



# ASH WEDNESDAY

May your Ash Wednesday be a time  
of reflection and promise.

ATONEMENT LUTHERAN CHURCH  
ONEONTA, NY

EVANGELICAL LUTHERAN CHURCH  
HARTWICK SEMINARY, NY

ST. MATTHEW LUTHERAN CHURCH  
LAURENS, NY

The Rev. Paul R. Messner, S.T.S., Pastor  
The Rev. Robert Mansbach, Pastor Emeritus

**+Ash Wednesday+**

Holy Communion (LBW Setting 1)

With Imposition of Ashes

February 22<sup>nd</sup>, 2023

(\* = stand as you are able; LBW = Lutheran Book of Worship-green book;  
+ = hymn requests; WOV = With One Voice Hymnal-blue book)

## **GATHERING**

### **Meditation**

#### **Prelude**

### **\*INVOCATION**

#### **\*BLESSING of PALM ASHES:** *(8th century English--revised)*

O God, you do not wish the death of sinners, but rather that they repent. We know that we are made from dust and shall return to it by reason of sin. Generously consider our fragile humanity and mercifully pardon what we are. Bless these ashes which will mark us as signs of humility, that we may all the more repent and live, through Jesus Christ our Lord. **Amen**

### **\*THE EXHORTATION**

Brothers and sisters: God created us to experience joy in communion with him, to love all humanity, and to live in harmony with all of his creation. But sin separates us from God, our neighbors, and creation, and so we do not enjoy the life our Creator intended for us. Also, by our sin we grieve our Father, who does not desire us to come under his judgment, but to turn to him and live.

### **\*CONFESSION**

As disciples of the Lord Jesus we are called to struggle against everything that leads us away from love of God and neighbor. Repentance, fasting, prayer, and works of love-the discipline of Lent-help us to wage our spiritual warfare. I invite you, therefore, to commit yourselves to this struggle and confess your sins, asking our Father for strength to persevere in your Lenten discipline.

**Silence for reflection and self-examination (sit or kneel)**

Most holy and merciful Father:

**We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault 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, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

**Have mercy on us, Lord.**

We have been deaf to your call to serve as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

**Have mercy on us, Lord.**

We confess to you, Lord, all our past unfaithfulness. The pride, hypocrisy, and impatience in our lives,

**we confess to you, Lord.**

Our self-indulgent appetites and ways, and our exploitation of other people,

**we confess to you, Lord.**

Our anger at our own frustration, and our envy of those more fortunate than ourselves,

**we confess to you, Lord.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

**we confess to you, Lord.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

**we confess to you, Lord.**

Accept our repentance, Lord, for the wrongs we have done. For our blindness to human need and suffering, and our indifference to injustice and cruelty,

**accept our repentance, Lord.**

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

**accept our repentance, Lord.**

For our waste and pollution of your creation, and our lack of concern for those who come after us,

**accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us.

**Hear us, Lord, for your mercy is great. Amen**

**Those who desire to receive ashes come forward and kneel before the altar.**

Remember that you are dust, and to dust you shall return.

**After all who desire ashes have received them, the minister leads the congregation in the conclusion of the confession.**

Accomplish in us, O God, the work of your salvation,  
**that we may show forth your glory in the world.**

By the cross and Passion of your Son, our Lord,

**bring us with all your saints to the joy of his resurrection.**

Almighty God, the Father of our Lord Jesus Christ, does not desire the death of sinners, but rather that they may turn from their wickedness and live. Therefore we implore him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day,

that the rest of our life may be pure and holy, and that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

### Silence for reflection

**\*FIRST PRAYER:** *(1549 Book of Common Prayer)*

**Almighty and Everlasting God, you never hate your creatures / but forgive those who repent. Create in us new and contrite hearts / that lamenting our sins and admitting our unhappiness / we may receive your full and merciful pardon, through Jesus Christ, your Son our Lord. He lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.**

**PSALM 51:1-17** (Sung or prayed responsively)

Have mercy on me, O God, according to your / steadfast love;\* according to your abundant mercy blot out / my transgressions.

**Wash me thoroughly from my iniquity, and cleanse me / from my sin.\* For I know my transgressions, and my sin is ev- / er before me.**

Against you, you alone, have I sinned, and done what is evil / in your sight,\* so that you are justified in your sentence and blameless when / you pass judgment.

**Indeed, I was born guilty, a sinner when my moth- / er conceived me.\* You desire truth in the inward being; therefore teach me wisdom in my / secret heart.**

Purge me with hyssop, and I / shall be clean;\* wash me, and I shall be whit- / er than snow.

**Let me hear / joy and gladness;\* let the bones that you have / crushed rejoice.**

Hide your face / from my sins,\* and blot out all my / iniquities.

