



March 15, 2026
The Fourth Sunday in Lent
Morning Prayer — Rite I
9 & 11 a.m.

Welcome!

Praying Morning Prayer on a Sunday has deep historic precedent in the Episcopal Church, recalling seasons when the Daily Office was the primary form of Sunday worship. It invites the congregation to dwell deeply in Scripture and communal prayer, reminding us that worship is shaped not only by sacrament but also by the steady rhythm of the Church's daily prayers.

Nametags are available in the pews. Please participate by wearing one so we can know the names of those people who sit next to us.

*Altar Flowers are given to the glory of God and in loving memory of
Louise Warnock Gray by Al Warnock.*

Listening assistance devices are available – ask any usher.
Children's worship bulletins and bags are located in the vestibules.

OPENING ACCLAMATION

BCP 38

Officiant Rend your hearts, and not your garments, and turn unto the Lord your God; for he is gracious and merciful, slow to anger and of great kindness, and repenteth him of the evil.—*Joel 2:13*

CONFESSION OF SIN (*kneeling*)

BCP 41

Officiant Let us humbly confess our sins unto Almighty God.

People *Almighty and most merciful Father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.*

ABSOLUTION

BCP 42

The Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. *Amen.*

THE INVITATORY AND PSALTER

BCP 842

Officiant Lord, open thou our lips.

People *And our mouth shall show forth thy praise.*

All *Glory to the Father, and to the Son, and to the Holy Ghost: as it was in the beginning, is now, and will be for ever. Amen.*

Officiant The Lord is full of compassion and mercy:

All *Come let us adore him.*

JUBILATE (*spoken together*)**Psalm 100**

*O be joyful in the Lord, all ye lands;
serve the Lord with gladness
and come before his presence with a song.*

*Be ye sure that the Lord he is God;
It is he that hath made us and not we our selves;
We are his people and the sheep of his pasture.*

*O go your way into his gates with thanksgiving
And into his courts with praise;
Be thankful unto him and speak good of his Name.*

*For the Lord is gracious;
His mercy is ever lasting;
And his truth endureth from generation to generation.*

*Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the be ginning, is now,
and will be for ever. Amen.*

THE PSALM (*spoken together with sung refrain*)**Psalm 23**

The Lord is my shepherd; I shall not be in want.

- ¹ The Lord is my shepherd; *
I shall not be in want.
- ² He makes me lie down in green pastures *
and leads me beside still waters.

REFRAIN



³ He revives my soul *

and guides me along right pathways for his Name's sake.

⁴ Though I walk through the valley of the shadow of death,
I shall fear no evil; *

for you are with me;

your rod and your staff, they comfort me.

REFRAIN

⁵ You spread a table before me in the presence
of those who trouble me; *

you have anointed my head with oil, and my cup is running over.

⁶ Surely your goodness and mercy shall follow me
all the days of my life, *

and I will dwell in the house of the Lord for ever.

REFRAIN

(spoken together)

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

THE LESSONS

THE FIRST LESSON

1 Samuel 16:1-13

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and

come with me to the sacrifice.” And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, “Surely the Lord’s anointed is now before the Lord.” But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.” Then Jesse called Abinadab, and made him pass before Samuel. He said, “Neither has the Lord chosen this one.” Then Jesse made Shammah pass by. And he said, “Neither has the Lord chosen this one.” Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, “The Lord has not chosen any of these.” Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but he is keeping the sheep.” And Samuel said to Jesse, “Send and bring him; for we will not sit down until he comes here.” He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, “Rise and anoint him; for this is the one.” Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

Reader The word of the Lord.

People ***Thanks be to God.***

SEQUENCE HYMN (*stand as able*)

1982 Hymnal #645 v 1-3,5

The king of love my shepherd is

THE SECOND LESSON

Ephesians 5:8-14

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!

 Rise from the dead,
and Christ will shine on you.”

Reader The Word of the Lord.

