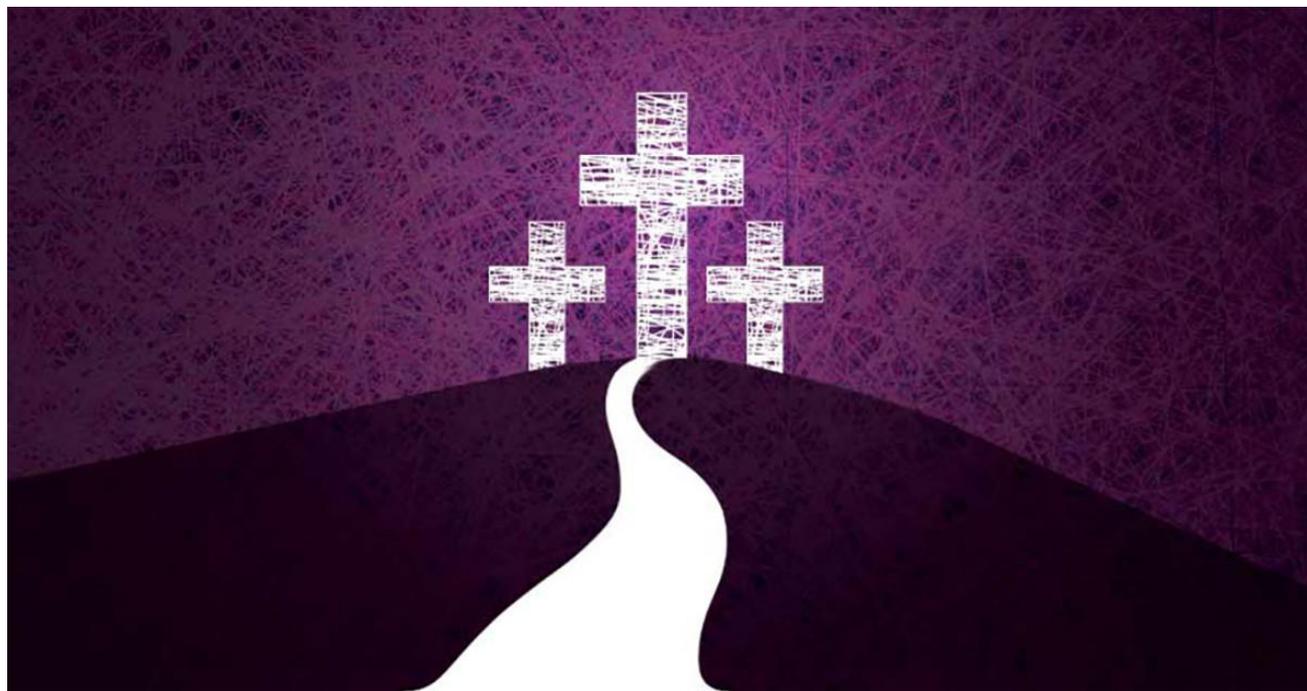




**ST. THOMAS**  
EPISCOPAL CHURCH

We, the baptized ministers,  
declare Christ's Mission for us:  
to grow as a Church  
in the spiritual strength  
of community,  
and to care, reach out,  
and include all people in Christ's love.

# Fifth Sunday in Lent



Holy Eucharist, Rite II—10:00 AM

March 17, 2024

Welcome to St. Thomas! We are so glad that you are here with us. If you are new to our community, we invite you to fill out a welcome card located in the pew rack in front of you, and either place it in the offering plate or hand it to a priest. We also invite you to stay with us for coffee hour after the service.

## THE WORD OF GOD

**Introit** Variations on *Slane (Irish Ballad)*

Randy Latimer, Violin

**Welcome**

The Rev. Will Drosos

**Procession** *Forty Days and Forty Nights*

#150 Hymnal 1982

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytton (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

### **The Penitential Order**

Bless the Lord who forgives all our sins.

