

St. John's Episcopal Church

A place to discover connections with God and one another

www.sjparish.net



The Third Sunday in Lent

HOLY EUCHARIST RITE II

March 7, 2021

10:30 a.m.

ORDER OF SERVICE

THE VOLUNTARY Prelude & Fugue in A Major, BWV 536

Johann Sebastian Bach (1685–1750)

SILENT PROCESSION

Celebrant Bless the Lord who forgives all our sins.*People* **God's mercy endures for ever.***Celebrant* Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy Name; through Christ our Lord.*People* **Amen.**

KYRIE ELEISON

Ky - ri - e e - le - i - son.
 Ky - ri - e e - le - i - son.
 Ky - ri - e e - le - i - son.
 Chri - ste e - le - i - son.
 Chri - ste e - le - i - son.
 Chri - ste e - le - i - son.
 Ky - ri - e e - le - i - son.
 Ky - ri - e e - le - i - son.
 Ky - ri - e e - le - i - son.

*Music: Plainsong Mode I, Orbis Factor**Translation: Lord, have mercy. Christ, have mercy. Lord, have mercy.*

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray. 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 WORD OF GOD

THE FIRST LESSON

Exodus 20:1-17

All sit.

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Reader The Word of the Lord.

People **Thanks be to God.**

THE PSALTER

Psalms 19

The people say the responses in bold.

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 **One day tells its tale to another, ***
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 **Their sound has gone out into all lands, ***
and their message to the ends of the world.

- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 **It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.**
- 7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.
- 8 **The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.**
- 9 The fear of the Lord is clean
and endures for ever; *
the judgments of the Lord are true
and righteous altogether.
- 10 **More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.**
- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 **Who can tell how often he offends? *
cleanse me from my secret faults.**
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.
- 14 **Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.**

THE SECOND LESSON

1 Corinthians 1:18–25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews

and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Reader The Word of the Lord.

People **Thanks be to God.**

THE SEQUENCE HYMN 676 There is a balm in Gilead

All stand and sing or read along.

There is a balm in Gil-e-ad to make the wound-ed

whole; There is a balm in Gil-e-ad to heal the sin-sick soul. **Fine**

1. Some - times I feel dis - cour-aged, And_ think my work's in vain, — But —
 2. If you can - not preach like Pet - er, If you can - not preach like Paul, — You can
 3. Don't — ev - er be dis - cour-aged For_ Je - sus is your friend, — And —

1. then the ho - ly spir - it Re - vives my soul a - gain. —
 2. tell the love of Je - sus, And say He died for all. —
 3. if you lack for know - ledge, He'll ne'er re - fuse to lend. — **D.C.**

Words: Traditional

Music: American Melody; arr. Carl Haywood (b. 1949), from The Haywood Collection of Negro Spirituals

Copyright: Arr. © 1992 Carl Haywood

Few chapters in the Bible may have resonated with the souls of enslaved Africans in North America as Jeremiah 8 did. Israel was in exile. The exiled Jews are forced to live in a “far country” (Jeremiah 8:19). They wondered what they had done to deserve this. It is the most desperate and despondent time in Israel's history. Then the chapter ends with these three rhetorical questions: “Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?” (Jeremiah 8:22, KJV) The refrain of this spiritual offers encouragement and dares to respond with hope in the face of hopelessness, showing courage in the face of despair. African American theologian Howard Thurman (1899–1981) discusses the refrain of this spiritual: “The slave caught the mood of this spiritual dilemma and with it did an amazing thing. He straightened the question mark in Jeremiah's sentence into an exclamation point: ‘There is a balm in Gilead!’ Here is the note of creative triumph.” (Notes courtesy C. Michael Hawon)

THE GOSPEL

*John 2:13–22**All stand.**Celebrant* The Holy Gospel of our Lord Jesus Christ, according to John.*All* **Glory to you, Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Celebrant The Gospel of the Lord.*All* **Praise to you, Lord Christ.**

THE SERMON

The Reverend Linda Spiers

All sit.

