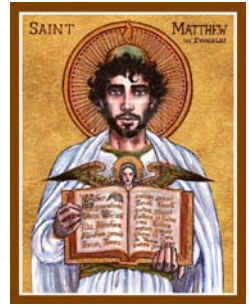


# Fifth Sunday after Pentecost

## Proper 9 • Year A

Sunday, July 5, 2020 • 10:00 a.m.



Welcome to Church of the Ascension. We are an inclusive community that respects the dignity of every human being. Therefore, whoever you are in terms of race, ethnicity, gender, age, sexual orientation, gender identity, or ability and wherever you are on your faith journey, we welcome you and hope you will give us an opportunity to be your spiritual home.

### HOLY EUCHARIST, RITE II

#### PRELUDE

*My Country, 'Tis of Thee*  
Bailey Myers, *piano*

Traditional, Words: Samuel F. Smith  
Arr.: Melody Bober

#### PROCESSIONAL

#### *Woke Up This Mornin'*



1. Woke up this morn - in' with my mind,  
2. Walk - in' and talk - in' with my mind, stayed on  
3. Sing - in' and pray - in' with my mind,  
mind, my mind was



free - dom. Woke up this morn - in' with my mind,  
Walk - in' and talk - in' with my mind, stayed on  
Sing - in' and pray - in' with my mind,  
mind, my mind was

**The Episcopal Church of the Ascension, Sligo Parish**  
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301-587-3272 • [www.ascensionsilverspring.org](http://www.ascensionsilverspring.org)

Woke up this morn-in' with my mind,  
free - dom. Walk - in' and talk - in' with my mind, stayed on  
Sing - in' and pray - in' with my mind,  
mind, my mind was  
free - dom. Hal - le - lu, hal - le - lu, hal - le - lu - jah.

*The people standing, the Celebrant says*

*Celebrant* Blessed be the One, Holy, and Living God!

*People* Glory to God forever and ever!

## COLLECT FOR PURITY

355

**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.**

**TRISAGION**

*To be said three times, together.*

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy upon us.

## THE COLLECT OF THE DAY

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **AMEN.**

## COLLECT FOR INDEPENDENCE DAY

Lord God Almighty, in whose Name the founders of this country won liberty for themselves and for us, and lit the torch of freedom for nations then unborn: Grant that we and all the people of this land may

have grace to maintain our liberties in righteousness and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *AMEN.*

**THE FIRST LESSON**

**Monica Allen, lector**

**Zechariah 9:9-12**

*A Reading from the Prophet Zechariah.*

Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will cut off the chariot from Ephraim  
and the war horse from Jerusalem;  
and the battle bow shall be cut off,  
and he shall command peace to the nations;  
his dominion shall be from sea to sea,  
and from the River to the ends of the earth.  
As for you also, because of the blood of my covenant with you,  
I will set your prisoners free from the waterless pit.  
Return to your stronghold, O prisoners of hope;  
today I declare that I will restore to you double.

The Word of the Lord.

*People*      **Thanks be to God.**

**PSALM 145:8-15**

**Monica Allen, lector**

- 8      The LORD is gracious and full of compassion, \*  
         slow to anger and of great kindness.**
- 9      The LORD is loving to everyone \*  
         and his compassion is over all his works.**
- 10     All your works praise you, O LORD, \*  
         and your faithful servants bless you.**
- 11     They make known the glory of your kingdom \*  
         and speak of your power;**
- 12     That the peoples may know of your power \*  
         and the glorious splendor of your kingdom.**
- 13     Your kingdom is an everlasting kingdom; \*  
         your dominion endures throughout all ages.**
- 14     The LORD is faithful in all his words \*  
         and merciful in all his deeds.**
- 15     The LORD upholds all those who fall; \*  
         he lifts up those who are bowed down.**

## THE SECOND LESSON

Monica Allen, *lector*

## Romans 7:15-25a

*A Reading from Paul's Letter to the Romans.*

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

## THE GRADUAL HYMN

LEVAS 137

*Just As I Am*

Words: Charlotte Elliot (1789-1871)  
Music: William B. Brfadbury (1816-1868)

1. Just as I am, without one plea, But

1. that thy blood was shed for me,

1. And that thou bidd'st me come to thee, O

Lamb of God, I come, I come.

