



THE THIRD SUNDAY OF LENT
HOLY EUCHARIST, RITE II
MARCH 3, 2024
10:30 AM



GOOD MORNING!

We're so glad you chose to be here at Resurrection today.

Whether you're here for the first time, or are a life-long member, Resurrection is a hopeful, healing, transformation-minded kind of place, a place where everyone is welcome and can grow their relationship with God and with one another.

If you *are* here for the first time (or if you just haven't gotten around to it yet), please fill out a pew card and put it in the offering plate to let us know you were here. To receive our weekly email bulletin, be sure to include your email address. And let us know if you would like to connect with our parish life and ministries; we're happy to help you find your spot!

Our services follow *The Book of Common Prayer*, the red book in your pew rack. If you'd like to use the book to follow the service, we begin on page 355. Unless otherwise marked, our hymns are from the *Hymnal 1982*, the blue books in the pew rack.

Select annotations taken from *Annotations* © 2001 Frank Logue

To learn more about Resurrection, check out www.episcopalloudon.com, email us at office@episcopalloudon.com, or find us on Facebook or Instagram.

Fill out a pew card or email office@episcopalloudon.com to be placed on on the weekly email, *Parish Tidings*, for the latest information from Resurrection.

If you can't make it here in person, join us at 10:30, live on Facebook, or watch when you can on Vimeo! facebook.com/episcopalloudon or vimeo.com/episcopalloudon



HOLY EUCHARIST, RITE II

Opening Hymn
Lift up your head

Hymnal 436

A PENITENTIAL ORDER

BCP 351

Celebrant Bless the Lord who forgives all our sins.
People **His mercy endures for ever.**

Jesus said, “The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” *Mark 12:29-31*

Confession

The Celebrant then says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister and People

**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.**

The Priest stands and says

During Lent, we use **A Penitential Order**. This moves the confession to the beginning of the service, rather than after the Prayers of the People.

The bold portions are the parts the congregation says together. Remember that “liturgy” means worshipping together. It is important that we make our responses in a good, strong voice.

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.**

Lord, have mer - cy up - on us. Lord, have mer - cy up -
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -
on us. Lord, have mer - cy up - on us.
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

THE WORD OF GOD

The Collect of the Day

BCP 218

People The Lord be with you.
And also with you.
Celebrant 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 20:1-17

Lector A reading from the Book of Exodus

The Collect of the Day is the collect appointed for use on that day of the church year. Collects have a consistent form, including an invocation to God, a petition, and a conclusion.

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Lector The Word of the Lord.

People **Thanks be to God.**

Lector We will read the Psalm in unison.

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.
- 9 The fear of the Lord is clean
and endures for ever; *
the judgments of the Lord are true
and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.
- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 Who can tell how often he offends? *
cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;

We respond to each reading: the **Psalm** is our response to the Old Testament, in the second service, the hymn is our sung response to the **Epistle** (the second reading), and the sermon and creed are our response to the **Gospel**.

**let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.**

**14 Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.**

The Epistle: 1 Corinthians 1:18-25

Lector A reading from Paul's Letter to the Corinthians

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Lector The Word of the Lord.
People **Thanks be to God.**

Sequence Hymn
Rock of Ages

Hymnal 685

The Gospel Lesson: John 2:13-22

All stand

Priest The Holy Gospel of our Lord Jesus
Christ according to John.

We stand to indicate the importance we place of Jesus' words and actions.

The **Gospel** book comes into the midst of the people and all turn toward the reader.

A **Sermon** or a shorter teaching called a homily follows the Gospel. Since 1549, a sermon has been required at every Eucharist service.

We use the **Nicene Creed** on Sundays, and the Apostle's Creed for Baptism. Both are ancient statements of faith.

People **Glory to you, Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Priest The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Sermon

The Rev. Amy Morehous

The Nicene Creed

BCP 358

**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

God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Therefore, let us pray to the Lord, saying, "O Lord, our strength and our redeemer, hear our prayer."

Almighty God, you are most fully present, not in any building, but in your Son Jesus: give us the wisdom and strength to remove any obstacles that prevent your people from experiencing your presence.
O Lord, our strength and our redeemer, hear our prayer.