**Create in me a clean / heart, O God,\* and put a new and right spir- / it within me.**

Do not cast me away / from your presence,\* and do not take your holy spir- / it from me.

**Restore to me the joy of / your salvation,\* and sustain in me a / willing spirit.**

Then I will teach transgress- / ors your ways,\* and sinners will re- / turn to you.

**Deliver me from bloodshed, O God, O God of / my salvation,\* and my tongue will sing aloud of your / deliverance.**

O Lord, op- / en my lips,\* and my mouth will de- / clare your praise.

**For you have no delight in / sacrifice;\* if I were to give a burnt offering, you would / not be pleased.**

The sacrifice acceptable to God is a / broken spirit;\* a broken and contrite heart, O God, you will / not despise.

**Glory to the Father, and / to the Son,\* and to the / Holy Spirit;**

**as it was in the begin- / ning, is now,\* and will be forev- / er.**

**Amen.**

## **LESSON: 2 Cor. 5:20b--6:10**

A lesson from Second Corinthians:

We entreat you on behalf of Christ, be reconciled to God. [21] For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

[6:1] As we work together with him, we urge you also not to accept the grace of God in vain. [2] For he says,

"At an acceptable time I have listened to you,  
and on a day of salvation I have helped you."

See, now is the acceptable time; see, now is the day of salvation! [3] We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, [4] but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, [5] beatings, imprisonments, riots, labors, sleepless nights, hunger; [6] by purity, knowledge, patience, kindness, holiness of spirit, genuine love, [7] truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; [8] in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; [9] as unknown, and yet are well known; as dying, and see--we are alive; as punished, and yet not killed; [10] as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

The word of the Lord. **Thanks be to God.**

\* **Lenten Verse**

pg. 63

## **HOLY GOSPEL: Matthew 6:1-6, 16-21**

**Glory to you, O Lord.**

"Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

[2] "So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. [3] But when you give alms, do not let your left hand know what your right hand is doing, [4] so that your alms may be done in secret; and your Father who sees in secret will reward you.

[5] "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. [6] But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

[16] "And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. [17] But when you fast, put oil on your head and wash your face, [18] so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

[19] "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; [20] but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. [21] For where your treasure is, there your heart will be also. The Gospel of the Lord. **Praise to you, O Christ.**

## **Homily**

**\*Hymn of the Day**

LBW #104

**\*Nicene Creed**

pg. 64

**\*Prayers of the Church**

pg. 65

## **FIRST INTERCESSION:**

Merciful Father, we humble ourselves in your holy presence knowing that we come from and shall go back to dust. For shame we would be tempted to hide, but we dare to believe that your greatness is the compassion you feel for those who need salvation. We worship you as the only God we wish to have, and praise you for the living gift of your Son. Help us to learn from his loving, merciful and obedient service.

Lord, in your mercy, **hear our prayer.**

## **Additional Prayers**

### **Sharing of the Peace of the Lord**

Offering (leave your gift in the plate at the door)

### **\* OFFERTORY PRAYER:**

Merciful Father, you invite us to keep the season of Lent / so that we remember the humble ministry of your Son. Give us the devotion to live more sparingly and to share what is saved / that our neighbor may rejoice to see your unselfish love in us, through Jesus Christ our Lord. **Amen.**

## **MEAL**

**\* The Great Thanksgiving**

**Distribution Hymns**

LBW #213, 212, 301

**\* Angus Dei**

*O, Christ, thou Lamb of God*

LBW 103

### **\* POST-COMMUNION PRAYER:**

Lamb of God, in this communion you have assured us of our forgiveness of sin, life and salvation. Help us with our Lenten discipline, but especially to abstain from sins which we have put away. We bless you now and evermore. **Amen.**

## SENDING

**\*Benediction Dismissal**

**\*Recessional Hymn**

*Lord Jesus, Think on Me*

+ + +

pg. 94  
LBW #309

**All baptized Christians are welcome to God's Table of Grace.** All the baptized may commune in the OCLP with no age restriction. Those not yet communing of any age and for any reason may come forward to receive a verbal blessing. Indicate this by crossing your arms over your chest. Baptized children may begin communing after parents have consulted with Pastor. The Lutheran Church believes, teaches and confesses that in, with and through the elements of bread and wine, Our Lord gives us His true body and blood for the forgiveness of our sin and the salvation of our lives. Anyone who has a legitimate impediment to receiving either element of the meal may receive in one kind only (bread or wine) and trust the Lord's grace that they are receiving full communion. Members, please fill out a "Voice From the Pew" folder to record your communion at least once a year. This is a constitutional requirement to determine our "Active" Voting membership roster. Thank You.

**In the OCLP We Practice The "Reserved Sacrament".** When laity "preside" at Holy Communion, they will use elements (bread and wine) previously consecrated by Pr. Paul at a prior worship service. Reserved elements are kept in an ambry for subsequent use in worship and distribution to the sick and shut-ins.

