



# The Third Sunday of Lent

## Again & Again, We are Called to Listen

Holy Eucharist, Rite II  
March 7  
10:15 AM

Welcome

Silent Entrance

Opening Hymn

Return to God

Gather 410, v. 1 & 2

Refrain



Re - turn to God with all your heart, the source of grace and  
mer - cy; come seek the ten - der faith - ful - ness of God.

Verses

1. Now the time of grace has come,  
the day of salvation;  
come and learn now the way of our God.
2. I will take your heart of stone  
and place a heart within you,  
a heart of compassion and love.
3. If you break the chains of oppression,  
if you set the pris'ner free;  
if you share your bread with the hungry,  
give protection to the lost;  
give a shelter to the homeless,  
clothe the naked in your midst,  
then your light shall break forth like the dawn.

Text: Marty Haugen, b.1950  
Tune: Marty Haugen, b.1950  
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Liturgical Greeting

Bless the Lord who forgives all our sins.  
**His mercy endures for ever. Amen.**

Call to Worship

Again and again,  
**We come to this space.**  
Again and again,  
**We gather as a community.**  
Again and again,  
**We move closer to God.**

And again and again,  
**God is here.**  
We are met.  
**We are heard.**  
We are shown the way.  
**So again and again,**  
**Let us worship holy God.**

## Call to Confession

Science tells us that a person makes about 35,000 choices in a day.  
35,000 choices each and every day!

In the prayer of confession, we pause to take a moment to think and to ask:  
How many of our decisions are choices God would have us make? How many are not?

So let us pray together, knowing that we need guidance, and trusting that even if we fall,  
God is showing us the way.

God of Justice, we are guilty of building tables.

**We have built tables that oppression dines on, sexism thrives on, and racism lives on.**

God of Justice, we are guilty of forgetting where we are,

**Of turning faith into a negotiation tool and the church into a place for insiders.**

God of Justice, we are guilty of ignoring the point;

**For you taught that the temple was for worship and your message was for all.**

God of our hearts,

**Be in our decision making.**

Draw near to our choices.

**Forgive our mistakes.**

And as you do,

**Flip every table, habit, belief, or point of view that needs adjusting.**

With hope we pray for a better day. **Amen.**

## Words of Forgiveness

Family of faith,

The good news is that God took on flesh and walked this earth to show us the way.

**God took on flesh so that we could see what it looks like to disrupt and overturn systems of corruption.**

**God took on flesh to teach us another way.**

**God took on flesh to point us to restoration.**

**God took on flesh so that we might be forgiven.**

Friends, we are held, loved, and forgiven by a just and merciful God.

Thanks be to God for a love like that.

## Prayer of Illumination

Creator God,

We don't just want to listen.

We want to hear you.

We want to read scripture aloud and

Know that you are as close as you have always been.

We want to read scripture aloud and

Feel your word resonating inside our bones.

We want to read scripture aloud and

Have your words stuck in our heads like a melody,

Falling off our lips like a love song.

Creator God,

We don't just want to listen,

We want to hear you.

So turn our hearts toward you,

Just as you turned strangers into disciples.

Turn our ears toward you,

Just as you turned tables in the temple.

We are listening.

**Amen.**

# The Liturgy of the Word

## A Reading from the Hebrew Bible

Exodus 20:1-7

Moses was on Mount Sinai and here's what God said to him,

"I'm the Lord your God who rescued you from slavery in Egypt; I'm the only God you should have. I'm the one you should teach your children to love and respect. Here are my guidelines for you to live with each other in peace. Don't use my name for your own purposes or to put on a show. Put aside one day especially for me, and keep it holy and restful. Give both your parents the honor they deserve. Don't kill. Don't be unfaithful to your husband or wife. Don't be greedy and want what your neighbor has."

