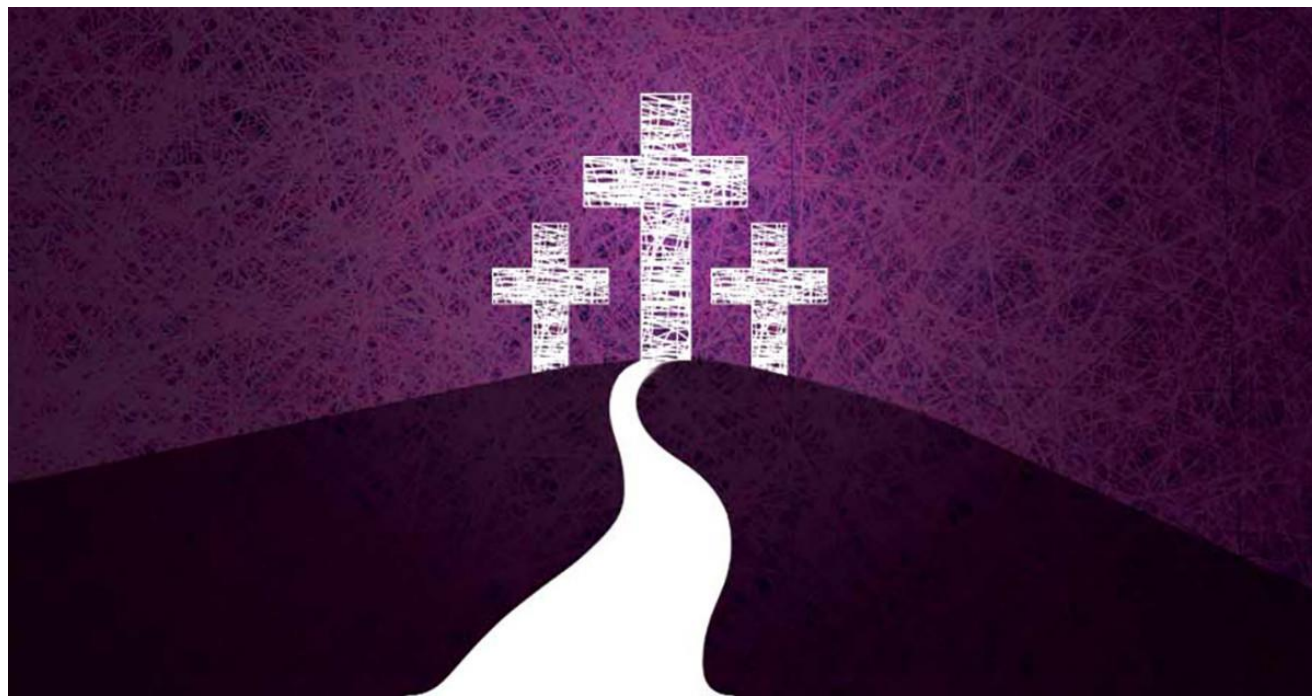




**ST. THOMAS**  
EPISCOPAL CHURCH

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.

# First Sunday in Lent



Holy Eucharist, Rite II—10:00 AM

March 9, 2025

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

### Choral Introit

*Lord Jesus, Think on Me*

#641 Hymnal 1982

### Welcome

The Rev. Fran Gardner-Smith

### Procession

*The Glory of These Forty Days*

#143 Hymnal 1982



1 The glo - ry of these for - ty days we  
 2 A - lone and fast - ing Mo - ses saw the  
 3 So Dan - iel trained his mys - tic sight, de -  
 4 Then grant us, Lord, like them to be full  
 \*5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all  
 2 lov - ing God who gave the law; and to E - li - jah,  
 3 liv - ered from the li - ons' might; and John, the Bride - groom's  
 4 oft in fast and prayer with thee; our spi - rits strength - en  
 5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.  
 2 fast - ing, came the steeds and char - i - ots of flame.  
 3 friend, be - came the her - ald of Mes - si - ah's name.  
 4 with thy grace, and give us joy to see thy face.  
 5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leiden*, 1543; harm. Johann Sebastian Bach (1685-1750).