### *Ashes for Ash Wednesday:*

Ash Wednesday is named for the ancient practice of marking an ashen cross on the forehead of believers during the confession of sins. The ashes are made from palm branches from the previous Palm Sunday. The use of ashes is an ancient custom which goes back to Old Testament times. Ashes are a symbol of our temporal existence--*Remember, you are dust and to dust you shall return.* Ashes are an outward sign of our inner repentance, as we begin Lent--a season of reflection and renewal. All human beings come from dust and return to dust (Genesis 3:19), falling far short of God's glory. Yet, our ashes are not just a symbol of mortality, but also of hope. Placed on our foreheads in the shape of a cross, they remind us of our baptism into Jesus Christ. Ashes are regularly used by Roman Catholics, the Orthodox, Episcopalians and many Lutheran Christians. Each year, this ancient custom is used as an aid to deeper reflection on our need for God's forgiveness.

Receiving ashes is optional. It is intended to be a meaningful devotion to help us begin our Lenten discipline. During Lent we also reflect the more penitential mood of the season in other ways. No *Alleluias* are sung in the liturgy (e.g. the Lenten Verse replaces the Alleluia Verse before the Gospel), and other changes are made in the service as befits the mood of the Lenten season.

*Lenten pretzels:* The pretzel developed in the 5th century when Christians fasted from dairy products. These pretzels were shaped like arms crossed in prayer, since early Christians prayed by crossing their arms over their breasts. As you simplify your eating habits during Lent, try making this easy recipe...Add 1 tbsp. honey to 1&1/2 c. lukewarm water. Sprinkle in 1 envelope of active dry yeast and stir until dissolved. Add 1 tsp. salt, blend in 4 c. flour & knead the dough until smooth. Divide dough into 6 parts, roll each one into a 16-18 in. rope & then twist into a pretzel shape. Place pretzels on a lightly-greased cookie sheet, brush with beaten egg, sprinkle with coarse salt & bake at 425 F. for 12-15 mins. until golden brown.



### *And when you fast . . . (Matthew 6:16)*

[Jesus assumed that those who would become his disciples would fast. Here are some helpful hints & practical tips for obeying His command.]

#### Pre-fast considerations -

- ♦ Make sure medically cleared. (If you have any medical or psychological condition or are taking any regular medication, consult your doctor first.)

#### Fasting techniques -

- ♦ If this is your first fast, start small. Begin by eating a healthy breakfast and lunch, and then skip dinner, drinking only water and fruit juices (but not too much citrus juice.) Devote the time normally spent eating on worship and prayer instead. Break the fast with breakfast the next morning.
- ♦ Once you have fasted one meal successfully, you can expand the fast to two meals -- the lunch-to-lunch juice fast is a good way to go. You skip both dinner and breakfast the following morning, while drinking only water and fruit juices throughout the fast. The fast is broken with lunch.
- ♦ After several successful attempts at two-meal fasts, you might want to try a whole day fast, again drinking only fruit juice or water. Some individuals choose to make this type of fast a regular weekly practice and use the time to concentrate on being with God in Prayer, Word and Worship.

#### Extended fasts -

- ♦ Unless you are an experienced faster and have medical clearance, it is not recommended that you fast more than a day or so.
- ♦ For those who choose to go on extended fasts, expect the following:
  - The first few days will be the most difficult as the body cleans itself out.
  - You will probably experience some hunger pains/discomfort. Your body is not starving. Your stomach is just spoiled and needs discipline.
  - By day four, the hunger pains begin to subside.
  - Feelings of weakness and occasional dizziness might be present. (Move more slowly, and take time to rest whenever possible.)
  - By days 6-7, hunger pains are almost nonexistent; you will feel more alert and stronger. Toxic poisons are cleaned out.
  - Anywhere from days 21-40, hunger pains return -- a sign to end the fast.

#### Breaking fasts -

- ♦ Break fasts slowly with foods that are easy on your stomach like fruits (but not a lot of citrus fruits) and vegetable juices.
- ♦ Do not overeat or eat greasy or spicy foods; milk products are also not recommended at first.
- ♦ Add vegetables and light broth/soup.
- ♦ Gradually work back to your normal eating pattern.

