



## The Fifth Sunday after Pentecost

19 June AD 2016

11:15 a.m. Holy Eucharist

(The Rev.) Randy Lord-Wilkinson, *Rector*  
The Rev. Javier García Ocampo, *Spanish Language Missioner*  
Jerrold Tidwell, *Minister of Music*  
Diana Gustafson, *Seminarian*

*Welcome to Ascension!*

*For more information about our community, fill out a welcome card, found at either end of the pews, or take one of our welcome packets from the table under the monitor in the Narthex.*

*We meet for coffee, tea, and snacks in the Narthex after each service.*

*A Nursery for children up through age three is available all morning in the Main Building, Room 2.*

*Within the service, the people read the parts in bold print.*

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### Welcome and Announcements

Gather 577

Awake, O Sleeper

The Lord is here.  
**God's Spirit is with us.**  
Let us pray.

**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.**

### Galatians 3:23-29

Before faith came, we were guarded under the Law, locked up until faith that was coming would be revealed, so that the Law became our custodian until Christ so that we might be made righteous by faith. But now that faith has come, we are no longer under a custodian. You are all God's children through faith in Christ Jesus. All of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek; there is neither slave nor free; nor is there male and female, for you are all one in Christ Jesus. Now if you belong to Christ, then indeed you are Abraham's descendants, heirs according to the promise.

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

Gather 637

Precious Lord, Take My Hand

The Holy Gospel of our Lord Jesus Christ according to Luke [8:26-39]  
**Glory to you, Lord Christ.**

Jesus and his disciples sailed to the Gerasenes' land, which is across the lake from Galilee. As soon as Jesus got out of the boat, a certain man met him. The man was from the city and was possessed by demons. For a long time, he had lived among the tombs, naked and homeless. When he saw Jesus, he shrieked and fell down before him. Then he shouted, "What have you to do with me, Jesus, Son of the Most High God? I beg you, don't torture me!" He said this because Jesus had already commanded the unclean spirit to come out of the man. Many times it had taken possession of him, so he would be

bound with leg irons and chains and placed under guard. But he would break his restraints, and the demon would force him into the wilderness. Jesus asked him, "What is your name?" "Legion," he replied, because many demons had entered him. They pleaded with him not to order them to go back into the abyss. A large herd of pigs was feeding on the hillside. The demons begged Jesus to let them go into the pigs. Jesus gave them permission, and the demons left the man and entered the pigs. The herd rushed down the cliff into the lake and drowned. When those who tended the pigs saw what happened, they ran away and told the story in the city and in the countryside. People came to see what had happened. They came to Jesus and found the man from whom the demons had gone. He was sitting at Jesus' feet, fully dressed and completely sane. They were filled with awe. Those people who had actually seen what had happened told them how the demon-possessed man had been delivered. Then everyone gathered from the region of the Gerasenes asked Jesus to leave their area because they were overcome with fear. So he got into the boat and returned across the lake. The man from whom the demons had gone begged to come along with Jesus as one of his disciples. Jesus sent him away, saying, "Return home and tell the story of what God has done for you." So he went throughout the city proclaiming what Jesus had done for him.

The Gospel of the Lord  
Praise to you, Lord Christ.

Meditation

(The Rev.) Randy Lord-Wilkinson

The Affirmation of Faith\*

You, O God, are supreme and holy,  
You create our world and give us life.  
Your purpose overarches everything we do.  
You have always been with us.  
You are God.

You, O God, are infinitely generous,  
Good beyond all measure.  
You came to us before we came to you.  
You have revealed and proved

Your love for us in Jesus Christ,  
Who lived and died and rose again.  
You are with us now.  
You are God.

You, O God, are Holy Spirit.  
You empower us to be your gospel in the world.  
You reconcile and heal; you overcome death.  
You are our God. We worship you.

\*From *A New Zealand Prayer Book*, p. 481

The Prayers of the People

*Prayers are invited, either silently or aloud. After each spoken prayer, a gong will sound.*

Gather 461

You Are Mine

## The Great Thanksgiving

The Lord is here.

**God's Spirit is with us.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**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 sing:

*Celebrant and People*

Gather #168

Sanctus

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
might, heav'n and earth are full of your glo-ry. Ho -  
san - na in the high - est. Bless - ed is he who  
comes in the name of the Lord. Ho - san - na in the  
high - est. Ho - san - na in the high - est!

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 our faith:

**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 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.**

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

**Our Father in heaven,  
holy is your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

*As our Savior Christ has taught us,  
we now pray:*

**Eternal Spirit,  
Earth-Maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all.  
Loving God, in whom is heaven:  
The hallowing of your name echoes through the universe!  
The way of your justice be followed by the peoples  
of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom  
sustain our hope and come on earth.  
With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and forever. Amen.**

*From A New Zealand Prayer Book, p. 181*

*The Celebrant breaks the consecrated Bread, and a period of silence is kept.*

We break this bread to share in the Body of Christ.  
*People:* **We who are many are one body, for we all share in the one bread.**

*Facing the people, the Celebrant says the following Invitation*

The Gifts of God for the People of God. Take them in remembrance that Christ died and lives in you, and feed on him in your hearts by faith, with thanksgiving.

*The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.*

*The Bread and the Cup are given with these words*

**The Body of Christ, the bread of heaven.**

**The Blood of Christ, the cup of salvation.**

*Administration of the Sacrament: All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station. Receive the bread in the palm of your hand. Eat the bread and then drink from the cup when it is offered to you, or you may hold the bread and dip it into the wine when the cup is offered to you. Gluten-free wafers are also available. Make your need known to the Clergy by holding up three fingers. If you wish to receive a blessing rather than receive communion, please join in the movement to the communion station and cross your arms over the front of your chest - this will alert the Clergy of your desire to be blessed. If you need communion brought to you please let a member of the Welcome Team know.*

*Healing Prayers: If you would like to receive the laying on of hands for healing for yourself or another, go to the prayer annex to the right of the pulpit after receiving communion. A healing minister will be there to pray with you.*

Let us pray.

