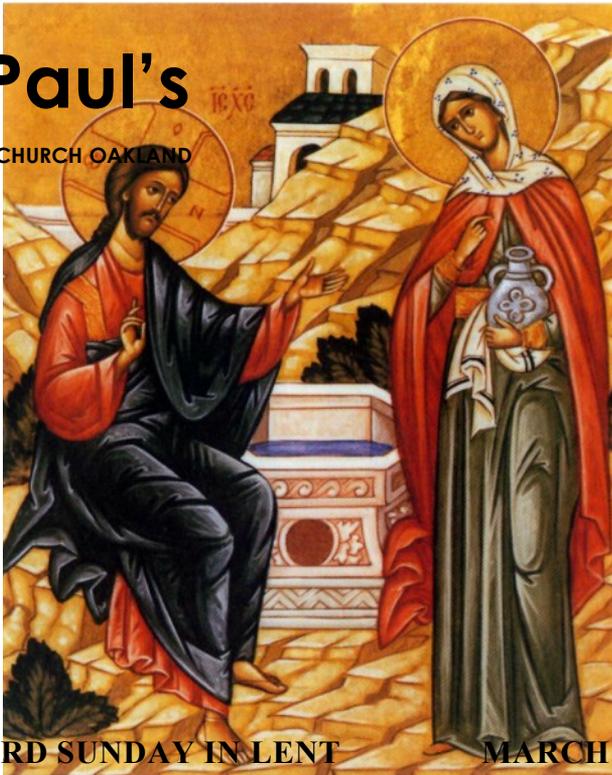


St. Paul's

EPISCOPAL CHURCH OAKLAND



THE THIRD SUNDAY IN LENT

MARCH 15, 2020

8 a.m. Holy Eucharist

WELCOME TO ST. PAUL'S EPISCOPAL CHURCH

St. Paul's is a diverse, inclusive community in the Episcopal Diocese of California. We are a member of Integrity and of Oasis, the Gay and Lesbian ministry of the Diocese of California, and are welcoming to all who attend i worship.

*To our Parents: We welcome your children to participate in our worship. During the 10 a.m. service, children ages 3 and older may participate in **Faith Quest/Godly Play program** in the St. Paul's School building. Adult supervision is provided. Younger children can enjoy **Mustard Seeds**, our professionally staffed nursery in the back of the church.*

We're happy to have you with us today. Our worship follows the order of the Book of Common Prayer 1979 (BCP), Rite II, with music from a variety of musical resources authorized by the Episcopal Church: 1982 Hymnal, Lift Every Voice and Sing (LEVAS) and Enriching Our Worship (EOW)

At the sound of the bell, all stand for the entrance of the choir and ministers.

PENITENTIAL ORDER

Celebrant Bless the Lord who forgiveth all our sins.
People **His mercy endureth for ever.**

Celebrant:

If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

[1 John 1:8, 9]

Deacon: Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Celebrant and People

Almighty and most merciful Father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.

Celebrant: The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. Amen.

All stand

Celebrant Lord, have mercy upon us.
People **Christ, have mercy upon us.**
Celebrant Lord, have mercy upon us.

COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever.

All **Amen.**

All sit.

THE FIRST READING

Exodus 17: 1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

PSALM 95

- 1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of
his hand. *
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
- 9 They put me to the test, *
though they had seen my works.
- 10 Forty years long I detested that generation and said, *
“This people are wayward in their hearts;
they do not know my ways.”
- 11 So I swore in my wrath, *
“They shall not enter into my rest.”

THE SECOND READING

Romans 5: 1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured

into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

THE GOSPEL

John 4: 5-42

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

People **Glory to be to thee, O Lord.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring

of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.” Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.” Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him. Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent

you to reap that for which you did not labor. Others have labored, and you have entered into their labor.” Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Deacon The Gospel of the Lord.
People **Praise be to thee, O Christ.**

SERMON

Stephen Tiffenson

A period of silence is kept following the sermon.

THE NICENE CREED

All stand.

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

Madyé Parrish

Our Lenten journey overflows with the commission to hear—and believe in—God’s word. It is the spiritual sustenance, the living water, that satisfies all thirst. As we contemplate the trials of man and those who question, doubt and challenge Jesus in today’s scriptures, let us be ever mindful of the presence of the Lord, for he always is among us. As we reconcile the many ways in which we test God’s love for us, let us let us shout for joy to the Rock of our salvation.