**His mercy endures forever.**

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your 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 commandment greater than these."

### Confession of Sin

Let us confess our sins against God and our neighbor. *A time of silence.* Together, let us pray,  
**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.**

### Absolution

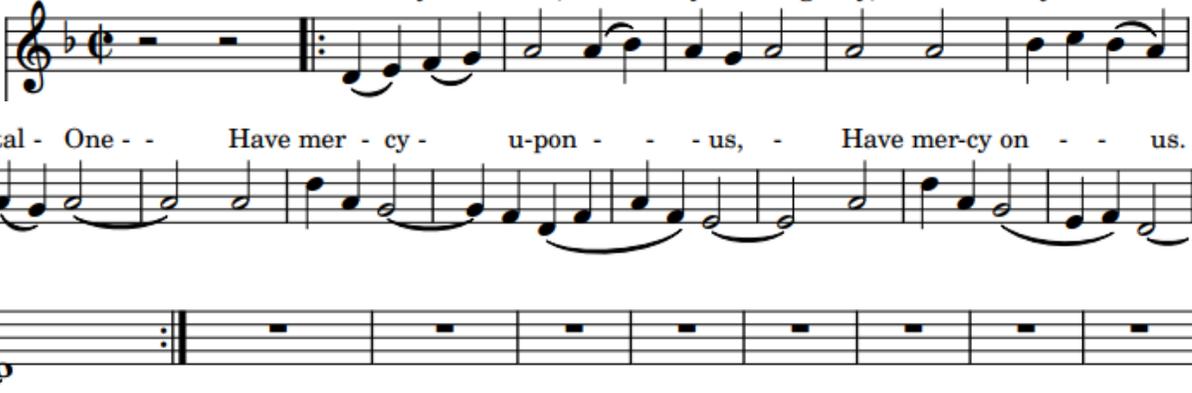
Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ,  
strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.  
**Amen.**

*During the singing of the Trisagion, children from Pre-K to 3<sup>rd</sup> Grade are invited to follow the crucifer to Children's Chapel.*

### Trisagion (sung three times)

by Dr. Lori Lind, in memory of Jim Galloway

**Andantino** Ho - ly - God, Ho - ly and Migh- ty, Ho - ly Im-mor -



7 tal - One - - Have mer - cy - u-pon - - - us, - Have mer-cy on - - - us.

15

### The Collect of the Day

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

Almighty God, you alone can bring into order the unruly wills and affections of sinners:  
Grant your people grace to love what you command and desire what you promise; that,  
among the swift and varied changes of the world, our hearts may surely there be fixed  
where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with  
you and the Holy Spirit, one God, now and for ever. **Amen.**

## The Lessons

### **The First Lesson**

### **Jeremiah 31:31-34**

A reading from the Prophet Jeremiah.

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

The Word of the Lord.

**Thanks be to God.**

**Psalm 119:9-16** (*We will pray a portion of Psalm 119 responsively by half verse*)

9 How shall a young man cleanse his way? \*

**By keeping to your words.**

10 With my whole heart I seek you; \*

**let me not stray from your commandments.**

11 I treasure your promise in my heart, \*

**that I may not sin against you.**

12 Blessed are you, O LORD; \*

**instruct me in your statutes.**

13 With my lips will I recite \*

**all the judgments of your mouth.**

14 I have taken greater delight in the way of your decrees \*

**than in all manner of riches.**

15 I will meditate on your commandments \*

**and give attention to your ways.**

16 My delight is in your statutes; \*

**I will not forget your word.**

### **The Second Lesson**

### **Hebrews 5:5-10**

A reading from the letter to the Hebrews.

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, “You are my Son, today I have begotten you”; as he says also in another place,

“You are a priest forever, according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

The Word of the Lord.

Thanks be to God.

