

LENT 4

MORNING PRAYER

SUNDAY, MARCH 15, 2026



St. Alban's Episcopal Church
Simsbury, CT
Celebrate. Inspire. Serve.



Welcome to St. Alban's!

We're glad that you've chosen to be with us this morning! Your prayers and presence for today's worship are a gift to this community; and we invite you to journey with us at whatever point you find yourself on the path. We pray that you sense the love of Christ, the holy stirring of the Spirit, and God's presence here this morning.

Worshipping with children

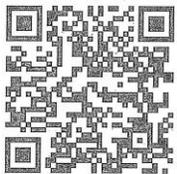
We invite you to visit our Playground in the rear balcony. Please feel free to bring books or an activity bag to your seats; or, sit in the balcony and allow your children to explore the space during worship. And please don't worry about wiggles, conversation, crying, laughing – all of it is welcome in this space and to the glory of God! If you need help finding the bathrooms, a changing table, or the water fountain, please ask an Usher.

Learning more about St. Alban's

We invite you to fill out one of the "Welcome" cards you can find on the table in the rear of the Sanctuary. This allows you to receive mailed materials from St. Alban's and our weekly e-news. You can also visit our website (stalbanssimsbury.org) or find us on Facebook.

Donating to St. Alban's

During our service today, Ushers will pass Offering plates. You are welcome to place cash or check donations directly into the plate. We also invite your donations through our website (stalbanssimsbury.org, click "Donate").



stalbanssimsbury.org/donate

You can find your way to that link with the QR code here and on the donation card in the Narthex.

If you need a gluten-free wafer at communion please let the priest know when you approach the altar for communion. You can also receive a blessing instead of bread by crossing your arms over your chest.

As you settle in to worship today, take the time and the moments of quiet you need to make the transition from getting here, to being here.

*Our service comes from *Enriching Our Worship* and *The Book of Common Prayer (BCP)* and we make use of all hymnal resources approved by *The Episcopal Church*. Everything you need to worship fully today can be found in the bulletin.*

***A note about standing, kneeling, sitting rubrics**

One of the spaces that has received more attention during the pandemic is around ableism. Our society, in large part, functions as though everyone has nearly full use of their bodies. Where a "standing" rubric might have been added alone, we're adding "seated", as well, as an invitation for you to listen and respond to the needs of your own body. You are invited to remember that our bodies are created by God and intended for worship, just like our voices. However you feel comfortable doing that, God sees that it is good!

WELCOME

PRELUDE

Peg Hunt, Pianist

HYMN *Standing or seated**

Christ, whose glory fills the skies

H82 7

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
 2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
 3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
 joy-less is the day's re - turn, till thy mer - cy's beams I see,
 Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.
 till they in - ward light im - part, glad my eyes, and warm my heart.
 more and more thy - self dis - play, shin - ing to the per - fect day.

To the Lord our God belong mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us. *Daniel 9:9,10*

THE CONFESSION OF SIN *Standing, seated or kneeling**

The Officiant says

Let us confess our sins against God and our neighbor.

Celebrant 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.

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

Officiant Lord, open our lips.
And our mouth shall proclaim your praise.

Officiant and People
**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the
 beginning, is now, and will be for ever. Amen. Alleluia!**

The Lord is full of compassion and mercy: **Come let us adore him.**

VENITE

S35

1. Come, let us sing to the
 Lord; let us shout for joy to the Rock of our sal -
 va - tion. 2. Let us come be - fore his pres - ence with thanks - giv - ing
 and raise a loud shout to him with psalms. 3. For the
 Lord is a great God, and a great King a - bove 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
 mold - ed the dry land. 6. Come, let us bow down, and bend the
 knee, and kneel be-fore the Lord our Ma - ker. 7. For
 he is our God, and we are the peo-ple of his
 pas - ture and the sheep of his hand.
 Oh, that to - day you would heark-en to his voice!

PSALM 23

Dominus regit me

- 1 The LORD is my shepherd; *
I shall not be in want.
- 2 He makes me lie down in green pastures *
and leads me beside still waters.
- 3 He revives my soul *
and guides me along right pathways for his Name's sake.
- 4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me;
your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; *
you have anointed my head with oil,
and my cup is running over.

6 Surely your goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the LORD for ever.

**Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.**

READING: *1 Samuel 16:1-13*

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

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

Here ends the Lesson.

CANTICLE 16: The Song of Zechariah *Benedictus Dominus Deus*
Luke 1: 68-79

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old,

that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship him without fear, *
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the
shadow of death, *
and to guide our feet into the way of peace.

**Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.**

READING: *Ephesians 5:8-14*

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

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

Here ends the Lesson.