Oh, that today you would hearken to God’s voice,
For the Lord is a great God.

We pray for continued blessings and support of the beacons who navigate our Christian faith walk: our Bishop Marc, our clergy, Mauricio, Carolyn, Christian and Anne, and all lay persons who serve our St. Paul’s community. May they continue to share your word and fill our minds and hearts as you speak through them.

Oh, that today you would hearken to God’s voice,
For the Lord is a great God.

Molder of the dry land, we are a nation divided. We doubt our leaders and we are losing faith in our justice systems. Reorient our leaders around the world, in nationally, and locally to care for all of its citizens.

Oh, that today you would hearken to God’s voice,
For the Lord is a great God.

Enact and enforce the laws that protect the underserved, underrepresented, undervalued, and underestimated. Strengthen our faith in our democratic process and let us use our voice to collectively and individually institute change.

Oh, that today you would hearken to God’s voice,
For the Lord is a great God.

As you, O God, prove your love for us in that, while we still were sinners, you offer us reconciliation for our ungodly ways, let us extend a compassionate hand to all who suffer.

Oh, that today you would hearken to God's voice,

For the Lord is a great God.

Unburden the hearts and minds of you children, be they incarcerated, infirmed, indigent or incapacitated. Protect your most vulnerable child regardless of gender, race, religion or age. Protect all our families. Let us look to your example of the Samaritan whose doubt transformed into belief and open our arms to those in need.

Oh, that today you would hearken to God's voice,

For the Lord is a great God.

Heavenly father, we do a constant disservice to your land, air, and sea. We are not exemplary environmental stewards, and we are impacting every creature with whom we share this planet. Let us be mindful of the cascading effects of our actions and care for the tiniest insect to the biggest polar bear, as each of your creatures participates the balance of the earth's ecosystem.

Oh, that today you would hearken to God's voice,

For the Lord is a great God.

Most merciful God, you have offered us salvation through the sacrifice of your only son, Jesus Christ. As we journey through this world, we understand that our time on earth will be eclipsed by your promise of eternal life. Prepare our hearts and minds as we embrace our mortality and provide comfort those who have lost a loved one. Fill the hearts of those who prepare to depart this life with thanksgiving and your assurance of eternal life.

Silence

Oh, that today you would hearken to God's voice,

For the Lord is a great God.

THE PEACE

All stand.

Celebrant The peace of the Lord be always with you.
People **And with thy spirit.**

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

THE ANNOUNCEMENTS

Holy Communion

All stand as the Celebrant raises the offerings and together sing the Doxology.

DOXOLOGY

Music: Old 100th

THE GREAT THANKSGIVING

Eucharistic Prayer I

The people remain standing. The Celebrant says

Praise God, from whom all blessings flow; praise
him, all creatures here below; praise him above, ye
heavenly host; praise Father, Son, and Holy Ghost.

The Lord be with you.

People

And with thy spirit.

Celebrant

Lift up your hearts.

People

We lift them up unto the Lord.

Celebrant

Let us give thanks unto our Lord God.

People

It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Celebrant and People

Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

The people kneel or stand.

Then the Celebrant continues

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his

disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord; By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end.

All **Amen.**

The Celebrant then continues,

THE LORD'S PRAYER

And now, as our Savior Christ hath 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 BREAKING OF THE BREAD

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Then is said

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
grant us thy peace.

The following prayer is said.

Celebrant and People

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

The Celebrant invites all to God's table saying

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 at the Lord's table to receive Holy Communion or a blessing. To receive Communion in your pew, please ask an usher to notify the ministers on your behalf. If you require a gluten-free wafer, please ask at the altar rail.

THE POST-COMMUNION PRAYER

After all have received Communion, people stand or kneel as the Celebrant says

Let us pray.

Celebrant and People

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in;

through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

PRAYER OVER THE PEOPLE

Deacon Bow down before the Lord.

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord.

All **Amen.**

THE DISMISSAL

Deacon Let us go forth into the world, rejoicing in the power of the Spirit.