**Sequence Hymn**

*In the Cross of Christ I Glory 1,2 / 3*

**#441 Hymnal 1982**

1 In the cross of Christ I glo - ry, tower - ing  
2 When the woes of life o'er - take me, hopes de -  
3 When the sun of bliss is beam - ing light and  
4 Bane and bless - ing, pain and plea - sure, by the  
\*5 In the cross of Christ I glo - ry, tower - ing

1 o'er the wrecks of time; all the light of  
2 ceive, and fears an - noy, nev - er shall the  
3 love up - on my way, from the cross the  
4 cross are sanc - ti - fied; peace is there that  
5 o'er the wrecks of time; all the light of

1 sa - cred sto - ry gath - ers round its head sub - lime.  
2 cross for - sake me: lo, it glows with peace and joy.  
3 ra - diance stream - ing adds new lus - ter to the day.  
4 knows no mea - sure, joys that through all time a - bide.  
5 sa - cred sto - ry gath - ers round its head sub - lime.

Words: John Bowring (1792-1872). Music: *Rathbun*, Ithamar Conkey (1815-1867).

## **The Gospel**

## **John 12:20-33**

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

**Glory to you, Lord Christ.**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

The Gospel of the Lord.

**Praise to you, Lord Christ.**

## **The Sermon**

**The Rev. Fran Gardner-Smith**

### **The 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.**

### **The Prayers of the People**

Kneeling as you are able, let us pray.

From pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil,

**Savior deliver us.**

From sloth, worldliness and love of money; from hardness of heart and contempt for your word,

**Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

**Savior deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,

**Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial,

**Savior deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

**Savior deliver us.**

Hear our prayers, O Christ our God.

**Hear us, O Christ.**

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

**Hear us, O Christ.**

Enlighten all bishops, priests, deacons, and church staffs, especially the staff at St. Thomas, with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

**Hear us, O Christ.**

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

**Hear us, O Christ.**

Guide the leaders of the nations into the ways of peace and justice.

**Hear us, O Christ.**

Give your wisdom and strength to Joe Biden, the President of the United States, Glenn Youngkin, the Governor of Virginia, and the officials of Fairfax County, that in all things they may do your will, for your glory and the common good.

**Hear us, O Christ.**

Give us the will to use the resources of the earth to your glory and for the good of all.

**Hear us, O Christ.**

Heal the sick in body, mind or spirit especially Vincent, Cheryl, Megan Irene, Lucy, Baby Vera, Steve, Emily and Dave, Lynn, Betsy, Yusuf, Mari, Bruce, Bill, Jack, Caroline, Roy, Herb, Bill, Fran, Eddie, and others you would name *[pause]*.

Provide for those who are homeless, hungry or destitute.

**Hear us, O Christ.**

Guard and protect all children who are in danger.

**Hear us, O Christ.**

Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.

**Hear us, O Christ.**

Forgive our enemies, persecutors and slanderers, and turn their hearts.

**Hear us, O Christ.**

Hear us as we remember those who have died, especially those you would name *[pause]* and grant us with them a share in your eternal glory.

**Hear us, O Christ.**

Adapted from *Enriching Our Worship 1*, Church Publishing Inc., © 1998, by The Rev. Will Drosos

Together let us pray for St Thomas Church.

**Almighty God, by your Spirit the whole body of your Church is governed and sanctified, hear our prayer for St Thomas, build in us a renewed vision of your Church; shape our life according to your will; empower us with the gifts to make us one that together we may grow as a church in the spiritual strength of community and reach out to include all people in Christ's love, through Jesus Christ, our Lord. Amen.**

### **The Peace**

The peace of the Lord be always with you.

**And also with you.**

*Following the exchange of peace in the church, peace is exchanged with the congregation on Zoom.*

## The Offertory

I appeal to you, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship.



### It's Easy to Give Electronically to St. Thomas

Scan the QR code, or visit the GIVING page on the St. Thomas website:

<https://stthomasmcleanva.org/giving/donate>.