## THE GOSPEL

**Matthew 11:16-19, 25-30**

*Deacon* The Holy Gospel of our Lord Jesus Christ according to Matthew.

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

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

'We played the flute for you, and you did not dance;  
we wailed, and you did not mourn.'

For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the Lord.

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

## SERMON

**The Rev. Dr. Joan E. Beilstein, Rector**

## MUSICAL OFFERING

### *Freedom*

Tret Fure

Tret Fure and *The Ascension Chancel Choir*

*A moment of silence for reflection will follow the sermon.*

## THE NICENE CREED (standing)

**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

In peace and in faith, let us offer our prayers, saying, “Christ, have mercy”

For peace and tranquility in the world, and for the salvation of all, let us pray.

**Christ, have mercy.**

For Michael, our Presiding Bishop, for Mariann and Chilton, our Bishops, Joan, our Rector; and Terri, our Deacon. And we also pray for Catherine and Enid, our guest Deacons, Sara, our Deacon candidate, Creamilda, our seminarian, Bailey, our Director of Music Ministries, Vickie, our Administrative Assistant, and Ana, our nursery supervisor, and for all the People of God, especially our members Lauren, Edward, Evelyn, Owen and Eric Crooke; Estie Dallett; Melissa Decosta; Christopher Delporte and Bill Lycette. And for those celebrating birthdays Anna Botoe, Wintson Broadbell, Jr., Dana Jung, Tim Hardin, and Marlene Sherman-Doe, let us pray.

**Christ, have mercy.**

For the Church of God in every place, especially our spiritual home of Ascension, and in our Diocese, we pray for All Faith Church, Charlotte Hall; and Christ Church, Nanjemoy. Pray for justice, freedom and peace for all people. In the Anglican Communion: we pray for the United Church of Pakistan. That all may persevere in faith and hope, let us pray.

**Christ, have mercy.**

For the peace, healing, and welfare of the world, let us pray.

**Christ, have mercy.**

For all in authority, that they make wise decisions in light of the COVID-19 pandemic, and the peaceful protests seeking justice for all victims of systemic racism, let us pray,

**Christ, have mercy.**

For those who suffer from illness, grief, or any kind of trouble; especially today for \*Leslie<sup>1</sup> ...  
 \*Leslie<sup>2</sup> ... Virginia ... Gloria ... Dorothy ... Rachel ... Rene-Christopher ... Aster ... Tina ...  
 William<sup>1</sup> ... \*King Peggy ... Charles ... Franklin ... Natasha ... William<sup>2</sup> ... Riza ... \*Joan<sup>1</sup> ...  
 \*Elizabeth ... Seth ... Tamara ... Michael ... \*Yvonne ... Logan ... \*Bob ... Carol<sup>1</sup> ... Walter ...  
 Carol<sup>2</sup> ... Julius ... David<sup>1</sup> ... Lillian ... Janie ... Joré Yvonne ... \*Andrew ... \*Jim<sup>1</sup> ... Elise ...  
 \*Bill ... Janet ... Steve ... \*Joan<sup>2</sup> ... Juliana ... Marisa ... The Fuentes Family ... Esther ... Ava ...  
 Faye ... \*Peggy ... Geoff ... Tom ... Nasir ... Jere ... \*Maggie ... \*Orion ... Jameel ... Keron ...  
 George<sup>1</sup> ... \*Bert ... Paul ... Renata ... Pauline ... Linda ... \*Karen ... Christine ... David<sup>2</sup> ... Joe ...  
 Kathy ... William<sup>3</sup> ... \*Sharon ... Victor ... Maria ... \*Lisa<sup>1</sup> ... Jim<sup>2</sup> ... Saundra ... Nancy ... Venus ...  
 Kristine ... Bro. Chris ... Concetta ... Brent ... Janet ... Severn ... Lydia ... \*April ... \*Carol<sup>3</sup> ...  
 Leslie ... Cathy ... \*George<sup>2</sup> ... \*Miata ... Allison ... Marlene ... Steve ... Sherry ... Jane ...  
 \*Joyce ... Trudy ... Gemma ... Rory ... Lisa<sup>2</sup> ... The Timmons Family ... Danny ... Iolanthia ...  
 Myrtle ... The Thompson Family ... \*Helen ... Kathy ... Jim ... Enid ... \*Jeanette ... and \*Jennifer,  
 let us pray.