People **Thanks be to God.**

The Third Sunday in Lent—Year A

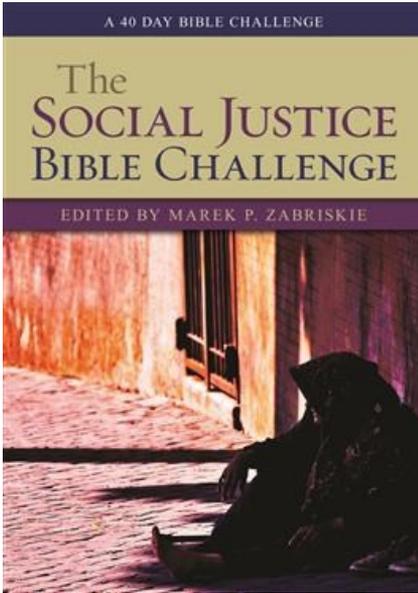
Welcome to our parish on this Sunday of the Samaritan Woman. This story is one of the classic biblical passages for those preparing for baptism at Easter. As the woman was gradually enlightened about Jesus and about her relationship to God, so the candidates are growing in their relationship with God during Lent. They look forward to receiving in baptism the “living water” of God’s Spirit in their lives. Those already baptized are filled with that living water and continue to be enlightened by God’s Spirit. In the first reading, we move forward in the history of salvation from the call of Abraham and Sarah to the account of Moses and Israel in the Exodus from Egypt. On the occasion we read about today, God provides water for the people in the desert. This is an image of God’s loving care for all people in the spiritual dryness of this world.

The second reading is about the new life we have in God through Christ. Jesus gave up his life for us, in order that we might be put right with God. In his death and resurrection, the estrangement between God and humanity is being repaired. We, in baptism, have been reconciled with God.

As people in the desert thirst for water, so Christians find in their Lenten living the thirst for life that only God can quench. All of us, both the baptized and those preparing for baptism, are, like the Samaritan woman, being enlightened and filled with the grace of the living water that comes from our Savior.

From *The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year*. Copyright © 2007 by Michael W. Merriman. Church Publishing Incorporated, New York.

Sunday Lenten Program



The Sunday Lenten program continues today! We will be gathering in the chapter room to discuss Day 16 (Jeremiah 5:23-30) of the award-winning *Social Justice Bible Challenge* (available for purchase after the 10 a.m. service).

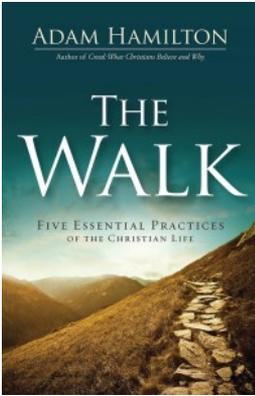
No opportunity to read daily because of your crazy schedule?

Come anyway to read and reflect upon the chosen chapter with members of the social justice ministry and a clergy person.

We will be focusing on Day 22 (Matthew 25:31-46) at our next meeting on 22 March.

Lent is a perfect time to consider how our faith leads us to work for social justice. Read, meditate, and join us for thoughtful and stimulating discussion.

WEDNESDAY LENT SERIES



Examine five essential spiritual practices rooted in Jesus' own walk with God.

How do we walk with Christ—daily follow him, grow in him, and faithfully serve him?

Join Adam Hamilton this Lent and Easter in *The Walk* and discover five essential spiritual practices rooted in Jesus' own walk with God. In each chapter, Hamilton's engaging teaching style will help you explore one of these practices—each of which is intended to be a part

of our daily walk with Christ—its New Testament foundation, and its potential effect on our personal lives and our lives together as the church.

Please join us for Evening Prayer at 6:30 p.m. in the Church, followed by a soup and bread supper in the Parish Hall starting at 7 p.m. and the program at 7:30 p.m.

Week One: Worship and Prayer: A Living Hallelujah

Week Two: Study: The Importance of Listening and Paying Attention

Week Three: Serve: Here I Am, Lord, Send Me

Week Four: Give: Where Your Treasure Is

Share: Going Fishing, Reflecting Light

Week Five: The Five Practices from the Cross

LENT AND EASTER CALENDAR

**Every Sunday, March 1
through April 5:**

Lenten Series, Following the 10
a.m. Service, Chapter Room

**Every Monday, March 2
through April 6:**

Holy Eucharist 12:10 p.m. in
Chapel

**Every Tuesday, March 3
through March 31:**

Holy Eucharist 12:10 p.m. in
Chapel

**Every Wednesday, March 4
through April 8:**

Holy Eucharist 12:10 p.m. in
Chapel,
Evening Prayer, 6:30 p.m. in
Church;
Supper and Program, 7:00 p.m.