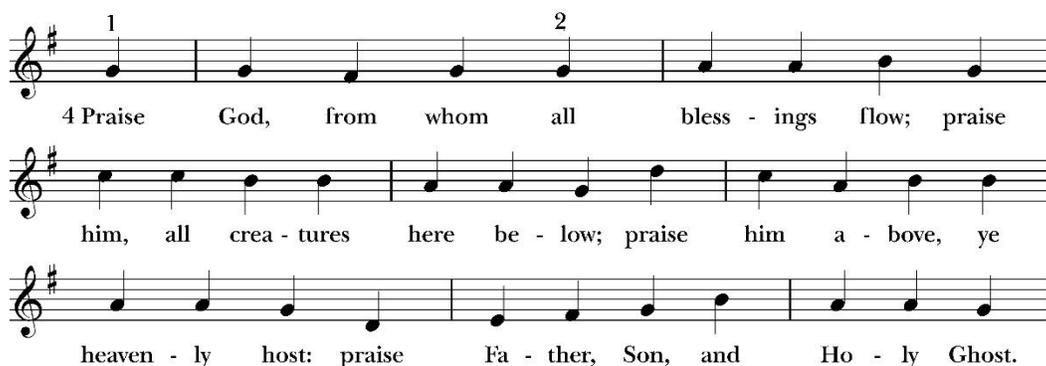
## Offertory Anthem

*Thou Evermore of Evermore*

Fraser Wilson

## The Doxology

Hymnal 1982 #43, Verse 4



1 2

4 Praise God, from whom all bless - ings flow; praise  
him, all crea - tures here be - low; praise him a - bove, ye  
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

*This hymn may be sung unaccompanied as a four-part canon at the distance of one measure.*

## THE HOLY COMMUNION

*Gluten free wafers are available on request. As the Eucharist is distributed, all who desire prayers for healing—for themselves or for others—are invited to come to the healing minister behind the lectern on the right as you face the altar.*

## The Great Thanksgiving      Eucharistic Prayer C

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

God of all power, Ruler of the Universe, you are worthy of glory and praise.

**Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

**By your will they were created and have their being.**

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

**Have mercy, Lord, for we are sinners in your sight.**

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**By his blood, he reconciled us. By his wounds, we are healed.**

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**Sanctus**

**by Dr. Lori Lind, in memory of Jim Galloway**

ho - ly ho - ly ho - ly Lord, God of pow'r and-might hea-ven and earth are  
 full - of your great glo - ry! Ho-san-na in the high - est ho-san-na in the high-est!  
 comes in the name of the Lord!-- Ho-----san-----na!  
 Bless-ed is He who comes - in the name - of - the-Lord! Ho - san-na in the high - est  
 in- the - high- - est!  
 ho - san - na in the high - est!

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

**We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our Fathers and Mothers; God of Abraham, Isaac, and Jacob; God of Miriam, Deborah, and Esther; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us.

**Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal.**

Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

**Risen Lord, be known to us in the breaking of the Bread.**

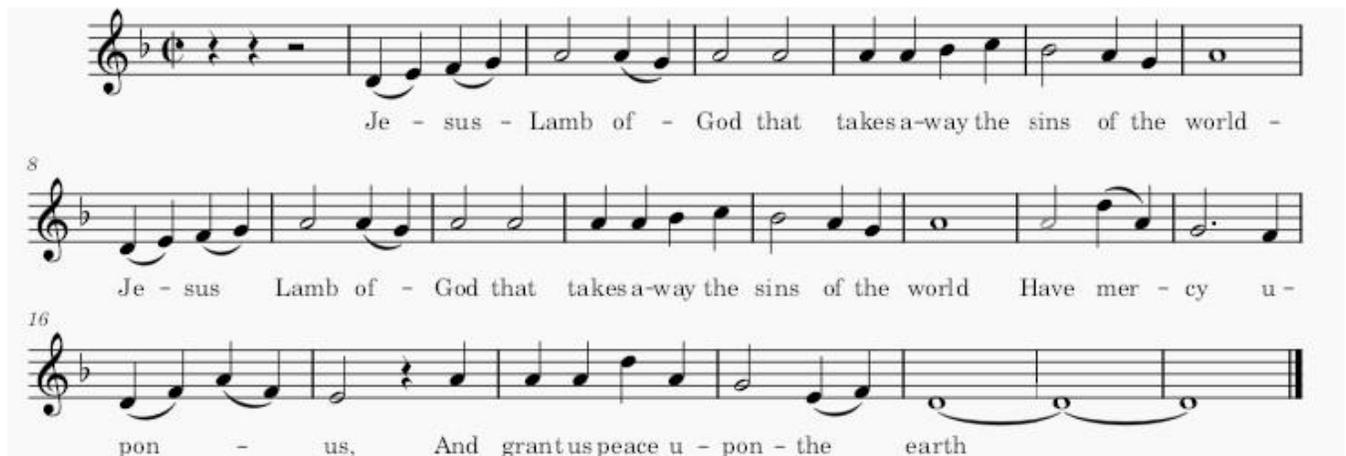
Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

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

**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.**

**Fraction**

by Dr. Lori Lind, in memory of Jim Galloway



Je - sus - Lamb of - God that takes a-way the sins of the world -

8  
Je - sus Lamb of - God that takes a-way the sins of the world Have mer - cy u -

16  
pon - us, And grant us peace u - pon - the earth

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.

**A note about the distribution of the Eucharist:**

*We have returned to offering the common cup, but there will continue to be a separate cup for intinction. If you would like to receive by intinction, please go the left side of the altar rail*

and the presiding priest will dip the bread in the cup for you. If you would like to sip from the common cup, please go to the right side of the altar rail where the bread and the cup will be offered separately. If you would like to consume only the bread, please also go to the right side and you may simply return to your seat after receiving the bread. As a reminder, we do not kneel at the altar rail one by one. When you go to the altar rail, please fill in all the way to the end. The ministers distributing communion will come around to you.

### Prayer for Spiritual Communion on Zoom

While some members of our congregation are receiving communion at church, those members gathered to worship on Zoom will say the following prayer:

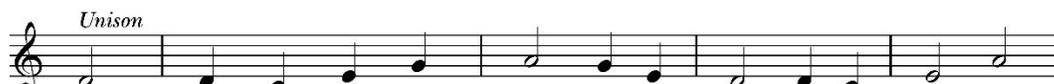
**In union, O Lord, with the faithful at every altar of your Church where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. Since I cannot receive you sacramentally today, I ask you to come spiritually into my heart. I unite myself with you, and embrace you with all the love of my soul. Let nothing ever separate you from me. May I live in you, and may you live in me, both in this life and in the life to come. Amen.**

### Communion Hymn

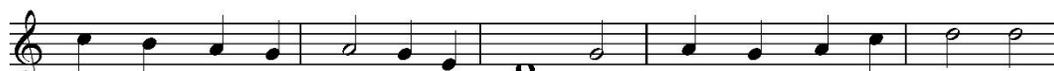
*What Wondrous Love Is This*

#439 Hymnal 1982

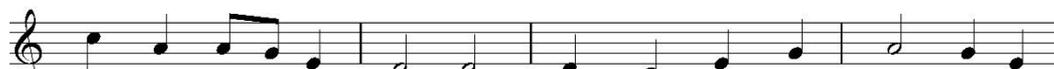
*Unison*



1 What won - drous love is this, O my soul, O my soul! What  
 2 To God and to the Lamb, I will sing, I will sing, to  
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that  
 God and to the Lamb, I will sing. To God and to the Lamb who  
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my  
 is the great I AM, while mil - lions join the theme, I will  
 sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.  
 sing, I will sing, while mil - lions join the theme I will sing.  
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