People ***Thanks be to God.***

*I believe in God, the Father almighty,
maker of heaven and earth;
And in Jesus Christ his only Son our Lord;
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried.
He descended into hell.
The third day he rose again from the dead.
He ascended into heaven,
and sitteth on the right hand of God the Father almighty.
From thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.*

ANNOUNCEMENTS

OFFERTORY MUSIC

9 a.m. *O Savior of the World*
11 a.m. *The Lord is my Shepherd*

Herbert Howells
Howard Goodall

DOXOLOGY (*stand as able*)

*Praise God from whom all blessings flow
Praise Him all creatures here below
Praise Him above, ye heavenly host:
Praise Father, Son and Holy Ghost.*

THE PRAYERS

THE PRAYERS (*kneeling*)

Officiant The Lord be with you.

People *And with thy spirit.*

Officiant Let us 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.*

SUFFRAGE A

BCP 55

Officiant O Lord, show thy mercy upon us;
People ***And grant us thy salvation.***
Officiant Endue thy ministers with righteousness;
People ***And make thy chosen people joyful.***
Officiant Give peace, O Lord, in all the world;
People ***For only in thee can we live in safety.***
Officiant Lord, keep this nation under thy care;
People ***And guide us in the way of justice and truth.***
Officiant Let thy way be known upon earth;
People ***Thy saving health among all nations.***
Officiant Let not the needy, O Lord, be forgotten;
People ***Nor the hope of the poor be taken away.***
Officiant Create in us clean hearts, O God;
People ***And sustain us with thy Holy Spirit.***

THE COLLECT OF THE DAY

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

A COLLECT FOR SUNDAYS

BCP 56

O God, who makest us glad with the weekly remembrance of the glorious resurrection of thy Son our Lord: Grant us this day such blessing through our worship of thee, that the days to come may be spent in thy favor; through the same Jesus Christ our Lord. *Amen.*

A PRAYER OF SELF-DEDICATION

BCP 832

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. *Amen.*

A COLLECT FOR GRACE

BCP 57

O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that we, being ordered by thy governance, may do always what is righteous in thy sight; through Jesus Christ our Lord. Amen.

A COLLECT FOR PEACE

BCP 57

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. Amen.

A COLLECT FOR GUIDANCE

BCP 57

O heavenly Father, in whom we live and move and have our being: We humbly pray thee so to guide and govern us by thy Holy Spirit, that in all the cares and occupations of our life we may not forget thee, but may remember that we are ever walking in thy sight; through Jesus Christ our Lord. Amen.

A PRAYER FOR MISSION

BCP 100

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. *Amen.*

INTERCESSIONS *(silently or aloud)*

THE GENERAL THANKSGIVING *(standing)*

BCP 58

Almighty God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men. We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we beseech thee, give us that due sense of all thy mercies, that our hearts

may be unfeignedly thankful; and that we show forth thy praise, not only with our lips, but in our lives, by giving up our selves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

A PRAYER OF ST. CHRYSOSTOM

BCP 59

Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee; and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting.
Amen.

RECESSIONAL HYMN

Shepherd of Souls

1982 Hymnal #343

DISMISSAL

BCP 59

Officiant Let us bless the Lord.

People ***Thanks be to God.***

Officiant May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. — *Romans 15:13*

People ***Amen.***

POSTLUDE

Paeon

Herbert Howells

PARTICIPATING IN WORSHIP

Worship Leader 9 a.m. Scott Curtis 11 a.m. Anne Abraham

Lector 9 a.m. Linda Curtis 11 a.m. Al Banwell

Ushers 9 a.m. Bill & Nancy Beach 11 a.m. James Mason, H. Shaw

Altar Guild 9 a.m. Kay Perry 11 a.m. Brian McMahon, Carol Conway

Acolyte Master 9 a.m. Connie Heath 11 a.m. Linda McMahon

Organist Alan Strong

Special Music 11 a.m. St. John's Choir

Flower Delivery Margaret McFarland

CALENDAR

March 15—21

Sunday

- 9 a.m. Holy Eucharist
- 10 a.m. Christian Formation
- 11 a.m. Holy Eucharist
- 8 p.m. AA