### A Penitential Order

Bless the Lord who forgives all our sins.

**His mercy endures forever.**

Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

**Amen. Lord have mercy.**

You shall not make for yourself any idol.

**Amen. Lord have mercy.**

You shall not invoke with malice the Name of the Lord your God.

**Amen. Lord have mercy.**

Remember the Sabbath day and keep it holy.

**Amen. Lord have mercy.**

Honor your father and your mother.

**Amen. Lord have mercy.**

You shall not commit murder.

**Amen. Lord have mercy.**

You shall not commit adultery.

**Amen. Lord have mercy.**

You shall not steal.

**Amen. Lord have mercy.**

You shall not be a false witness.

**Amen. Lord have mercy.**

You shall not covet anything that belongs to your neighbor.

**Amen. Lord have mercy.**

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, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

### **Confession and Absolution of Sin**

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

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

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 (found on Page 4), children from Pre-K to 3<sup>rd</sup> Grade are invited to follow the crucifer to Children's Chapel.*

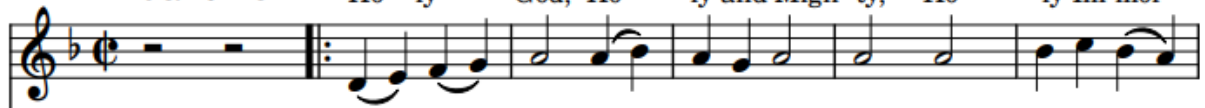
## Trisagion

*Trisagion on Picardy (sung three times)*

Dr. Lori Lind

**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, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## The Lessons

**Psalm 91:1-2, 9-16** (*We will pray a portion of Psalm 91 responsively by half verse*)

- 1 He who dwells in the shelter of the Most High, \*  
**abides under the shadow of the Almighty.**
- 2 He shall say to the Lord, "You are my refuge and my stronghold, \*  
**my God in whom I put my trust."**
- 9 Because you have made the Lord your refuge, \*  
**and the Most High your habitation,**
- 10 There shall no evil happen to you, \*  
**neither shall any plague come near your dwelling.**
- 11 For he shall give his angels charge over you, \*  
**to keep you in all your ways.**
- 12 They shall bear you in their hands, \*  
**lest you dash your foot against a stone.**
- 13 You shall tread upon the lion and adder; \*  
**you shall trample the young lion and the serpent under your feet.**
- 14 Because he is bound to me in love, therefore will I deliver him; \*  
**I will protect him, because he knows my Name.**

15 He shall call upon me, and I will answer him; \*

**I am with him in trouble; I will rescue him and bring him to honor.**

16 With long life will I satisfy him, \*

**and show him my salvation.**

### The First Lesson

### Romans 10:8b-13

A reading from Paul's letter to the Romans.

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

The Word of the Lord.

**Thanks be to God.**

### Sequence Hymn *Forty Days and Forty Nights 1,2,3 / 4,5*

#150 Hymnal 1982

The image shows a musical score for a hymn. It consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat major or D minor). The first system contains five verses of lyrics. The second system contains five verses of lyrics. The lyrics are as follows:

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 Gospel**

## **Luke 4:1-13**

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

**Glory to you, Lord Christ.**

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

The Gospel of the Lord.

**Praise to you, Lord Christ.**

## **The Sermon**

**The Rev. Will Drosos**

### **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. Give your wisdom and strength to Donald Trump, 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 our thanks for the blessings of this life, including Hana Gardiner, Nellis Crigler, and all those celebrating birthdays this week; for Clifford and Dolly Mastrangelo, and all those celebrating wedding anniversaries this week; and for all the blessings you now name [pause]. We pray,

**Hear us, O Christ.**

Heal the sick in body, mind or spirit, especially **Ethan, Vincent, Emily and Dave, Lynn, Betsy Yusuf, Barbara, Andrew, Tony, Melissa, Jan, Tom, Scott, Vera, Steve, Kelli and Brent, Caroline, Rick, Nancy, Jackie, Enriqo**, and those whom you would name [pause] and provide for those who are homeless, hungry or destitute.

