

# LENT 5

## MORNING PRAYER

SUNDAY, MARCH 22, 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**

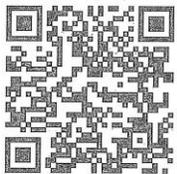
We invite you to visit our Playground in the rear balcony. Please feel free to bring books or an activity bag to your seats; or, sit in the balcony and allow your children to explore the space during worship. And please don't worry about wiggles, conversation, crying, laughing – all of it is welcome 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](http://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](http://stalbanssimsbury.org), click "Donate").



[stalbanssimsbury.org/donate](http://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. How ever you feel comfortable doing that, God sees that it is good!*

WELCOME

PRELUDE

*Peg Hunt, Pianist*

HYMN *Standing or seated\**

*O, for a thousand tongues to sing*

H82 493

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
2 and spread through all the earth a - broad the hon - ors of thy Name.  
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
4 the mourn - ful bro - ken hearts re - jice, the hum - ble poor be - lieve.  
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heayen.

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 130

*De profundis*

- 1 Out of the depths have I called to you, O LORD;  
LORD, hear my voice; \*  
let your ears consider well the voice of my supplication.
- 2 If you, LORD, were to note what is done amiss, \*  
O Lord, who could stand?
- 3 For there is forgiveness with you; \*  
therefore you shall be feared.
- 4 I wait for the LORD; my soul waits for him; \*  
in his word is my hope.

- 5 My soul waits for the LORD,  
more than watchmen for the morning, \*  
more than watchmen for the morning.
- 6 O Israel, wait for the LORD, \*  
for with the LORD there is mercy;
- 7 With him there is plenteous redemption, \*  
and he shall redeem Israel from all their sins.

**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: *Ezekiel 37:1-14*

The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know." Then he said to me, "Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the LORD."

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophecy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord GOD: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophesy, and say to them, Thus says the Lord GOD: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the LORD, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act," says the LORD.

Here ends the Lesson.

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: *Romans 8:6-11*

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Here ends the Lesson.

CANTICLE 12: *Benedicite, omnia opera Domini*

*Song of the Three Young Men, 35-65*

Glorify the Lord, all you works of the Lord, \*  
praise him and highly exalt him for ever.

In the firmament of his power, glorify the Lord, \*  
praise him and highly exalt him for ever.

Let the people of God glorify the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O priests and servants of the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O spirits and souls of the righteous, \*  
praise him and highly exalt him for ever.

You that are holy and humble of heart, glorify the Lord, \*  
praise him and highly exalt him for ever.

Let us glorify the Lord: Father, Son, and Holy Spirit; \*  
praise him and highly exalt him for ever.

In the firmament of his power, glorify the Lord, \*  
praise him and highly exalt him 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: *John 11:1-45*

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who

was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

Here ends the Lesson.

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.**

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

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, 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 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*

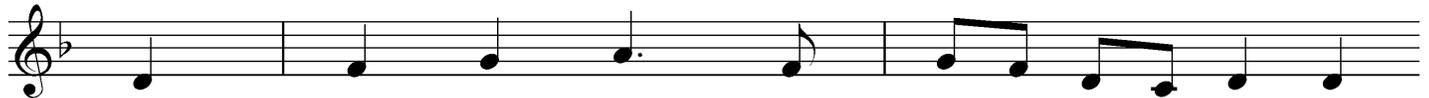
Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake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

ANNOUNCEMENTS

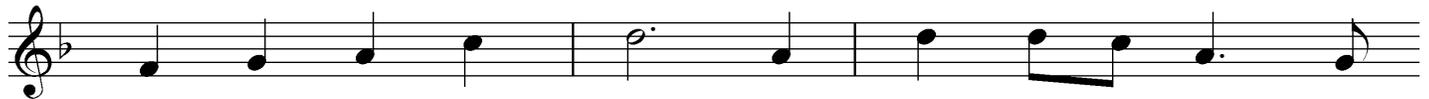
OFFERTORY HYMN *standing or seated*

*Forgive our sins as we forgive*

H82 674



1 "For - give our sins as we for - give" you  
2 How can your par - don reach and bless the  
3 In blaz - ing light your cross re - veals the  
4 Lord, cleanse the depths with - in our souls, and



taught us, Lord, to pray; but you a - lone can  
un - for - giv - ing heart that broods on wrongs and  
truth we dim - ly knew, how small the debts men  
bid re - sent - ment cease; then, re - con - ciled to



grant us grace to live the words we say.  
will not let old bit - ter - ness de - part?  
owe to us, how great our debt to you.  
God and man, our lives will spread your peace.

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.*

*Ev'ry time I feel the Spirit*

*LEVAS 114*

*Harmony*

Ev' - ry time I feel the spir - it, mov - ing  
in my heart, I will pray. Ev' - ry time I feel the  
spir - it, mov - ing in my heart, I will pray.

**Fine**

*unison*

1. Up - on the moun - tain my Lord spoke, out of his  
2. Jor - dan ri - ver chil - ly and cold, chills the

1. mouth came fire and smoke. All a - round me looked so  
2. bod - y but not the soul. There ain't but one train runs this

1. fine, asked my Lord if all was mine.  
2. track, runs to heav - en and runs right back.

*D.C.*

*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*