THE NICENE CREED

All stand.

**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.**

THE PRAYERS OF THE PEOPLE

The people say the words in bold.

Have mercy on us, O God, according to your loving kindness. In your great compassion, hear our prayers.

We pray for the whole church, all leaders and ministers, and all the holy people of God. God of love, **hear our prayer.**

We pray for our nation, for all the nations of the earth, and for all who govern and judge. God of love, **hear our prayer.**

We pray for those who hunger, those who thirst, those who cry out for justice, those who live under the threat of terror, and those without a place to lay their head. God of love, **hear our prayer.**

We pray for those who are ill, those in pain, those under stress, and those who are lonely, especially those on our parish prayer list. God of love, **hear our prayer.**

In this season of Lent we pray for those who prepare for baptism, and we pray that we all might be given the grace and strength to repent and grow closer to you. God of love, **hear our prayer.**

We pray for all affected by the coronavirus pandemic, especially healthcare personnel and other essential workers, the unemployed and underemployed, the sick and the grieving. God of love, **hear our prayer.**

We remember those who have died, especially David Wawro and Edward Keeley, Jr., who dwell with God in glory. God of love, **hear our prayer.**

Celebrant Lord Jesus, it was your will that your Father's house would be a place of prayer for all people; grant us the strength and wisdom to be a people consumed with prayer and zeal for you, this day and always. **Amen.**

THE CONFESSION OF SIN

Celebrant Let us confess our sins against God and our neighbor.

All **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.**

Celebrant 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.

THE PEACE

Celebrant The peace of the Lord be always with you.
All **And also with you.**

THE WELCOME

All sit.

THE HOLY COMMUNION

THE OFFERTORY ANTHEM I will sing of thy great mercies Felix Mendelssohn (1809–1847)
 From the oratorio *St. Paul*
St. John's Youth Choir; Frances Eikel, soloist

So they, being filled with the Holy Ghost, departing thence delayed not, and preached the word of God with joyfulness. I will sing of Thy great mercies, O Lord, and of Thy faithfulness evermore, my Savior.

THE GREAT THANKSGIVING

All stand.

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 God thanks and praise.**

The Celebrant continues.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

THE SANCTUS

San - ctus, San - ctus, San-ctus Dó - mi - nus De - us Sá - ba-oth.
 Ple - ni sunt cae - li et ter - ra gló - ri - a tu - a. Ho-sán - na
 in ex - cé - l - sis. Be - ne - dí - ctus qui ve - nit in nó - mi - ne
 Dó - mi - ni. Ho - sán - na in ex - cé - l - sis.

Music: Gregorian Chant, Deus Genitor alme

Translation: Holy, holy, holy Lord God of hosts. 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.

All remain standing or kneel.

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

THE LORD'S PRAYER

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

All **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 BREAKING OF THE BREAD



Music: Gregorian Chant, Deus Genitor alme

Translation: Lamb of God, who takes away the sin of the world, have mercy on us. Lamb of God, who takes away the sin of the world, grant us peace.

THE POST-COMMUNION PRAYER

Celebrant Gracious and risen Lord, we believe that you are present in the most Blessed Sacrament. We love you above all things and we desire to receive you into our souls. Since we cannot now receive you sacramentally, come spiritually into our hearts. We embrace you and unite ourselves wholly to you. Never may we be separated from you. **Amen.**

People **Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

THE BLESSING

The Celebrant gives the blessing and the people respond, Amen.

THE CLOSING HYMN 151 From deepest woe I cry to thee

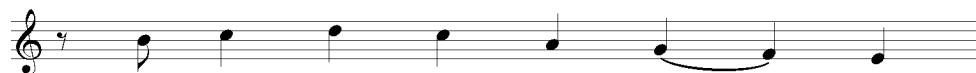
AUS TIEFER NOT

All read or sing along.

