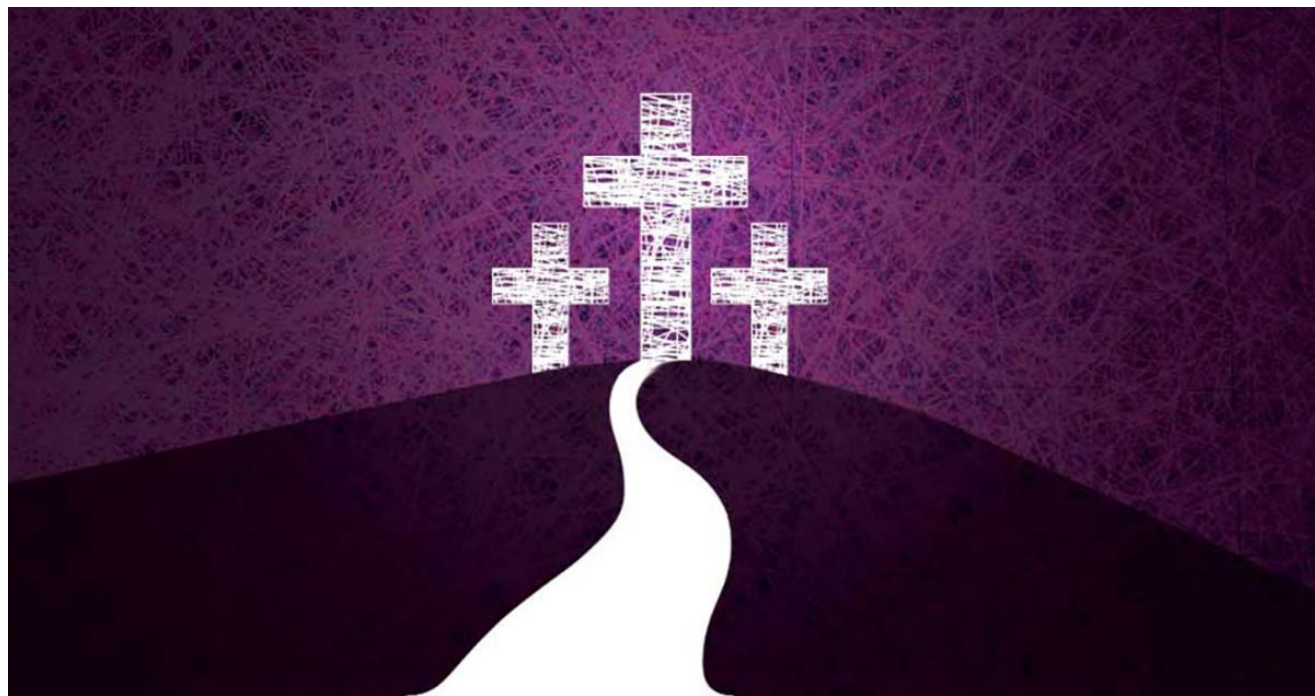




**ST. THOMAS**  
EPISCOPAL CHURCH

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.

# Third Sunday in Lent



Holy Eucharist, Rite II—10:00 AM

March 23, 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

### Welcome

The Rev. Dr. Caroline Mitchell

### Choral Introit

*Lord Jesus, Think on Me*

#641 Hymnal 1982

### Procession

*Before Thy Throne, O God, We Kneel*

#574 Hymnal 1982

1 Be - fore thy throne, O God, we kneel: give us a con - science  
 2 Search out our hearts and make us true; help us to give to  
 3 For sins of heed - less word and deed, for pride am - bi - tious  
 4 Let the fierce fires which burn and try, our in - most spi - rits

quick to feel, a rea - dy mind to un - der - stand the  
 all their due. From love of plea - sure, lust of gold, from  
 to suc - ceed, for craft - y trade and sub - tle snare to  
 pu - ri - fy: con - sume the ill; purge out the shame; O

mean - ing of thy chas - tening hand; what - e'er the pain and  
 sins which make the heart grow cold, wean us and train us  
 catch the sim - ple un - a - ware, for lives be - reft of  
 God, be with us in the flame; a new - born peo - ple

shame may be, bring us, O Fa - ther, near - er thee.  
 with thy rod; teach us to know our faults, O God.  
 pur - pose high, for - give, for - give, O Lord, we cry.  
 may we rise, more pure, more true, more no - bly wise.

Words: William Boyd Carpenter (1841-1918), alt. Music: *St. Petersburg*, Dimitri S. Boruniansky (1751-1825).

