



# St. Paul's EPISCOPAL CHURCH

**SECOND SUNDAY  
IN LENT**

*The Rev. Robert Fruehwirth, Celebrant*  
*The Rev. Sarah Phelps, Homilist*

**HOLY EUCHARIST  
9 & 11:15 AM SERVICES  
MARCH 1, 2026**

*During the season of Lent, when self-examination and the call to "return to the Lord" become central to our spiritual practice, we begin worship with the Penitential Order from The Book of Common Prayer, including the placement of communal confession at the start of worship.*

*"Alleluias" also are omitted from the liturgy as a form of "verbal fasting" to honor the reflectiveness and solemnity of the season.*

**Prelude**

Carol Yeargin, Organist

*Please stand if able.*

**Processional**

The God of Abraham Praise

Hymn 401

### Liturgy of the Word

**Penitential Order**

Celebrant Blessed be the Lord who forgives all our sins.  
People *God's mercy endures forever.*

*The Celebrant says*

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."

*The Deacon or Celebrant says*

Let us confess our sins against God and our neighbor.

*Minister and 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.*

*The Priest stands and says*

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

*The following is sung.*

**Kyrie**

Kyrie Eleison

Russell McKinney

Ky - ri - e e - le - i-son, Ky - ri - e e - le - i-son,  
 Ky - ri-e e - le - i-son. Chri - ste e - le - i-son, Chri - ste e -  
 le - i-son, Chri - ste e - le - i-son. Ky - ri - e e - le - i-son,  
 Ky - ri - e e - le - i-son, Ky - ri-e e - le - i-son, e - le - i - son.

## Collect of the Day

Celebrant The Lord be with you.  
People *And also with you.*  
Celebrant Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

*Please be seated.*

## Children's Processional (9 am)

Fairest Lord Jesus (v. 1)

Hymn 383

*Children's Chapel is for children 3 years old through 5th grade.*

## First Reading

Genesis 12:1-4a

A Reading from Genesis.

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

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

## The Psalm

Psalm 121

- 1 I lift up my eyes to the hills; \*  
from where is my help to come?
- 2 My help comes from the LORD, \*  
the maker of heaven and earth.
- 3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \*  
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
nor the moon by night.
- 7 The LORD shall preserve you from all evil; \*  
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, \*  
from this time forth for evermore.

## Second Reading

Romans 4:1-5, 13-17

A Reading from the Letter to the Romans.

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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

*Please stand if able.*

## Gradual

If Thou But Trust in God to Guide You

Hymn 635

*Remain standing.*

**The Gospel**

John 3:1-17

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

People            *Glory to you, Lord Christ.*

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

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

*People remain standing until the homilist invites all to be seated.*

**Homily**

The Rev. Sarah Phelps

*A moment of silence follows the homily.*

*Please stand if able.*

**Nicene Creed**

*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**

People's Response: *Lord, in your mercy, hear our prayer.*

*Please stand if able.*

**Peace**

Celebrant        The peace of the Lord be always with you.

People            *And also with you.*

BCP 360

*Please be seated.*

**Welcome & Announcements**

*If you would like to donate online, follow the QR code found here or on the giving card in the back of the pews.*

*At the end of the announcements, you are also welcome to come forward to make a special donation to Heifer International, a non-profit organization whose mission is to end hunger and poverty, to mark an anniversary, blessing, or other event.*



## Liturgy of the Eucharist

### Offertory

God So Loved the World  
St. Paul's Choir (9 am), Voices of St. Paul's (11:15 am)  
*God so loved the world, that he gave his only begotten son,  
That whoso believeth in him should not perish but have everlasting life.  
For God sent not his son into the world to condemn the world;  
But that the world through him might be saved*

