

# *The Ashes of Anxiety*

A Virtual Rite for Ash Wednesday *February 17, 2021*

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**KEN, REMEMBER TO RECORD**

Join Zoom Meeting

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The Lord be with you.

**And also with you.**

Let us pray.

Almighty and everlasting God,  
you despise nothing you have made  
and forgive the sins of all who are penitent.  
Create and make in us new and contrite hearts,  
that we, worthily lamenting our sins  
and acknowledging our brokenness,  
may obtain of you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MATTHEW  
**Glory to You, Lord Jesus Christ**

Jesus said, "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. 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.

But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. 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.

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. 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.

But when you fast, put oil on your head and wash your face, 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. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

MATTHEW 6:1-6, 16-21

The Gospel of Christ

**Praise to You Lord Jesus Christ**



Music by Margaret Rizza

<https://youtu.be/O9AQWEGcsG0>

**THE GOSPEL is read a second time**

Dear friends in Christ,  
every year at the time of the Christian Passover  
we celebrate our redemption  
through the death and resurrection  
of our Lord Jesus Christ.

Lent is a time to prepare for this celebration  
and to renew our life in the paschal mystery.  
We begin this holy season  
by remembering our need for repentance,

and for the mercy and forgiveness  
proclaimed in the Gospel of Jesus Christ.

We begin our journey to Easter  
with the sign of ashes, an ancient sign,  
speaking of the frailty and uncertainty of human life,  
and marking the penitence of the community as a whole.

I invite you therefore, in the name of the Lord,  
to observe a holy Lent  
by self-examination, penitence, prayer,  
fasting, and almsgiving,  
and by reading and meditating on the word of God.

Let us share together in the words of Psalm 51 (1-18)

Have mercy on me, O God, according to your loving kindness; \*

**in your great compassion blot out my offences.**

Wash me through and through from my wickedness \*

**and cleanse me from my sin.**

For I know my transgressions, \*

**and my sin is ever before me.**

Against you only have I sinned \*

**and done what is evil in your sight.**

And so you are justified when you speak \*

**and upright in your judgement.**

Indeed, I have been wicked from my birth, \*

**a sinner from my mother's womb.**

For behold, you look for truth deep within me, \*

**and will make me understand wisdom secretly.**

Purge me from my sin, and I shall be pure; \*

**wash me, and I shall be clean indeed.**

Make me hear of joy and gladness, \*

**that the body you have broken may rejoice.**

Hide your face from my sins \*

**and blot out all my iniquities.**

Create in me a clean heart, O God, \*

**and renew a right spirit within me.**

Cast me not away from your presence \*  
**and take not your Holy Spirit from me.**  
Give me the joy of your saving help again \*  
**and sustain me with your bountiful Spirit.**  
I shall teach your ways to the wicked, \*  
**and sinners shall return to you.**  
Deliver me from death, O God, \*  
**and my tongue shall sing of your righteousness,**  
**O God of my salvation.**  
Open my lips, O Lord, \*  
**and my mouth shall proclaim your praise.**  
Had you desired it, I would have offered sacrifice, \*  
**but you take no delight in burnt-offerings.**  
The sacrifice of God is a troubled spirit; \*  
**a broken and contrite heart, O God, you will not despise.**

### **We pray together**

**Most holy and merciful Father,**  
**we confess to you, 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 neighbours 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 of 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 judgements, for uncharitable thoughts toward our neighbours, 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.**

Almighty God,  
from the dust of the earth you have created us.  
**May these ashes already blessed,  
be for us a sign of our mortality and penitence,  
and a reminder that only by your gracious gift  
are we given eternal life;  
through Jesus Christ our Saviour. Amen.**

*I invite you all to open the container of ashes,  
these created from the burned palm crosses from previous years,  
and while dampening your finger,  
and closing your eyes make the sign of the cross on your forehead.*

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

**Remember I am dust, and to dust I shall return**

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 have mercy upon us,

forgive us all our sins

through our Lord Jesus Christ,

strengthen us in all goodness,

and by the power of the Holy Spirit

keep us in eternal life. **Amen.**



*The only way through, is in*

A Song by Carrie Newcomer

<https://www.youtube.com/watch?v=oYAtWQB25JY>

Disciples of Jesus,

observe a Holy Lent:

loose the bonds of injustice,

break the yoke of oppression,

feed the hungry, shelter the poor.

Love and steward Creation well.

And the blessing of God our maker,

Christ our redeemer, and the Spirit our sustainer,

receive the promise of Isaiah:

Your light shall break forth like the dawn,

and your healing shall spring up quickly;

God your protector shall go before you,

and the glory of the Lord shall be your rear guard. **Amen.**

*Most take the opportunity to wash their forehead and they move further into their day*