



# SAINT FRANCIS ANGLICAN CHURCH

Diocese of the West  
Anglican Church in America  
Traditional Anglican Church  
Father Michael A. Costanzo, *Rector*



Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

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# FIRST SUNDAY IN LENT

FEBRUARY 21, 2021

## Opening Hymn 459

CAMPION

*Hark, my soul! It is the Lord*

## Collect for Purity

BCP 67

**Introit.** *Invocabit me.* He shall call upon me, and I will harken unto him; I will deliver him, and bring him to honour: with length of days will I satisfy him. *Psalms 91.* Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. *V.* Glory ... He shall ...

## Summary of the Law

BCP 69

## Kyrie Hymnal 709

Willan

## Gloria

*Not said during Pre-Lent*

**Collect.** O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey the godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. **Amen.**

*Collect for Ash Wednesday.* Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all those who are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

## First Reading

Genesis 9:8-17

Then God said to Noah and to his sons with him, "Behold, I establish my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the cattle, and every beast of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the

waters of a flood, and never again shall there be a flood to destroy the earth." And God said, "This is the sign of the covenant which I make between me and you and every living creature that is with you, for all future generations: I set my bow in the cloud, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant which is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will look upon it and remember the everlasting covenant between God and every living creature of all flesh that is upon the earth." God said to Noah, "This is the sign of the covenant which I have established between me and all flesh that is upon the earth."

## Psalms

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*Antiphon* Lead me in your truth, O LORD, and teach me.

1. To you, O LORD, I lift up my soul.
2. O my God, in you I trust, let me not be put to shame; let not my enemies exult over me.
3. Yes, let none that wait for you be put to shame; let them be ashamed who are wantonly treacherous.
4. Make me to know your ways, O LORD; teach me your paths.
5. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all the day long.
6. Be mindful of your compassion, O LORD, and of your merciful love, for they have been from of old.
7. Remember not the sins of my youth,

or my transgressions; according to your mercy remember me, for your goodness' sake, O LORD!

8. Good and upright is the LORD; therefore he instructs sinners in the way.
9. He leads the humble in what is right, and teaches the humble his way.
10. All the paths of the LORD are mercy and faithfulness, for those who keep his covenant and his testimonies.
11. For your name's sake, O LORD, pardon my guilt, for it is great.
12. Who is the man that fears the LORD? Him will he instruct in the way that he should choose.
13. He himself shall abide in prosperity, and his children shall possess the land.
14. The friendship of the LORD is for those who fear him, and he makes known to them his covenant.
15. My eyes are ever toward the LORD, for he will pluck my feet out of the net.
16. Turn to me, and be gracious to me; for I am lonely and afflicted.
17. Relieve the troubles of my heart, and bring me out of my distresses.
18. Consider my affliction and my trouble, and forgive all my sins.
19. Consider how many are my foes, and with what violent hatred they hate me.
20. Oh, guard my life, and deliver me; let me not be put to shame, for I take refuge in you.
21. May integrity and uprightness preserve me, for I wait for you.
22. Redeem Israel, O God, out of all his troubles.

## Epistle

2 Corinthians 6:1–10

Working together with him, then, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the ac-

ceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

**Gradual.** He shall give his Angels charge over thee: to keep thee in all thy ways. ✠ They shall bear thee in their hands: that thou hurt not thy foot against a stone.

**Tract.** Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. ✠ I will say unto the Lord, Thou art my hope and my stronghold: my God, in him will I trust. ✠ For he shall deliver thee from the snare of the hunter: and from the noisome pestilence. ✠ He shall defend thee under his wings: and thou shalt be safe under his feathers. ✠ His faithfulness and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night. ✠ Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor for the sickness that destroyeth in the noonday. ✠ A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. ✠ For he shall give his Angels charge over thee: to keep thee in all thy ways. ✠ They shall bear thee in their hands: that

thou hurt not thy foot against a stone. *✠*  
 Thou shall go upon the lion and adder: the  
 young lion and the dragon shalt thou tread  
 under thy feet. *✠* Because he hath set his  
 love upon me, therefore will I deliver him: I  
 will set him up, because he hath known my  
 Name. *✠* He shall call upon me, and I will  
 hear him: yea, I am with him in trouble. *✠* I  
 will deliver him and bring him to honour:  
 with long life will I satisfy him, and show  
 him my salvation.