**Hear us, O Christ.**

Show 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... 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 Drososexc

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.*



## UTO Moment of Gratitude

### The Offertory

Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High.

*Psalm 50:14*



### **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

*Lord Who Throughout These Forty Days*

**Mark Schweizer**

**based on Gabriel Fauré's *Pavane***

Lord, who throughout these forty days,  
For us didst fast and pray,  
Teach us with Thee to mourn our sins,  
And close by Thee to stay.

As Thou with Satan didst contend,  
And didst the vict'ry win,  
Give us strength in Thee to fight,  
In Thee to conquer sin.

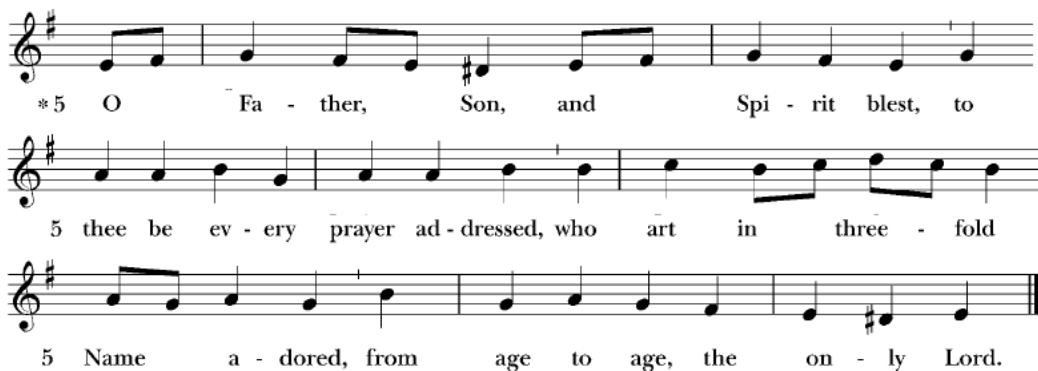
As Thou didst hunger bear and thirst,  
So teach us, gracious Lord,  
To die to self, and chiefly live  
By Thy most holy word.

Through these days of penitence,  
And through Thy Passion tide,  
Yea, with us in life and death,  
Jesus, with us abide.

A bide with us, that so, this life  
Of suff'ring over past,  
An Easter of unending joy  
We may attain at last.

### The Doxology

**Hymnal 1982 #143, Verse 5**



\*5 O Fa - ther, Son, and Spi - rit blest, to  
5 thee be ev - ery prayer ad - dressed, who art in three - fold  
5 Name a - dored, from age to age, the on - ly Lord.

## 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      (2024 Update Approved by General Convention)**

May God 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 our thanks and praise.**

God of all power, Source and Sustainer 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: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, 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 the capacity for memory, reason, and skill. You made us the stewards of your 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 eternal Word, born of your servant Mary, to fulfill your Law, opening 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**

*Sanctus on Picardy*

**Dr. Lori Lind**

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!

12 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

17 in- the - high- - est!

ho - san - na in the high - est!

The musical score consists of two staves. The first staff (measures 12-16) features a vocal line with lyrics 'comes in the name of the Lord!-- Ho-san-na!' and a piano accompaniment. Dynamics include *cresc.* and *ff*. The second staff (measures 17-20) continues the vocal line with lyrics 'in- the - high- - est!' and 'ho - san - na in the high - est!'. It begins with a *ff* dynamic and ends with a double bar line.

On the night he was betrayed Jesus 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, Jesus 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 all 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 Christ's death and resurrection as we await the day of his coming.**

Therefore, O God, we who have been redeemed by Jesus Christ, 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 Savior.