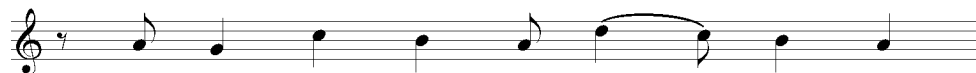
1 From deep - est woe I cry to thee; Lord, hear me, I im -
 2 Thou grant - est par - don through thy love; thy grace a - lone a -
 3 And thus my hope is in the Lord, and not in my own



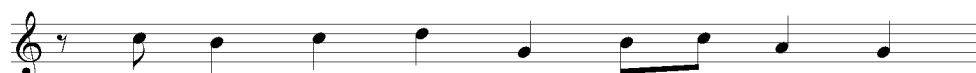
plore thee! Bend down thy gra - cious ear to me;
 vail - eth. Our works could ne'er our guilt re - move;
 mer - it; I rest up - on his faith - ful word



I lay my sins be - fore thee.
 yea, e'en the best life fail - eth.
 to them of con - trite spi - rit.



If thou re - mem - berest ev - ery sin,
 For none may boast them - selves of aught,
 That he is mer - ci - ful and just,



if nought but just re - ward we win,
 but must con - fess thy grace hath wrought
 here is my com - fort and my trust;



could we a - bide thy pres - ence?
 what - e'er in them is wor - thy.
 his help I wait with pa - tience.

Words: Martin Luther (1483-1546); tr. Catherine Winkworth (1827-1878), alt.; based on Psalm 130
 Music: Aus tiefer Not, melody att. Martin Luther (1483-1546); harm. Johann Herman Schein (1586-1630), alt.

THE DISMISSAL

The minister dismisses the people, and the people respond. Thanks be to God.

THE VOLUNTARY Prelude in C, BWV 545a

Johann Sebastian Bach

THE PARTICIPANTS IN THE LITURGY**Celebrant:** The Reverend Margie Baker**Preacher:** The Reverend Linda Spiers**Cantor:** Rich Barstow**Layreader:** Jeff Verney**Organist:** Scott Lamlein**Assisting Organists:** Christa Rakich, Ted Babbitt**Livestream Oversight:** Ray Giolitto**Altar Guild:** Buffy Ineson

To attend coffee hour immediately after the service and participate in our discussion of this week's spiritual practice, go to <https://zoom.us/j/173504417>

The Bible texts of the Old Testament, Epistle and Gospel lessons are from the New Revised Standard Version Bible, copyright 1989 by the Division of Christian Education of the National Council of the Church of Christ in the USA, and used by permission.

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In your prayers this week, please pray for:

Peace in our world, for those serving our country in the armed services, and for all victims of war and violence.

The parish of Santa Cruz del Norte, our companion parish in Cuba, and Saint Sauveur School, Les Cayes, Haiti.

Séminaire de Théologie d'Église Épiscopale d'Haïti (STEEH), the Episcopal Seminary in Haiti.

Residents of the Caleb Hitchcock Center at Duncaster; the George Beach Apartments, Allen Place, Hartford; and the Hughes Health and Rehabilitation Center.

Our postulant, Michael Corey.

All those whose hurts, burdens and fears are unspoken or unknown.

Those in need of healing, help, and comfort:

Jim Evans	Susan	Michael	Patricia
Kim Green	Sue	Beth	Enid
Janet Ray	Billy Ulrich	Chris	Zachary
Brad Babbitt	Jonah Dahlstrom	Ellie Brown	Kimberley
Robert E. Eikel	Whitney Lynch	Judy Gardiner	Kent Lawrence
Gwain Gillespie	William Bittinger	Anita Winters	Betty Knorr
Erika Gray Coates			

Those celebrating birthdays this week:

Richard Bartlett	Geoff Emerick
Martha Church	Edith Connolly
Jenefer Berall	Ronald Hensley
Cooper Swift	Missy Cipriano

Those celebrating anniversaries this week:

Wendy and Richard Bartlett
Giselle and Edwin Genece

In our Diocesan Cycle of Prayer:

Pray for St. Barnabas', Greenwich; Christ Church, Guilford; St. John's, Guilford; for all ministries to, with, and for women; and for the Girls' Friendly Society.

In the Anglican Cycle of Prayer:

Pray for the Province de L'Eglise Anglicane du Congo.

WEEKLY OFFERINGS

Go to our web site at <http://www.sjparish.net/> for details.

Sunday School (K–5), 9:30 a.m. Sundays on Zoom

Sunday livestream service, 10:30 a.m. on YouTube, Facebook and the web site

Sunday EYC (middle and high school), 5 p.m. outdoors

Sunday evening Compline, 6 p.m. outdoors

Online Family Happy Hour, Tuesdays at 5 p.m. on Zoom

Online Bible study, Mondays at 7 p.m. on Zoom – On hiatus, resumes on March 15

Online book discussion on *Love is the Way*, Wednesdays at 7 p.m. on Zoom

Celebrating the 25th Anniversary of
St. John's Renowned Austin Organ

Pipes Alive!

Sunday, March 7, 2021 12:30 pm
livestreamed from www.reddoormusic.org

CAROLYN CRAIG
Organist

MUSIC AT THE RED DOOR
WWW.REDDOORMUSIC.ORG

Pipes Alive! online today at 12:30 p.m

Today we welcome Carolyn Craig to our Pipes Alive! series of short organ recitals. Carolyn, of Knoxville, Tenn., is in her second year pursuing her MM in Organ Performance at Yale's Institute of Sacred Music, where she studies organ with Martin Jean and conducting with David Hill. She will present works by Howells, McDowall, and Vierne. Watch online live or afterward at <https://www.reddoormusic.org/event/pipes-alive-carolyn-craig-organist/>

In-person services tentatively scheduled to resume on Sunday, March 21

We hope to resume 10:30 a.m. Sunday services with limited in-person attendance starting in two weeks, on March 21. This plan is contingent on West Hartford's COVID rates being at "orange" level or below on the state's COVID-19 Data Tracker (<https://portal.ct.gov/Coronavirus/COVID-19-Data-Tracker>). We will also continue to livestream the 10:30 service every Sunday.

The following safety protocols will be in place for in-person services:

- **Service attendance will be capped to allow for socially distanced seating.** You will need to sign up if you plan to attend. Sign-up links and instructions are forthcoming. The number of sign-up slots will be slightly lower than our actual safe capacity to avoid turning away those who are unable to sign up.
- **Wear a mask/covering over your mouth and nose for the entire time you are on St. John's property.** We have disposable masks available for those who don't have one.

- **Follow all signs and directions from ushers and vergers** regarding where to sit, and how to enter and exit the nave.
- **Maintain social distance between members of different households** at all times while on church property. Please greet one another verbally or with a wave, nod, peace sign, etc.
- **For now, worship will not include receiving of bread and wine, congregational singing, or healing prayers.** We continue to explore safe ways to add these vital practices back into worship, and will do so as soon and as safely as possible.
- **Please stay home** if you are feeling unwell, awaiting results of a COVID test, have recently traveled, or have recently been in close contact with someone who tested positive for COVID.

If West Hartford's COVID rates stay in the "orange" range or below, we will offer both livestreamed and in-person worship for Holy Week and Easter Sunday. Worship plans are subject to change depending on the public health situation. Please continue to read the bulletin and e-news to get the latest information.