John Stainer

*Please stand if able while the offering is presented.*

**Offertory Response** *All things come of Thee, O Lord, and of Thine own have we given Thee.*

### The Great Thanksgiving

### Eucharistic Prayer A

BCP 361

*The People remain standing. The Celebrant proceeds*

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 God thanks and praise.*

*The Celebrant proceeds*

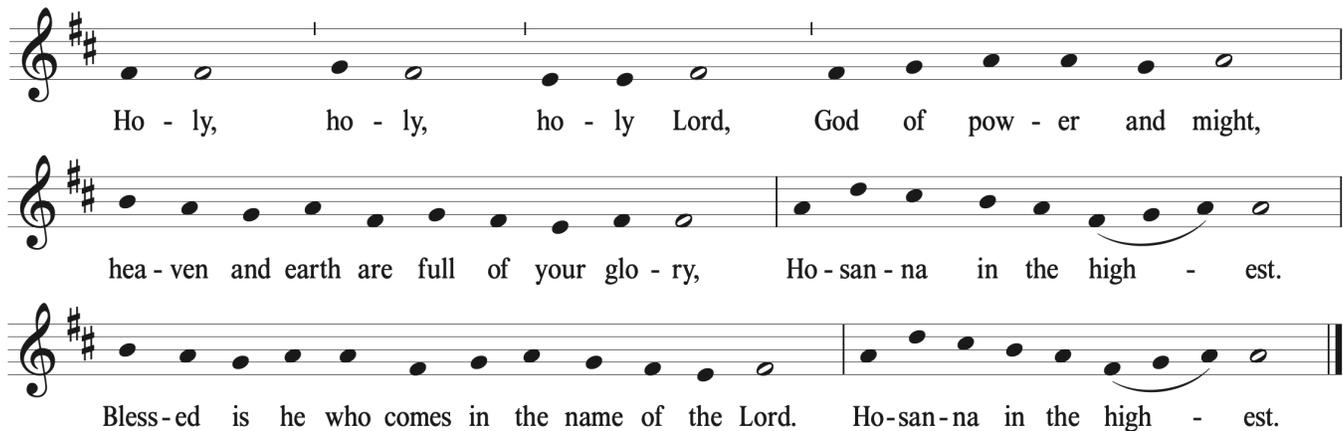
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves 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:

*Celebrant and People*

### Sanctus

Holy, Holy, Holy Lord

Hymn S124



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
hea - ven and earth are full of your glo - ry, Ho - san - na in the high - est.  
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

*Please stand or kneel if able.*

*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.

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 sins. Whenever you drink it, do this for the remembrance of me."

Therefore, we proclaim the mystery of faith:

## Memorial Acclamation

*Celebrant and People*

*Christ has died.*

*Christ is risen.*

*Christ will come again.*

*The Celebrant then 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,

## Lord's Prayer

*People and Celebrant*

BCP 367

*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

*A period of silence is kept.*

## Fraction Anthem

Lamb of God

Hymn S161

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: grant \_\_\_\_\_ us peace

## Holy Communion

*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 come forward for communion, including children. Please follow the ushers' guidance as you come to the rail.*

*If you would like a gluten-free host, extend your hands palms down. If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you. If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps at the end of the rail. A communion server will be there with the common cup. If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.*

*A priest may be available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.*

## The Communion Music

Let Thy Blood in Mercy Poured  
My Faith Looks Up to Thee

Hymn 313  
Hymn 691

## Spiritual Communion Prayer

*For those worshipping with us online.*

*In union, O Lord, with your faithful people at every altar of your Church, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.*

*Please stand or kneel if able.*

## Postcommunion Prayer

*Celebrant and People*

*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 and continue for ever in the risen life of Christ our Savior. Amen.*

EOW 69

## Solemn Prayer for Lent

*The Celebrant says*

Bow down before the Lord.

*The people bow if standing or kneel, and the Celebrant says*

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. *Amen.*

*Please stand if able.*

## Recessional

How Firm a Foundation

Hymn 636

## Dismissal

BCP 366

Deacon Let us go forth in the name of Christ.

People Thanks be to God.

## Postlude

Carol Yeargin, Organist

## GENERAL INFORMATION

**Please wear your nametags when you're here at church!** And if you don't yet have a nametag, please complete an order form in the narthex (lobby) so we can get you one!