## Gospel

St. Matthew 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down; for it is written, 'He will give his angels charge of you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not tempt the Lord your God.'" Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Begone, Satan! for it is written, 'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and ministered to him.

## Sermon Hymn 55

HEINLEIN

*Forty days and forty nights*

## Homily

### Nicene Creed

BCP 71

**Offertory.** He shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

**Presentation of the Gifts 139** Old Hundredth  
*Praise God, from whom all blessings flow*

### The Prayer for the Church

BCP 74

### General Confession

BCP 85/75

### Sanctus and Benedictus, 797

Willan

### The Canon of the Mass

BCP 80-81

### The Lord's Prayer

BCP 82

### Agnus Dei, Hymnal 712

Willan

### The Prayer of Humble Access

BCP 82

### Communion Hymn 211

JESU JOY OF MAN'S

DESIRING

*Come with us, O Blessed Jesus*

**Communion.** The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

**General Thanksgiving & Absolution** BCP 83

**Post-communion** May the holy offering of thy Sacrament refresh us O Lord: that we, being cleansed from our former nature, may enter into the fellowship of this saving mystery. Through ...

### The Benediction

BCP 84

### The Dismissal

Missal

### Closing Hymn 61

SPIRES

*The glory of these forty days*

## ANNIVERSARIES

None

## FLOWERS AND COFFEE HOUR

No flowers during Pre-Lent and Lent. Following Mass there will be a Virtual Coffee Hour and then the Parish Annual Meeting via Zoom.

*For the Liturgy, St. Francis uses the 1928 American Book of Common Prayer, the Hymnal 1940 and the 1952 American Missal. The lections are from the Revised Standard Version, second Catholic Edition. All copyrights belong to the respective owners. All other material is copyright © 2021 by St. Francis Anglican Church. All rights reserved.*

# General Hymns

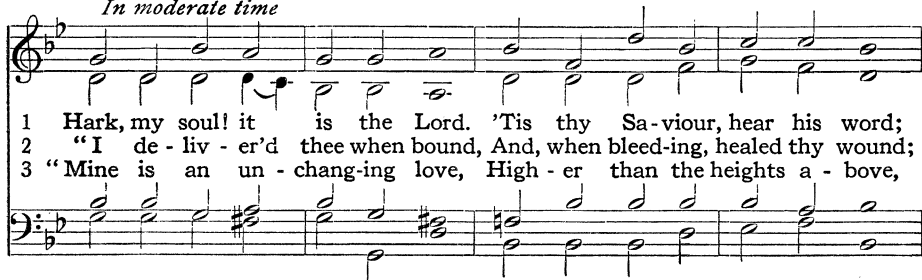
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77. 77

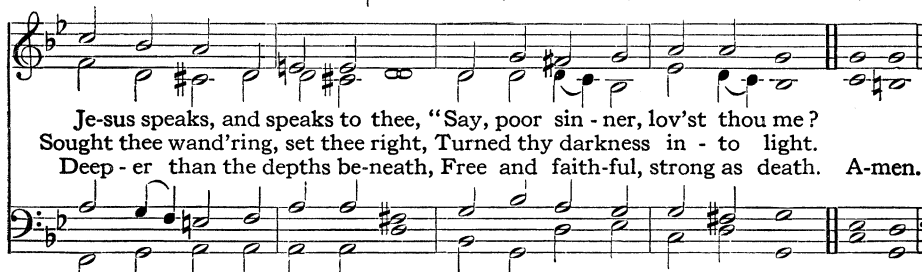
CAMPIAN

THOMAS CAMPIAN, 1613

*In moderate time*



1 Hark, my soul! it is the Lord. 'Tis thy Sa-viour, hear his word;  
 2 "I de - liv - er'd thee when bound, And, when bleed-ing, healed thy wound;  
 3 "Mine is an un - chang-ing love, High - er than the heights a - bove,



Je-sus speaks, and speaks to thee, "Say, poor sin - ner, lov'st thou me?  
 Sought thee wand'ring, set thee right, Turned thy darkness in - to light.  
 Deep - er than the depths be-neath, Free and faith-ful, strong as death. A-men.

- 4 "Thou shalt see my glory soon, 5 Lord, it is my chief complaint  
 When the work of grace is done; That my love is weak and faint;  
 Partner of my throne shalt be: Yet I love thee and adore;  
 Say, poor sinner, lov'st thou me?" O for grace to love thee more! Amen.