The Word of the Lord. **Thanks be to God.**

## The Response

Psalm 19

Look up to the skies and you'll see God's glory and the work that God has done.  
The days tell stories to each other and the nights tell each other the news.  
They can't use words like we do, but they still speak. They leave us messages everywhere.  
**You are my strength, God. You're the one who makes me whole.**

When we see a sunrise over the sea, it's like God put it to bed beneath the waters, and it makes its entrance in the morning from the deep like a runner ready for a marathon.  
The sun fills every corner of the sky at noon and heats up all you can see.  
God's words are just what I need. They give me reason to get up in the morning.  
**You are my strength, God. You're the one who makes me whole.**

God's words for me put light in my eyes and clear my head in the morning.  
God's words are precious to me, and like honey on my lips.  
They are wise and make my heart glad.  
**You are my strength, God. You're the one who makes me whole.**

If I can follow them, I know I'll be a better person and a better friend to all.  
God, keep speaking to me in ways that make me a better person.  
Help me pay more attention to your words than I do my own thinking, and I will be whole.  
Let the words on my heart and in my mouth be good ones, God.  
**You are my strength, God. You're the one who makes me whole.**

## Gospel Hymn

*All my hope on God is founded*

Hymnal 665, v. 1, 2

### Verse 1

All my hope on God is founded;  
he doth still my trust renew,  
me through change and chance he guideth,  
only good and only true.  
God unknown, he alone  
calls my heart to be his own.

### Verse 2

Mortal pride and earthly glory,  
sword and crown betray our trust;  
though with care and toil we build them,  
tower and temple fall to dust.  
But God's power, hour by hour,  
is my temple and my tower.

The Holy Gospel of our Lord Jesus Christ According to John. **Glory to you, Lord Christ.**

Jesus was in Jerusalem at Passover time and he went to the temple. There he found people selling cows and sheep and doves for the temple sacrifice, and money exchangers. It made him angry. He took a whip and chased everyone out of the temple with it, even the sheep and cows and doves. Then he went around and flipped over the tables that people were sitting at to exchange money. He shouted, "Why are you in my Father's house pretending it's a place to make money instead of seeing it as God's special place?"

"What do you think you're doing? Are you crazy?" said the Jews who saw all this.

Jesus said, "If you destroy this temple, I will put it back together in three days."

The Gospel of the Lord. **Praise to you, Lord Christ.**

**Homily**

Rev. Paul Witmer

**A Creed**

**We believe in God the Father, from whom every family in heaven and on earth is named. We believe in God the Son, who lives in our hearts through faith, and fills us with his love. We believe in God the Holy Spirit, who strengthens us with power from on high. We believe in one God; Father, Son and Holy Spirit. Amen.**

**The Litany of Penitence**

God of mercy and love, we confess to you and to each other that we have not lived the way you want us to live. We are truly sorry, and we ask you to forgive us. Create in us a clean heart, O God, and renew a right spirit within us.

**Create in me a clean heart, O God, and renew a right spirit within me.**

We have not loved you with our whole heart and mind and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as you have forgiven us.

**Create in me a clean heart, O God, and renew a right spirit within me.**

We are proud, impatient, angry. We envy others who have more than we do. We do not share what we have.

**Create in me a clean heart, O God, and renew a right spirit within me.**

We turn away when others need our help. We are not kind. We do not care.

**Create in me a clean heart, O God, and renew a right spirit within me.**

Wash us from our wrongdoing, and make us clean from sin.

**Create in me a clean heart, O God, and renew a right spirit within me.**

Priest

Almighty God, to whom our need are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

**Minute for Mission**

**Offertory Sentence**

Let us with gladness present the offering and oblations of our life and labor unto the Lord.

# Liturgy of the Table

## The Offertory

## The Doxology

*Bless the Lord My Soul*

Community of Taize

*Bless the Lord my soul, And bless God's holy name  
Bless the Lord, my soul, Who leads me into life*

## The Great Thanksgiving

Priest The Lord be with you.

**People And also with you.**

Priest Lift up your hearts.

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

Priest Let us give thanks to the Lord our God.

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

It is right and a good and joyful thing to give thanks to you always, Creator God, because you have made the world in all its complexity. You have given humanity abundant good things. Yet you have also given us the capacity for dark choices and anxiety. You have provided us with paths leading to wisdom through deprivation and suffering. And you have shown us, through the incarnation of your love in Jesus Christ, the way of reconciliation through letting go of self and material concerns, seeking first the compassionate realm of God.

Therefore we praise you, joining our voices with angels and archangels, with all the company of the heavens, and with all the creatures of the earth, who forever sing their hymns to proclaim the glory of your name:

**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.**

Ever Living God, you have created the world out of nothingness. You are present in both the darkness and the light. You have created humanity from the dust of the earth, and have given us the ability to choose between good and evil. You have called your prophets and champions from among the lowly. You have formed your people through wanderings in the desert and through exile in foreign lands.