**New to St. Paul's? Welcome!** Please let us know you are here by filling out a visitor card in the pew. Stop by our Connecting Station in the narthex (lobby) to chat and find materials that might help if you are new to St. Paul's or The Episcopal Church. Join a tour of our campus each third Sunday at 10:15 a.m. to learn more and meet others. Contact Mary Kintz, our Community Connector, at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) to find out more about us!

**Accessibility:** St. Paul's strives to make our services and programs comfortable and accessible to all. Ushers and Greeters are available to help. Please let us know how we can work together to improve your experience here.

**Kids in Worship at St. Paul's:** Children are always welcome in our worship services without exception, but if parents should wish for a space where your kids have more room to move around during the service, you are welcome to make use of the Comfort Room (glassed-in room at the rear of the worship space from which you can still hear and see the service). Ask an usher if you need help finding it. Also, our Kids' Club (free nursery care) is available during the 9 a.m. service, and infants/toddlers through 36 months (3 years old) are welcome to attend.

## HAPPENING TODAY – MARCH 1, 2026

**Children's Chapel:** Our Animal Crackers curriculum continues today with pigs! Children 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service and will return to their families during announcements.

**Coffee Hour (Parish Hall):** Sponsored by the Youth Committee, recognizing the Communion Retreat participants. Come enjoy conversation and celebrate our young members!

**Adult Forum (Church, 10:15-11 a.m.):** Join Fr. Robert for *Christ's Own Forever*, our Lent formation program which is a blend of instruction and small group interaction. Today's session, "Praying with Christ," will be held in the church following the 9 a.m. service. Please join us as we revisit the meaning and commitment of our baptismal promises.

**Children's Sunday School - 5th grade and under (Ed. Bldg):** Classes are meeting from 10:15-11 a.m.

**Youth Sunday School - 6th thru 12th grade (Youth Wing):** Classes are meeting from 10:15-11 a.m., including confirmation candidates.

**Episcopal Youth Community (EYC) and Pre-EYC:** Meet us at the Polar Ice House at 12:30 p.m. for ice skating. See details below.

## PARISH ANNOUNCEMENTS

**All the News, Right Where You Need It:** Check out the News Update QR Code below for a link to the online version of weekly news and announcements, with live links to event signups. If you're not receiving this email update on Fridays, you are invited to subscribe now. Contact Mary Kintz at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) if you have any questions.

**Special Children's Chapel Series during Lent:** Back by popular demand, Children's Chapel during Lent will follow the "Animal Crackers" curriculum (with new animals this year!) developed by Heifer International. Each Sunday, children will learn about an animal and how it helps communities around the world thrive, with opportunities to see themselves as part of a global family and learn how small changes can have big impacts. We will distribute mite boxes so the children can collect donations for Heifer International; mite boxes can be returned on Easter Sunday. Contact Erica Ridderman at [erica@stpaulscary.org](mailto:erica@stpaulscary.org) with any questions.

**Ice Skating Event for EYC and Pre-EYC:** Inspired by the Olympics? Meet St. Paul's Youth, including our 4th and 5th graders, at the Polar Ice House on Buck Jones Rd. in Raleigh at 12:30 p.m. today (Mar. 1) and see what you can do! Cost is \$16, which includes skate rental. Questions? Contact Erica Ridderman at [erica@stpaulscary.org](mailto:erica@stpaulscary.org).

**Midweek Lenten Contemplative Eucharist:** This Lent, join the clergy for contemplative Eucharist services on Mar. 4 and Mar. 18. Services will be held at noon in the church, and at 7 p.m. in the Chapel. We will use the Sunday readings for Lent as our guide and have ample time for meditation and reflection. All are welcome.

**Join the Daytime Book Group:** The St. Paul's Daytime Book Group meets each second Tuesday of the month at noon in the Youth Wing, and we'd love to have new folks with us! We select books by group vote and try to have a mix of fiction, non-fiction, historical fiction, spiritual/religious, biography, etc. We take turns leading the discussion – and always have a good discussion! The book for Mar. 10 is "My Friends," by Fredrik Bachman. Please feel free to join us. A list of upcoming books can be found on the St. Paul's website. Contact Joyce Loughlin at [loughlin1@mindspring.com](mailto:loughlin1@mindspring.com) for more information.

