

**Emmanuel  
Episcopal Church  
2nd Sunday in Lent**



Sunday, March 1, 2026, 8:00 AM and 10:30 AM

*Welcome to Emmanuel. We invite you to join with us in worship. Music is a part of our 10:30 a.m. service.*

*Please maintain prayerful silence in the Nave to prepare for worship*

**Prelude** "Pavane" Gabriel Fauré

**Opening Hymn 401**(v. 1-3) *The God of Abraham praise* [Leoni]

**Liturgy of the Word**

*All standing, the Celebrant says*

Bless the Lord who forgives all our sins.

*People* **God's mercy endures for ever**

*At 8:00 said:*

**Lord, have mercy**

**Christ, have mercy**

**Lord, have mercy.**

*At 10:30 sung:*

**S-100 (Hurd)**

Lord, have mercy. Lord, have mercy.

Christ, have mercy. Christ, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy, have mercy.

**Collect of the Day**

**BCP 357**

*Celebrant* The Lord be with you.

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

*Celebrant* Together, 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.**

**First Reading** (*seated*)

**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.

*Reader* The word of the Lord.

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

**Psalm 121**

**BCP 779**

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

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

3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.

4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;

5 The Lord himself watches over you; \*  
the Lord is your shade at your right hand,

6 So that the sun shall not strike you by day, \*  
nor the moon by night.

7 The Lord shall preserve you from all evil; \*  
it is he who shall keep you safe.

8 The Lord shall watch over your going out and your coming in, \*  
from this time forth for evermore.

**Second Reading** *(seated)***Romans 5:1-4, 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.

*Reader*           The word of the Lord.

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

**Gradual Hymn 691**   *My faith looks up to thee*

[Olivet]

**Gospel** *(stand as you are able)*

**Matthew 17:1-9**

*Deacon*           The Holy Gospel of our Lord Jesus Christ according to Matthew.

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

And after six days Jesus took with him Peter and James and John his brother, and led them up a high mountain apart. And he was transfigured before them, and his face shone like the sun, and his garments became white as light. And behold, there appeared to them Moses and Eli'jah, talking with him. And Peter said to Jesus, "Lord, it is well that we are here; if you wish, I will make three booths here, one for you and one for Moses and one for Eli'jah." He was still speaking, when lo, a bright cloud overshadowed them, and a voice from the cloud said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell on their faces, and were filled with awe. But Jesus came and touched them, saying, "Rise, and have no fear." And when they lifted up their eyes, they saw no one but Jesus only.

And as they were coming down the mountain, Jesus commanded them, "Tell no one the vision, until the Son of man is raised from the dead."

*Deacon*           The Gospel of the Lord.

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

**Homily**

The Rev. Rhonda E. Wheeler

**Nicene Creed** *(Leader and People)*

**BCP 358**

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.

## Prayers of the People

Leader: Behold, children of God, it is the Lord who watches over you. As people sent forth into the world, let us pray, saying, "Lord, bless us, so that we may bless others."

Lord, preserve your Church from all evil. May we, who have been born of water and the Spirit, proclaim the kingdom of God in all the world. *Congregation is invited to add their thanksgivings.*

*Silence*

Lord, bless us,

**So that we may bless others.**

O God, may the leaders of the nations ever seek the truth. Open their hearts to true conversion and divine guidance.

*Silence*

Lord, bless us,

**So that we may bless others.**

Maker of heaven and earth, you have blessed us with a wondrous and dynamic creation. Protect us from its rage; comfort us by its tranquility. Give us eyes to see your handiwork in the world around us.

*Silence*

Lord, bless us,

**So that we may bless others.**

Lord, your eyes never close on your people. We thank you for your mindfulness of us and our community. Be our help and our safety.

*Silence*

Lord, bless us,

**So that we may bless others.**

You did not send your Son into the world to condemn the world, but in order that the world may see and experience your salvation. Bring wholeness to those who look to your Son for their help. *Congregation is invited to add their petitions.*

*Silence*

Lord, bless us,

**So that we may bless others.**

O God, who gives life to the dead and calls into existence the things that do not exist, keep the dying and the dead from this time forth and for evermore. Give eternal life to all those who trust in you.