CANTICLE 11: The Third Song of Isaiah *Surge, illuminare*
Isaiah 60:1-3, 11a, 14c, 18-19

Arise, shine, for your light has come, *
and the glory of the Lord has dawned upon you.
For behold, darkness covers the land; *
deep gloom enshrouds the peoples.
But over you the Lord will rise, *

and his glory will appear upon you.
Nations will stream to your light, *
and kings to the brightness of your dawning.
Your gates will always be open; *
by day or night they will never be shut.
They will call you, The City of the Lord, *
The Zion of the Holy One of Israel.
Violence will no more be heard in your land, *
ruin or destruction within your borders.
You will call your walls, Salvation, *
and all your portals, Praise.
The sun will no more be your light by day; *
by night you will not need the brightness of the moon.
The Lord will be your everlasting light, *
and your God will be your glory.

**Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.**

READING: *John 9:1-41*

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

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

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

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

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

Here ends the Lesson.

HOMILY

Jon Lynch

THE APOSTLES' CREED *standing or seated.*

Officiant and People

**I believe in God, the Father almighty,
creator of heaven and earth;**

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit

and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins
the resurrection of the body,
and the life everlasting. Amen.

THE PRAYERS

Officiant The Lord be with you.
And also with you.
Let us pray.

Officiant and People

**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.**

SUFFRAGES B *V* = *versicle* (*Officiant*); *R* = *response* (*People*)

V. Save your people, Lord, and bless your inheritance;
R. Govern and uphold them, now and always.
V. Day by day we bless you;
R. We praise your name for ever.
V. Lord, keep us from all sin today;
R. Have mercy upon us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. For we put our trust in you.

V. In you, Lord, is our hope;

R. And we shall never hope in vain.

THE COLLECT OF THE DAY

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

A COLLECT FOR SUNDAYS

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

A COLLECT FOR PEACE

Almighty God, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who take counsel for the nations of the earth, that in tranquility your dominion may increase until the earth is filled with the knowledge of your love; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.**

A COLLECT FOR THE DEPARTED

Almighty God, we remember before you today your faithful servant Adele Greene; and we pray that, having opened to her the gates of larger life, you will receive her more and more into your joyful service, that, with all who have faithfully served you in the past, she may share in the eternal victory of Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

A COLLECT FOR THE PRESENCE OF CHRIST

Keep watch, dear Lord, with those who work, or watch, or weep this day, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; especially for Tim, Kathy, Amanda, Margi, Monica, Jeff, Jason, Kassandra, Maryann, Mary Lou, Mike, Val, Meredith H., Jon, Tom M., T.J., and anyone we name now silently or aloud. (*At this time, we invite your intercessions and thanksgivings silently or out loud.*) All for thy love's sake. **Amen.**

Officiant

Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. **Amen.**

ANNOUNCEMENTS

OFFERTORY HYMN *standing or seated* *I want to walk as a child of the light* H82 490

1 I want to walk as a child of the light.
 2 I want to see the bright-ness of God.
 3 I'm look-ing for the com-ing of Christ.

I want to fol-low Je-sus.
 I want to look at Je-sus.
 I want to be with Je-sus.

God set the stars to give light to the world. The
 Clear sun of right-ous-ness, shine on my path, and
 When we have run with pa-tience the race, we

star of my life is Je-sus.
 show me the way to the Fa-ther.
 shall know the joy of Je-sus.

Refrain

In him there is no dark - ness at all. The
 night and the day are both a - like. The
 Lamb is the light of the ci - ty of God.
 Shine in my heart, Lord Je - sus.

rit.

a tempo

A GENERAL THANKSGIVING

Officiant and People

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know him and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen.