Sanctify us also, and 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.**

God of our ancestors; Redeemer and Mother of Israel; 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.**

Accept these prayers and praises, Almighty God, 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**

*Lenten Fraction on Picardy*

**Dr. Lori Lind**

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 offer both the common cup and a 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.*

**Prayer for Spiritual Communion on Zoom**

*While some are receiving communion at church, those worshipping on Zoom say the following prayer:*

**My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you were already there, I embrace you and unite myself wholly to you; never permit me to be separated from you. Amen. ~ from St.**

*Augustine's Prayer Book*

**Communion Hymn**

*Break Thou the Bread of Life*

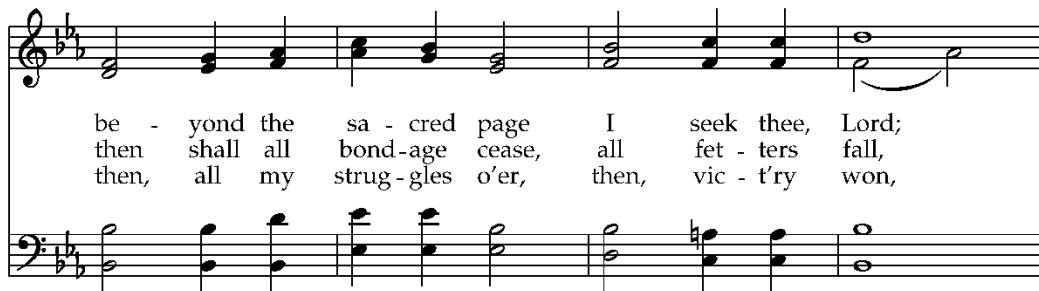
#73 Voices Found



1 Break thou the bread of life, dear Lord, to me,  
2 Bless thou the truth, dear Lord, to me, to me,  
3 Teach me to live, dear Lord, on - ly for thee,



as thou didst break the loaves be - side the sea;  
as thou didst bless the bread by Gal - i - lee;  
as thy dis - ci - ples lived in Gal - i - lee;



be - yond the sa - cred page I seek thee, Lord;  
then shall all bond-age cease, all fet - ters fall,  
then, all my strug - gles o'er, then, vic - t'ry won,



my spi - rit pants for thee, O liv - ing word!  
and I shall find my peace, my all in all.  
I shall be - hold thee, Lord, the liv - ing one.

**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

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. 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

### Recessional Hymn

*O Love, How Deep, How Broad, How High*

#449 Hymnal 1982



1 O love, how deep, how broad, how high, how pass - ing  
2 For us bap - tized, for us he bore his ho - ly  
3 For us he prayed; for us he taught; for us his  
4 For us to wick - ed hands be - trayed, scourged, mocked, in  
5 For us he rose from death a - gain; for us he  
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of  
2 fast and hun - gered sore; for us temp - ta - tions  
3 dai - ly works he wrought: by words and signs and  
4 pur - ple robe ar - rayed, he bore the shame - ful  
5 went on high to reign; for us he sent his  
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.  
2 sharp he knew; for us the tempt - er ov - er - threw.  
3 ac - tions, thus still seek - ing not him - self, but us.  
4 cross and death; for us gave up his dy - ing breath.  
5 Spi - rit here to guide, to strength - en, and to cheer.  
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deo gracias*, English ballad melody, Trinity College MS., 15th cent. By permission of Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved.

## The Dismissal

Go in peace to love and serve the Lord.

**Thanks be to God.**

### Worship Participants

|                       |                                     |
|-----------------------|-------------------------------------|
| Presider              | Rev. Fran Gardner-Smith             |
| Preacher              | Rev. Will Drosos                    |
| Acolyte               | Susan Cowart                        |
| Altar Guild           | Susan Cowart                        |
| Digital Usher         | Jennifer Alexander                  |
| Children's Chapel     | Lael Lyons & Rev. Caroline Mitchell |
| Eucharistic Ministers | Debby Reed                          |
| Healing Minister      | Beth Clarke                         |
| Lector & Intercessor  | Ed Rhodes                           |
| Usher                 | Louise Rosenburgh                   |
| Fellowship Hour Host  | Diane & Will Ferris                 |
| Counters              | Jim Ventorini & Ed Rhodes           |

### MARCH VESTRY PERSON

**Rick Howe**

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

515-229-8414

Questions, comments, concerns, compliments, all welcome.