Monday

- 1 p.m. Prayer Circle
- 8 p.m. AA

Tuesday

- 8:30 a.m. Men's Study Group
- 6:30 p.m. Vestry

Wednesday

- 5 p.m. Lenten Program @
St. John's
- 7 p.m. Choir

Thursday

- 8 p.m. AA

Friday

- 8:15 a.m. Women's Al-Anon

Saturday

- 9 a.m. Planning Ahead: A
Practical Workshop

PRAYERS AND THANKSGIVINGS

*Staff pray for people on our prayer list by
name weekly.*

We pray for healing in the lives of Ruth Purinton, Mary Scalisi, Charlotte Weber, Diana Youngclaus, John Hutson, Bill Saunders, Don Klovstad, Jane Price, Carol Conway, Stocky Hobart, Shirley Nunn, Niecsa Chisum, Kaye Locke, Leslie Stay, Inmates and Staff at Hampton City Annex, Bob Ridle, Regina Cicchetti, Mike Fox, George Edmonson, Dave Forrest, Paige, Bobby Phillips, Mary Jane Long, Cathy Curtis, David, Donald Crandol, Bishop Haynes, Canon Hoffman, Bishop Curry, David Copley, Warren Petri, Steve, Bob Cumming, Linda Seely, Grace Taylor, Marianne, Josh, Glenn Irwin, Dee Kloskin, Gail Conway, Cindy Jannone, baby Autumn Gwendolyn, Anne-Henley, Max Scharnhorst, Devin, Lewis, Sally, Meg Hoffman, Jay Horne.

We give Thanksgivings for the birthdays of Elizabeth Zimmerman (3/15), Norman Clapp (3/19), Frank Edgar, Sr. (3/19), Michelle Fuller (3/20), Matthew Fuller (3/21), and for the anniversary of Kim & Jamie Shoemaker, Jr.(3/16).

ANNOUNCEMENTS

Book Club: The next meeting of the St. John's Book Club will be held on Monday, March 23, at 4:00 PM on the Parish House stage. For that meeting we will finish reading *The Correspondent* by Virginia Evans. Our next book will be *Midnight in the Garden of Good and Evil* by John Berendt. New members are welcome! For further information, please contact Susan Edmonson at 757-287-7440 or at edmonson4@cox.net.

Easter Lilies: Ushers should have handed you an Easter Lily donation form this morning; if you didn't get one forms are available in the West Vestibule or in the office (See Patrick). The inclusion for printing your dedications in our Easter Bulletin is Sunday, March 29.

Planning Ahead: A Practical Workshop: Saturday, March 21 | 9:00 a.m. – 12:00 noon | Planning ahead is an act of care—for yourself and for the people you love. Designed for adults of all ages, this workshop invites participants to reflect on and prepare for important decisions with clarity and intention. Please let the office know if you plan to attend.

40 days, 4,000 cans: Bring your cans to the office on Sunday or throughout the week. This third week, we increased our total count by 192 cans to a total of 441, while Emmanuel added 165 cans for a total of 661.

EYC: March 15, 12:30-3:30: All Middle and High Schoolers are invited to come and help stuff the Easter Eggs for the Easter Egg Hunt. Lunch will be provided. Questions? Contact: Ellen Griffith griffithellenc@gmail.com

Lenten Dinner: We'll be hosting a Lenten Supper on March 18. Sign ups to bring Soup, Salad, and Bread are available in the Parish House.

Altar Flowers: THANK YOU to all who sponsor our Altar Flowers! Upcoming available dates for Altar flowers are: June 7, July 26, September 6, October 4, November 15, 22, & 29, and December 6. Thanks again to our WONDERFUL and GENEROUS Altar Flower sponsors!

The Nursery is Open! The Nursery, available for children up to age 5, will be open from 8:30 a.m. to 12:30 p.m. on Sunday mornings.

Rector Rev. Lisa Erdeljon

revlisa@stjohnshampton.org

Pastoral Emergencies: 757-722-2568

Organist & Music Director Deborah Carr

music@stjohnshampton.org

Parish Administrator Patrick Crandol

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Sexton Michael Todd

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If you would like to make an offering, you may do so online at bit.ly/stjhgive or by scanning the QR code. In the “Fund” drop down menu, please select the fund to which you would like to donate.



ST. JOHN'S VESTRY

2026 — Scott Curtis, *Sr Warden*; Ellen Griffith; Bettyrene Pope, *Jr Warden*

2027 — Bob Harper; Andrew Mackey; Anne Rutherford

2028 — Wendy Cumming; Dory Holder; Jon Wallner

DIOCESE OF SOUTHERN VIRGINIA

The Rt. Rev. Susan Bunton Haynes, Diocesan Bishop