A PRAYER OF ST. CHRYSOSTOM

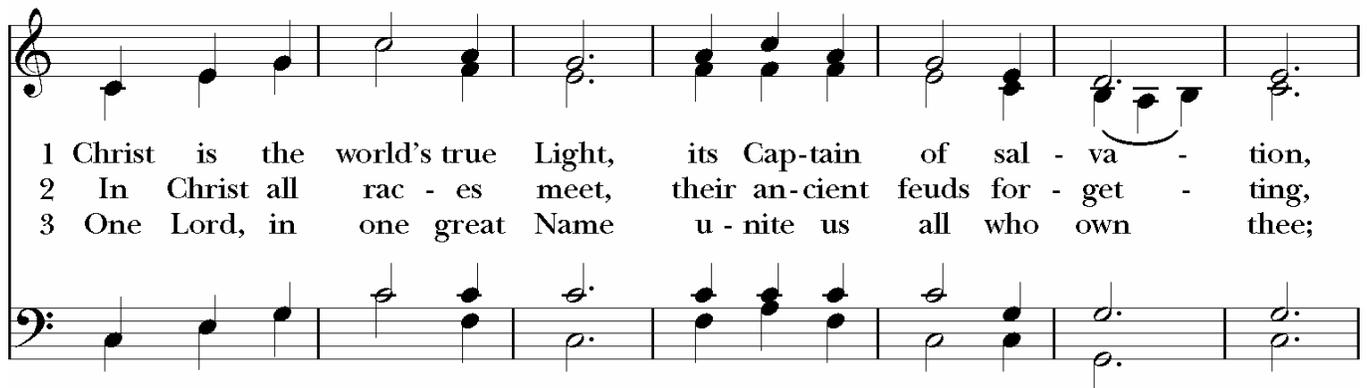
Officiant and People

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

HYMN *Standing or seated.*

Christ is the world's true light

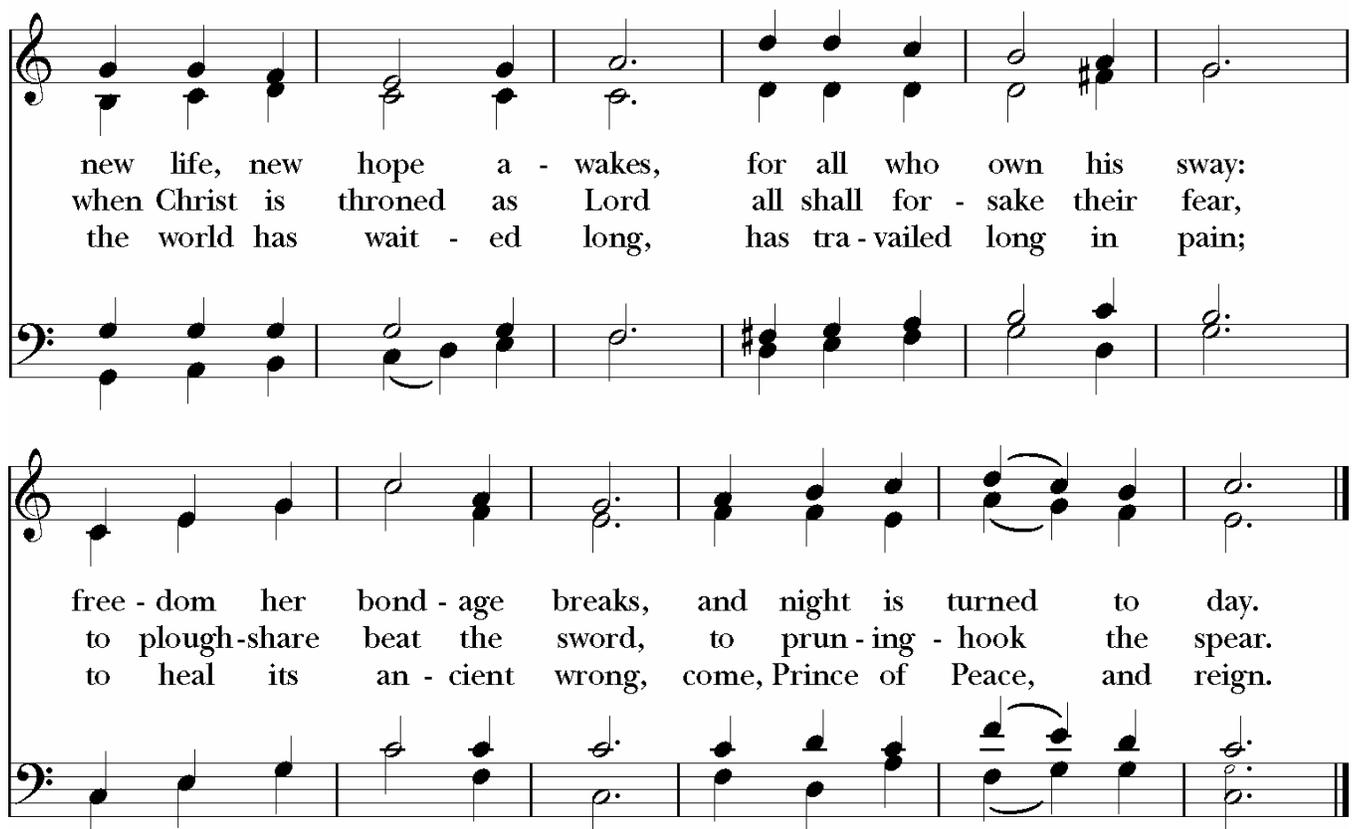
H82 542



1 Christ is the world's true Light, its Cap-tain of sal - va - tion,
 2 In Christ all rac - es meet, their an-cient feuds for - get - ting,
 3 One Lord, in one great Name u - nite us all who own thee;



the Day - star clear and bright of ev - ery race and na - tion;
 the whole round world com - plete, from sun-rise to its set - ting;
 cast out our pride and shame that hin-der to en - throne thee;



new life, new hope a - wakes, for all who own his sway:
 when Christ is throned as Lord all shall for - sake their fear,
 the world has wait - ed long, has tra - vailed long in pain;

free - dom her bond - age breaks, and night is turned to day.
 to plough-share beat the sword, to prun - ing - hook the spear.
 to heal its an - cient wrong, come, Prince of Peace, and reign.

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

Officiant

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.** (2 Corinthians 13:14)

POSTLUDE

Peg Hunt, Pianist