## **LENT. HOLY WEEK. EASTER SCHEDULE 2023**

+ Midweek Weekly Worship & Study (during the 5 weeks of Lent) +

**February 21<sup>st</sup> Shrove Tuesday** Pancake Supper, 6pm, Evangelical; “Burial of the Alleluia Service” 7pm

**February 22<sup>nd</sup> ASH WEDNESDAY**-Holy Communion with Imposition of Ashes

7:30 am-St. Matthew, 10 am / 2 pm Shineman Chapel, Hartwick College (TBA)

Noon-Evangelical

7:00 pm-Atonement

**Sundays in Lent:** “*Lutheran Book of Worship*” Setting 1-Holy Communion

With One Voice, Service of the Word & Prayer

8:30 am-St. Matthew

9:15 am-Evangelical

10:30 am-Atonement

11:15 am-St. John

**Weekly Study** “The Chosen” (weekly video & discussion)

**TUESDAYS in Lent:**

6:00 pm - St. Matthew: Soup & Bread Supper with Video & Discussion

**WEDNESDAYS in Lent:**

7:30 am - St. Matthew Worship

Noon - Evangelical Devotion; 12:30-2 pm-Soup & Bread Lunch with Video & Discussion

5:30 pm - Atonement - Soup & Bread Supper; Video and Discussion

### **+HOLY WEEK+**

**April 2<sup>nd</sup> SUNDAY OF THE PASSION (Palm Sunday)**

Holy Communion with blessing, distribution and Procession with Palms

Gather outside sanctuary, reading of the Passion from Matthew

**April 3<sup>rd</sup> HOLY MONDAY** - Individual Confession & Forgiveness

*(Pastor Paul will hear your confession and offer God's absolution; you can call him for evening or weekend appointment)*

10:00 am - 12:00 noon - St. Matthew

1:00 - 3:00 pm - St. John

**April 4<sup>th</sup> HOLY TUESDAY** - Individual Confession & Forgiveness

*(Pastor Paul will hear your confession and offer God's absolution-call him for evening or weekend appointment)*

10:00 am -12:00 noon - Evangelical

1:00 pm - 3:00 pm Atonement

**April 5<sup>th</sup> HOLY WEDNESDAY Worship:**

No service -- St. Matthew

12:00 noon – Evangelical

7:00 pm - Atonement

**April 6<sup>th</sup> MAUNDY THURSDAY**- Holy Communion - (*optional foot washing & stripping the altar*)

7:30 am – St. Matthew

10:00 am -- Atonement

12:00 noon – Evangelical

2:00 pm – Shineman Chapel, Hartwick College

5:00 pm -- St. John?

6:30 pm – Atonement OCLP Seder Supper/ Holy Communion for the parish (*confirmands & Communion class presence required*)

**April 7<sup>th</sup> GOOD FRIDAY Worship:**

10:00 am – Atonement

12:00 noon- Evangelical

2:00 pm – Shineman Chapel, Hartwick College

5:00 pm - St. John?

7:00 pm - St. Matthew at Laurens Presbyterian Church

**April 8<sup>th</sup> HOLY SATURDAY** - Vigil of Easter

9PM- at St. Mary's Roman Catholic Church, 39 Walnut St. Oneonta (Pr. Paul participating)

**April 9<sup>th</sup> +EASTER+ FESTIVAL OF THE RESURRECTION**

Regular Service Times at each church

(The Easter Season lasts seven weeks – until Sunday, May 21<sup>st</sup> this year)

**May 18<sup>th</sup> Ascension of Our Lord**

6:00 pm – Atonement, light salad supper

7:00 pm – Atonement, Worship

**May 28<sup>th</sup> Festival of Pentecost (wear red)**

(Regular Sunday Worship times)

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**Otsego Country Lutheran Parish**

Lutheran Church of the Atonement, Oneonta, NY

Sunday Worship 10:30 am (Holy Communion 1<sup>st</sup> and 3<sup>rd</sup> Sundays + festivals)

John Mushtare: President

Leslie Bauer: Organist

Barbara Loitsch: Choir Director

Evangelical Lutheran Church, Hartwick Seminary, NY

Sunday Worship 9:15 am (Holy Communion 1<sup>st</sup> and 3<sup>rd</sup> Sundays + festivals)

Tami Pelcer: President

Donna Brown: Organist

St. John Lutheran Church, West Burlington, NY

Sunday Worship 11:15 am (Holy Communion 2<sup>nd</sup> and 4<sup>th</sup> Sundays + festivals)

Paul Hecker: President

Ethel Mills: Accompanist

St. Matthew Lutheran Church, Laurens, NY

Sunday Worship 8:30 am (Holy Communion 1<sup>st</sup> and 3<sup>rd</sup> Sundays + festivals)

Ed Winslow: President

Janet Brown: Organist

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(texting is often the most effective way to reach pastor)

Services of Healing are usually held on the 5<sup>th</sup> Sunday of a month

<http://facebook.com/oclpny/>

<http://otsegocountylutheranparish.com>

Any news/ announcements/ or other information that you wish to have included in the weekly service bulletin must be received by Pr. Paul no later than 9am on Thursday of that week. Items received after this time cannot be guaranteed to appear in that week's bulletin.

Items should be emailed to the OCLP office and appear exactly as you wish them to in the bulletin.