

THE HOLY EUCHARIST

Second Sunday of Lent – March 16, 2025

WE GATHER IN PRAISE

PRELUDE Erhalt Uns, Herr Robert Lind

OPENING HYMN [Breathe on me, breath of God](#) Hymnal 508

OPENING PRAYERS

Presider Blessed be God, who forgives and renews.

People **God's mercy endures forever.**

Presider The Lord be with you.

People **And God's Spirit with you.**

Presider Let us pray.

Dearest God, who created everything in all the universe, and then rested: we thank you for your Sabbath invitation to us to come and sit in Your house, to rest in your presence, to be cleansed and filled and prepared for the week to come. Quiet our hearts and our minds; slow the rhythm of our bodies and our breath. Pour out your Spirit upon us, that we may be refreshed and renewed, and reconnected with one another and with you, in whom we pray: *Amen.*

RITE OF REPENTANCE AND FORGIVENESS

Presider If we say that we have no sin, we deceive ourselves, and the truth is not in us. But as we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. 1 John 1:8,9
Let us confess our sins against God and our neighbor. *Silence may be kept.*

People **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 May the God of love and power forgive you and free you from your sins, heal and strengthen you by his Spirit, and raise you to new life in Christ our Lord. **Amen.**

SONG OF RENEWAL Change my heart, O God Eddie Espinosa, 1982

Change my heart, O God, - Make it ev-er true Change my heart, O God, -
- may I be like you. you. You are the Pot-ter, I am the clay;
Mold me and ma-ke me, this is what I pray:

WE RECEIVE GOD'S WORD

READINGS FROM THE HEBREW BIBLE Genesis 2:1-3

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that God had done, and God rested on the seventh day from all the work that God had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that God had done in creation.

Deuteronomy 5:12-15

Observe the sabbath day and keep it holy, as the Lord your God commanded you. 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, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

Reader For the Word of God in Scripture, for the Word of God among us:

People **Thanks be to God**

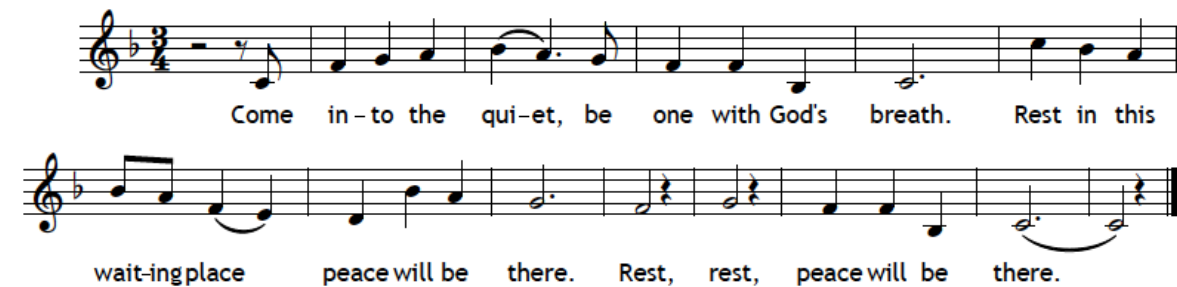
PSALM 32:1-8

- 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.

GOSPEL REFRAIN

Come into the Quiet

Diane Davis Andrew



Come in-to the qui-et, be one with God's breath. Rest in this
wait-ingplace peace will be there. Rest, rest, peace will be there.

THE GOSPEL

Matthew 11:28-30; 12:1-8

Presider The Holy Gospel of our Lord Jesus Christ according to Matthew.
People **Glory to you, Lord Christ.**

[Jesus said] 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

At that time Jesus went through the cornfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. When the Pharisees saw it, they said to him, 'Look, your disciples are doing what is not lawful to do on the sabbath.' He said to them, 'Have you not read what David did when he and his companions were hungry? He entered the house

of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? I tell you, something greater than the temple is here. But if you had known what this means, "I desire mercy and not sacrifice", you would not have condemned the guiltless. For the Son of Man is lord of the sabbath.'

Presider The Gospel of the Lord.

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

SERMON

The Easy Yoke

The Rev. Dr. Kate Heichler

PRAYER SONG

Come unto me

Jami Smith, 2002



Come un - to me, all you who are wea-ry;
 Come un - to - me all you who need rest; Take up my
 yoke and learn all a - bout - me, and I will give you rest

OUR PRAYERS (*Please stand as you are able and form a circle.*)

Lord have mercy. **Kyrie eleison.**

Christ have mercy. **Christe eleison.**

Lord have mercy. **Kyrie eleison.**

Let us be at peace within ourselves. **Lord, have mercy.**

Let us accept that we are profoundly loved and need never be afraid.

Christ, have mercy.

Let us be aware of the source of being that is common to us all and to all living creatures.

Lord, have mercy.