Righteous God, your statutes are just and rejoice the heart: may your justice revive weary souls around the world. We long for the day when your perfect law is valued more than fine gold.
O Lord, our strength and our redeemer, hear our prayer.

Creator God, the heavens declare your glory: train our ears to hear and value the testimony of your handiwork.
O Lord, our strength and our redeemer, hear our prayer.

O Lord, you give wisdom to the innocent: we thank you

Why do some people bow their head for part of the creed? Some bow at "he came down from heaven" as a sign of reverent respect for Jesus' incarnate presence with us.

Our prayers change each week, along with the lectionary. Please feel free to add those on your heart, either silently or aloud, at the appropriate place.

for libraries and schools and other places of learning. We thank you for those places where all people, rich and poor, young and old, can increase in knowledge of you and of all you have made.

O Lord, our strength and our redeemer, hear our prayer.

Gracious God, your steadfast love extends to the thousandth generation of those who love you: we pray that you will defend us, and all whom we love, from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul, and especially for **Kim E.; Ed & Jean; Bob C.; Raynella; Tracy; Daphne; Ulla; Kyle, Cathy & Callie; Ashley; Debbie; Nancy C.; Jack H.; Rame; Ingham; Wayne; Sharon; Larry; Diana N.; Sandy; Peggy Ann; all who suffer the violence of war and political unrest; and those we add, silently or aloud.**

The congregation may add their petitions or thanksgivings.

O Lord, our strength and our redeemer, hear our prayer.

Everliving God, you raised Jesus from the dead: we entrust the dead to the Crucified One in the hope that those who have died in Christ will also be raised to new life in him, remembering especially Sarah Reynolds; Bob Livermore, brother of Oralee Adams; and Maxwell Pate, grandson of Julie Arledge.

O Lord, our strength and our redeemer, hear our prayer.

The **Peace**, is a very ancient way for people to greet one another. When the celebrant says: “The Peace of the Lord be always with you,” everyone responds: “And also with you.” Then we share God’s peace with one another

The Peace

BCP 360

All stand. The Celebrant says to the people

People The peace of the Lord be always with you.
And also with you.

Then the Ministers and People may greet one another in the name of the Lord.

THE HOLY COMMUNION

The Celebrant says

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

The Liturgy of the Table

The second part of the liturgy moves to the

Parish Announcements

This center section of your bulletin is for you to tear out & take home with you.
Keep the announcements, prayer lists, calendars, & Diocesan news on hand all week!

WILL YOU?

At 9:15 in the Parish Hall, we continue looking at the five promises we make in our Baptismal Covenant (BCP, p. 304-305), all of which ask us a question.

Next week's question is: "Will you seek and serve Christ in all persons, loving your neighbor as yourself?"

To each question, our liturgical answer is always, "I will, with God's help." Come explore these promises we make - together.

Many thanks to all who helped make Sarah Reynolds' services so special. You were love in action this week - just as Sarah always was to us. Thank you, thank you.

EASTER IS ON ITS WAY

Curious about joining the Episcopal Church?

Wondering if confirmation, reception, or reaffirmation are right for you?

Bishop Cole will be making his annual visit to Resurrection on Easter Sunday, March 31st! Have questions? Talk to Mother Amy for answers.

Sunday, March 3, 2024

Prayers & Thanksgivings

THIS WEEK'S PARISH PRAYER LIST

Kim E.; Ed & Jean; Bob C.; Raynella; Tracy; Daphne; Ulla; Kyle, Cathy & Callie; Ashley; Debbie; Nancy C.; Jack H.; Rame; Ingham; Wayne; Sharon; Larry; Diana N.; Sandy; Peggy Ann

BIRTHDAYS & ANNIVERSARIES

3/1 Bill & Virginia Perry
Cal Van Koughnett
3/2 Tim Grindstaff
3/5 Art Stewart & Monty Ross
3/11 Dave & Amy Morehous
Wayne & Ginny Tolbert
3/12 Garry Lucas
3/17 Donna Bye
Wendy Reichenbach
3/18 Rodney Hentchel
3/19 Jeanette Fiebke
3/27 Chip Parker
3/28 Lisa Amelse