*Alternative Tune, ST. BEES, No. 323*

WILLIAM COWPER, 1768, *alt.*

55

Lent

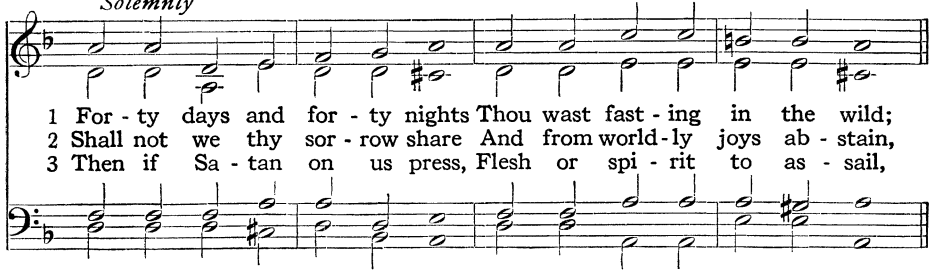
HEINLEIN

77. 77

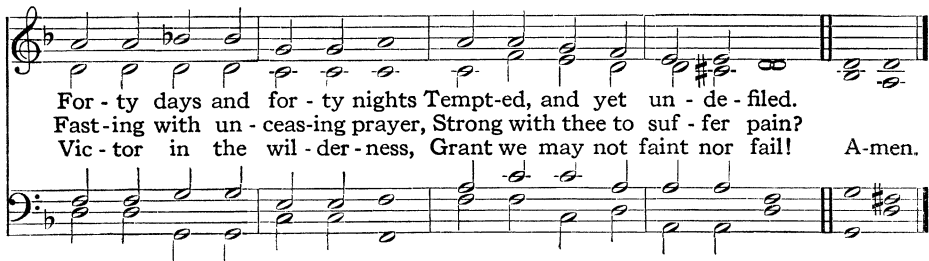
M. H., in

Nürnbergisches Gesangbuch, 1676

*Solemnly*



1 For - ty days and for - ty nights Thou wast fast - ing in the wild;  
 2 Shall not we thy sor - row share And from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Flesh or spi - rit to as - sail,



For - ty days and for - ty nights Tempt-ed, and yet un - de - filed.  
 Fast-ing with un - ceas-ing prayer, Strong with thee to suf - fer pain?  
 Vic - tor in the wil - der - ness, Grant we may not faint nor fail! A-men.

4 So shall we have peace divine:  
 Holier gladness ours shall be;  
 Round us, too, shall angels shine,  
 Such as ministered to thee.

5 Keep, O keep us, Saviour dear,  
 Ever constant by thy side;  
 That with thee we may appear  
 At the eternal Eastertide. Amen.

GEORGE HUNT SMYTTAN, 1856, *alt.*

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# Holy Communion

87. 87. 76. 86

JESU JOY OF MAN'S DESIRING

Melody by JOHANN SCHOP, 1642,  
arr. and har. by J. S. BACH, 1716

*Simply; may be sung in unison*

Come with us, O bless-ed Je-sus, With us ev-er -

more to be; And in leav-ing now thine al-tar, Let us

nev-er - more leave thee! O let thine an-gel cho-rus

Cease not the heav'n-ly strain, But in us, thy lov-ing

chil-dren, Bring peace, good will to men. A-men.



61

Lent  
L. M.

SPIRES

J. KLUG'S *Geistliche Lieder*, 1543,  
harmonized by J. S. BACH, 1685-1750*Slow and solemn, in unison*

1 The glo - ry of these for - ty days We  
 2 A - lone and fast - ing Mo - ses saw The  
 3 So Dan - iel trained his mys - tic sight, De -  
 4 Then grant us, Lord, like them to be , Full

cel - e - brate with songs of praise; For Christ, by whom all  
 lov - ing God who gave the law; And to E - li - jah,  
 liv - er'd from the li - ons' might; And John, the Bride-groom's  
 oft in fast and prayer with thee; Our spi - rits strength-en

things were made, Him - self has fast - ed and has prayed.  
 fast - ing, came The steeds and char - i - ots of flame.  
 friend, be - came The her - ald of Mes - si - ah's name.  
 with thy grace, And give us joy to see thy face. A-men.

5 O Father, Son, and Spirit blest,  
 To thee be every prayer address,  
 Who art in threefold Name adored,  
 From age to age, the only Lord. Amen.

*Latin, 6th cent.; Tr. MAURICE F. BELL, 1906*