**A Penitential Order**

Bless the Lord who forgives all our sins.

**His mercy endures forever.**

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

## **The Lessons**

### **The First Lesson**

### **Exodus 3:1-15**

A reading from Book of Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

The Word of the Lord.

**Thanks be to God.**

**Psalm 63:1-8** (*We will pray a portion of Psalm 63 responsively by half verse*)

- 1 O God, you are my God; eagerly I seek you; \*  
**my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.**
- 2 Therefore I have gazed upon you in your holy place, \*  
**that I might behold your power and your glory.**
- 3 For your loving-kindness is better than life itself; \*  
**my lips shall give you praise.**
- 4 So will I bless you as long as I live \*  
**and lift up my hands in your Name.**
- 5 My soul is content, as with marrow and fatness, \*  
**and my mouth praises you with joyful lips,**
- 6 When I remember you upon my bed, \*  
**and meditate on you in the night watches.**
- 7 For you have been my helper, \*  
**and under the shadow of your wings I will rejoice.**
- 8 My soul clings to you; \*  
**your right hand holds me fast.**

**Sequence Hymn** *The Lord Shall Come and Not Be Slow 1,2 / 3*

**#462 Hymnal 1982**

The musical score is presented in two systems. Each system consists of a vocal line (treble clef) and a bass line (bass clef). The key signature has one flat (B-flat), and the time signature is common time (C). The lyrics are printed below the vocal line of each system.

1 The Lord will come and not be slow, his foot - steps can - not err;  
2 Truth from the earth, like to a flower, shall bud and blos - som show;  
3 Rise, God, judge thou the earth in might, this wick - ed earth re - dress;  
4 The na - tions all whom thou hast made shall come, and all shall frame  
5 For great thou art, and won - ders great by thy strong hand are done:

1 be - fore him right - eous - ness shall go, his roy - al har - bin - ger.  
2 and jus - tice, from her heaven - ly bower, look down on us bc - low.  
3 for thou art he who shalt by right the na - tions all pos - sess.  
4 to bow them low be - fore thee, Lord, and glo - ri - fy thy Name.  
5 thou in thy ev - er - last - ing seat re - main - est God a - lone.

Words: John Milton (1608-1674), alt. Music: *York*, melody from *The CL Psalmes of David*, 1615; adapt. *The Whole Booke of Psalmes*, 1621; harm, John Milton, Sr. (1563?-1647).

## **The Gospel**

**Luke 13:1-9**

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

**Glory to you, Lord Christ.**

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

The Gospel of the Lord.

**Praise to you, Lord Christ.**

## **The Sermon**

**Ms. Beth Clarke**

### **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 Nici Bush, Joy Warburton, Steven Miles, Chris Johnston, Susan Cowart, and all those celebrating birthdays this week; for 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, Andrew, Tony, Melissa, Jan, Scott, Vera, Steve, Kelli and Brent, Caroline, Rick, Nancy, Jackie, Enriqo, the people of Syria**, and those whom you would name [pause] and provide for those who are homeless, hungry or destitute.

**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... 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.*

### **UTO Moment of Gratitude**

### **The Offertory**

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

*Psalms 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

*My Song Is Love Unknown*

**John Ireland, arr. James Kirby**

My song is love unknown, my savior's love to me,  
love to the loveless shown that they might lovely be.  
O who am I that for my sake my lord shall take frail flesh and die?

He came from his blest throne salvation to bestow,  
but men made strange, and none the longed-for Christ would know.  
But O my friend, my friend indeed, who at my need, his life did spend.

Here might I stay and sing, no story so divine;  
never was love, dear King, never was grief like thine.  
This is my friend, in whose sweet praise I all my days could gladly spend

### 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!  
 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!

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**

*Here, O My Lord, I See Thee Face to Face*

**#318 Hymnal 1982**

1 Here, O my Lord, I see thee face to face;  
 2 Here would I feed up - on the Bread of God;  
 3 I have no help but thine; nor do I need  
 4 Mine is the sin, but thine the right - eous - ness;

here would I touch and han - dle things un - seen;  
 here drink with thee the roy - al Wine of heaven;  
 an - oth - er arm save thine to lean up - on;  
 mine is the guilt, but thine the cleans - ing Blood.

here grasp with firm - er hand e - ter - nal grace,  
 here would I lay a - side each earth - ly load,  
 it is e - nough, my Lord, e - nough in - deed;  
 Here is my robe, my re - fuge, and my peace;

and all my wea - ri - ness up - on thee lean.  
 here taste a - fresh the calm of sin for - given.  
 my strength is in thy might, thy might a - lone.  
 thy Blood, thy right - eous - ness, O Lord, my God.

Words: Horatius Bonar (1808-1889). Music: Nyack, Warren Swenson (b. 1937). Copyright © 1970, Warren Swanson.

## 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 mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; 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

### *Rock of Ages, Cleft for Me*

#685 Hymnal 1982

1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
3 While I draw this fleet-ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,  
all for sin could not a - tone: thou must save, and thou a - lone;  
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.  
in my hand no price I bring, sim - ply to thy cross I cling.  
Rock of a - ges, cleft for me, let me hide my - self in thee.

The musical score consists of three systems, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat major or D minor), and the time signature is common time (C). The lyrics are printed below the vocal line of each system.

Words: Augustus Montague Toplady (1740-1778), alt. Music: *Toplady*, Thomas Hastings (1784-1872).

**The Dismissal**

Go in peace to love and serve the Lord.

**Thanks be to God.**

**Worship Participants**

Presider	Rev. Caroline Mitchell
Preacher	Beth Clarke
Assisting Priests	Rev. Fran Gardner-Smith & Rev. Will Drosos
Acolyte	Ed Rhodes
Altar Guild	Jeanne Rorke
Digital Usher	Jennifer Alexander
Digital Verger	Walter Lazear
Children’s Chapel	Lael Lyons & Rev. Will Drosos
Eucharistic Minister	Steve Wickman
Healing Minister	Beth Clarke
Lector & Intercessor	Debby Reed
Usher	Jan Hamilton
Fellowship Hour Host	Louise Armitage

**MARCH VESTRY PERSON**

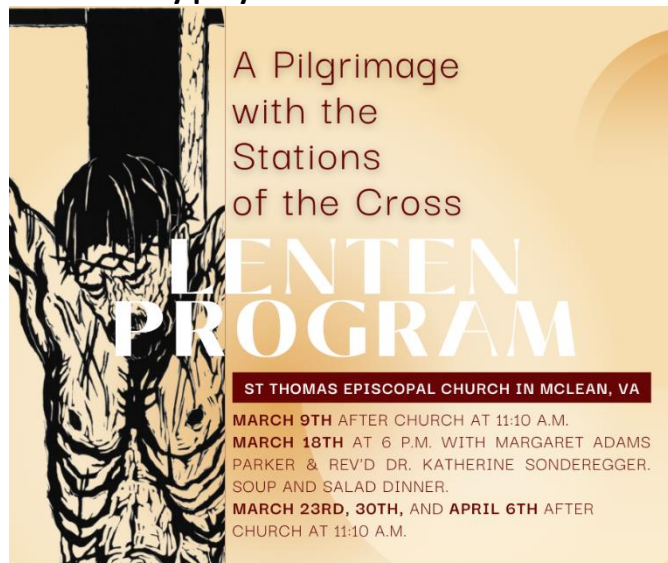
**Rick Howe**

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

515-229-8414

Questions, comments, concerns, compliments, all welcome.

**Our Lenten program continues after worship today. Grab some fellowship hour snacks and join us. Today, we will actually pray the stations of the cross in the sanctuary.**





## **PRACTICE GRATITUDE      CHANGE THE WORLD**

United Thank Offering (UTO) encourages people to develop a practice of gratitude, and from that practice to make thank offerings for all the blessings we experience. 100% of these offerings are given away to support mission and ministry projects around the world. This Lent, UTO invites us to reflect on the ways we experience and share the act of welcome. You can sign up to receive a text message each day of Lent by visiting [unitedthankoffering.com/lent](http://unitedthankoffering.com/lent).

How can being grateful help you? Practicing gratitude has been shown to increase happiness and positive emotions. Expressing gratitude strengthens bonds with friends and family, enhances self-esteem by appreciating our own strengths and accomplishments. Practicing gratitude can help us cope better with challenges and adversity. Practicing gratitude leads to more optimism which can actually improve our physical health leading to better sleep and greater resilience while also promoting empathy and reducing stress. WOW! That's a lot of benefit from being grateful. Start now.

Notice the good things that happen each day. Give thanks to God for your blessings. Make an offering for each blessing in the little Blue Boxes available to take home, or into our Mighty Mite Box in the Narthex. Include a slip of paper with your donation, expressing your thanks. Your blessings become blessings for others.