CONTINUED PRAYER LIST

Claire	Sandy
Rob & Sherry	Lynnette
Cheri	the Garretts
Sara	Jane
Sue	Millie
Shannon	Jim
Donna	Mel
Kasie	Charles

DIOCESAN PRAYERS

For the Mission of the Church (BCP, p.816)

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: Inspire our witness to him, that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Sunday, March 3, 2024

For Your Calendars

TODAY

Acolyte: Dawson Hope
EM: Monty Ross
Lector: Tony Adams
Usher: Drew Hawley & Keytha Graves
Chancellor: Betsy Schwindt
Coffee Hour: Jackie Buttinelli
Counters: Jean Cardwell & Andy Hadjian
Video: David Morehous
Altar Guild: Judy Egan & Janey Coombes
Flower Guild: Rosemary Kitts

March 10th

Acolyte: Mark Smith
EM: Jane Mocilac
Lector: Wendy Reichenbach
Usher: Andy Hadjian & Dawson Hope
Chancellor: David St. John
Coffee Hour: Vicky St. John
Counters: Nelda Griffith & Ginny Tolbert
Video: Bill Schwindt
Altar Guild: Judy Egan & Janey Coombes
Flower Guild: Dianna Stimpson

March 17th

Acolyte: Kelly Johnson
EM: Seth Reichenbach
Lector: Judy Egan
Usher: Garry Lucas & Daid St. John
Chancellor: Art Stewart
Coffee Hour: Betsy Schwindt
Counters: Carolyn Parker & Judith Kubesh
Video: Monty Ross
Altar Guild: Drew Hawley & Keytha Graves
Flower Guild: Betty Martin

Next Week at Resurrection

Monday, 3/4

10:00am - Companions Group
7:00pm - AA (open meeting)

Tuesday, 3/5

10:00am - Open Table Tuesday@ Carmichael Inn
1:00pm Education for Ministry Class

Wednesday, 3/6

11:00am - Acts Study (Zoom)

Thursday, 3/7

3:30pm - AA (women only meeting)

Sunday, 3/10

8:00am - Holy Eucharist Service
10:30am - Holy Eucharist Service

Email office@episcopalloudon.com to have your ministry or committee's activities or meetings added to the parish calendar (and to let us know if you'd like it to appear here).

COMING UP ...

March 28 - Maundy Thursday Meal and Service

March 29 - Good Friday In the Park; Good Friday Service

Check your Parish Tidings and keep a look out for upcoming details!

Sunday, March 3, 2024

Check it out!



EXPLORE YOUR CALL

Every baptized Christian is called to ministry. Sometimes God's call to us is clear; other times we need help to figure it out.

On **Saturday, April 27**, the Episcopal Diocese of East Tennessee will host its annual Here I Am Day at the Episcopal School of Knoxville. **It is for anyone who is discerning a call to lay ministry, religious orders, the vocational diaconate, or to the priesthood.** The day will feature reflections, panel discussions with lay and ordained ministers, and opportunities for prayer and fellowship.

Here I Am Day is great for those who are just beginning to explore a call and who would like more information about different ministries and tools for discernment. All those who have begun a process of discernment within their parish are expected to attend, along with their sponsoring clergy.

Lunch and refreshments are included in the \$20 registration fee. **The registration deadline is Monday, April 15, 2024.**

Please feel free to contact Jon Humber, Episcopal Engagement Specialist, with any questions, jhumber@dioet.org.



OLDER ADULT MINISTRY MINI-SERIES

March 19, and April 16, 2024
Online/Zoom

Aging is a beautiful gift from God that provides opportunities for spiritual growth, wisdom, and service to others. Aging is the common thread that binds us together here on earth. Let us be united as the Body of Christ in our service to our elders and their caregivers. Join us for the next parts of a 3-part online mini-series to learn more about ministering to older adults in your congregation and community. The sessions will focus on memory loss, caregiver self-care, and common legal issues. Resources and pastoral care suggestions will be presented as well as opportunities to ask questions and participate in discussion. All leaders and parishioners are welcome to attend. To Register: bit.ly/dioet2024utc

Sunday, March 3, 2024

Offertory Hymn
Lord Jesus think on me

Hymnal 641

Table. It is based on Jewish fellowship meals, particularly the Passover observance.