**Christ, have mercy.**

For all who have died who now live in the Communion of the Saints. let us pray.

**Christ, have mercy.**

I invite you now to offer your petitions and thanksgivings, either aloud or in the silence of your hearts.

*Silence*

Gracious God, hear the prayers of your people. Grant us peace, hope, and healing to face the days to come, confident in your companioning presence, through Jesus Christ our Lord. **AMEN.**

*Deacon*

We pray to you also for the forgiveness of our sins.

*Silence*

## CONFESSION

**God of all mercy, we know that we have fallen short: We turn our backs when we could embrace; we remain silent when we could speak; we speak when we could listen. When we could fling the door open, instead we close it; when we could be open hearted, instead we judge. Forgive us, O God, and strengthen us to grow into the people you created us to be, through Christ our Lord. AMEN.**

## THE ABSOLUTION

### THE PEACE

*Celebrant* The Peace of the Lord be always with you.

*People* **And also with you.**

## WELCOME AND BRIEF ANNOUNCEMENTS

# THE HOLY COMMUNION

## OFFERTORY ANTHEM

*TAPS*

US Army Bugle Call, Arr. Melody Bober

Bailey Myers, piano

## OFFERTORY WORDS

*Celebrant* All things come of thee, O Lord.

*People* **And of thine own have we given thee.**

## BLESSING OF THE AGAPE MEAL AT HOME

### OVER WINE

Blessed are you, O Lord our God, King of the universe. You create the fruit of the vine; and you have refreshed us when we gather in community with the cup of salvation in the Blood of your Son Jesus Christ. Glory to you for ever and ever. **AMEN.**

### OVER BREAD

Blessed are you, O Lord our God, King of the universe. You bring forth bread from the earth; and you have given us the bread of life in the Body of your Son Jesus Christ. As grain scattered upon the earth is gathered into one loaf, so gather your Church in every place into the kingdom of your Son. To you be glory and power for ever and ever. **AMEN.**

## THE GREAT THANKSGIVING

*from Enriching our Worship*

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Lift up your hearts.

***People* We lift them to the Lord.**

*Celebrant* Let us give thanks to the Lord our God.

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

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:



### **SANCTUS AND BENEDICTUS**

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory. Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.**

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace. But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."



As supper was ending, Jesus 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 poured out for you and for all 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.**

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring



us into the everlasting heritage of your daughters and sons, that with Harriet and all your saints, past, present, and yet to come, we may praise your Name for ever.

**Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. AMEN.**

### THE LORD'S PRAYER

**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 BREAKING OF THE BREAD

Alleluia! Christ our Passover is sacrificed for us!  
**Therefore let us keep the feast. Alleluia!**

### FRACTION ANTHEM

*Celebrant* We break this bread to share in the Body of Christ.  
*People* We who are many, are One because we share in the Body of Christ.

## MUSIC FOR REFLECTION ON SPIRITUAL COMMUNION

*(instrumental)*

### *Softly and Tenderly Jesus is Calling*

### SPIRITUAL COMMUNION

**My Jesus, I know that you are present in the Holy Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive you sacramentally  
come spiritually into my heart.  
I embrace you as if you were already there and unite myself wholly to you.  
Never permit me to be separated from you. AMEN.**

— *Prayer by St. Alphonsus (1696-1787)*

### PRAYER FOR THE POWER OF THE SPIRIT AMONG THE PEOPLE OF GOD

**God of all power and love, we give thanks for your unfailing presence and the hope you provide in times of uncertainty and loss. Send your Holy Spirit to enkindle in us your holy fire. Revive us to live as Christ's body in the world: a people who pray, worship, learn, break bread, share life, heal neighbors, bear good news, seek justice, rest and grow in the Spirit. Wherever and however we gather, unite us in common prayer and send us in common mission, that we and the whole creation might be restored and renewed, through Jesus Christ our Lord. AMEN.**

