



Our mission is to equip people to grow their faith
by connecting to God and others
while reaching out with love

Proper 16
August 21, 2022

Following updated guidance from Bishop Marc, all are required to wear masks during worship. Please note that this service is livestreamed on Facebook. If you do not want to appear on the livestream, please let an usher know and you will be seated outside the range of the cameras.

The Ministry of the Word

Prelude

My Lord, What a Morning

A bell will be rung three times to begin our worship

Opening Hymn 493

O for a Thousand Tongues to Sing

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!
2 and spread through all the earth a - broad the hon - ors of thy Name.
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.
4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love
be now and ever given
by saints below and saints above,
the Church in earth and heaven.

Presider
People

Blessed be God: Creator, Redeemer, and Sustainer.
And blessed be God's kingdom, now and forever. Amen.

Song of Praise

God Made Me

I 4-part round

II

III

IV

God made me, God knows me, God loves me as I am.

WORDS: Daniel Charles Damon
MUSIC: English round; arr. Daniel Charles Damon

AH, POOR BIRD
3.3.3.5.

Presider The Lord be with you.
People And also with you.

Presider Let us pray.

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

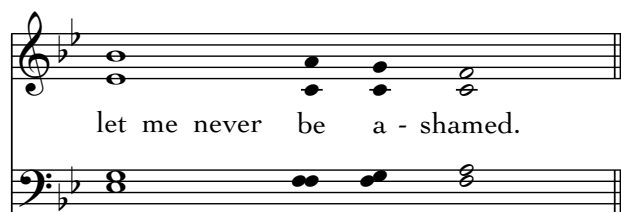
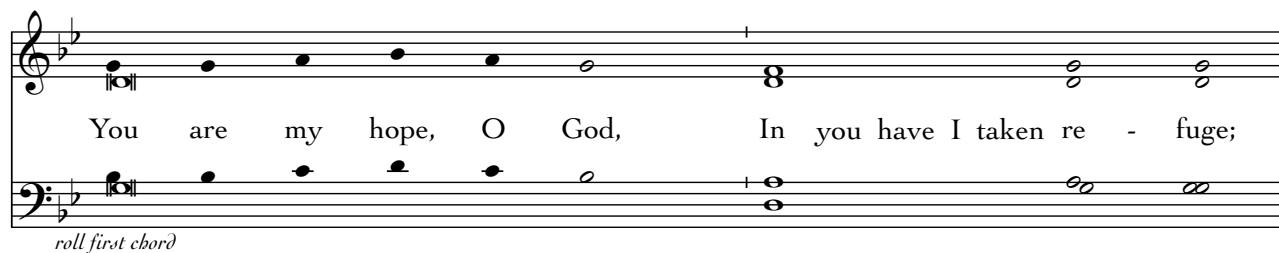
First Reading

Jeremiah 1:4-10

The word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put out his hand and touched my mouth; and the Lord said to me, "Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant."

Reader Hear what the Spirit is saying to God's people.
People Thanks be to God.

Psalm 71:1-6 All sing the antiphon after the cantor; say the Psalm responsively by half verse.



Charles Rus

1 In you, O Lord, have I taken refuge; *
let me never be ashamed.

2 In your righteousness, deliver me and set me free; *
incline your ear to me and save me.

3 Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.

Antiphon

4 Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.

5 For you are my hope, O Lord God, *
my confidence since I was young.

6 I have been sustained by you ever since I was born;
from my mother's womb you have been my strength; *
my praise shall be always of you.

Antiphon

Second Reading

Hebrews 12:18-29

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken-- that is, created things-- so that what cannot be shaken may remain. Therefore, since we are receiving a

kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Gradual

Alleluia

Al - le - lu - ia, al - le - lu - ia,
al - le - lu - ia, al - le - lu - ia!

WORDS and MUSIC: Fintan O'Carroll and Christopher Walker
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The Holy Gospel

Luke 13:10-17

Presider The Holy Gospel of our Lord Jesus Christ according to Luke.
People **Glory to you, Lord Christ.**

Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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

The Sermon Brad Gough

Please remain seated for the following song

Hymn

Christ before me

Unison
♩ = 72

The musical score is written for a unison voice part in 3/4 time. It consists of four staves of music. The first staff has a key signature of one flat (Bb) and a tempo marking of 72 beats per minute. The notes are: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), Bb4 (quarter), and C5 (half). The second staff continues with: Bb4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), and Bb3 (half). The third staff continues with: Bb3 (quarter), A3 (quarter), G3 (quarter), F3 (quarter), E3 (quarter), D3 (quarter), C3 (quarter), and Bb2 (half). The fourth staff continues with: Bb2 (quarter), A2 (quarter), G2 (quarter), F2 (quarter), E2 (quarter), D2 (quarter), C2 (quarter), and Bb1 (half). The lyrics are: Christ be - fore me, Christ be - hind me, Christ be - neath me, Christ a - bove me, Christ when I lie down, Christ when I a - rise, Christ with me, Christ in me.