In your creative thirst to be known to us, you have entered into our struggles, coming among us in the human person of Jesus, the Christ. He was conceived amid scandal, born in want, raised in obscurity. With us he embraces hunger and thirst, temptation, rejection, doubt, grief, suffering and death.

On the night before he died, he took bread, and when he had given thanks, he broke it and gave it to his friends saying, "Take, eat: This is my body which is given for you. Do this in 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 all people 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.**

Now in this sacred rite of thanksgiving and praise we celebrate the saving work of Jesus. For in him the cross, the instrument of torture and death, has been transformed into the sign of reconciliation and abundant life. Recalling his life, his teaching, his death and resurrection, we offer these gifts of bread and wine. Spirit of Compassion, breathe upon them now, making them for us the very body and blood of your incarnate love, the Christ. And breathe your Spirit into us so that, having partaken of this sacramental meal in faith, we may serve you in unity, constancy and peace, and may dwell forever in the joy of communion with you.

All this we ask through your Son Jesus Christ.

**By Christ, and with Christ, and in Christ, in the unity of your Holy Spirit all honor and glory are yours, Creator God, now and forever. AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

**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.**

### **Breaking of the Bread**

We are one bread, one body.

**We will love one another as Christ loves us.**

### **Invitation to Communion**

The Table is set. Come you seekers and you holy ones. Come you lost and you lonely ones. Come you faithful and you doubtful ones. Come take your place and receive God's hospitality. Come receive the goodness of our Lord, then share it with your neighbors, family, friends, and strangers.

**We come to the Table to share in God's gifts for us.**

### **Communion of the Faithful**

*Join us, you who are near and you who are far away, in this communion of thanksgiving in your home - or come to the church between 11 – 11:30 am to receive contactless communion in the circle drive.*

### **Prayer of Thanksgiving**

**God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world. Amen.**

### **Blessing**

As you leave this space,

May your mouth speak of God's goodness.

May your arms hold those in need.

May your feet walk toward justice.

May your heart trust its worth.

May your soul dance in God's grace.

And may this be your rhythm—

Again and again and again, until God's promised day.

Go with courage, go with heart, go in peace.

And may the blessing of God Almighty, Creator, Redeemer, and Sanctifier be with you, now and forever.

**Amen.**



1. How firm a foun - da - tion, you saints of the  
 2. "Fear not, I am with you, O be not dis -  
 3. "When through the deep wa - ters I call you to  
 4. "The soul that on Je - sus still leans for re -



Lord, Is laid for your faith in this ex - cel - lent  
 mayed, For I am your God, and will still give you  
 go, The riv - ers of woe shall not you o - ver -  
 pose, I will not, I will not de - sert to its



Word! What more can God say than to you has been  
 aid; I'll strength - en you, help you, and cause you to  
 flow; For I will be with you, your trou - bles to  
 foes; That soul, though all hell should en - deav - or to



said, To you who for ref - uge to Je - sus have fled?  
 stand, Up - held by my right - eous, om - nip - o - tent hand.  
 bless, And sanc - ti - fy to you, your deep - est dis - tress.  
 shake, I'll nev - er, no nev - er, no nev - er for - sake!"

Text: 2 Peter 1:4 "K" in Rippon's *A Selection of Hymns*, 1787  
 Tune: FOUNDATION, 11 11 11 11; Funk's *Compilation of Genuine Church Music*, 1832; harm. by Richard Proulx, b.1937

## Dismissal / The Peace

Go in peace to love and serve the Lord. **Thanks be to God.**

Before we go our separate ways, let share God's peace with one another.

The peace of the Lord be always with you. **And also with you.**

# AROUND ST. TIMOTHY'S

## THIS WEEKEND

We welcome Rev. Paul Witmer from Women at the Well. Paul will share with us about the many years of weekly worship, supportive community, faith nurture groups, and aftercare we have offered to the women there. Maybe you'll find your own place in prison—in ministry with these women, our sisters in Christ.