### THE BLESSING

### DISMISSAL

## PROCESSION INTO THE WORLD

### HYMNAL 719

### *America the Beautiful*

Words: Katherine Lee Bates (1859-1929)  
Music: *Materna*, Samuel Augusta Ward (1848-1903)

1 O beau - ti - ful for spa - cious skies, for am - ber waves of grain,  
2 O beau - ti - ful for he - roes proved in lib - er - at - ing strife,  
3 O beau - ti - ful for pa - triot dream that sees be - yond the years

for pur - ple moun - tain ma - jes - ties a - bove the fruit - ed plain!  
who more than self their coun - try loved, and mer - cy more than life!  
thine al - a - bas - ter ci - ties gleam, un - dimmed by hu - man tears!

A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,  
A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw,  
A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,

and crown thy good with bro - ther - hood from sea to shin - ing sea.  
con - firm thy soul in self - con - trol, thy lib - er - ty in law.  
and crown thy good with bro - ther - hood from sea to shin - ing sea.

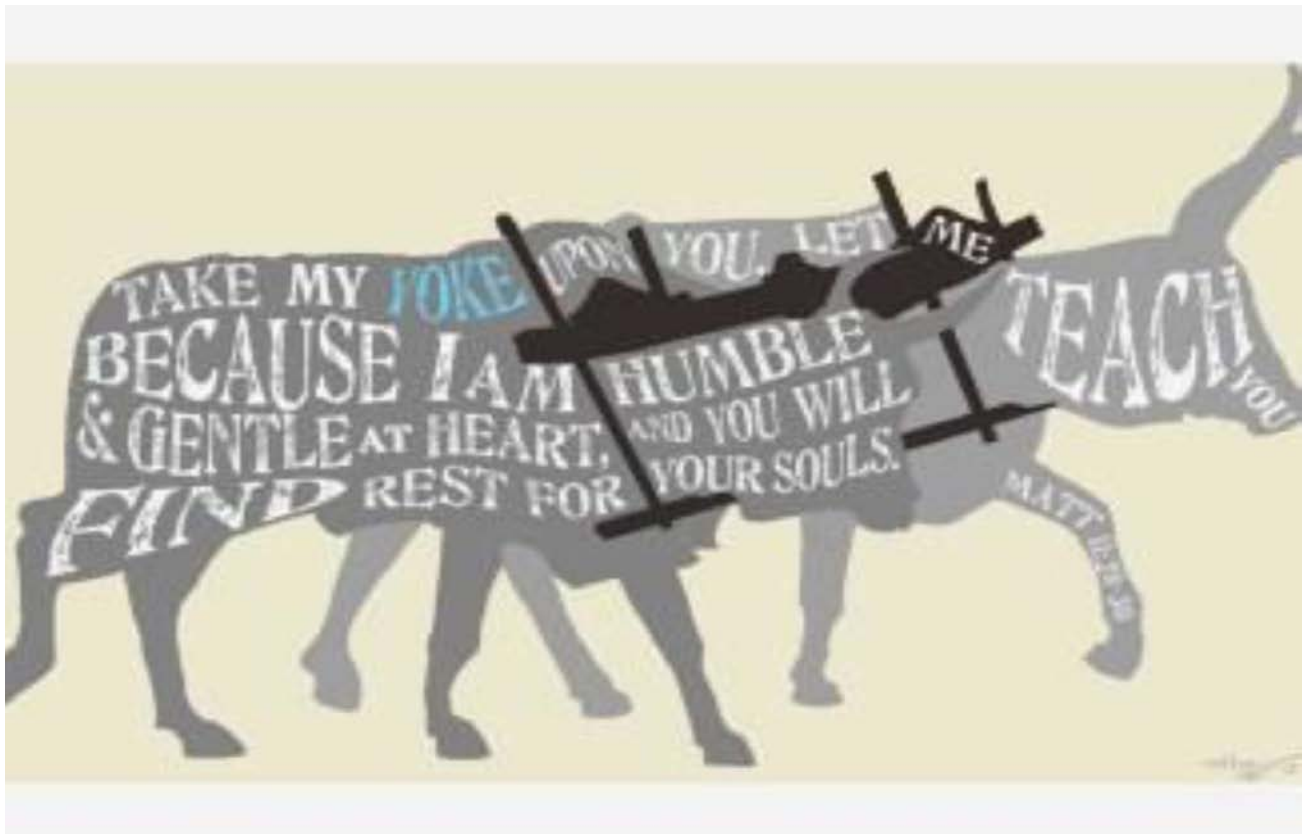
## POSTLUDE

### *God Bless America*

Words and Music: Irving Berlin  
Arr.: Mark Laub

Bailey Myers, *organ*

*Special Thanks to Chris Chang and Astrocasters for helping make our live stream possible  
by providing our streaming server and cota.live site!*



# PRAYER REQUESTS

*For peace and an end to violence and terrorism everywhere.*

*Our Parish Cycle of Prayer*

Lauren, Edward, Evelyn, Owen and Eric Crooke

Estie Dallett

Melissa Decosta

Christopher Delporte and Bill Lycette

*For those celebrating birthdays:*

*July 5: Anna Botoe*

*July 7: Wintson Broadbell, Jr.*

*July 8: Dana Jung*

*July 9: Tim Hardin*

*July 10: Marlene Sherman-Doe*

*In our Diocese:*

All Faith Church, Charlotte Hall

Christ Church, Nanjemoy

*In the Anglican Communion:*

Pray for The United Church of Pakistan

For those with HIV/AIDS everywhere,  
but especially in Africa.