Christ be - fore me, Christ be - hind me,
Christ be - neath me, Christ a - bove me,
Christ when I lie down, Christ when I a - rise,
Christ with me, Christ in me.

WORDS: Daniel Charles Damon; adapt. from *St. Patrick's Breastplate*
MUSIC: Daniel Charles Damon

CHRIST BEFORE ME
Irregular

Affirmation of Faith *The Nicene Creed* standing

**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:
was incarnate of the Holy Spirit and the Virgin Mary, and became truly human.**

**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,
who with the Father and the Son is worshiped and glorified,
who 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

Presider With all our hearts and with all our minds, let us offer up our prayers to God.

Leader God of the morning star,
God of the rising sun,
God of shadows banished,
We praise and worship you!
For empty tombs.
For your presence, alive, powerful, resurrected.
We celebrate your victory over death,
Over all the powers that would defeat us.

People **God, hear our prayer.**

Leader Help us to grasp resurrection:
to understand its power,
to see its force at work in our world,
overturning evil empires,
changing the hatred within us,
moving the world slowly, forcefully,
bending us towards love and truth.

People **God, hear our prayer.**

Leader On this day of grace and gladness
empower us to be your ambassadors, proclaiming good news.
Good news in our kitchens and living rooms,
good news in the offices and workshops,
good news in the fields and factories.
We give thanks this day for the blessing of Susie, Dan and Caitlin; Paul and Karen;
Myron, Fran, Morgan and Grant members of our parish family.
Help us all to embody your good news,
walking softly on this sweet earth,
caring gently for all people,
living hopefully into your kingdom.

People **God, hear our prayer.**

Leader We pray for all who are grieving,
that they may take hope in the promise of resurrection.

People **God, hear our prayer.**

Leader We pray for the sick and suffering, especially those on our Parish Prayer List,
and those we now name: _____,
that the healing and uplifting power of your love may be with them.

People **God, hear our prayer.**

Leader We remember those who have died, especially Pauline Campbell, Cuco Garcia,
Carmel Gioglio, Susan Hudson, Theresa Vella and those we now name: _____.
Hold them in your love and light, until that day when you gather us all together.

People **God, hear our prayer.**

Presider Holy Wisdom, in your loving kindness you created us, and in your grace, you restored us when we were lost: inspire us with your truth, that we may love you with our whole minds and run to you with open hearts, through Christ our Savior. **Amen.**

The Confession

Presider Let us confess our sins against God and our neighbor.

Silence may be kept.

All 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.**

Presider 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.**

The Peace

Presider The peace of Christ be always with you.

People And also with you.

Announcements

Thanksgivings and Concerns

The Hands of God

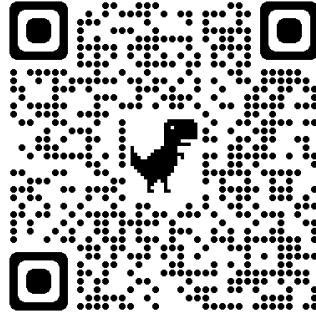
To - day, to - mor-row and al - ways we re - jice in the hands_ of God. May God's
pow - er - ful hands sup - port you, May God's guid - ing hands lead you, May God's
lov - ing hands en - fold you. We re - jice in the hands_ of God.

The Holy Communion

The Offertory

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

For those gathered in person, if you wish to make a gift you can do so when an usher brings the offering plate to your row. If you would like to make a gift digitally, you can securely do so through PayPal by scanning the QR code below. You can also mail checks to the church at 399 Gregory Lane, Pleasant Hill CA, 94523. Thank you!



Offertory Hymn 411

O Bless the Lord, my Soul

1 O bless the Lord, my soul! His grace to thee pro - claim!
2 O bless the Lord, my soul! His mer - cies bear in mind!
3 He will not al - ways chide; he will with pa - tience wait;
4 He par - dons all thy sins, pro - longs thy fee - ble breath;
5 He clothes thee with his love, up - holds thee with his truth;

1 And all that is with - in me join to bless his ho - ly Name!
2 For - get not all his ben - e - fits! The Lord to thee is kind.
3 his wrath is ev - er slow to rise and rea - dy to a - bate.
4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.
5 and like the ea - gle he re - news the vi - gor of thy youth.

6 Then bless his holy Name,
whose grace hath made thee whole,
whose loving-kindness crowns thy days:
O bless the Lord, my soul!

Words: James Montgomery (1771-1854); para. of Psalm 103

Music: *St. Thomas* (Williams), melody Aaron Williams (1731-1776); harm. Lowell Mason (1792-1872)

Presider All things come of you O God.
People And of your own have we given you.

The Great Thanksgiving

standing

Presider May God be with you.
People And also with you.

Presider Lift up your hearts.
People We lift them to the Lord.

Presider Let us give thanks to the Lord our God.
People It is right to give our thanks and praise.

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.

In fulfillment of his true promise, the Holy Spirit came down from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations.

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:

All

Sanctus

Ho - ly, ho - ly, ho - ly Lord; God of pow - er and might.