**Every Thursday, February 27
through April 9**

Holy Eucharist 12:10 p.m. in
Chapel

**Every Friday, February 28
through April 3**

Holy Eucharist 12:10 p.m. in
Chapel,
Stations of the Cross 6:30 p.m.

Palm Sunday – April 5

Holy Eucharist 8 a.m.
Choral Eucharist 10 a.m.

Holy Wednesday – April 8:

The Service of Tenebrae, 7:00
p.m.

Maundy Thursday – April 9:

Maundy Thursday Service, 7:00
p.m.

Good Friday – April 10:

The Service of Good Friday,
12:00 noon-3:00 p.m.
Stations of the Cross – 3:00
p.m.

Holy Saturday – April 11:

The Great Vigil of Easter
8 p.m.

Easter Sunday – April 12:

Holy Eucharist 8:00 a.m.
Festival Eucharist 10:00 a.m.

*Easter Potluck brunch and Egg
Hunt following the 10:00 a.m.
liturgy.*

CORONA VIRUS PREVENTION

Here are some basic guidelines recommended from the Diocesan office for you and your church community:

- If you are sick, please stay home — both to heal and to protect the most vulnerable from infection.
- Please refrain from intinction — the practice of dipping the bread/wafer in the chalice. Intinction is not a safer practice than sipping from the chalice (there is a risk that the bacteria on our hands may come in contact with the wine).
- During worship services, if you are feeling even slightly unwell, you are encouraged to refrain from contact with the chalice.
- If you are at all concerned about your health, you are also welcome to refrain from contact with the chalice.
- Please remember that consuming only bread is also full communion with the Body of Christ.
- At the peace, please consider alternatives to handshaking or hugging. A nod, a wave, or touching our hands to our hearts are among the many ways we can acknowledge Christ in one another.
- All communion ministers should use an alcohol-based hand sanitizer before presiding at the altar, or administering communion.
- Please make sure that all those who administer communion wash their hands thoroughly after the liturgy.

Take time *now* to consider who in your congregation and surrounding community may be most vulnerable in the event of a coronavirus outbreak and/or quarantine. How can you help them prepare and stay connected to you and others who can offer comfort and support?



BAKING COMMUNION BREAD DURING LENT

This year for the Sunday and Weekday Eucharist services, we will be using homemade bread. If you would like to participate in this special ministry, please contact Father Wilson, office phone:(510) 834-4314 x 502, email: rector@stpaulsoakland.com.

LENTEN SOCK DRIVE.



Please join this effort to collect socks and undergarments for the local homeless population and clients of the Pantry of Hope. These items are needed but usually overlooked by those who donate clothes. White cotton socks, women and men tops and bottoms are preferable as they tend to be less harmful to delicate skin. For more information contact Stephen Tiffenson.



Pantry of Hope is always Grateful for Donations

Needed items include:

Fruit Juice Boxes

Jam/Jelly

Prayer requests for you or a loved one may be communicated by placing a note in the offering plate. We will include them in our regular prayer concerns. You may also send prayer requests to prayers@stpaulsoakland.org.

Tito Alvarez
 Catherine Ann
 Kathleen Jean Anthony
 Stephanie Azlin-Carr
 Anne Barclay
 Dr. Basdeo Balkissoon
 Susan Bayh
 Aaron A. Benjamin
 Lisa Bishop
 Mitch Boyer
 Bob Breshears, Jr.
 Kate Britton
 Maggie Britton
 Helena Busquets
 Cheryl Clausen
 Denise Conley
 Katherine Crawford
 Martika Crawford
 Nick de Groot
 John Ross Devlin
 Victoria Maxine Devlin
 Edwina Devlin

Brian Faucette
 Marshall Galinsky
 Jewelle Gibbs
 Alexander Glenn
 Grace Gough
 Londell Guffen
 Vincent Hall
 Pastor Motuba Harding
 Chrystina Harris
 Michelle Hartmann
 David Holley
 Eric Hubert
 Mark Hunter
 Sharon Hyde
 Nick Indehar
 Gregory Jackson
 Peter Johnson
 Sam Johnson
 Reginald & Theresa Lane
 Annie Lesch
 Vita Lopata
 Nicole McClain