### Communion Anthem

*Si Beag, Si Mor*

17<sup>th</sup> Century Irish Tune by O'Carolan

**Post-communion Prayer for a Multi-located Congregation**

Let us pray. **God of abundance, we gather as your faithful people near and far. We believe you are present with us as we are united with Christ and one another in prayer and sacrament. We thank you for feeding all of us with your love and for making 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 love to the world and continue for ever in the risen life of Christ our Savior. Amen.** *Written by the Rev. Dorota Wright-Pruski, adapted by the Rev. Will Drosos*

**The Blessing**

Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. And may the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

**Announcements**

*The Recessional Hymn can be found on Page 14*

**The Dismissal**

Let us bless the Lord.

**Thanks be to God.**

**Postlude**

*The Butterfly (Irish Slip Jig)*

**Randy Latimer, Violinist**

**Worship Participants**

Presider	Rev. Will Drosos
Preacher	Rev. Fran Gardner-Smith
Altar Guild	Susan Cowart
Digital Usher	Audrey Adair
Digital Verger	Chuck Grimes
Staff Person on Zoom	Br. Joshua Waits
Children’s Chapel	Lael Lyons & Mary Cushing
Eucharistic Ministers	Steve Wickman, Mary Cushing
Healing Minister	Caroline Mitchell
Lector & Intercessor	Rev. David Smith
Usher	Jan Hamilton

**Recessional Hymn**

*Lift Him Up*

**#159 Lift Every Voice and Sing II**

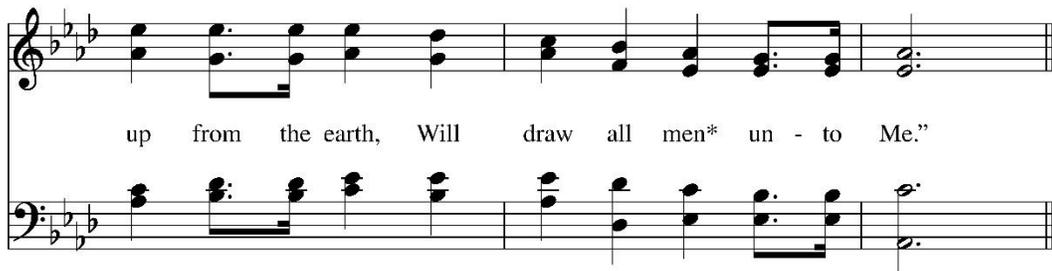
1. How to reach the mass - es, those of ev - 'ry birth, For an  
2. Oh! the world is hun - gry for the liv - ing bread, Lift the  
3. Don't ex - alt the preach - er, don't ex - alt the pew, Preach the  
4. Lift Him up by liv - ing as a Chris - tian ought, Let the

1. an - swer Je - sus gave the key; "And — I, if I be lift - ed  
2. Sav - ior up for them to see; Trust — Him and do not doubt the  
3. gos - pel sim - ple, full and free; Prove — Him and you will find that  
4. world in you the Sav - ior see; Then — all will glad - ly fol - low

1. up from the earth, Will draw all men\* un - to Me."  
2. words that He said, "I'll draw all men\* un - to Me."  
3. prom - ise is true, "I'll draw all men\* un - to Me."  
4. Him who once taught, "I'll draw all men\* un - to Me."

Lift Him up, — Lift Him up, —  
Lift the pre - cious sav - ior up, Lift the pre - cious sav - ior up,

Still He speaks from e - ter - ni - ty: "And — I, if I be lift - ed



\* "folk" may be substituted for "men."

Words: Johnson Oatman, Jr. (1856-1922). Music: B. B. Beall.

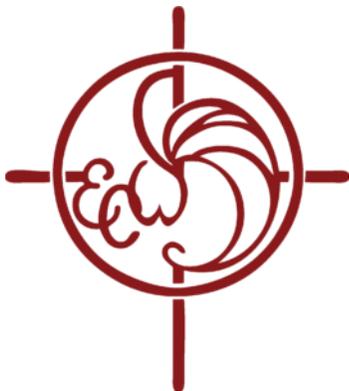
### MARCH VESTRY PERSON

Melinda Fairchild

[meldavid7815@gmail.com](mailto:meldavid7815@gmail.com)

240-274-4741

Questions, comments, concerns, compliments,  
all welcome.