## THE COMING WEEK

### Thursday, March 11

4:30 pm Faith in Action  
Virtual Formation

### Friday, March 12

10 am Virtual Books, Brew & Banter

### Sunday, March 14

#### DAYLIGHT SAVING TIME BEGINS!

9:45 am Children Living the Word Bible Stories  
10:15 am Holy Eucharist  
11 am Contactless Communion  
11:15 am 4<sup>th</sup> & 5<sup>th</sup> Grade Virtual Bible Class



See your weekly e-news for more details for these events

## PRAYERS OF THE PEOPLE

**For or those in service to our country:** Scott, Jack, Zach, Marshall & Reece;

**For those seeking ordination:** Abigail Livingood;

**For those who are sick or in need of healing:** George, Rosemary, Marty, Jovan, Kris, Troy, Lu, and Millie;

**For those celebrating a birthday:** Joe Kucera, Zachary Slocum, and Jacque Rambo;

**For those awaiting the birth of a baby:** Katy & Nik Pappas, Selby & Rob Waskom, and Nasa & Uzo Okpokiri;

**For those to be married:** Sarah (Larson) & Alex, Dana & Zach (Slocum), and Molly & Joe (Brennan), Vanessa & David (Rice);

**For those participating in our Discovery Course:** Mel, Alan, Julie, Mara, Denise, Sarah, Marcy, Sarah, Harry;

**For our 2nd Offering Partner in March:** Women at the Well; **and**

**For the Episcopal Church in Sudan & South Sudan especially Archbishop Samuel and Bishop Richard and their families**



For more information, contact Deacon Jeanie at 515.225.2020 or [deacon@sttimothysiowa.org](mailto:deacon@sttimothysiowa.org)

### 2<sup>nd</sup> Offering Partner for March *Women at the Well*

St. Timothy's is a partner organization to Women at the Well UMC, which is located within the Iowa Correctional Institution for Women in Mitchellville, Iowa. We support Women at the Well with prayer and financial assistance through our designated giving, as well as with special efforts and offerings throughout the year. Opportunities to volunteer with Women at the Well are available. Contact Pastor Paul at [paulwitmer@msn.com](mailto:paulwitmer@msn.com) or 515.240.1653 for more information.





# LENT AT ST. TIMOTHY'S

## WORSHIP + FORMATION

### Wednesday Mornings

March 10, 17, 24, 31

+ 7 am Zoom Morning Prayer + Study

### Weekends

+ Sundays

9:45 am Children Living the Word  
on Zoom

10:15 am Livestream Holy Eucharist Service  
followed by contactless communion  
in the circle drive



## LENTEN STUDY & CONVERSATION

### WEDNESDAY MORNINGS IN LENT 7 am on Zoom

Starting with Ash Wednesday, you are invited to Morning Prayer + Study every Wednesday through Lent. Bring your beverage of choice to Zoom each week as we experiment with different group and individual spiritual practices suggested by the Litany of Penitence from the Ash Wednesday service (BCP 267-268).

Lent is a season of hope because the invitation from God to reflect is transforming us to live as new creations. For more details or to answer any questions contact Abigail Livingood at [discovery@sttimothyiowa.org](mailto:discovery@sttimothyiowa.org) or 515-501-2500.

Link to the Wednesday Gatherings beginning 2/24:  
<https://us02web.zoom.us/j/89998272268>

st. timothy's church / 24th + ashworth / west des moines

Graphic Design by Lauren Wright Pittman | Original photography by Lisle Gwynn Garity | A Sanctified Art LLC | sanctifiedart.org



## Making & Praying with Anglican Prayer Beads

March 22, 6:30 pm + March 27, 10 am

Mary Clare Evans - a faith-centered artist who strives to inspire and encourage fellow seekers through prints, rosaries, and Christian jewelry - is willing to teach us via Zoom how to craft Anglican Prayer Beads (kit included) and, along with Mary Cole-Duvall, share the history and practice of praying with Anglican prayer beads.

March 22, 6:30 PM or March 27, 10 AM

\$25 per person includes kit | payable to St. Timothy's

Register TODAY!

<https://www.signupgenius.com/go/70A0C44ABA62AA6F58-anglican>

Details - Zoom meeting link, when to pick up kits - will be sent after you register  
Question? Contact Mary+ at [rector@sttimothyiowa.org](mailto:rector@sttimothyiowa.org)



## About the again & again theme

In Lent, we're reminded that, again and again, suffering and brokenness find us. We doubt again, we lament again, we mess up again. Again and again, the story of Jesus on the cross repeats—every time lives are taken unjustly, every time the powerful choose corruption and violence, every time individuals forget how to love. With exacerbation we exclaim, "Again?! How long, O God?" And yet, in the midst of the motion blur chaos of our lives, God offers a sacred refrain: "I choose you, I love you, I will lead you to repair." Again and again, God breaks the cycle and offers us a new way forward.