**God of all, we give you thanks and praise, that when we were still far off you met us in Jesus and brought us home. Dying and living, he declared your love, gave us grace and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Amen.**

**Gather 384**

**Sing a New Song**

**The Peace**

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

**PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:**

Carol Clark, Helen Clark, Helen Jenkins, Sarah Rubin, Peg Ruppel, Lea Ann Sampson, Nancy Snee, Janet Spencer, Lou Spencer, Fran Spina, Toshi Tanemura, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way, and their families.

Equip us and empower us to be witnesses to your love – as advocates and as servants, as ministers of welcome and of hope for refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

**ALTAR FLOWERS:**

Given by Nancy Carman, in loving memory of her father, William Thomas.

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## Worship Leaders

		<b>This Week</b>	<b>Next Week</b>
<b>Reader:</b>	<b>7:45 am</b>	Diana Gustafson	Leslie Sanya
	<b>9:00 am</b>	Andrew Greene Christian Simpson	Suzyn Gonzalez Carleton MacDonald
	<b>11:15 am</b>	Page Salazar	Peg Ruppel
	<b>5:00 pm</b>	Christine Yankus-Eng	Howard Holland
<b>Prayers:</b>	<b>7:45 am</b>	Diana Gustafson	Leslie Sanya
	<b>9:00 am</b>	Susan McLaughlin	Gordon Donnelly
<b>Chalicians:</b>	<b>7:45 am</b>	Leslie Sanya Edna Leake	Wadai Dennis Sharon Hayden
	<b>9:00 am</b>	Margaret Tellu Dotty Pfadenhauer	Jerry Pfadenhauer Diana Gustafson
	<b>11:15 am</b>	Anika Lalmansingh Peg Ruppel	Page Salazar Laura Shay
	<b>5:00 pm</b>	Christine Yankus-Eng	Howard Holland
<b>Healing Prayer Ministers:</b>			
	<b>7:45 am</b>	Jean Cohn	Diana Gustafson
	<b>9:00 am</b>	Randy Lord-Wilkinson	Javier Ocampo
	<b>11:15 am</b>	Alex Langley	Peg Ruppel
<b>Acolytes:</b>	<b>7:45 am</b>	Raymond Chin Aidan Douglas Jackson Douglas	Ron Hayden Aidan Douglas Jackson Douglas
	<b>9:00 am</b>	Alfred Wasikye Kayleigh Yankie Sam Mendimasa	Manny Johnson Msangwa Ogada Nuelle Johnson
<b>Welcome Team:</b>			
	<b>7:45 am</b>	Frank Sanya Wadai Dennis	Enid Cole Janet King
	<b>9:00 am</b>	Swithin Kwamena-Poh Kevin Blanc Algernon Thomas	Esther Allotey-Taylor Bev Stennett Christine Kroma Josephine Clarke
	<b>11:15 am</b>	Page Salazar Karl Didavi	Sciou Broderick Peedy Terry
<b>Flower Delivery:</b>			
		Alice Padmore Esther Sawyer	Adoma Baffoe Hawa Clemens
<b>Altar Guild:</b>	<b>7:45 am</b>	Georgette Dennis	Enid Cole Mardia Dennis
	<b>9:00 am</b>	Ophelia Yalley-Ogunro Esther Taylor Sari Stoddard	Sarah Gallagher Kristin FitzPatrick
	<b>11:15 am</b>	Georgana Maines	Laura Shay Georgana Maines
<b>Weekly Altar Guild Team:</b>		11:15 am Team	7:45 am Team
<b>Eucharistic Visitor:</b>			
		Barb Mansfield Kate Foley	Jean Cohn Enid Cole

## LEADERSHIP AT ASCENSION

### *Clergy*

The Rev. Randy Lord-Wilkinson, *Rector*  
The Rev. Javier García Ocampo, *Spanish Language Missioner*

### *Seminarian*

Diana Gustafson

### *Musicians*

Jerrold Tidwell, *Minister of Music*  
Howard Hanson, *Musician, Service for Families with Small Children at 10:15 a.m.*  
Samuel Munguia, *Musician, Spanish Language Service at 11:00 a.m.*  
Eric O'Loughlin, *Musician, 5:00 p.m. Service*

### *Wardens*

Betsy Hasegawa, *Senior Warden*  
Janet King, *Junior Warden*

### *Vestry*

2017: Denise Lionetti, Najma Stubblefield, Paul Whitmore  
2018: Maria Estela Rodriguez, Avin Lalmansingh, Gary McLaughlin  
2019: Rose Buck, Zadinga Ogada, John Pruessner  
Sari Stoddard, *Clerk of the Vestry*  
Howard Holland, *Treasurer*

### *Mission Area Leaders*

Zadinga Ogada, *Christian Formation for Children*  
Angie Hight-Walker, *Christian Formation for Youth*  
Ted Bedell, *Facilities*  
Howard Holland, *Finance*  
Paul Boynton, *Outreach*  
Randy Lord-Wilkinson, *Pastoral Care*  
Jean Cohn, *Personnel*  
Carleton MacDonald, *Worship*

### *Delegates to Diocesan Convention*

Kristen Keating, Carleton MacDonald, Sue Snay  
Alternate: Mardia Dennis

### *Staff*

Kathy Van Arnum, *Office Coordinator*  
Pia Leaman, *Communications*  
Giséle Lachance, *Nursery Director*  
Betty LaVern, *Sexton*

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