

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood. And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord; By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **Amen.**

The Lord's Prayer

And now, as our Savior Christ hath taught us, we are bold to say,

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 Fraction

Christ our Passover is sacrificed for us;
Therefore let us keep the feast.

The Prayer of Humble Access

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Communion is administered at the altar rail. Please move at the direction of the ushers.

Agnus Dei *from the Communion Service, 1550* *John Merbecke (1510-1585)*



O Lamb of God, that tak-est a-way the sins of the world, have mer-cy up-on us.



O Lamb of God, that tak-est a-way the sins of the world, have mer-cy up-on us.



O Lamb of God, that tak-est a-way the sins of the world, grant us thy peace.

Motet *Hide Me Under the Shadow of Thy Wings* *John E. West (1863-1929)*

Hide me under the shadow of Thy wings, O Lord, and give Thine angels charge concerning me; That I may lie down in peace, and take my rest, for it is thou, Lord, only that makest me to dwell in safety. (*Ps 91: 1, 11; Ps 4:8*)

Hymn #656 (*Remain seated or kneeling*)

From the Hymnal 1982

After Communion, all kneel.

The Post-Communion Prayer *Said by the Celebrant.*

Let us pray. O Lord and heavenly Father, who has given unto thy people the true bread which comes down from heaven, even thy Son, Jesus Christ: Grant that throughout this Lent, our souls may so be fed by him, that we may continually live in him and he in us; and that day by day, we may be renewed in spirit by the power of his endless life; who gave himself for us, and now lives and reigns with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

The Blessing and Dismissal

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be amongst you and remain with you always. **Amen.**

Let us bless the Lord. **Thanks be to God.**

All stand.

The Closing Hymn #684

From the Hymnal 1982

Organ Toccata in E Minor

Johann Pachelbel (1653-1706)

Welcome to Bethesda Church. Thank you for joining us this morning. If you are interested in becoming a member of the parish, speak to Fr Wallace or an usher.

A warm welcome to our preacher this morning, Starrla Lares, a candidate for ordination in the Diocese of Albany; and thanks to those reading and leading prayers: Sonia Arcelay at 8am; Peter Brooks and Mary Shartle at 10am.

Join us for **coffee and fellowship** following the 10am service. *Thanks to the Goss family!*

Parish Office is open Tuesday and Wednesday from 10-noon, and Thursday 1pm– 3pm.

BIBLE STUDY *The Epistle of James* Every Sunday for 5 weeks, beginning this evening, **Sunday, 22 February**, 7:30–8:30pm. This course is offered via ZOOM. Jonathan Kimmel leads a five-week small-group discussion on the Epistle of James, a practical and challenging guide to faithful Christian living. Together we will explore themes of perseverance, wisdom, justice, and the integration of faith and works, grounding our Lenten journey in Scripture and shared conversation. To register: jkimmel@thecathedralofallsaints.org

THIS WEDNESDAY (25th Feb) **Holy Communion at 7.15am** followed by a simple breakfast and a brief talk on the Passion Gospels. All done in 45 minutes!

THIS THURSDAY (26th Feb) **Holy Communion at 12.10.**

STATIONS OF THE CROSS Tuesday 10 March at 7pm.

Special Monthly Envelope for February supports the Franklin Community Center. Located in downtown Saratoga Springs but serving all of Saratoga County, the Franklin Community Center has been providing support to local individuals and families since 1983.

LifeWorks Community Action is a non-profit established in 1965 that works to alleviate poverty by assisting local families and individuals with a wide range of services. Bethesda is currently collecting canned foods and personal hygiene products. Donations may be left in the box by the side door entrance.

Parking The lot adjacent to the church, which is accessible via Congress Street, offers free parking for the first two hours.

Daily Prayer in Lent — beginning Monday 23 February

Begin each day with the Invocation and Prayer.

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Almighty God, whose Son, Jesus Christ, was led by the Spirit to be tempted by Satan: Help us who are assaulted by many temptations; and as you know our weaknesses, let us find you mighty to save; through Jesus Christ our Lord. Amen.

Readings	Monday	Hebrews 2.10-18
	Tuesday	Genesis 4.1-16
	Wednesday	Matthew 18.10-14
	Thursday	2 Timothy 1.3-7
	Friday	Romans 3.21-31
	Saturday	Luke 7.1-10

*After the Reading, a period of silence may be kept; then conclude with the **Psalm** 51.1-5, 11-13, and **prayers**.*

Have mercy on me, O God, according to your loving-kindness; * in your great compassion blot out my offenses.

Wash me through and through from my wickedness * and cleanse me from my sin.

For I know my transgressions, * and my sin is ever before me.

Against you only have I sinned * and done what is evil in your sight.

And so you are justified when you speak * and upright in your judgement.

Create in me a clean heart, O God, * and renew a right spirit within me.

Cast me not away from your presence * and take not your holy Spirit from me.

Give me the joy of your saving help again * and sustain me with your bountiful Spirit.

Our Father, who art in heaven ... Amen.

Almighty God, whose dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. Amen.

The Grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

“To Keep a True Lent”

Robert Herrick (1591-1674) was an English poet and Anglican clergyman who lived during a time of enormous religious strife and bloodshed. He survived the English Civil War, a multi-layered conflict that pitted Puritan Protestants against royalist Anglicans. At the time, Herrick was vicar of Dean Prior in Devonshire. He was removed from his parish for refusing to sign an oath supporting the imposition of Puritan government and religion on England and renouncing anything resembling "papism."

The English Civil War had one silver lining. It brought forth a generation of poets and prose writers, the likes of which have seldom been matched. Written in 1648, Herrick's poem, *To Keep a True Lent*, is about the deeper meaning and practice of this 40-day season of preparation for Easter.

Is this a Fast, to keep
The Larder lean?
And clean
From fat of veals and sheep?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish?

Is it to fast an hour,
Or ragged go,
Or show
A down-cast look and sour?

No: 'tis a Fast to dole
Thy sheaf of wheat
And meat
Unto the hungry soul.

It is to fast from strife
And old debate,
And hate;
To circumcise thy life.

To show a heart grief-rent;
To starve thy sin,
Not bin;
And that's to keep thy Lent.



Please place this form in the collection plate if you would like us to get in touch with you:

Name:

Phone:

Email address:

Home address:

Preferred contact method:

Contact Reason:

- Visitor or new resident
- Would like more information about the church and/or worship
- Interested in opportunities to serve
- Would like to speak with or have a visit from the priest
- Would like information about pledge envelopes or regular giving to Bethesda
- Other _____

The Reverend Charles Wallace, *Rector*

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