The next meeting of the ECW is today, March 17<sup>th</sup> at 11:30 am  
in the ELC Conference Room and on Zoom.

Join Zoom Meeting

[https://us02web.zoom.us/j/82546344403?](https://us02web.zoom.us/j/82546344403?pwd=RnRha3E5QjlvTDJ3MDdSU2gwdWJBZz09)

[pwd=RnRha3E5QjlvTDJ3MDdSU2gwdWJBZz09](https://us02web.zoom.us/j/82546344403?pwd=RnRha3E5QjlvTDJ3MDdSU2gwdWJBZz09)

Meeting ID: 825 4634 4403

Passcode: 685393

Dial by your location

+1 301 715 8592 US (Washington DC)



### We are now collecting Easter Flower donations!

Please pick up a form in the Narthex or go to the link below to  
download a form:

[https://files.constantcontact.com/723b62cc701/5daea9b3-  
a84f-4171-82ed-13ae8e4dc2da.pdf](https://files.constantcontact.com/723b62cc701/5daea9b3-a84f-4171-82ed-13ae8e4dc2da.pdf)

Please return your form physically or email Rishabh by next  
Sunday, March 24<sup>th</sup> so we can acknowledge your dedications.

## HOLY WEEK 2024 WORSHIP SCHEDULE

**Palm Sunday (March 24)** - Worship at 10 AM, we begin in Hudson Hall with a procession to the sanctuary.

**Maundy Thursday (March 28)** - Potluck Agape Meal in Hudson Hall at 6:00 PM. Worship in the sanctuary at 7:30 PM. (You are welcome to join one or both services.)

**Good Friday (March 29)** - Stations of the Cross in the sanctuary at noon. Worship in the sanctuary at 7:30 PM.

**Holy Saturday (March 30)** - Morning Service on Zoom only at 9:00 AM. Zoom link: <https://us02web.zoom.us/j/87325361312>



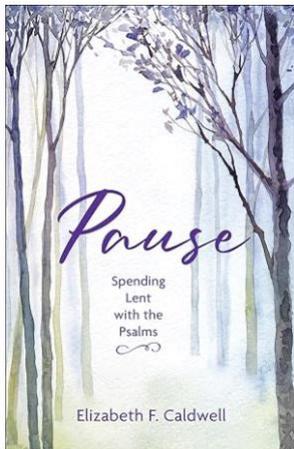
### **Lenten Soup Supper & Program 2024 A Time for Reflection with the Psalms**

Lenten Soup Suppers and our Lenten program happen on Tuesday nights during Lent. We'll gather in Hudson Hall from 6-7 for our soup supper. Then, from 7-8:15, there will be a hybrid gathering (in Hudson Hall and on Zoom) where I will lead us in simple worship. I'll do some teaching. We'll talk together, and then have a time for reflection. There will also be a spiritual practice that you can take home with you each week to use between our sessions.

There is one remaining supper and program on March 19<sup>th</sup>.

I hope you will join us for this time of reflection and spiritual renewal.

Fran





**LADIES LUNCH BUNCH**

St. Thomas Ladies, please join us!  
**Monday, March 18<sup>th</sup> at 11:15 AM**

**Anita's Mexican Restaurant**

521 Maple Ave E, Vienna, VA

<https://www.anitacorp.com>

Got questions?

Text Tricia at (571) 244-3142

or Audrey at (813) 956-7550



## **Celebrate the Persian New Year (Nowruz) at St. Thomas!**

The Persian New Year (*Nowruz*) is a springtime celebration whose activities symbolize rebirth and the link between humans and nature. The Iranian poet Saadi (1210-1291) wrote: "Awaken, the morning Nowruz breeze is showering the garden with flowers."

