



The Fourteenth Sunday after Pentecost

21 August AD 2016

11:15 a.m. Holy Eucharist

(The Rev.) Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*
Jerrold Tidwell, *Minister of Music*

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.

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

Welcome and Announcements

Gather 373

Sing of the Lord's Goodness

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.

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."

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

Thanks be to God.

Gather 401

We Cannot Measure How You Heal

The Holy Gospel of our Lord Jesus Christ according to Luke [13:10-17]

Glory to you, Lord Christ.

Now 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.

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

Meditation

The Rev. Carol Flett

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 585

Let Us Be Bread

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

**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.*

When there is a Eucharistic Visitor present

We send you forth bearing these holy gifts that those whom you visit may share with us in the communion of Christ's body and blood.

People: We who are many are one body because we all share one bread and one cup.

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 283

Return to God

The Peace

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

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:

Helen Clark, Joseph Ellis, George Johnson, Homé Reitwiesner, Maria Estela Rodruguez, Peg Ruppel, Nancy Snee, Janet Spencer, Lou Spencer, Fran Spina, 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:

We give thanks for the birthday of Heidi Sicard, in whose honor the altar flowers are given by her mother, Rimie Sicard.

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Worship Leaders

		This Week	Next Week
Reader:	7:45 am	Jean Cohn	Enid Cole
	9:00 am	Susan Ahalt Sue Snay	Andrew Greene Christian Simpson
	11:15 am	Avin Lalmansingh	Karl Didavi
	5:00 pm	Howard Holland	Howard Holland
Prayers:	7:45 am	Jean Cohn	Enid Cole
	9:00 am	Carleton MacDonald	Gary McLaughlin
Chalicians:	7:45 am	Edna Leake Wadai Dennis	Sharon Hayden Enid Cole
	9:00 am	Nancy Carman Cynthia Perley\	Esther Tellu Dotty Pfadenhauer
	11:15 am	Avin Lalmansingh Sarah Rubin	Peg Ruppel Laura Shay
	5:00 pm	Howard Holland	Howard Holland
Healing Prayer Ministers:	7:45 am	Jean Cohn	Lisa Murdock
	9:00 am	Susan McLaughlin	Randy Lord-Wilkinson
	11:15 am	Peg Ruppel	Sarah Rubin
Acolytes:	7:45 am	Ron Hayden Aidan Douglas	Raymond Chin Aidan Douglas
	9:00 am	Alfred Wasikye Sam Mendimasa Kofi Kwamena-Poh	Nuelle Johnson Manny Johnson Msangwa Ogada
Welcome Team:	7:45 am	Don Cohn Jean Cohn	Janet King Wadai Dennis
	9:00 am	Esther Allotey-Taylor Bev Stennett Christine Kroma Josephine Clarke	Dorette Sutherland James Black Jonathan Black Josephine Clarke
	11:15 am	Alex Langley Alice Padmore Kendall Anderson	Sciou Broderick Peedy Terry Emmanuel Nwankwo
Flower Delivery:		Hawa Clemens Eliane Dunn-Johnson	Alice Padmore Esther Sawyer
Altar Guild:	7:45 am	Georgette Dennis	Enid Cole Mardia Dennis
	9:00 am	Nancy Carman Dorett Sutherland	Caryl Thomas Dotty Pfadenhauer
\	11:15 am	Georgana Maines Lynne Shaer	Georgana Maines Lynne Shaer
Weekly Altar Guild Team:		11:15 am Team	11:15 am Team
Eucharistic Visitor:		Kate Foley	Barb Mansfield Enid Cole

LEADERSHIP AT ASCENSION

Clergy

The Rev. Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*

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*
Carol Bruno, *Communications*
Betty LaVern, *Sexton*

The Episcopal Church of the Ascension
205 South Summit Ave.
Gaithersburg, MD 20877
301.948.0122 www.ascensionmd.org