Heav - en and earth are full of your glo - ry. Ho - san - na in the high - est!

Blessed is the one who comes in the name, who comes in the name of the Lord. Ho -

san - na, ho - san - na, ho - san - na in the high - est!

MUSIC: Daniel Charles Damon

The Presider 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:

**Christ has died.
Christ has risen.
Christ will come again.**

The Presider 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.**

Lord's Prayer

Presider And now, as our Savior Christ has taught us, we are bold to say,

All 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

The Presider breaks the Bread.

Unison ♩ = 72

In the break - ing, in the break - ing of bread, we
re - cog - nize our Lord. In the break - ing, in the
break - ing of bread, we re - cog - nize our Lord.

WORDS and MUSIC: Daniel Charles Damon, 2010

IN THE BREAKING
4.6.6.D.

Presider The gifts of God for the people of God.

The Communion of the People

All are invited to receive Communion. Please gather around the altar, giving those on either side of you some space. Place one hand on top of the other to receive the bread. We will not be sharing wine or grape juice today. If you would prefer to receive a blessing, just ask.

Gluten free wafers are available; please ask if that's your preference.

If you are worshipping via livestream, you may wish to pray this prayer during communion:

Prayer for Spiritual Communion

In union, O Lord, with your faithful people who long to gather at every altar of your Church, where the Holy Eucharist has been celebrated, and, we pray, will be celebrated again soon, we desire to offer to you praise and thanksgiving. We remember your death, Lord Christ; we proclaim your resurrection; we await your coming in glory. Since we cannot receive you today in the Sacrament of your Body and Blood, we beseech you to come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

Communion Hymn

For Everyone Born

$\text{♩} = 60$ Unison $B\flat$ $Fm/A\flat$ $E\flat/G$ $B\flat/F$

1 For ev - ery-one born, a place at the ta - ble, for
 2 For you and for me, a place at the ta - ble, re -
 3 For you and for me, a place at the ta - ble, a
 4 For you and for me, a place at the ta - ble, al -
 5 For you and for me, a place at the ta - ble, a
 6 For ev - ery-one born, a place at the ta - ble, to

$E\flat$ $B\flat/D$ $Cm7$ $Fsus4$ F

ev - ery-one born, clean wa - ter and bread, a
 vis - ing the roles, de - cid - ing the share, with
 voice to be heard, a part in the song, the
 though we fall short, with need to for - give, in
 cov - en - ant shared, a wel - com - ing space, a
 live with - out fear, and sim - ply to be, to

$B\flat$ $Fm/A\flat$ $E\flat/G$ $B\flat/F$

shel - ter, a space, a safe place for grow - ing, for
 wis - dom and grace, di - vid - ing the pow - er, for
 hands of a child in hands that are wrin - kled, For
 an - ger, in hurt, a mind - set of mer - cy, for
 rain - bow of race and gen - der and col - or, For
 work, to speak out, to wit - ness and wor - ship, for

$E\flat$ $B\flat/D$ $A\flat/C$ $B\flat sus4$ $B\flat$ F/A *Refrain*

ev - ery-one born, a star o - ver - head,
 you and for me, a sys - tem that's fair,
 you and for me, the right to be - long, and
 you and for me, a new way to live,
 you and for me, the cha - lice of grace,
 ev - ery-one born, the right to be free,

God will de-light when we are cre - a - tors of

jus - tice and joy, com - pas - sion and peace: yes,

God will de-light when we are cre - a - tors of

jus - tice, jus - tice and joy!

WORDS: Shirley Erena Murray, alt.
MUSIC: Daniel Charles Damon

Post Communion Prayer

Presider Let us pray.

All **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.

Blessing

Presider Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may God's blessing be with you always. **Amen.**

Closing Hymn 304

I come with joy to meet my Lord

Unison or harmony

1 I come with joy to meet my Lord, for -
 2 I come with Chris - tians far and near to
 3 As Christ breaks bread and bids us share, each
 4 And thus with joy we meet our Lord. His
 5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us
 4 pres - ence, al - ways near, is in such friend - ship
 5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.
 4 bet - ter known: we see, and praise him here.
 5 in the world, we'll live and speak his praise.

Words: Brian A. Wren (b. 1936), alt.

Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983)

The Dismissal

Presider Go in peace to love and serve the Lord. Alleluia, alleluia!
People Thanks be to God. Alleluia! Alleluia!

Postlude

Soon and Very Soon

The Episcopal Church of the Resurrection
Season after Pentecost - Proper 16

Presider	The Rev. Liz Tichenor
Preacher	Brad Gough
Lay Eucharistic Minister	Gary Lawrence
Reader	Joan Lawrence
Musician	Dan Damon
Videographer	Ken Carlson, Dian Matthews
Sound Tech	Rob Evans
Altar Guild	Lori Vella, Jean Slattery
Communion Bread Maker	Lindsay Firth
Ushers	Jeremy Carlson, Ken Carlson, Mitch Epperson

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