## A Pilgrimage with the Stations of the Cross

# LENTEN PROGRAM

**ST THOMAS EPISCOPAL CHURCH IN MCLEAN, VA**

**MARCH 9TH** AFTER CHURCH AT 11:10 A.M.

**MARCH 18TH** AT 6 P.M. WITH MARGARET ADAMS PARKER & REV'D DR. KATHERINE SONDEREGGER. SOUP AND SALAD DINNER.

**MARCH 23RD, 30TH, AND APRIL 6TH** AFTER CHURCH AT 11:10 A.M.

The stations of the cross originated in the old city of Jerusalem, giving pilgrims to the Holy Land the opportunity to follow in the footsteps of Jesus, as he traveled from his arrest to his death on the cross. Eventually, artists began creating stations of the cross to hang in churches around the world so that pilgrims could make that journey, with the help of visual images, even if they were unable to travel to Jerusalem.

St. Thomas has had a robust history with the stations of the cross, praying these prayers and making this pilgrimage on Good Friday, for many years. This year, through a collaboration with the artist Margaret Adams Parker (Peggy) and Jeff Crigler, we have a new set of the Stations of the Cross that will hang year round in our sanctuary. This year, our Lenten program will be led by Beth Clarke. She'll lead us in an exploration of the history of the stations, we'll experience the service of the Stations of the Cross, and we'll learn ways to use the stations in our own devotions.



Mostly we'll meet on Sundays: March 9, March 23, March 30, and April 6. And, on Tuesday March 18, the artist Peggy Parker, along with The Rev. Dr. Katherine Sonderegger (Professor of Theology at Virginia Theological Seminary) will join us for one soup supper. Peggy will talk about her work and Kate will share wisdom from the book they co-wrote called *Praying the Stations of the Cross: Finding Hope in a Weary Land*. If you'd like to purchase the book, you can find it on Amazon where it is available as both a hardcover and a Kindle book: <https://tinyurl.com/yc632ct4>



We have created a sign up genius for our one soup supper. Dinner will be at 6pm. We'll need two people to set up at 5:15 and 2 to clean up following the program, as well as folks to bring soups, salads, and bread + butter. You can access the Sign Up Genius here: <https://tinyurl.com/28jn2sv5>



Please reach out to Beth or Fran if you have any questions.



## **PRACTICE GRATITUDE      CHANGE THE WORLD**

The United Thank Offering (UTO) was begun in 1889 by Julia Chester Emery who hoped to collect the prayers and grateful offerings of The Episcopal Church to support missions abroad. Many of us may remember the little blue “mite boxes” of our youth in which we placed coins as an expression of our thanks. The St. Thomas Episcopal Church Women (ECW) has sponsored UTO for many years to encourage the practice and discipline of gratitude and to raise money for projects that address compelling needs around the world such as clean water, and education.

Last Sunday, youth of our church constructed a **Mighty Mite Box**, designed and assisted by Ray Raymond, which will be placed in the Narthex throughout Lent. There are slips of paper with “I am grateful” or “I am thankful for” on one side. You are asked to note that for which you are grateful on the other side and drop the slip of paper and/or a donation into the box. You are also welcome to take a little blue box home to collect your expressions of gratitude. We will have an Ingathering of little blue boxes after Lent.

You may use some of the following prayers from the UTO Liturgy Booklet throughout the day as you practice gratitude this Lent:

### **Gratitude Prayer Upon Waking**

Gracious God, I have been invited into a new day by your will and mercy. Make my heart grateful for the breaths given, the day that waits for me, and the peace received through remembering your love, regardless of what the day holds. Hold my mind’s awareness of your gift, your love, and your faithfulness. May it be for me the preparation I need to begin this new day. Amen.

### **Gratitude Prayer at Noonday**

Gracious God, I come to you at this halfway point of this day, remembering to entrust myself to you not just in beginnings and in endings, but also in life’s in-betweens. In anxiety rustled up by the hours that have passed by and in fear of what the hours coming up may hold, may my awareness of your presence and gratitude for the gift of your Son be the agents of strength I need to persevere and see this day’s end. Hold my mind’s awareness of your gift, your love, and your faithfulness. May it be the nourishment I need to see this day to its end. Amen.