Let us be filled with the presence of the great compassion towards ourselves and towards all living beings.

Christ, have mercy.

Realizing that we are all nourished from the same source of life, may we so live that others be not deprived of air, food, water, shelter, or the chance to live.

Lord, have mercy.

Let us pray that we ourselves cease to be a cause of suffering to one another.

Christ, have mercy.

With humility let us pray that peace be established in our hearts and on earth.

Lord, have mercy.

May God kindle in us the fire of love to bring us alive and give warmth to the world.

Christ, have mercy.

We lift up other thanksgivings and prayers for the world, the church, people we love.

Presider: Gracious God: Grant that we may have in us the same mind that was in Christ Jesus, and guide us into harmony of relationship through loving-kindness and the wise use of all that you have given; for you are drawing all things into communion with you and with each other by the power of the Holy Spirit. **Amen.**

THE PEACE *(Please rise in body or spirit)*

Presider The peace of Christ be always with you.

People **And also with you.**

As a sign of our unity, please share Christ's peace with your neighbors.

OFFERING OF OURSELVES AND OUR GIFTS

Please support our mission as you feel moved - text "CCLAPLATA" to 73256 or online at <https://christchurchlaplata.org/donate/> or cash in the offering plate. Thank you!

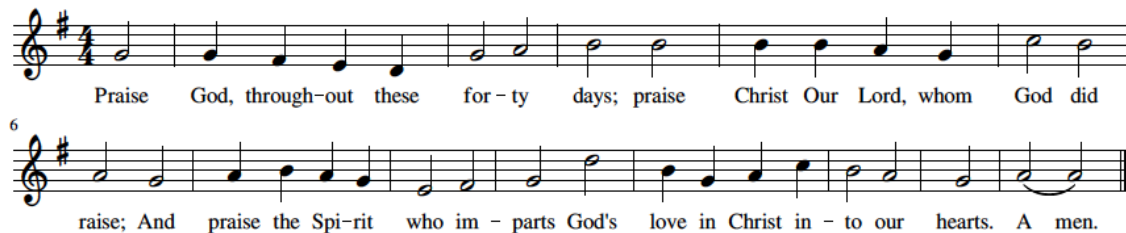


OFFERTORY HYMN

[I heard the voice of Jesus say](#)

Hymnal 692

DOXOLOGY (LENTEN)



Praise God, through-out these for-ty days; praise Christ Our Lord, whom God did raise; And praise the Spi-rit who im - parts God's love in Christ in - to our hearts. A men.

THE HOLY MEAL

THE GREAT THANKSGIVING

The people are invited to pray the words in bold type.

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

People **It is right to give God thanks and praise.**

It is right to thank God, to praise God, to love God, to draw near to God **who is ever drawing near to us.**

There is nothing about us that God does not know; **and no part of God's creation that God does not love.**

Lord God, you made humankind in your own image, inviting us to make our home in the beautiful world you made for us. You gave us good work to do, tending the garden and the other creatures, **and you gave us times of rest, as You rested on the seventh day.**

When we disobeyed your will, our wills and lives became disordered.

When we could no longer hear your invitation to rest, you commanded us.

When we could not obey your commandments, though they were to give us life, **You sent your Son to be for us the Invitation into eternal rest.**

Jesus came, and showed his disciples how to work and how to rest, saying, **"Come away by yourselves and rest a while."**

He saw the care and stress with which his children live their lives, and said, **"Come to me, all you who are weary and burdened, and I will give you rest."**

He came not only to call us to rest in Him, but to be that rest for us, **to be our final resting place in the eternal Sabbath that will never end.**

On the night our Lord Jesus Christ began his journey into death and new life for us, he sat down to eat with his friends. He 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, given for you. Do this to remember 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, sealing God’s promise to forgive your sins. Whenever you drink it, do this to remember me.”**

And so we, a people on the road, moving toward Easter joy,
come together to remember and to be remembered, reunited in Christ.
We come together to recall his suffering and death on the Cross;
to celebrate his resurrection and ascension; to await his coming in glory.

We come together to rest in the journey, to be fed and strengthened:
Come, Holy Spirit, and make this bread and wine Christ’s body and blood,
holy food for God’s holy people. We come together to be refreshed and renewed by the blessing of the Holy Spirit, Come, Holy Spirit, upon your people gathered here;
make us Christ’s body and blood in the world.

Fill us now, we pray, as we offer our hearts through our Lord Jesus Christ.
Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit
all honor and glory are yours, Almighty God, now and for ever. **AMEN.**

THE LORD’S PRAYER (*Jesus’ Original*)

**Our Father in heaven,
holy is your Name.
Your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread,
And forgive us our sins as we forgive
those who sin against us.
Save us from the time of trial
and deliver us from evil,
For the kingdom, the power, and the
glory are yours, now and for ever. Amen**

THE LORD’S PRAYER (*Elizabethan translation*)

**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**

AT THE BREAKING OF THE BREAD

Jesus, Lamb of God

Kate Heichler, 2006

Je-sus, La- mb of God, have mer- cy on us; Je- sus, Bear- er of our sins, have mer- cy; Je- sus,
Light and Re- deem- er of the world, Gra- nt us your peace; gra- nt us your peace.