Doxology

**Praise him from whom all blessings flow;
praise him all creatures here below;
praise him above, ye heavenly host;
praise Father, Son, and Holy Ghost.**

We begin with the **Offertory**. We place the bread and the wine, as well as our collected offerings on the altar in thanksgiving for all God has provided.

The Great Thanksgiving

Eucharistic Prayer A

The Celebrant says

	The Lord be with you.
<i>People</i>	And also with you.
<i>Celebrant</i>	Lift up your hearts.
<i>People</i>	We lift them to the Lord.
<i>Celebrant</i>	Let us give thanks to the Lord our God.
<i>People</i>	It is right to give him thanks and praise.

During Lent, will use **Eucharistic Prayer A**, from the Book of Common Prayer, p. 361.

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People (sing 3x)

Ho - ly God, Ho - ly and Might - y,

The image shows musical notation for the hymn 'Hosanna in Excelsis'. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one flat (B-flat). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics 'Ho - ly God, Ho - ly and Might - y,' are written below the notes. The music is a simple, hymn-like setting with a steady rhythm.



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.

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.**

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

When we gather together we remember Jesus. Through repeating the words and actions of Jesus' last meal with his disciples, we ourselves join the story and make it our own. We don't just watch the drama or listen to it unfold, but we enter into the story as we too take the bread and wine and eat and drink.

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.**

As our Savior Christ has taught us, we are bold to say,

Celebrant and People

**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.**

The Great Amen is the only word in our Book of Common Prayer in all capital letters. It is the people's affirmation of all that has gone before, and has been a practice since the 2nd century.

This prayer of Jesus was given to his disciples as an example of how they should pray. The phrase "**Lord's Prayer**" is not used in the New Testament. It is similar to Jewish prayers: it begins with an address to God the Father, continues with petitions which ask God to act in a way which would achieve his purposes, and then has petitions which ask for God's help.

The Breaking of the Bread

BCP 364

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Je - sus, Lamb of God: have mer - cy on us.

The image shows a musical score for the prayer. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#), and the time signature is 4/4. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are written below the treble clef staff.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

The Celebrant says

The Gifts of God for the People of God.

Receiving Communion

All are welcome at God's table. Hold out your hands and you will be given the bread. For now, wine is available both in individual cups and from the chalice. Please partake in the way you feel comfortable.

Gluten-free wafers are available by request. You have fully received communion if you receive either the bread or the wine.

Communion of the Faithful

We encourage you to come forward to receive Holy Communion as you feel comfortable. Remain seated, and the usher will direct you forward to the communion rail. Please remain standing to receive communion, and then return to your seat by the side aisle, so that traffic flows one way.

If you would prefer communion be brought to you at your seat, please let an usher know and, as always, we will be glad to do so. If you prefer not to receive communion, please cross your arms over your chest as a sign that you prefer a blessing.

The Bread and the Cup are given to the communicants with these words

The Body of Christ, the bread of heaven. **Amen.**
The Blood of Christ, the cup of salvation. **Amen.**

Communion Hymn

Let thy blood in mercy poured

Hymnal 313

Post Communion Prayer

After Communion, the Celebrant says

Let us pray.