Ruby McClain
 Ginny McCormick
 Richard Paul
 Garrett Petersen
 Robert Pilmer
 Mark Pingree
 David Raskin
 Joel Reyna
 Paul Sporer
 Angelo & Bruna Taranta
 Ramona Terry
 Loretta VanderVeen
 Nell Varnedoe
 Cary Virtue
 Renee Walker-Bolden
 Glen Wood
 Norman Young

CLERGY

The Rt. Rev. Marc H. Andrus
Bishop of California
 The Rev. Dr. Mauricio .
 Wilson
Rector
 The Ven. Carolyn Bolton
Archdeacon
 The Rev. Christian Harding
 The Rev. Anne Jensen
Assisting Priests

STAFF

Christopher Kula
Music Director
 Philip Saunders
Assistant Music Director
 Jackie Kamakate
Parish Administrator
 Joan Clerk
Bookkeeper
 Danislav Nedevski
Sexton
 Elena Nedevska
Housekeeper

VESTRY

Class of 2020
 Allison Sass—Sr. Warden
 Dylan Versteeg
 Bill Davis—Jr. Warden
Class of 2021
 Sergio Prieto
 Lisa Strait
 Erica Terry-Derryck—Clerk
Class of 2022
 Will Cowart
 Ann Gregory –Treasurer
 Sharon Pilmer

**LITURGICAL
SCHEDULE**

SUNDAYS

8 AM Spoken Eucharist in
the Church

10 AM Choral Eucharist in
the Church

FIRST SUNDAYS

4 PM Evensong in the
Church

FOURTH SUNDAYS

8 PM Compline in the
Church

MONDAYS

Holy Eucharist 12:10 pm

TUESDAYS

Holy Eucharist 12:10 pm

WEDNESDAYS

Holy Eucharist 12:10 pm
Evening Prayer 6:30 pm;
Supper and Program 7 pm

THURSDAYS

Holy Eucharist 12:10 pm

FRIDAYS

Holy Eucharist 12:10 pm
Stations of the Cross 6:30 pm

**The Sacrament of
Reconciliation may be
scheduled with any
priest.**

Celebrant

The Rev. Dr. Mauricio Wilson
Rector

Preacher

Stephan Tiffenson

Assisting

The Rev. Christian Harding
Assisting Priest

Lector

Josetta Jones

Altar Guild

Ann Del Simone, Alan Eng, Pat
Barton

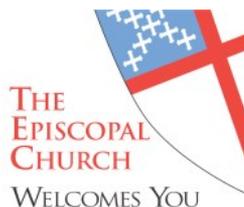
**DONATIONS TO
ST. PAUL'S**

Using your Smartphone, scan this
QR Code to make a digital
offering to St. Paul's
Church. Your donation will be
processed through SPEC's PayPal
account.



WELCOMING AND AFFIRMING

Parking is available in the Senior Center/ Veteran's Memorial Building lot (across Bay Place from the church) for Sunday services. Street parking is unrestricted on Sundays, but metered/2-hour limit all other days. Additional paid parking is available at Children's Fairyland on Grand Ave. and at lots at 155 Grand Ave. and at W 23rd St. & Waverly (behind 180 Grand Ave.). The nearest BART station is the 19th Avenue stop, a .7 mile walk.



Event Notification: If you would like to receive information on St. Paul's events and ministries, or receive a call from clergy, please fill out the welcome cards in the pews and place in the collection plate or sign the visitor book in the Narthex. **To join our email list, sign up on our website, www.stpaulsoakland.org** Parishioner Directories are available in either printed or digital form. To request your copy please call or email Sandy Burnett (510.834.4314 Ext. 501/admin@stpaulsoakland.org)

Name Tags

Let us greet you with your name! Please pick up your name tag in the narthex as you enter the Church or at the coffee hour afterwards.

The Restroom

One is located at the back of the church through the side door. A wheelchair accessible restroom is also available. Please ask an usher for assistance.

Questions?

Don't hesitate to ask an usher for help if you require any assis-



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