*Silence*

Lord, bless us,

**So that we may bless others.**

*Concluding collect*

*Celebrant then says*

Let us confess our sins against God and our neighbor.

*Silence is kept for persons to bring before God their individual sins.*

*Celebrant then says:*

**God of all mercy,  
we confess that we have sinned against you, opposing your will in our lives.  
We have denied your goodness in each other, in ourselves,  
and in the world you have created.**

**We repent of the evil that enslaves us, the evil we have done,  
and the evil done on our behalf.**

**Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

*The Celebrant says:*

Almighty God have mercy on you, ✠ forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

**Peace** *(All stand.)*

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

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

*Then the Ministers and People may greet one another in the name of the Lord.*

## The Holy Communion

**Offertory Anthem** (Emmanuel Choir) *"When You Prayed Beneath the Trees"* Christopher Idle & Lloyd Larson

*The people stand and sing the Presentation Hymn as gifts of bread, wine, and money are presented at the altar:*

## Doxology

*Praise God from whom all blessings flow. Praise Him all creatures here below. Praise him above ye heavenly hosts. Praise Father, Son, and Holy Ghost.*

## **Great Thanksgiving Eucharistic Prayer A**

*The people 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 him thanks and praise.**

*The Celebrant proceeds*

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:

### **Sanctus**

S-124 (Hurd)

*Celebrant and People*

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The people kneel or stand.*

*The Celebrant continues*

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.

*At the following words concerning the bread, the Celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

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 sin. 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.**



Christ has died. Christ is ri - sen. Christ will come a - gain.

*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 Celebrant then continues*

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

**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 Priest and People then say*

**We do not presume to come to this your Table, O merciful Lord, trusting in our own righteousness, but in your many and great mercies. We are not worthy so much as to gather up the crumbs under your Table. But you are the same Lord whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

*Celebrant* Christ our Passover is sacrificed for us;  
*People* **Therefore let us keep the feast.**

*The Celebrant says*

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.

*All are welcome to receive Holy Communion. If you do not wish to receive from the cup, it is acceptable to receive the bread only. Those who do not wish to receive Communion, are invited to come to the altar for a blessing. Please speak to the Rector if you would like to learn more about baptism.*

**Hymn L-192 I Need Thee Every Hour**

Hawks & Lowry

**Post-Communion Prayer**

**BCP 365**

*After Communion, the Celebrant says*

Let us pray.

*Celebrant and People*

**Almighty and everliving God,  
We thank you for feeding us with this spiritual food  
Of the most precious Body and Blood  
Of your Son our Savior Jesus Christ;  
And for assuring us in these holy mysteries  
That we are living members of the Body of your Son,  
And heirs of your eternal kingdom.  
And now, Father, send us out to do the work you have given us to do,  
To love and serve you as faithful witnesses of Christ our Lord.  
To him, to you, and to the Holy Spirit,  
Be honor and glory, now and for ever. Amen.**

*The Priest offers a Lenten Prayer.*

May the peace of the Lord Christ go with you: Wherever he may send you; May he guide you through the wilderness: Protect you through the storm; May he bring you home rejoicing at the wonders he has shown you; May he bring you home rejoicing once again into our door. May you be blessed  $\text{in}$  the name of the Father and of the Son, and of the Holy Spirit. **Amen.**

**Recessional Hymn 473** *Lift high the cross*

[Crucifer]

**Dismissal**

**BCP 366**

*Deacon or LEM* Let us go forth in the Name of Christ.

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

**Postlude** *"Jesus, Name Above All Names"*

Nadia Hearn

# Emmanuel Episcopal Church

## Hampton, Virginia

March 1, 2026

### **Welcome to Emmanuel!**

**If this is your first visit to Emmanuel Episcopal Church**, consider making this your spiritual home. Sunday services are found in the red Book of Common Prayer located in your pew or in the printed bulletin. Hymns are found in the blue Hymnal, the red & black Lift Every Voice and Sing hymnal (L), or the green Wonder, Love, & Praise hymnal (W).

**If this is your first time visiting the Episcopal Church**, simply relax and enjoy the service. Don't worry about doing things "right," for God has brought you here for a purpose and together, as the people of God, we can enjoy each other's company and the presence of God you bring into our midst.