### **Gratitude Prayer Before Sleeping**

Gracious God, I come to you at this close of day to return to the heart of gratitude that set this day into motion. My heart is full, my cup has run over, my day finishes inside of the grace you’ve shown to me in giving me another day. In each day’s uncertainties, pains, joys, and celebrations, I return again and again to my soul’s gratitude for your care. Hold my mind’s awareness of your gift, your love, and your faithfulness. May it be the calming presence that ushers me into rest. Amen.



## ***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. Sean Rowe, *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*

|   |   |
|---|---|
| The Rev. Fran Gardner-Smith, <i>Rector</i>              | 540-532-5665 – <a href="mailto:fran.gardnersmith@stthomasmcleanva.org">fran.gardnersmith@stthomasmcleanva.org</a> |
| The Rev. William Drosos, <i>Associate Rector</i>        | 513-638-8800 – <a href="mailto:will.drosos@stthomasmcleanva.org">will.drosos@stthomasmcleanva.org</a>             |
| The Rev. Dr. Caroline Mitchell, <i>Assisting Priest</i> | 970-417-8417 – <a href="mailto:kfshplp@gmail.com">kfshplp@gmail.com</a>   |
| Dr. Lori Lind, <i>Minister of Music</i>                 | 443-226-8270 – <a href="mailto:lori.lind@stthomasmcleanva.org">lori.lind@stthomasmcleanva.org</a>                 |
| Ms. Beth Clarke, <i>Seminarian</i>                      | 602-463-5289 – <a href="mailto:eclarke@vts.edu">eclarke@vts.edu</a>   |

### **THE VESTRY**

|                   |               |  |              |
|-------------------|---------------|--|--------------|
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| Chris Johnston    |               | <a href="mailto:christopher.a.johnston@gmail.com">christopher.a.johnston@gmail.com</a> | 410-299-9776 |
| Anne Spear        |               | <a href="mailto:amspear@yahoo.com">amspear@yahoo.com</a>                               | 703-915-4300 |
| Jim Ventorini     |               | <a href="mailto:jventorini@cox.net">jventorini@cox.net</a>                             | 703-288-3166 |
| Alan Thode        |               | <a href="mailto:afthode@hotmail.com">afthode@hotmail.com</a>                           |              |

### **OTHER LEADERS**

|                   |                    |  |              |
|-------------------|--------------------|--|--------------|
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| Pat Smith         | Treasurer          | <a href="mailto:pysmith51@gmail.com">pysmith51@gmail.com</a>           | 703-338-0974 |
| Steve Wickman     | Diocesan Delegate  | <a href="mailto:wickmansb@msn.com">wickmansb@msn.com</a>               | 571-393-8544 |
| Becky Ventorini   | Alternate Delegate | <a href="mailto:beckyventorini@gmail.com">beckyventorini@gmail.com</a> | 202-390-4412 |

### **STAFF**

|                 |                      |  |              |
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| Mary Cyrus      | Accountant           | <a href="mailto:accountant@stthomasmcleanva.org">accountant@stthomasmcleanva.org</a>           | 703-442-0330 |
| Nicole Warga    | Cribbery Caregiver   | <a href="mailto:ncwarga00@hotmail.com">ncwarga00@hotmail.com</a>                               | 703-476-9476 |

# The Skinny at St. Thomas

## March 9<sup>th</sup>, 2025



More information about many of these events can be found on the Announcements page on our website. Scan the QR code to see them.

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### **A Pilgrimage with the Stations of the Cross Lenten Program begins TODAY after Church**

Led by Beth Clarke, we will explore the history of the stations, we'll experience the service of the Stations of the Cross, and we'll learn ways to use the stations in our own devotions. We'll meet March 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, and April 6<sup>th</sup> after church, and we will have a special soup supper with guests Peggy Parker and The Rev. Dr. Katherine Sonderegger on March 18<sup>th</sup>. More information can be found in your bulletin.

