

Emmanuel Episcopal Church 1st Sunday in Lent

Sunday, February 22, 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 (Rejoice Ringers: Linda Bradley, Tim Bradley, Margaret Seitz, Juliette Wilcox, Cathy Combs with vocalists Pat Dwyer, Chris Garguilo, Rhonda Burrell-Garguilo) *"In the Bleak Mid-Winter"* Holst, arr. by Guy Ratcliffe

Opening Hymn 142 *Lord, who throughout these forty days* [St. Flavian]

Liturgy of the Word

All standing, the Celebrant says

Bless the Lord who forgives all our sins.

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

Hear the commandments of God to his people:

I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

Celebrant

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our 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 other commandment greater than these." *Mark 12:29-31*

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.**

At 8:00:

Holy God,

Holy and Mighty

Holy Immortal One,

Have mercy upon us.

At 10:30 sung:

S-100 Hurd

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

Collect of the Day

BCP 357

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Together, let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

First Reading *(seated)*

Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 32

BCP 624

1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

3 While I held my tongue, my bones withered away, *
because of my groaning all day long.

4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

5 Then I acknowledged my sin to you, *
and did not conceal my guilt.

6 I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.

7 Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.

8 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.

9 "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

10 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."

11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

Second Reading *(seated)*

Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have

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: We do not live by bread alone, but by every word that comes from the mouth of God. Let us pray to the source of our sustenance, saying, "God, our hiding place, preserve us from trouble."

Great God, you have called your people to worship and serve you alone. Instill in us such a singleness of heart that we might perfectly trust you to meet our needs. *Congregation is invited to add their thanksgivings.*

Silence

God, our hiding place,

Preserve us from trouble.

Great God, we live among many temptations. Free the people of this nation, and this world, from all sinful desires that draw us from the love of God.

Silence

God, our hiding place,

Preserve us from trouble.

Great Creator, you have surrounded us with blessings; you provide enough to meet our needs. And yet, we strive and scheme for more, always more. Have mercy on us.

Silence

God, our hiding place,

Preserve us from trouble.

O Lord, we pray for those bound by addiction, those for whom temptation is a constant threat. Set the captive free. Satisfy their cravings with abundant grace.

Silence

God, our hiding place,

Preserve us from trouble.

Be with the sick and suffering, Great Healer. Be for them a hiding place; preserve them from trouble; surround them with shouts of deliverance. *Congregation is invited to add their petitions.*

Silence

God, our hiding place,

Preserve us from trouble.

Through the righteousness of Jesus our Christ, give new and abundant life to all. Justify the dying and the dead. Keep them in your strong hands forever.

Silence

God, our hiding place,

Preserve us from trouble.

Concluding collect

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) "*Fairest Lord Jesus*" Derek Hakes; arr. Craig Courtney

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-178 Sweet Hour of Prayer

Walford/Bradbury

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 Blessing:

May the peace of the Lord Christ go with you: Wherever he may send you; May he guide you though 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 in the name of the Father and of the Son, and of the Holy Spirit. **Amen**

Recessional Hymn 688 A mighty fortress is our God

[Ein fest Burg]

Dismissal

BCP 366

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

People **Thanks be to God.**

Postlude "Healer of My Heart"

John Michael Talbot

Emmanuel Episcopal Church Hampton, Virginia

February 22, 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 Mabel Khawaja to the glory of God and in loving memory of her mother, Dorothy Deane.

The sanctuary candle is this week by Diane Kapustka to the glory of God and in honor of the Daughters of the King.

Lay Eucharistic Ministers

8:00am R – Andy Gurkin; C – Karl Duff, Margaret Seitz

10:30am R – Keith Harrington; C – Sabrina Miles, Carol Bowers

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.

Children’s Communion Class – *This morning* in the children's Sunday school classroom, we will begin to introduce children to “why we do what we do in church.” We’ll teach about communion and answer questions they may have. The class is intended for children pre-school through 5th grade. Bring your children as we begin this journey!

Celebrating Us! – This morning at the 10:30a service, Chris Garguilo will share about Florence Price, an American composer, during the homily. We will get to hear some of her music.

Theological Reflection Time – All are invited to a short reflection time on *Monday, February 23 at 11:30a* in the vestry room.

Shrove Tuesday Pancake Supper – Thank you so much to *Margaret Seitz & Margaret Parker* for stepping up to be our chefs for the evening. Thank you to *Vi Cooper & Charlene Tate* Nichols for supervising the serving tables, to *Chris Garguilo* for being our DJ and to *Rhonda Burrell-Garguilo & Karen Harrington* for manning the cash box! We had a marvelous time with dinner and beautiful service outdoors burning the palms.

Vestry meets this *Tuesday, February 24 at 6:30p*. Please note the day change.

“Let Us Go to the Other Side” Wednesday Evening Lenten Series – We begin our joint program this *Wednesday, February 25 at 5p* at St. John’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: *February 25* at St. John’s “Renewal of Mind and Spirit, Part I” (Romans 12:2

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

Book Club meets this *Friday, February 27 at 12:30p* in the vestry room. This month's book, Rosa by Nikki Giovanni was selected in honor of Carole Dowdy. All are welcome to participate!

Racial Healing Workshop – Emmanuel is the host site for a Diocesan Racial Healing Workshop on *Saturday, February 28 starting at 8:30a*. This event is open to all parishioners and staff of Emmanuel, as well as to others in the Diocese. If you would like to register for this workshop, please use this link to register with the Diocese <https://www.vancoevents.com/us/events/landing/62229?>

Lenten Challenge – "4,000 cans in 40 days." On Ash Wednesday, Lexy took 125 food items to the HELP food pantry. We are on our way! (To reach our goal, each church needs to collect about 235 food items each week.)

Final Call for Newsletter Articles – Please have articles and announcements to the office by *today* for the March newsletter.

Parish Breakfast – *Next Sunday, March 1*, will be our monthly parish breakfast at 9a in the parish hall. Please bring a breakfast or brunch item to share.

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" – What unexpected act of kindness will you perform this week?

Emmanuel Episcopal Church

179 East Mercury Boulevard Hampton, Virginia 23669-2461

Phone: (757) 723-8144 Email: office@emmanuelhampton.org

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

EVENTS THIS WEEK

Sunday, February 22 - 8:00am & 10:30: 9:00am & 11:30am: 9:15am:	1 Lent Worship Emmanuel Café YEAs, Children's Communion Class
Monday, February 23—11:30am: 7:00pm:	Reflection AA & Al-Anon
Tuesday, February 24—11:00am: 4:30pm: 6:30pm:	Prayer Shawl Discernment Vestry
Wednesday, February 25—9:30am: 11:00am: 12:00pm: 5:00pm: 7:00pm:	Morning Prayer WoW Healing Service Lenten Program @ St. John's Compline
Thursday, February 26 –11:30am: 4:30pm: 5:30pm:	Fitness Staff Choir
Friday, February 27 – 12:30pm:	Book Club
Saturday, February 28 - 8:00am: 8:30am: 9:00am:	AA Racial Healing Workshop Altar Guild
Sunday, March 1 - 8:00am & 10:30: 9:00am: 11:30am: 12:00pm:	2 Lent Worship Parish Breakfast Emmanuel Café EASDSM