



Welcome to St. Mark's Episcopal Church: A Community of Grace
We spread God's word, love like Jesus, enjoy worshipping together, and help our neighbors.
This is our celebration of Holy Eucharist
Advent 2, December 05, 2021

On Facebook at 10 AM or online at: [In-Spirit Worship \(stmarks-upland.org\)](https://www.facebook.com/stmarks-upland.org)

Children have a place here: Sunday school for children ages 3-6 is in the chapel; children ages 7-10, in the room off the Parish Hall. We hope you will feel comfortable in placing your children in the care of our volunteer staff who are vaccinated and masked. You may also keep your children with you. We welcome their extra noise and movement as part of our joyful service!

For a Healthier and Stronger Community

Masked Up and Vaccinated for our Children, Elderly, and Vulnerable: Unvaccinated individuals 12 and up participate online and all 2 and up wear a mask.

Social distancing: We adjust as we can for healthy spaces between households.

Young children: We refrain from direct physical contact with young children; elbow bumps are fine, but no hugs or handshakes.

For the "peace exchange," everyone's space and sensitivities are respected. When someone offers their elbow, fist, or a peace sign, we respond appropriately.

Restrooms: If it can wait, only one household in the restroom at a time.

Hospitality: To reduce multiple handling of shared objects such as the coffee urn, hot water dispenser, and serving utensils, we let the hospitality hosts serve the refreshments.

Christmas at St. Mark's

Curbside Christmas, Saturday, December 18 from 9 AM to Noon

Children's Christmas Pageant, Sunday, Dec 19 at 10 AM

Taizé Blue Christmas, Wednesday, Dec 22 at 7:30 PM

Christmas Eve with Band, Friday, Dec 24 at 3 PM

Christmas Eve with the Choir, Friday, Dec 24 at 9:30 PM

Christmas Day, Dec 25 one service at 10 AM

First Sunday of Christmas, Dec 26, 8 and 10 AM

Advent means “coming” and reminds us of the coming of Jesus Christ in history (first Christmas), mystery (here and now), and majesty (final coming). Advent begins the church liturgical calendar year. The countdown of 4 Sundays before Christmas is a time of preparation. The cycle of preparation (Advent), celebration (Christmas), and growth (Epiphany) is repeated for Lent, Easter, & Pentecost/Ordinary time.

To intentionally address our spiritual temperaments tested by unprecedented stress and trauma please consider the Breath Prayer spiritual practice before the collect of the day. See Brown, M.D., James R. (host) 2020, June 8 “Anxiety” (No. 2) Good Medicine Explained.

This Advent we experiment with readings from the Rev. Dr. Wil Gafney from A Women's Lectionary for the Whole Church. In particular, the First Testament readings feature women with extraordinary experiences with God: Hagar, Sarai (Sarah), the unnamed mother of Samson, and Hanah.

For the Lord's Prayer experiment with a different beginning. Compare with Gen 1:27; Hosea 13:8; Deut 13:11; 32:18; Isaiah 66:13; 49:15; Ps 131:2; and Luke 13:34. Experiment with other prayers and hymns.

Opening Voluntary (10am): Please remain seated.

“Prelude on a Luther Hymn”

Gordon Young

Opening Hymn (10am): Please stand as you are able.

67

“Comfort, comfort ye my people”

Psalm 42

Opening Acclamation

Clergy: Blessed be our Loving, Liberating, Life-giving God.

Community: **And blessed be God's reign, now and for ever. Amen.**

Collect for Purity

Clergy: Please join us in the Collect for Purity

Reader 2 and Community: 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.

Advent Hymn of Praise (10am)

56

“O Come, O Come, Emmanuel” vs. 3 & 4

Veni, veni Emmanuel

Collect of the Day: Box Breath Prayer: Inhale-Hold-Exhale-Hold

Clergy: God be with you.

Community: **And also with you.**

Clergy: Let us pray.

Try the box breath prayer for 4 Sundays of Advent. Centering on God's grace, breathe in, hold, breathe out, & hold - for 4 seconds each step. The Collect of the Day then “collects” our individual thoughts and prayers. The community responds: **Amen.**

The Lessons: Please be seated

**6 That the generations to come might know, and the children yet unborn; *
that they in their turn might tell it to their children;**

**7 So that they might put their trust in God, *
and not forget the deeds of God, but keep God's commandments.**

New Testament: What word, phrase or image grabs your attention?

Reader 4: A reading from the Letter of Paul to the Romans.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Hear what the Spirit is saying to God's people.

Community: **Thanks be to God.**

Gospel: What word, phrase or image grabs your attention?

Clergy: The Holy Gospel of our Savior Jesus Christ according to Luke.

Community: **Glory to you, Lord Christ.**

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

The Gospel of Our Savior.

Community: **Praise to you, Lord Christ.**

The Sermon: What word, phrase or image grabs your attention?

At the invitation of the preacher, please be seated.

The Nicene Creed: Please stand as you are able.

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 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: Please add your prayers and petitions

Clergy: The Mighty One has done great things for us And so we appeal to God once again, praying, "Stir up your strength, O Lord; and come to help us."