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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Rick Howe	Junior Warden	<a href="mailto:rhowelaw@gmail.com">rhowelaw@gmail.com</a>	515-229-8414
Chris Forward		<a href="mailto:christine.m.forward@gmail.com">christine.m.forward@gmail.com</a>	703-963-6585
Mollie Regan		<a href="mailto:mollieregans@verizon.net">mollieregans@verizon.net</a>	954-778-7252
Lynne Montgomery		<a href="mailto:lkrmontgomery@gmail.com">lkrmontgomery@gmail.com</a>	703-298-7181
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**

Rishabh Bajekal	Parish Administrator	<a href="mailto:Rishabh.bajekal@stthomasmcleanva.org">Rishabh.bajekal@stthomasmcleanva.org</a>	703-442-0330
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 23<sup>rd</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 continues after worship today**

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.

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### **United Thank Offering Mighty Mite Box "Practice Gratitude, Change the World."**

Notice the good things that happen each day. Give thanks to God for your blessings. Make an offering for each blessing in the little Blue Boxes available to take home, or into our Mighty Mite Box in the Narthex. Include a slip of paper with your donation, expressing your thanks. Your blessings become blessings for others.

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### **UTO Silent Auction for Wool Coverlet**

Don't forget about the silent auction for the lovely woven wool coverlet in the Narthex. Donated to the ECW by Barbara Wicks, proceeds will be donated to UTO.

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### **Ladies Lunch Bunch**

**4<sup>th</sup> Monday, March 24<sup>th</sup> at 11:15 am**

Kalypto's Sports Tavern

(Lake Anne Plaza – Main Parking Lot)

1617 Washington Plaza N, Reston, VA 20190

Contact Audrey at (813)956-7550 or Tricia at (571) 244-3142 to RSVP or if you're running late.

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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. You will learn how to make a beautiful pysanka. Lunch or dinner will be served, and all donations will be given to World Central Kitchen. Here's the link to the sign up:

<https://www.signupgenius.com/go/10C0B44A-CAE29A3FD0-55182944-pysanky#/>

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### **Pints with Doubting Thomas**

**Wednesday, March 26<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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### **Thoughts for Difficult Times**

**A Free 8-Week Support Group for Federal Workers and Contractors starts March 27<sup>th</sup>**

On Thursdays from 7-8:15, this group is offered by Across Counseling, Vienna and is facilitated by Kathianne Smith, LCSW. *Continued on back*

Scan the QR code to sign up:



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### **Women Gathering Zoom Meetup**

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

Please join us as Rev. Fran leads a discussion of *Inspired...* by Rachel Held Evans. We will continue with:

"The Sea" p. 165 and "Fish Stories" p. 175

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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### **Share Garden 2025 Kickoff!**

**Saturday, March 29<sup>th</sup> at 9:30 am**

We'll clean up the garden, till the soil, and plant some of the early crops. If you'd like to participate, please reach out to Jon Spear at [Jon.spear1@verizon.net](mailto:Jon.spear1@verizon.net) or 571-251-6547.

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### **Shakespeare Opera Theatre Presents:**

#### **Drowning Ophelia**

April 4<sup>th</sup> to 12<sup>th</sup>. A dark comedy performed in one act about the long-term consequences of childhood abuse, and a love letter to those who have suffered. There is always hope. For show dates and tickets, please visit

<https://shakespeareoperatheatre.com/>

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### **This Week**

#### **Monday March 24<sup>th</sup>**

11:15 am – Ladies Lunch Bunch

12 pm – Noonday Prayer

5 pm – MIC Ramadan Worship

#### **Tuesday March 25<sup>th</sup>**

11 am – ECW Pysanky Workshop

12 pm – Midweek Eucharist

6 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Wednesday March 26<sup>th</sup>**

10 am – Staff Meeting

11 am – ECW Pysanky Workshop

12 pm – Noonday Prayer

6 pm – ECW Pysanky Workshop

6:30 pm – Pints with Doubting Thomas

6:30 pm – SOT Rehearsal

#### **Thursday March 27<sup>th</sup>**

11 am – ECW Pysanky Workshop

12 pm – Noonday Prayer

4 pm – Women Gathering Zoom Meetup

6 pm – ECW Pysanky Workshop

7 pm – Choir Rehearsal

7 pm – Federal Workforce Support Group

#### **Friday March 28<sup>th</sup>**

11 am – MIC Weekly Worship

6:30 pm – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Saturday March 29<sup>th</sup>**

10 am – SOT Rehearsal

8:30 pm – MIC Ramadan Worship

#### **Sunday March 30<sup>th</sup>**

8:45 am – Choir Rehearsal

10 am – Worship

11:10 am – Lenten Program

2:30 pm – SOT Rehearsal