



**Transfiguration Sunday, The Last Sunday after Epiphany  
March 2, 2025**

**Bell calling us together**

**Opening Hymn**

Blessed be God, Father, Son, and Holy Spirit

**And Blessed be God's Kingdom, both now and forever. Amen**

**The Collect for Purity – Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and**

worthily magnify your holy Name;  
through Christ our Lord. Amen.

Glory to God in the highest,  
and peace to his people on earth.

Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

## **The Collect**

○ God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **Old Testament**

### **Exodus 34:29-35**

**M**oses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them.

Afterward all the Israelites came near, and he gave them in commandment all that the LORD had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the LORD to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

## The Psalm

### Psalm 99

Dominus regnavit

- 1 **T**he LORD is King;  
let the people tremble; \*  
he is enthroned upon the cherubim;  
let the earth shake.
- 2 The LORD is great in Zion; \*  
he is high above all peoples.
- 3 Let them confess his Name, which is great and awesome; \*  
he is the Holy One.
- 4 "O mighty King, lover of justice,  
you have established equity; \*  
you have executed justice and righteousness in Jacob."
- 5 Proclaim the greatness of the LORD our God  
and fall down before his footstool; \*  
he is the Holy One.
- 6 Moses and Aaron among his priests,  
and Samuel among those who call upon his Name, \*  
they called upon the LORD, and he answered them.
- 7 He spoke to them out of the pillar of cloud; \*  
they kept his testimonies and the decree that he gave them.
- 8 O LORD our God, you answered them indeed; \*  
you were a God who forgave them,  
yet punished them for their evil deeds.
- 9 Proclaim the greatness of the LORD our God  
and worship him upon his holy hill; \*  
for the LORD our God is the Holy One.

## **The New Testament**

### **2 Corinthians 3:12-4:2**

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

## **The Gospel**

### **Luke 9:28-36, [37-43a]**

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"--not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

[On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted, "Teacher, I beg you to look at my son; he is my only child.

Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not." Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God.]

## **Sermon**

### **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.**

### **Prayers of the People**

In the power of the Spirit and in union with Christ, let us pray to the Father. Lord, transfigure and heal

Lord of glory, it is good that we are here. In peace we make our prayer to you. In trust we confirm our faith in you . Help us to set our faces steadfastly to where you would have us go. Lord, look with favor.

**Lord, transfigure and heal.**

Lord of glory, look with favor on your Church, proclaiming your beloved Son to the world and listening to the promptings of his Spirit May she be renewed in holiness that she may reflect your glory. Lord, look with favor.

**Lord, transfigure and heal.**

Lord of glory, look with favor on the nations of the world, scarred by hatred, strife and war ...May they be healed by the touch of your hand. Lord, look with favor.

**Lord, transfigure and heal.**

Lord of glory, look with favor on those in need and distress, suffering as your Son has suffered and waiting for the salvation you promise ...May the day break and Christ the Morning Star bring them the light of his presence .Lord, look with favor.

**Lord, transfigure and heal.**

I Invite you to share any intentions you may wish to share now with the community...(pause) ... for all of these we pray

**Lord, transfigure and heal.**

Let us join together in this prayer by the Archbishop of Canterbury for the people of Ukraine: and also prays for the people of Palestine and Israel

**God of peace and justice,**

**we pray for the people of Ukraine, of Palestine and Israel today.**

**We pray for peace and the laying down of weapons.**

**We pray for those who fear for tomorrow,**

**that your Spirit of comfort would draw near to them.**

**We pray for those with power over war or peace,**

**for wisdom, discernment and compassion to guide their decisions.**

**Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.**

**We pray in the name of Jesus, the Prince of Peace.**

**Amen.**

When Christ appears we shall be like him, because we shall see him as he is. As he is pure, all who have grasped this hope make themselves pure. So let us confess our sins that mar his image in us.

*Silence is kept.*

**Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.**

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

Christ will transfigure our human body and give it a form like that of his own glorious body. We are the body of Christ. We share his peace.

### **Hymn for the Preparation of the Table and Gifts**

**Praise God from Whom all Blessings Flow  
Praise God all Creatures here below  
Praise God above ye heavenly hosts  
Praise Father, Son and Holy Ghost Amen**

## **The Great Thanksgiving**

The Lord be with you

**And also with you**

Lift up your hearts

**We lift them up to the Lord** Let us give thanks to the Lord our God

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

All honor and praise be yours always and everywhere, mighty creator, ever-living God, through Jesus Christ your only Son our Lord: And now we give you thanks because the divine glory of the incarnate Word shone forth upon the holy mountain before the chosen witnesses of his majesty; and your own voice from heaven proclaimed your beloved Son.