*In the World*

All with the COVID-19 virus and all who have died.

*For people in need of healing*

(\*indicates a member of the parish; *italics*, new this week):

\*Leslie Adams, \*Leslie Agro, Virginia Allen, Gloria Alexander,  
Dorothy Amoo, Rachel Anderson, Rene-Christopher Aquarone,  
Aster Araya, Tina Arnold, William Bailey, \*King Peggy Bartels,  
Charles Bartels, Franklin Bartels, Natasha Bartels, William Bartels,  
Riza Bediaram, \*Joan Beilstein, \*Elizabeth Bordley, Seth Bowers,  
Tamara Bowers, Michael Bowling, \*Yvonne Boyd, Logan Brady,  
\*Bob Brown, Carol Brown, Walter Brown, Carol, Julius Cadette,  
David and Lillian Chalmers, Janie Christensen,  
Joré Yvonne Chumbley, \*Jim Coyle, Shannon Daab, Elise Doh,  
Steve and Janet Dougherty, \*Joan Ermer,  
Juliana and Marisa Ferrera, The Fuentes Family, Esther Garcia, Ava  
Guishard, Faye Graning, \*Peggy Grosswiler, Geoff Grub,  
Tom Hardin, Nasir Harris, Jere Herzenberg, \*Maggie Howard,  
\*Orion Howard, Jameel Hunte, Keron Hunte, George Johnson,  
\*Bert Joseph, Paul Jung, Ed Knaggs, Renata Lana, Pauline Lerner,  
Linda LeVeque, \*Karen Marks, Christine Maynard, David Meyer,  
Joe Miller, Kathy Miller, William Morales, \*Sharon Murphy,  
Victor and Maria Nicassio, \*Lisa Null, Jim Owens, Sandra Payne,  
Nancy Phillips, Venus Pope, Kristine Poptanish, Bro. Chris Posch,  
Concetta Pulvirenti, Brent Reeves, Janet Salvermoser,  
Severn Savage, Lydia Schauman, \*April Schrock, \*Carol Schwobel,  
Leslie Scott, Cathy Sheridan, \*George and \*Miata Sherman,  
Allison Smith, Marlene and Steve Smith, Sherry Snider,  
Jane Stanfield, \*Joyce Sterling, Trudy Sullo, Gemma Tate,  
Rory Taylor, Lisa Templeton, The Timmons Family,  
Danny Thomas, Iolanthia Thomas, Myrtle Thompson,  
The Thompson Family, \*Helen Van Doren, Jim White,  
Enid Williams, \*Jeanette Witter, \*Jennifer Woods

*Please take the Prayer List home for use in daily prayers.*