*All are welcome to communion, coming up the center aisle and returning by the side aisles, disposing of the wine cup in the basket on your way back to your pew.
Those who wish to sip from the common cup, please indicate so to the chalice bearer.
If you don’t wish to receive you may cross your arms for a blessing.*

COMMUNION MUSIC

Holiness Medley

Arr. Melody Bober

PRAYER OF THANKS

Lord Jesus Christ, thank you for making yourself known to us in the breaking of the bread; for giving your life to us in this cup of salvation. As we sit still and receive the abundant blessings you have in store for us, help us to invite others to this feast, to be bearers of your peace and trust, doing the work you have already prepared for us, for you have done it all. We pray in the name of the One God, Three-Personed Love: Amen.

BLESSING OF EUCHARISTIC VISITORS

Almighty God, this meal does not end here – you continue to nourish us, and to feed others through us. Bless these elements and vessels, and the lay eucharistic visitors who carry them out, that your Body and Blood may nurture those members of our family unable to worship with us today.

PASTORAL BLESSING

PRAYERS FOR BIRTHDAYS AND ANNIVERSARIES

COMMUNITY NEWS

AFFIRMATION OF PURPOSE

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (*Matthew 11:28-30*)
Lord, we are your servants. We will work for your glory with all our hearts and minds and strength; and, as you bid us, we will also rest in your peace and love.

CLOSING HYMN [Just as I am](#) Hymnal 693

SENDING *People* **Thanks be to God!**

POSTLUDE Faith Felix Mendelssohn

MUSIC AND WORSHIP NOTES

Organ and Piano: Mary Kercher; *Guitar:* Kate Heichler

Singers: Mary and Barry Kercher; Sharon Moon, Sharon Richardson, Nada Vaughn

Hymns are found in the hymnals in our pews, and words are provided on slides.

Those worshipping online can click the link on the hymn name and find the tune there.

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OUR PRAYERS

We give thanks for: Those in our parish who work to feed the hungry.

Milestones – Kristin Poe Moody, Cynthia Corcoran, Bob Jackson,
Langston and John Wilkinson

We pray for: Our world and all in need.

Those in need of healing – Pat, Karen, Bill, Bob, James, Chris, Patsy

Those who have died – Thomas Swann

ANNOUNCEMENTS

INTERFAITH IFTAR Wednesday, March 19, 7 pm – The Interfaith Commission of Charles County, along with Masjid Abdul-Moghni, is hosting an interfaith iftar – the fast-breaking meal during Ramadan – at the County Building next Wednesday evening. Please come!

MAKING SPACE FOR PEACE – Interfaith Gathering Sunday, March 23, 5 pm – Christ Church will offer a quiet time of prayer and solace for people experiencing turmoil during these days. Please pass along the invitation to people you know beyond our congregation, and let Rev. Kate know if you would like to help craft the service.

YOUTH GATHERING Sunday, March 23, 1-3 pm – Our Youth Group is having a service day, going to Hooks and Hangers in La Plata to help the staff. Meet at the store at 5780 Crain Highway (near Rosewick) at 1 pm – have fun and do good at the same time!

LENTEN BOOK STUDY - Wednesdays, 7-8 pm online – The Wednesday Bible Study will spend Lent exploring God's gift of time, focusing on *Receiving the Day*, by Dorothy C. Bass. All are welcome to the conversation with or without reading the book.

LUNCH AND LEARN DURING LENT will "Travel the Way of Love" in community, visiting with Episcopalians and others in seven extraordinary places, finding out how we can turn, learn, pray, worship, bless, go, and rest in our own contexts and neighborhoods. All are welcome to join us at Christ Church Wayside every Thursday at 11:45 for lunch, video presentation and discussion.

TAKE THE SABBATH PLEDGE THIS LENT – Our theme this Lent is the spiritual practice of sabbath-keeping. Sabbath is a commandment and an invitation from our loving God. Stepping away from our to-do lists for one 24-hour period each week reminds us who is really in charge of our lives and allows us deep rest. This ancient practice helps keep us in balance and fosters a spirit of peace within us that is something we can share in these most unpeaceful times. Figure out your best weekday to be unproductive and join in!

ONLINE GIVING – You can text a donation - text "CCLAPLATA" to 73256, and follow the prompts. You can also give online - go to www.christchurchlaplata.org and scroll down to the "Donate" link.

GIVING FUND – Our Giving Fund is getting many requests – please give as you're able.