



The Fifth Sunday after Pentecost

19 June A.D. 2016

7:45 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 bulletin, the people read the parts in bold print.*

♦ **Please silence your audible devices** ♦

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THE WORD OF GOD

Blessed be God; Father, Son, and Holy Spirit.  
And blessed be God's kingdom, now and for ever. Amen.

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.

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

The Lord be with you.  
And also with you.  
Let us pray.

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. 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.**

## Psalm 42

- 1 As the deer longs for the water-brooks, \*  
**so longs my soul for you, O God.**
- 2 My soul is athirst for God, athirst for the living God; \*  
**when shall I come to appear before the presence of God?**
- 3 My tears have been my food day and night, \*  
**while all day long they say to me, "Where now is your God?"**
- 4 I pour out my soul when I think on these things: \*  
**how I went with the multitude and led them into the house of God,**
- 5 With the voice of praise and thanksgiving, \*  
**among those who keep holy-day.**
- 6 Why are you so full of heaviness, O my soul? \*  
**and why are you so disquieted within me?**
- 7 Put your trust in God; \*  
**for I will yet give thanks to him, who is the help of my countenance, and my God.**
- 8 My soul is heavy within me; \*  
**therefore I will remember you from the land of Jordan, and from the peak of Mizar among the heights of Hermon.**
- 9 One deep calls to another in the noise of your cataracts; \*  
**all your rapids and floods have gone over me.**
- 10 The LORD grants his loving-kindness in the daytime; \*  
**in the night season his song is with me, a prayer to the God of my life.**
- 11 I will say to the God of my strength, "Why have you forgotten me? \*  
**and why do I go so heavily while the enemy oppresses me?"**
- 12 While my bones are being broken, \*  
**my enemies mock me to my face;**
- 13 All day long they mock me \*  
**and say to me, "Where now is your God?"**
- 14 Why are you so full of heaviness, O my soul? \*  
**and why are you so disquieted within me?**
- 15 Put your trust in God; \*  
**for I will yet give thanks to him, who is the help of my countenance, and my God.**

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.**

**Sermon**

**(The Rev.) Randy Lord-Wilkinson**

### **The Nicene Creed**

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.  
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.

### **Prayers of the People: Form III**

*The Leader and People pray responsively*

Father, we pray for your holy Catholic Church;  
**That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;  
**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons, especially Michael our Presiding Bishop, Mariann our Bishop; Randy our Rector, Javier our Spanish Language Missioner, and Diana our Seminarian;  
**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;  
**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;  
**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;  
**That they may be delivered from their distress.**

Give to the departed eternal rest;  
**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy;  
**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others. You may add your own prayers at this time.

*Silence*

*The people may add their own petitions*

We pray for comfort, healing, courage and hope for 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.

We give thanks for the life of William Thomas, in whose loving memory his daughter Nancy Carman has given altar flowers today.

*Celebrant*

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

### **Confession of Sin**

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Leader 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:*

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**

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

### **Announcements**

*Please stand at the presentation of the money and food offerings.*

### **HOLY COMMUNION**

#### **Eucharistic Prayer B**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**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; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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:

**Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*You may stand or kneel during the Eucharistic Prayer.*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

*Celebrant and People:*

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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.**

### **The Lord's Prayer**

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

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.

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

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.

*Administration of the Sacrament: All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station at the direction of the Welcome Team. 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 beside the pulpit after receiving communion. A healing minister will be there to pray with you.*

## Prayer after Communion

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.

## The Blessing

Life is short, and we do not have too much time  
to gladden the hearts of those who travel the way with us.  
So be swift to love, and make haste to be kind.  
And may the blessing of the one who made us,  
who journeys with us,  
who breathes us into life moment by moment,  
Creator, Christ, and Holy Spirit,  
be upon you  
this day and always.  
*Amen.*

Go in peace to love and serve the Lord.  
Thanks be to God.

## 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 Visitors:</b>		Barb Mansfield Kate Foley	Jean Cohn Enid Cole