**All people are welcome to receive communion in the Episcopal Church** and you can do so by coming to the center of the rail and holding your hands to receive the bread (Body of Christ). Afterwards to receive the wine (Blood of Christ), please move to either the right or the left side. The right side is where you can drink from the common cup and the left side is where you can dip the bread in the wine yourself (intinction). Communion in one-kind (bread) is a completely full & sufficient communion. If you would prefer to have the clergy and a chalice come to you, please notify an usher.

**Filming during the service** - Recognizing that not all are able to be present in the sanctuary, we broadcast the later service.

**Cell Phones** - Please remember to mute or turn off your phone before the service starts.

**Safety Protocols at Emmanuel** - Mask wearing is appropriate anytime but not required. In close quarters, like the Vestry room and library, it may make sense to consider wearing masks depending on the participants. Hand sanitizer is available. In the event of an emergency, please stay calm, stay seated, and listen for instructions.

**The sanctuary flowers** are given this week by Carol Bowers to the glory of God and in loving memory of loved ones.

### **Lay Eucharistic Ministers**

8:00am R – Charles Walker; C – Margaret Seitz, Vi Cooper

10:30am R – Chris Garguilo; C – Margaret Parker, Kim DeCoster

## **ANNOUNCEMENTS**

**Reminder** – The sanctuary and chapel are open for quiet prayer and reflection during office hours: This parish office is open Tuesday - Friday 8:30a – 3p.

**Parish Breakfast** – *This morning, March 1*, is our monthly parish breakfast at 9a in the parish hall. All are welcome!

**First Sunday of the Month** - There will be healing stations on either side of the communion rail this morning for those wishing to receive healing prayers after communion. Additionally, the baptismal font will be placed by the chancel steps for those wishing to renew their baptismal vows.

**EECinema** – The EECinema is open this *Tuesday, March 3 at 12 noon* in the parish hall. The film for our viewing pleasure is “Quartet” starring Maggie Smith as a former opera singer who moves into a retirement home for performers. What could possibly happen?! Come join us!

**Mission** – The mission team meets on *Tuesday, March 3 at 7p* in the vestry room. All are welcome.

**ROMEOs** will meet for breakfast at Tommy's Restaurant this *Wednesday, March 4 at 8a.*

**Children's Communion Class** will continue on *March 8 and March 15 at 9:15am.*

**"Let Us Go to the Other Side" Wednesday Evening Lenten Series** – We continue our joint program this *Wednesday, March 4 at 5p* at St. Cyprian's. Lent presents an opportunity for personal reflection, renewal, and meaningful growth through engagement with our faith communities. Join us and experience inspiration among a vibrant community of believers.

Each Wednesday begins at 5p with dinner; the program starts at 5:30p; and concludes with reflections and compline starting at 6:30p. The evenings should end by 7p.

The schedule is: *March 4* at St. Cyprian's "Transformative Power of God" (Mark 4:35)

*March 11* at Emmanuel "Radical Welcome: Ubuntu, 'I Am Because We Are'" (John 4:1-42)

*March 18* at St. John's "Renewal of Mind and Spirit, Part II" (Romans 12:2)

**Lifeline** is holding a screening day at Emmanuel on *March 10*. Registration information is available from the flyer posted in the office foyer.

**Racial Healing Workshop** – Thank you to all those who attended the workshop and all those who prepare refreshments and lunch.

**Lenten Challenge** – "4,000 cans in 40 days." Last Sunday, we collected 195 food items which were taken to the Peninsula Food Bank.

**Vestry Highlights** – Vestry met this past Tuesday. The following are highlights from that meeting.

- Vestry welcomed newly elected members: Chris Johnson and Chuck Gwilt
- Appreciation was conveyed to outgoing members: Barb Fisher, Kim DeCoster, Pat Dwyer, Sabrina Miles, and Charles Walker. Their leadership was invaluable.
- Senior Warden, Chris Garguilo was re-elected, as well as Margaret Parker, Junior Warden
- Vestry Retreat will be March 8, 1:00-3:00.
- Parochial report was approved.

**Endowment Grants** - The Endowment Board has opened up the Grant Request process. Grant applications forms can be picked up from an Endowment Board member or from the church office. Applications are due *May 1*.