Celebrant and People

**Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.**

WE GO INTO GOD'S WORLD

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. **Amen.**

Post Communion Hymn

Christ is made the sure foundation

Hymnal 518

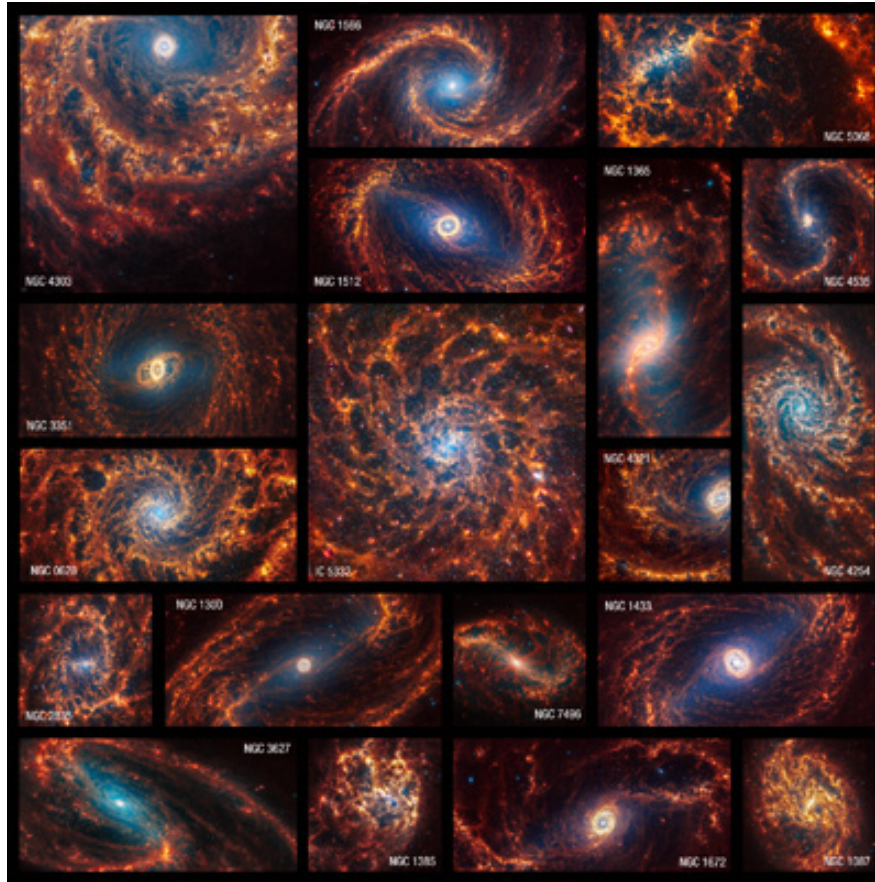
The Dismissal

BCP 366

Celebrant Let us bless the Lord.
People **Thanks be to God.**

The Blessing - a priestly blessing first began with Bishops in the 4th century, then spread in practice by priests, when the Bishop was not present.

TODAY'S ART



The James Webb Space Telescope observed 19 nearby face-on spiral galaxies in near- and mid-infrared light as part of its contributions to the Physics at High Angular resolution in Nearby GalaxieS (PHANGS) program. PHANGS also includes images and data from NASA's Hubble Space Telescope, the Very Large Telescope's Multi-Unit Spectroscopic Explorer, and the Atacama Large Millimeter/submillimeter Array, which included observations taken in ultraviolet, visible, and radio light.

These Webb images are part of a large, long-standing project, the Physics at High Angular resolution in Nearby GalaxieS (PHANGS) program, which is supported by more than 150 astronomers worldwide. Before Webb took these images, PHANGS was already brimming with data from NASA's Hubble Space Telescope, the European Southern Observatory's Very Large Telescope's Multi-Unit Spectroscopic Explorer, and the Atacama Large Millimeter/submillimeter Array, including observations in ultraviolet, visible, and radio light. Webb's near- and mid-infrared contributions have provided several new puzzle pieces.

Spiral galaxy NGC 1566 [our cover image today] is 60 million light-years away in the constellation Dorado.

Read more about it at:

<https://science.nasa.gov/centers-and-facilities/goddard/nasas-webb-depicts-staggering-structure-in-19-nearby-spiral-galaxies>

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Thank you for joining us today! We hope to see you again soon.

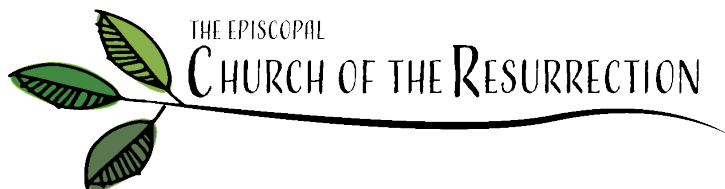
We invite you to join us for worship at 8:00 or 10:30 am each Sunday.
If you can't make it in person, join us at 10:30, live on Facebook!
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We welcome you to visit us at our website or call us
at the number below.



The Rev. Amy Morehous, Rector

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