This theme provides a clear invitation in a time when much is unclear. Even if worshipping apart, we come to God again and again with our prayers, our dreams, our hopes, and our doubts. Even if from a distance, we will continue to be community to one another—especially when it's hard—by choosing each other over and over again. We will continue to love God with the same persistence God chooses and claims us. Our sub-theme, A Lenten Refrain, speaks to the ways God can make music of our lives. "Refrain" also reminds us that Lent is a season of abstaining from certain practices in order to take on new rhythms and habits.

In this season, we need rituals—both old and new—to remember and be transformed. Embodied practice builds muscle memory. Repetition helps retrain our neural pathways. We need the 46 days of Lent because this season shapes us into more faithful disciples. Join us this Lent as again and again, we bring all of who we are to God and trust that God will meet us, time and again, along the way.

- Rev. T. Denise Anderson | Rev. Lisle Gwynn Garrity | A Sanctified Art LLC | [sanctifiedart.org](http://sanctifiedart.org)



## Why the Ampersand?

"As we began working on Again & Again, our brainstorming led us to hone in on the ampersand, an ancient symbol with thousands of visual iterations. No matter how the ampersand appears, its meaning still translates. After some quick research, we learned that the ampersand was first used in graffiti in Pompeii—a city buried in volcanic ash, and yet whose story lives on. This changed how we looked at the theme; the ampersand began to represent God's holy 'and.' When we feel helpless and hopeless, 'and' encourages us to lift our weary eyes to search for more. In a culture overrun by extremes, either/or thinking, and polarizing politics, this holy 'and' reminds me that we are always more—that there is always more. We are broken and beautiful. Joy and grief can coexist. Historical, systemic oppression persists and God is guiding us closer to liberation and wholeness. The future feels bleakly uncertain and we are granted sacred moments that sustain us in the present. This Lent, let us practice the power of 'and'—especially when 'again?!' feels like our never-ending cry of lament."

- Rev. Lisle Gwynn Garrity, Founder, Creative Director

# SAVE THE DATE ~ HOLY WEEK

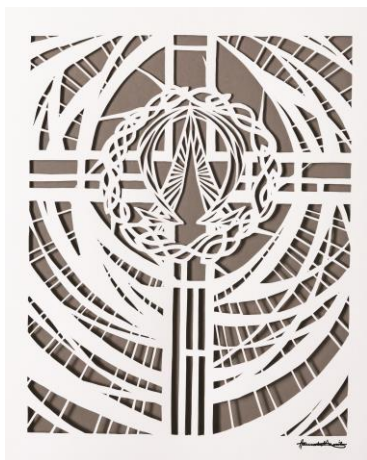


## Maundy Thursday

April 1 | 7 pm

Livestreamed Service followed by  
distanced communion  
in the circle drive

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## Good Friday

April 2 | Noon & 7 pm

Noon - Recorded Service  
7 pm - Livestreamed Service

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## Easter Day

April 4 | 10:15 am

Livestreamed Service followed by  
distanced communion  
In the circle drive



## YOU ARE WELCOME HERE

We extend a special welcome to those who are single, married, divorced, gay, filthy rich, or dirt poor.

We extend a special welcome to crying newborns, those who are skinny as a rail, or those who could afford to lose a few pounds.

We welcome you if you can sing like an angel or can't carry a note in a bucket.

You're welcome here if you're just browsing, just woke up, or just got out of jail.

You're welcome here if you're Protestant, Catholic, Evangelical, Liberal, Conservative, or whatever else.

We extend a special welcome to those who are over 60 but not grown up yet, and to teenagers who are growing up too fast.

We welcome soccer moms, NASCAR dads, starving artists, tree-huggers, latte-sippers, vegetarians, or junk-food eaters.

We welcome those who are in recovery or still addicted.

We welcome you if you're having problems or you're down in the dumps or if you don't like "organized religion," we've been there, too.

If you blew all your offering money at the casino, you're welcome here.

We offer a special welcome to those who think the earth is flat, work too hard, don't work, can't spell, or because grandma is in town and wanted to go to church.

We welcome those who are inked, pierced or both.

We offer a special welcome to those who could use a prayer right now, had religion shoved down your throat as a kid or got lost in traffic and wound up here by mistake.

We welcome tourists, seekers and doubters, bleeding hearts ... and we welcome you!

*~borrowed from Petosky Church of Christ*



WE ARE CHRIST'S HANDS • FEET • VOICE IN THE WORLD

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