**In Need of Prayer** — *Bob, Cephise, Margaret, Carol, Lisa, Diane, Jackie, Beth, Teddie Jo, Deacon Earl, Claire, Doris, Ron, Arline, Clara, Tristan, Maria, Willie, Carol Sue, Bonnie, Iva, Paul & Taffy, Sally Sue, Diane K, Aaron, Mary, Kathleen, Kai, Art, Don, Sandra, Tal, Gina, Sabrina, Angalee & David, Elaine, Joe, Jerry W., Velma, Karen T, Nancy K, Kim, Carole, EJ, Jerry, Nancy B, Mary, Elizabeth, John, Richard, Geoff, Helen, Virginia, William, Jan, Faye, Rebecca & Vincent, Mike, Betty, Tom & Sheila, Ramon, Barbara, Jim & Susie, Leigh, Bill, Carl, Pixie, Donnie, Bobby L., Dell, Peggy, Judy, Laura, Lee Ann, Brenda, Betty F., Tim & Debra, Donna, Lamar, Pam, Nancy W., Gale, Richard H., Diane W., Delores, Anne, Andrew, Bria, Xaria, John, Karla, Robin, Barbara & Harold, Edith, Shirley, Robert D., Michelle, Althea, Kay, Keith A., Parker, Danny & Debra, Kyle, Gary & Sheila, Gerard, Kora, Pat, Mel, Tage, Kent, Elizabeth, Maureen, Karen, Benjamin & Marie, Ryan, Abby, Preston, Marlow, Jimmy, Brian, Floyd, Kelly, Tina, Anthony, Evelyn, Declan, Shandra, Ross, Frankie, Lili, Robert M., Joshua, Braydon, Tim, Val, Glenn, Bo, Constance, Gary, Cathy S., Liz, Ellie & Clyde, Latta, Dominic, Dumans, Kathie, Georgia, Edwin, John L., Lester, Vicky, James, Jazmin, Steve, Patrick, Erick, Jordan, Samantha, Chantelle, Meyers, Jeff, James P., Alexis, Tytiana, Scott, Chris, Kenneth, Heather, KJ, Haleigh, Brianna, Sophia, Helen, Larry T, Vi, Boyd, Patty, Marty, Mary, Barb, Michelle, Derek*

### **Stewardship Moment**

*"Tell out my soul" – "Be still and know that I am God." – Psalm 46:10 (from our Lenten Devotional book)*

<b>EVENTS THIS WEEK</b>	
Sunday, March 1 - 8:00am & 10:30: 9:00am: 11:30am: 12:00pm:	<b>2 Lent</b> Worship Parish Breakfast Emmanuel Café EASDSM
Monday, March 2—7:00pm:	AA & Al-Anon
Tuesday, March 3—12:00pm: 7:00pm:	EECinema Mission
Wednesday, March 4—8:00am: 9:30am: 10:00am: 11:00am: 12:00pm: 5:00pm:	ROMEOs Morning Prayer NBC WoW Healing Service Lenten Program @ St. Cyprian's
Thursday, March 5 —11:30am: 5:30pm:	Fitness Choir
Friday, March 6 –	
Saturday, March 7 - 8:00am: 9:00am: 10:00am:	AA Altar Guild DOK
Sunday, March 8 - 8:00am & 10:30: 9:00am & 11:30am: 9:15pm: 2:00pm:	<b>3 Lent</b> Worship Emmanuel Café YEAs Eastern Star

**Emmanuel Episcopal Church**  
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 Website: <http://www.eechampton.org>      Facebook: EmmanuelHampton  
 A parish of the Episcopal Diocese of Southern Virginia  
 The Rt. Rev. Susan Haynes, Bishop

**Staff**

The Rev. Rhonda E. Wheeler, Rector      Rev. Darlene Jackson, Deacon  
 Cathy Combs, Music Director  
 Karen Harrington, Parish Administrator      Cary Kelly, Finance Director

**Vestry**

Tim Bradley      Chris Johnson      Margaret Parker, Jr. Warden  
 Chris Garguilo, Sr. Warden      Laura L. Manigault      John Pence  
 Chuck Gwilt      Bill Miles      Dean Seitz

Suzzane Jewett, Registrar  
 Vic Hellman, Treasurer