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### **United Thank Offering Mighty Mite Box**

Throughout Lent, the ECW will sponsor the United Thank Offering (UTO) Ingathering as they have for many years. The purpose of UTO is to encourage the practice and discipline of gratitude and to raise money for projects that address compelling needs around the world such as clean water and education. You are invited to write your expressions of gratitude on the slips of paper in the Narthex and place them in the Mighty Mite Box constructed by our youth. You are also welcome to take home a little blue box to collect your donations and expressions of gratitude.

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### **Pints with Doubting Thomas**

**Wednesday, March 12<sup>th</sup> at 6:30 pm**

at High Point Pub in Whole Foods, Tysons. Join us for learning and conversation about theology in a relaxed environment. The first round of drinks (alcoholic or non-alcoholic) is on us! We will continue talking about prayer.

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### **Women Gathering Zoom Meetup**

**March 13<sup>th</sup> and 27<sup>th</sup> at 4:30 pm**

Please join us as Rev. Fran leads a discussion of *Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again* by Rachel Held Evans. We will continue with:

- March 13<sup>th</sup> "The Water" (preface) p. 141 and Chapter 6 "Gospel Stories" p. 147
- March 27<sup>th</sup> "The Sea" p. 165 and "Fish Stories" p. 175

The book is available on AMAZON in paperback, e-book, and audiobook.

For more details, contact

Betsy [ehelman2003@yahoo.com](mailto:ehelman2003@yahoo.com)

and for the ZOOM link,

Audrey at [audreyjadair@gmail.com](mailto:audreyjadair@gmail.com)

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### **Game Night on Saturday!**

**Saturday, March 15<sup>th</sup> at 6:30 pm**

In Hudson Hall. Don't miss our next game night. We'll provide pizza! Bring friends, games and any snacks or drinks you'd like to share.

### **Thoughts for Difficult Times**

#### **An 8-Week Support Group for Federal Workers and Contractors continues this week**

Meeting each Thursday from 7-8:15, we have a support group for federal workers and contractors in this difficult season. It's offered by Across Counseling and the group will be facilitated by Kathianne Smith, LCSW. You can sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSeHhw4WTikAJOFsE5B-nHvNTXFCF94TTdhhbDK8ONbHnAJEPgA/viewform>

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### **Make It March... Check Out Ushering!**

You are invited to do a trial run as an usher, next Sunday, March 16<sup>th</sup>! You'll shadow a very experienced usher and hopefully see how easy and fulfilling this ministry is!

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### **ECW Pysanky Workshops**

St. Thomas Episcopal Church Women are offering 5 Pysanky (Ukrainian Easter Eggs) Workshops this year. There will be one workshop on March 25 midday, and two workshops on March 26 and 27, at midday and during the evening. All donations will be given to World Central Kitchen. During the workshop, you will learn to make beautiful pysanka and learn some of the history of this ancient art form. Lunch or dinner will be served.

Here's the link to the sign up:

<https://www.signupgenius.com/go/10C0B44ACAE29A3FD0-55182944-pysanky#/>

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### **This Week**

#### **Monday March 10<sup>th</sup>**

12 pm – Noonday Prayer

7 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Tuesday March 11<sup>th</sup>**

12 pm – Midweek Eucharist

7 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Wednesday March 12<sup>th</sup>**

10 am – Staff Meeting

12 pm – Noonday Prayer

6:30 pm – Pints with Doubting Thomas

7 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Thursday March 13<sup>th</sup>**

12 noon – Noonday Prayer

4:30 pm – Women Gathering Zoom Meetup

7 pm – Choir Rehearsal

7 pm – Federal Workers Support Group

7:30 pm – Choir Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Friday March 14<sup>th</sup>**

11 am – MIC Weekly Worship

7 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Saturday March 15<sup>th</sup>**

6 pm – Game Night

8:30 pm – MIC Ramadan Worship

#### **Sunday March 16<sup>th</sup>**

8:45 am – Choir Rehearsal

10 am – Worship

2:30 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship