

Welcome to

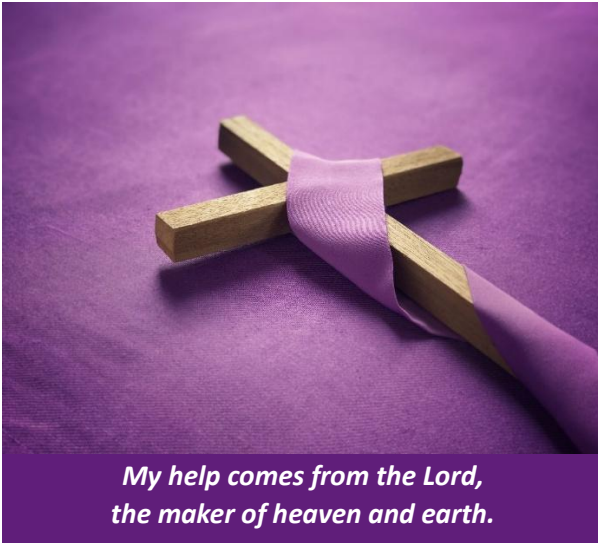
# St. John's Episcopal Church

Chula Vista, CA

## The Second Sunday in Lent

March 1, 2026

9:00 am



*No matter who you are or where you are on your spiritual journey,  
you are welcome here*

## **Prelude**

*The Ministers Process in Silence*

## **Opening Acclamation**

*Presider* Bless the Lord who forgives all our sins.

*People* ***His mercy endures for ever.***

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

## **Confession of Sin**

*Presider* Let us confess our sins against God and our neighbor.

***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.***

*Presider* 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.**

Sung together:

(Hymnal S86)

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.

## The Collect of the Day

*Presider* The Lord be with you.

*People* **And also with you.**

*Presider* Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

## The Lessons

### A Reading from the Book of Genesis

Genesis 12:1-4a

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord.

**Thanks be to God**

### Psalms 121

I lift up my eyes to the hills;  
**from where is my help to come?**

My help comes from the Lord,  
**the maker of heaven and earth.**

He will not let your foot be moved

***and he who watches over you will not fall asleep.***

Behold, he who keeps watch over Israel

***shall neither slumber nor sleep;***

The Lord himself watches over you;

***the Lord is your shade at your right hand,***

So that the sun shall not strike you by day,

***nor the moon by night.***

The Lord shall preserve you from all evil;

***it is he who shall keep you safe.***

The Lord shall watch over your going out and your coming in,

***from this time forth for evermore.***

**A Reading from the Letter of Paul to the Romans** Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the Lord.

***Thanks be to God.***

**Gradual***My Faith Looks Up to Thee*

Hymnal 691



1 My faith looks up to thee, thou Lamb of Cal - va - ry,  
 2 May thy rich grace im - part strength to my faint - ing heart,  
 3 While life's dark maze I tread, and griefs a - round me spread,



Sa - vior di - vine! Now hear me while I pray, take all my  
 my zeal in - spire; as thou hast died for me, O may my  
 be thou my guide; bid dark-ness turn to day; wipe sor - row's



guilt a - way; O let me from this day be whol - ly thine.  
 love to thee pure, warm, and change-less be, a liv - ing fire.  
 tears a - way, nor let me ev - er stray from thee a - side.

**The Gospel**

John 3:1-17

*Presider* The Holy Gospel of our Lord Jesus Christ according to John

*People* ***Glory to you, Lord Christ.***

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except

the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

The Gospel of the Lord.

***Praise to you, Lord Christ.***

Sermon

The Rev. Susanna DesMarais

### The Nicene Creed

***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

*Presider* Let us come before God in this Lententide, praising and blessing and adoring our everliving God, saying: In your glorious mercy, Lord, hear our prayer.

O God, who spoke through the prophets and who lives in the only begotten one, show to your church all things. Make us hear your purpose and receive your grace; confirm in your truth all the baptized, especially bishops and clergy, theologians and teachers, mystics and martyrs. In your glorious mercy:

***Lord, hear our prayer.***

Lord of promise and deliverance, we thank you for birthing us in the waters of baptism and for drowning our death in your unending life. We beg that your love well up within us, that our whole lives may worship you. In your glorious mercy:

***Lord, hear our prayer.***

God of the people of Israel, Sovereign of every nation, grant your vision of mercy and justice to all who rule the earth. Prosper the labors of those seeking peace. Assist all who work for reconciliation in the streets and for reformations in prison. In your glorious mercy:

***Lord, hear our prayer.***

O Holy One with the pierced limbs and side, bind us to all who suffer. Keep us mindful of all innocent victims, all the oppressed, all the dying. Reveal to us those who are despised, the outcast, the alien, the forlorn. Look upon the sick. Summon us to restlessness until all who suffer find rest from their sorrow. In your glorious mercy:

***Lord, hear our prayer.***

Together let us pray for those serving our country and their families

***Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces, first responders, and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.***

*Presider* For all the holy people before us who served you as their only wisdom amid life's temptations, we give you thanks, O God. Give your holy angels charge over us and bring us who live in the wilderness of time from the waters of baptism into the garden of your great love, where we will be no longer in hunger, but filled with your life forever, through Christ our Lord. **Amen.**

## The Peace

*Presider* The peace of the Lord be always with you.

*People* **And also with you.**

## The Great Thanksgiving

### The Offertory

*Your generous offering helps us to continue the mission and ministry of the parish. You may give here or online by using the "Give Now" button on our St. John's website: [www.saint-johns.org](http://www.saint-johns.org) or by scanning the QR code.*



### Offertory Anthem

The St. John's Choir

*Presider* The Lord be with you.

*People* **And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

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:

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
 might, hea - ven and earth are full of your glo - ry. Ho -  
 san - na in the high - est. Bless - ed is he who  
 comes in the name of the Lord. Ho - san - na in the high - est.

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:

***Christ has died.***

***Christ is risen.***

***Christ will come again***

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.**

And now, as our Savior Christ has 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 Breaking of the Bread

*Presider* Christ our Passover is sacrificed for us;

*People* **therefore let us keep the feast.**

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

*Presider* The Gifts of God for the People of God

Take them in remembrance that Christ died for you,  
and feed on him in your hearts by faith with thanksgiving.

## Communion

### Spiritual Communion

I invite all who are watching our liturgy online to receive Christ spiritually.  
Let us pray together:

***Lord Jesus, we believe you are truly present in the Blessed Sacrament of bread and wine, body and blood. Unite my heart with those of my family of faith gathered to celebrate the great meal of Holy Communion this day and make us all one with you today and every day. May this strengthen our faith and grant us confidence in your loving care now and forever. Amen.***

### Prayer After Communion

*Presider* Let us pray

*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.***

### Announcements, Birthday and Anniversary Prayers

#### The Blessing

*Presider* Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will;

And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be upon you, and remain with you always. ***Amen.***

## Closing Hymn

## The God of Abraham Praise

Hymnal 401



1 The God of A - braham praise, who reigns en - throned a - bove;  
2 He by him - self hath sworn: we on his oath de - pend;  
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,



1 An - cient of ev - er - last - ing days, and God of love;  
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:  
3 tri - um - phant o'er the world and sin, the Prince of Peace;



1 the Lord, the great I AM, by earth and heaven con - fessed:  
2 we shall be - hold his face, we shall his power a - dore,  
3 on Zi - on's sa - cred height his king - dom he main - tains,



we bow and bless the sa - cred Name for ev - er blest.  
and sing the won - ders of his grace for ev - er - more.  
and, glo - rious with his saints in light, for ev - er reigns.

## The Dismissal

*Presider* Go in peace to love and serve the Lord.

*People* **Thanks be to God.**

## Postlude

### Liturgical Ministers

**Presider/Preacher**

Rev. Susanna DesMarais

**Organist**

Cheryl Seppala

**Reader/Intercessions**

Bill Cheney, Jim Lindshield

**Ushers**

Gregg and Elizabeth King

## **St. John's Prayer Lists**

*Today and every day include some time for prayer, for yourself,  
for your church family, and for those in need.*

### **For Our Military**

Chariti Paden, Mark Stanfield, Sean Robinson, Jonathan Martinez, TK  
Nguyen, Christopher Lindshield, Timothy Lindshield, Jeremy Colton,  
David Sanchez, Jonathan Baldera, Nick Wyatt, Jamal Warner,  
Matt Hernandez, Daniel Getreu, Devon Strunk, Taylor Harrold,  
Jorge Zuazua, Roberto Chavez, Ryan Lothspeich, Andrew C. Dugger,  
Dan and Chelsey Nyaradi, Gen. G.C. Heinrich, Pedro Bonilla, Patrick King,  
Connor Feeny, and Sebastian Morales.

### **For Strength in Time of Need**

Gary and Shirley McCarren, Alec Hauer, Karen Polk, Bob Milam,  
Bill Rogers, James Kellogg Burnham III, Linda Longoria-Neff, Lynn Young,  
Fr. George Keith, Jeff M., Steve Magill and Heather Wallace,  
Terri Valdez, Walt Kennedy, and Bill Gustafson.

*(Names are kept on the Prayers List for 4 weeks and should be submitted by Wednesday.  
If you wish to add a name, please email Maria Love at: [info@saint-johns.org](mailto:info@saint-johns.org).)*

## **St. John's Mission Statement**

St. John's is a Christian community that intentionally gathers  
to experience God's love through Episcopal worship, education,  
fellowship, and ministry to the wider community.

# Announcements

## Special Lent Opportunities at St. John's

**Centering Prayer Mondays at 9:30 am** in the church:  
Come and share the deep silence of prayers.

**Midweek Holy Eucharists Thursdays at noon** in the church  
starting February 26 and continuing until Holy Week.

## **Adult Forum: Ways to Pray. Nale Hall after the 9 am worship**

Join Rev. Susanna for a series on different types of prayer

**March 1** Centering and Breath Prayer

**March 8** Lectio Divina-The Art of Sacred Reading

**March 15** Praying in Color (bring colored pencils or markers,  
if you have them)

Bring your coffee and we'll meet in the far south end of Nale Hall.

## **Book Group: Tools Matter by Mary Margaret Funk. Begins Wednesday, March 4 at 7 pm via Zoom**

Join us on a spiritual discovery as we read about tools for our faith. Drawing on the writings of the fifth-century monk John Cassian, Funk explores using tools such as memory, imagination, and rational thinking—tools right out of early Christianity—to work on inner healing. She also explains how other positive tools, such as ceaseless prayer, manual labor, and isolation, may lead to uncluttering the mind and purifying the heart.

## **Lenten Outreach Program: Tents & Tarps for St. Mark's**

During Lent this year we will be collecting new and GENTLY used tents and tarps for St. Mark's in San Diego. If you would rather donate for this, envelopes marked with Tents & Tarps are available in the entryway.



## **St. John's Clergy**

The Rev. Susanna DesMarais, *Interim Priest-in-Charge*

## **St. John's Vestry**

Bob Dunn, *Senior Warden*

619-913-5580

[robert@saint-johns.org](mailto:robert@saint-johns.org)

David Dennehy, *Junior Warden*

619-840-9994

[masterfrog@att.net](mailto:masterfrog@att.net)

Bill Cheney, *Treasurer*

Diane Gustafson, *Clerk*

Iris Atkins

Pamela Brittain

Karen Duignan

Bill Gustafson

Alejandra Valdez-Ber

Lynn Young



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