Resources for observing a holy Lent

St. John's is offering several resources to support your observation of Lent:

- **Lent devotional** – Our fifth annual Lent devotional booklet created by St. John's members and friends is now available. You may pick up a printed copy from a bin at the back door of the church building (the ramped entrance), or get a digital copy at this link: <https://tinyurl.com/SJLent2021>
- **Cultivating spiritual practices** – For each week of Lent, we are sharing simple ideas for trying out a particular spiritual practice. Each Thursday's e-news will include a brief video and graphic about that week's practice. On Sunday mornings, we will hold an online Faith Forum after the 10:30 service, where you may ask questions, discuss ideas, or share your experiences. The forum will begin on Zoom after about 10 minutes of online coffee hour. **This week's practice is praying the Examen; see the graphic on page 15 for details.**
- **Sunday evening Compline in the Cloister Garden (begins today!)** – The EYC (youth group) is now holding their Sunday evening gatherings in person, outside in the Cloister Garden. They will close their time together with Compline, which is an evening prayer service in the Book of Common Prayer. **Everyone is invited** to join the EYC for Compline, which lasts about 10 minutes. We will have a fire in our outdoor fire pit, and will only cancel in the event of significant precipitation or extreme cold.

COVID Vaccine Information

People 55 and older are now eligible to get a COVID vaccine.

The state's vaccine information site is: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccination-Scheduling-Options>

You may also call 877-918-2224 between 8 a.m. and 8 p.m. daily for help scheduling an appointment.

West Hartford has two additional resources for vaccinations:

- The ARCH program provides at-home vaccine administration to those who face unusual/exceptional circumstances that prevent them from getting to a vaccination site. If you or someone you care for might be eligible for this program, go to this web site to fill out an application: <https://westhartford.seamlessdocs.com/f/ARCH>
- The public library's vaccination info line at 860-561-6998 is open from 10am to 5pm weekdays and 10am to 1pm on Saturdays to provide information about how to get a vaccine. They cannot make an appointment for you, but they can help you figure out what to do.

If you need assistance with transportation to a vaccine appointment, contact the church office and we will help as we are able.

Cultivating Spiritual Practice

This week, we pause at the end of the day to reflect on the day and look forward to tomorrow. This practice, called the Examen, comes from St. Ignatius and is used by Christians around the world.

First, **PAUSE** and **BREATHE**. Take a few deep breaths and feel God's presence.

Next, **GIVE THANKS** for your day, which is a gift from God. What especially are you thankful for?

Then, **REVIEW** your day, from beginning to end. Where did you do a good job of loving God, neighbor, and self? Where did you struggle?

Finally, **LOOK AHEAD** to the gift of tomorrow. Ask for God's help for the things you cannot do alone.



COMPLINE

In the Cloister Garden after EYC
6 p.m. on Sundays starting March 7
ALL are welcome!

St. John's Episcopal Church

A place to discover connections with God and one another

www.sjparish.net

679 Farmington Avenue, West Hartford, Connecticut 06119

860 523 5201 office@sjparish.net



SCHEDULE OF SERVICES

Sunday services at 10:30 a.m. (livestream video only).

STAFF

The Rev. Margie Baker (margie@sjparish.net) *Assistant Rector*
Scott Lamlein (scott@sjparish.net)..... *Director of Music*
The Rev. Walter McKenney (walter@sjparish.net) *Deacon*
Ellen Painter Dollar (ellen@sjparish.net)..... *Parish Manager*
Dwight Latif (dwight@sjparish.net)..... *Sexton*
Peggy O'Toole (peggy@sjparish.net)..... *Financial Administrator*
Christa Rakich..... *Organ Artist-in-Residence*
Ralph Valentine *Organist and Choirmaster Emeritus*

VESTRY

Geoff Emerick *Warden*
Virginia Van Dyk *Warden*
Tim Goetz and John Roche *Co-Treasurers*

2019–21: Ellen Flynn, David Grimaldi, Teresa Lohr

2020–22: June Aziz, Jyothsna Diaz, Anne Harney

2021–23: Robert Eikel, Kara Hart, Julia O'Brien, Martin Wheeler