Reader 5:

Intercessor: Prepare in us a mansion for yourself, O Christ. Stir up your strength, O Lord

Community: **And come to help us.**

Intercessor: Restore us, O God of hosts. May we know security. May we know peace. May we know the benefits of the reign of your Christ. Stir up your strength, O Lord;

Community: **And come to help us.**

Intercessor: Show the strength of your arm, O God: lift up the lowly. Fill the hungry with good things. Look on your children with favor. Stir up your strength, O Lord;

Community: **And come to help us.**

Intercessor: Have mercy on all captives and prisoners, O God. Remember them and come to their aid. Fill our hearts with mercy. May we learn to forgive even as you forgive us. Stir up your strength, O Lord;

Community: **And come to help us.**

Intercessor: Hear the prayers of your people, O God of hosts. May those who have fed on the bread of tears, feed instead on your strength, O Lord. Show them the light of your countenance and be their salvation. Stir up your strength, O Lord;

Community: **And come to help us.**

Intercessor: Great Shepherd, gather your flock into your eternal kingdom. Bless the dying, embrace the dead, and comfort those who mourn. Stir up your strength, O Lord;

Community: **And come to help us.**

Intercessor: Let us offer our own prayers of thanksgivings and intercessions for two full minutes.

When the time is right, a concluding collect is added.

Confession and Absolution of Sin: Please kneel as you are able.

Clergy: Let us confess our sins against God and our neighbor.

When the time is right...

Clergy: Together.

Reader 6 and Community: 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 our Savior 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.

Clergy1: Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Special Blessings may happen here or after the announcements

Peace: Please stand as you are able.

Clergy: The peace of Christ be always with you.

Community: **And also with you.**

Announcements: Please visit our website for the latest: www.stmarks-upland.org

Offertory Sentence: Gifts come forward. Your contributions make a difference.

Offertory Anthem

"The Lord Will Come And Not Be Slow"
St. Mark's Choir

Zebulon Highben

Doxology: Please stand as you are able

Clergy: All things come of thee, O Lord;

Community: **And of thine own have we given thee.**

Eucharistic Prayer for Advent: Sylvester

Clergy: God dwells in you.

Community: **And also in you.**

Clergy: Lift up your hearts.

Community: **We lift them to our God**

Clergy: Let us give our thanks to God.

Community: **It is right to give our thanks and praise.**

Clergy: It is our joy to give you praise, O God; as in the beginning, when your Light shone in the darkness, we await the advent of your light in the world; The stars are wheeling overhead, and the year is turning again. In the darkness of the winter, when starlight and fire offer warmth and hope, we once more tell the stories that prepare our hearts to receive the gift of Christ. The voices of your prophets echo still with the yearning for justice; the cry of John, preaching by the Jordan, urges us to turn again toward you; the mighty "yes" of Mary invites

us to imagine that we, too, can bear Christ's peace into the world. We join our voices with all the world in the song of praise that echoes with the voices of the angels:

Sanctus (S-130 sung at 10 AM)

Community: 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.

Clergy: We give thanks to you, creator of the infinite stars, that when the time was right, Jesus was born. His life shone brightly with your presence; His words taught us to imagine and build your kingdom; His touch brought healing; His compassion fed the multitudes. On the night before he died, he kept the Passover with his friends. He took the bread, gave you thanks, and said, "Take this bread as my own body, given to set you free. Do this to remember me." After supper, he took the cup, gave you thanks, and said to them, "Take this cup as my own blood, given to set you free. Whenever you drink it, remember me." Gracious God send your Spirit to bless these gifts, that they may become your holy food and drink for your holy people, the Body and Blood of Christ, given for the world.

Community: With all those in every generation who know your love, speak of your hope, embody your joy, and long for your peace, we offer ourselves to you, our souls and bodies, that your light may shine through us for the sake of the broken world. Nourish us at your table and send us in your name.

Clergy: Let your grace come to us, O God, in the name of Christ, by the power of your Holy Spirit: Come to us today and dwell with us forever, God of infinite power and infinite grace.
AMEN.

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

Community: Our Father/Mother/Creator, 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 Bread is broken.

Fraction Anthem (S-147 sung at 10:00AM)

Clergy: We break this bread to share in the Body of Christ.

Community: We who are many are one body, for we all share in the one bread.

Cantor, then All



We who are man-y are one bo - dy, for we all share in the one bread.

Cantor



We break this bread to share in the Bo - dy of Christ.

All



We who are man-y are one bo - dy, for we all share in the one bread.

Setting: Mode 6, based on *Ubi caritas*, adapt. David Hurd © 1998 David Hurd.
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All are invited to Holy Communion.

Communion Voluntary (8:00AM)

"Prelude on a Luther Hymn"
Blane Abernathy, organist

Gordon Young

Spiritual Communion (In Spirit Only)

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

Postcommunion Prayer: Please stand as you are able.

Clergy: The service continues with the Postcommunion prayer.

***Reader 6 and Community:* 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.**

Blessing

The community responds, "**Amen.**"

Mission Hymn

65

"Prepare the way O Zion"

Bereden väg för Herran

Dismissal

The community responds, "**Thanks be to God.**"

Closing Voluntary

"All Depends on Our Possessing"
Blane Abernathy, organist

Johann Lohner/
setting Kevin Hildebrand