*Nowruz* itself, which is Farsi for New Day, begins at the Spring equinox - the moment when the sun crosses the equator and day and night are of equal length.

**This year, the Spring equinox is at 11:06PM on Tuesday March 19<sup>th</sup>.**

**We invite everyone to come and join the celebrations after church on Sunday, March 24<sup>th</sup> in Hudson Hall.**

**We will have Persian treats for you to try!**

The focus of the celebration is the *Haft-seen* table that holds seven symbolic items which start with the Persian letter "seen" or S.

- *seeb* (apples) - symbol of health and beauty
- *senjed* (dried oleaster berries) - wisdom and rebirth
- *samanu* (wheat pudding) - strength/justice
- *somaq* (sumac) – patience
- *serkeh* (vinegar) - age/patience
- *seer* (garlic) - cleansing of body and environment
- *sabzeh* (wheat, barley, mung bean or lentils) in a dish.

The *Haft-seen* display may also include other items such as a mirror, symbolising reflection; colored eggs, for fertility; and goldfish in a bowl, which represent life.

Other *Nowruz* activities include readings from the Persian poet Hafez (1315-1390). Each person chooses a verse from the poem at random that can illuminate what the coming year has in store for them.

*Nowruz* celebrations last for 13 days and end with *Sizdeh Bedar*. On *Sizdeh Bedar*, people head for open fields, plains, parks and riversides to picnic, taking with them the *sabzeh* they have grown. There, they throw the *sabzeh* into the river or the fields, to symbolize giving back to nature.



Enter the dark world of the Scottish play, where witches, warriors and the woods are emboldened by prophecies foretelling unexpected greatness leading to untimely ends. Verdi's musical masterpiece and Shakespeare's legendary antiheroes entwine in this tale of lust for power steeped in blood. Join us for an immersive and spellbinding experience of operatic proportions in a jewel box setting at St. Thomas in McLean, or Grace in the Plains.

Visit [Shakespeareoperatheatre.com](http://Shakespeareoperatheatre.com) for tickets and more information.  
Tickets start at \$39.50 | Groups of 10 or more get 10% off

### The Galloway Memorial Fund

We are currently accepting donations for the *Jim Galloway Memorial Fund* to help cover expenses for our artists who come from outside the DC area. Plan to join us on **May 5th, 2024 from 5-7:30 PM** in the Memorial Garden and Hudson Hall at St. Thomas Episcopal Church, 8991 Brook Road, McLean, for *An Evening to Remember Picnic and Concert* to honor Jim's legacy and support the fund-- **The concert is FREE!**

To donate:

**By Check:** made to Shakespeare Opera Theatre with "Galloway Fund" or "General Operations" in the memo mailed to:

8991 Brook Rd, McLean, VA 22102 or leave in Dr. Lori's mailbox at St. Thomas

**Zelle:** 443-226-8270 (include SOT & direction of funds in the memo)

**Venmo:** @drlorilind (include SOT & direction of funds in the memo)

## ***PRAYER FOR ST. THOMAS CHURCH***

*Almighty God, by your Spirit the whole body of your Church is governed and sanctified. Hear our prayer for St. Thomas: build in us a renewed vision of your Church; shape our life according to your will; empower us with the gifts to make us one, that together we may grow as a church in the spiritual strength of community, and reach out to include all people in Christ's love, through Jesus Christ our Lord. Amen.*

### **MINISTERS**

The Baptized Faithful of St. Thomas Episcopal Church  
The Most Rev. Michael Curry, *Presiding Bishop*  
The Rt. Rev. E. Mark Stevenson, *Bishop*  
The Rt. Rev. Gayle E. Harris, *Assistant Bishop*  
The Rt. Rev. James Joseph "Bud" Shand, *Visiting Bishop*

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### **THE VESTRY**

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### **STAFF**

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