Therefore with all the angels of heaven we lift our voices to proclaim the glory of your name and sing our joyful hymn of praise:

*Celebrant and People*

**Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The people stand or kneel.*

*Then the Celebrant continues*

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.



He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

*At the following words concerning the bread, the Celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

*Celebrant and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Celebrant continues*

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN**

And now, as our Savior  
Christ has taught us,  
we are bold to say,  
All: **Our Father...**

*Priest:* Alleluia, Christ our Passover has been sacrificed for us, **Therefore let us keep the feast, Alleluia!**

*Facing the people, the Celebrant says the following Invitation*

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.

## **Communion Meditation**

**Prayer after Communion** Let us pray

**Eternal God, heavenly Father, you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you with gladness and singleness of heart;  
through Christ our Lord. Amen.**

Christ Jesus, the splendor of the Father and the image of his being, draw you to himself that you may live in his light and share his glory; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

## **Closing Hymn**

**1. Songs of thankfulness and praise,  
Jesus, Lord, to thee we raise,  
manifested by the star  
to the sages from afar;  
branch of royal David's stem  
in thy birth at Bethlehem;  
anthems be to thee addressed,  
God in man made manifest.**

**2. Manifest at Jordan's stream,  
Prophet, Priest, and King supreme;  
and at Cana, wedding-guest,  
in thy Godhead manifest;  
manifest in power divine,  
changing water into wine;  
anthems be to thee addressed,  
God in man made manifest.**

**4 Manifest on mountain height,  
shining in resplendent light,  
where disciples filled with awe  
thy transfigured glory saw.  
When from there thou leddest them  
steadfast to Jerusalem,  
cross and Easter Day attest  
God in man made manifest.**

Go in peace to Love and serve the Lord

**Thanks be to God**





THIS WEDNESDAY, MARCH 5, IS ASH WEDNESDAY. BRING YOUR OLD PALMS TO CHURCH TO BE BURNED ON SHROVE TUESDAY YOU COULD BRING THEM TUESDAY NIGHT.

THERE WILL BE 2 EUCHARISTS WITH THE DISTRIBUTION OF ASHES ON ASH WEDNESDAY AT 8:30 AM AND 7:00 PM



**Shrove Tuesday Pancake Supper**

**Pancakes Sausage Hash Browns**

**February 13 5:00 – 7:00 PM**

**Burning of Palms after the meal**





**An email will go out this Sunday evening with the opportunities available at St. Mary's for Lent**

### **Forty Things to Try to do For Lent**

1. Stop buying things you don't need.
2. Starting donating things to charity that you don't need.
3. Give up gossiping.
4. Pick up some rubbish every day and recycle or dispose of it properly.
5. Eat when you're supposed to eat and cut out snacks.
6. Give up sugary fizzy drinks.
7. Give up sweets and snacks and chocolate.
8. Give up alcohol.
9. Get out and get more exercise.
10. Use mindfulness to think about what you're thankful for.
11. Look for the good in things and try not to complain.
12. Carry out one good deed every day.
13. Find a way to get positively involved in your community.
14. Try a new hobby. (Libraries are a great source of information for this subject).
15. Put a smile on your face. You'll be amazed at the reaction you'll get.
16. Help someone out whether it's a neighbor, friend or even a stranger.
17. If you are in a car park and you still have time left on your ticket then pass it onto someone who has just arrived.

18. Try to leave your phone down as often as you can.
19. Try not to use the snooze button in the mornings.
20. Eat more fruit and veg.
21. Stop buying convenience food.
22. If you use bad language try to give it up.
23. We all look forward to the weekends so try to plan ahead and enjoy what's on your doorstep.
24. Visit somewhere you have never visited before. This is easier than you think and believe it or not it could be just out the road from where you live.
25. Make sure you get enough sleep and don't leave your phone beside you in bed.
26. Use the stairs instead of lifts or escalators.
27. Park at the far end of the car park.
28. Say something nice each day to your work colleagues and friends.
29. Take a picture of something you love everyday
30. Try to listen more.
31. If you are texting stop using abbreviations.
32. Put your phone away when you are with friends.
33. Stop being a keyboard warrior and giving out about everything on social media.
34. Start looking at food labels and start buying locally produced food.
35. Don't buy anything online. If it's not in your local shops then you probably don't need it.
36. Stop procrastinating. Don't put off until tomorrow what you can do today.
37. Cut down on the amount of sugar you use in your tea or coffee, in fact you could give up tea or coffee.
38. Give up smoking or vaping.
39. Stop leaving electrical devices on standby, like your TV.
40. Amaze yourself at what you can achieve if you just give it some thought.