**Spaghetti Dinner Benefitting Appalachia Service Project (ASP):** Mark Friday, Mar. 13, 6-8 p.m. as a night out to enjoy fellowship and support our youth outreach with ASP. Learn about the impact of this work on both youth and adults as they serve pasta topped with the Men's Group's delicious sauce. Youth who are participating in the trip are expected to help; we encourage middle school youth and adults to volunteer as well. Find the sign up and learn more on the St. Paul's website, or by contacting [asp@stpaulscary.org](mailto:asp@stpaulscary.org).

**Lent Quiet Day Retreat on March 14:** Join us for "Returning to God: Rest, Repentance and Resistance," a Lenten retreat offering a gentle but liberative reframing of the Biblical concepts of sin and repentance. This day long retreat will be led by Kristen Leigh Mitchell, theological scholar, retreat leader and spiritual director. Cost is \$50; scholarships are available. Please register in advance online, or contact Fr. Robert at [robert@stpaulscary.org](mailto:robert@stpaulscary.org) for more information.

**Hermano Day is March 22:** Representatives from the Episcopal Farmworker Ministry (EFWM) will be with us on Sunday, Mar. 22 for Hermano Day, our 29th year honoring their work with agricultural workers (chiefly crop field workers and meat processing plant workers) and their families across rural eastern NC. This year, EFWM is requesting donations of men's work clothing and new underwear and socks; items can be placed in the collection box in the narthex. Monetary donations are also appreciated – donate online or bring checks; you must put "Hermano Day/EFWM" in the comment section. Contact Mary Marsha Cupitt at [mmcc.ltc@gmail.com](mailto:mmcc.ltc@gmail.com) with questions.

**Easter Egg Hunt:** Join us after the 9 a.m. service on Easter Day for an Easter Egg Hunt hosted by the Children's Ministry Committee! Children of all ages are welcome. Please help support this event by donating individually packaged candy treats or Easter-themed items like stickers or colored pencils. Donations can be dropped in the box in the narthex through Palm Sunday, March 29.

**Prayer List: We pray for** Dave, Bob, Ann, Vickie, Mary, Noah, Sally, Parrish, Janet, Nancy, Susan, Chuck, Craig, Jack, Wanda, Carter, Anne, Ethan, Sid, Mary Jo, Rebecca, Elizabeth, Ralph, Suzanne, Ryan, Mark, Gary, Johnnie, Kelly, Jessica, Hillary, Sydenna, Vera, Sheri, Darren, Craig, Ted, Dylan, Anthony, Brad, Virginia, Carl, Amanda, Judy, Sharon, Kay, Carl, Martha, Liz, Hilda, Cindy, Ben, Glenys, Kathy, Henry, Althea, Stan, and Priscilla.



News Updates

Rite Stuff, Copyright © 1999-2014 Church Publishing Incorporated. All rights reserved.  
Music reprinted under OneLicense.net A-725331  
All music is licensed for broadcast through CCS WORSHIPCast License #9427.

**Worship. Serve. Grow.**

**Church Phone: 919-467-1477 Website: [www.stpaulscary.org](http://www.stpaulscary.org)**

The Rev. Sarah Phelps, Interim Rector  
The Rev. Robert Fruehwirth, Interim Associate Rector  
Dr. Erica Ridderman, Minister for Children, Youth, and Family Formation  
The Rev. Candy Snively, Deacon  
Russell McKinney, Director of Music Ministries  
Carol Yeargin, Organist

x 13 | [sarah@stpaulscary.org](mailto:sarah@stpaulscary.org)  
x 12 | [robert@stpaulscary.org](mailto:robert@stpaulscary.org)  
x 39 | [erica@stpaulscary.org](mailto:erica@stpaulscary.org)  
[candy.snively@stpaulscary.org](mailto:candy.snively@stpaulscary.org)  
x 15 | [rusty.mckinney@stpaulscary.org](mailto:rusty.mckinney@stpaulscary.org)  
[carol.yeargin@stpaulscary.org](mailto:carol.yeargin@stpaulscary.org)

