

# SAINT PAUL'S EPISCOPAL CHURCH

*We believe that God is healing and restoring the world,  
and that we are recipients of and participants in that healing and restoration.*



SUNDAY, MAY 29, 2022

THE SEVENTH SUNDAY OF EASTER

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# The Holy Eucharist - Rite II

**W**ELCOME to St. Paul's! We are grateful for your prayers and presence on this day in the life of the parish community. We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. Everyone is welcome to receive Holy Communion at the Lord's table.

**O**ur worship service takes place here and online; it is also being recorded for later viewing. Feel free to greet one another as is your custom as you gather. When we are ready to start, our Angels Aloft will sound an opening bell. This signals those gathered that our service is now being recorded. Please maintain quiet and turn your attention to our opening activities at this time.

## Opening Bell

Welcome

*Celebrant*

Announcements

*Member of Vestry*

Prelude

Land Acknowledgement

*Celebrant*

*We acknowledge that we are on the traditional lands of the Coast Salish peoples who have reserve treaty rights to this land, including the Upper Skagit, Skagit and Swinomish Tribes who have stewarded this land throughout the generations. We thank these caretakers of this land, who have lived, and continue to live, here since time immemorial.*

Mission Statement

1 *Presider and People:*

**We believe that God is healing and restoring the world, and that we are recipients of and participants in that healing and restoration.**

Opening Hymn

Fairest Lord Jesus

1 Fair - est Lord Je - sus, Ru - ler of all na - ture, O thou of  
 2 Fair are the mea - dows, fair - er still the wood - lands, robed in the  
 3 Fair is the sun - shine, fair - er still the moon - light, and all the

God and man the Son; thee will I cher - ish,  
 bloom - ing garb of spring: Je - sus is fair - er,  
 twink - ling, star - ry host: Je - sus shines bright - er,

thee will I hon - or, thou, my soul's glo - ry, joy, and crown.  
 Je - sus is pur - er, who makes the woe - ful heart to sing.  
 Je - sus shines pur - er, than all the an - gels heaven can boast.

## Easter Greeting

*Please stand as able.*

Presider: Alleluia! Christ is risen!

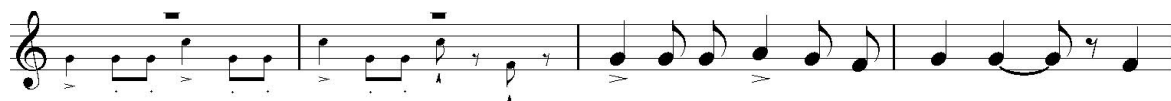
People: Christ is risen indeed! Alleluia!

## The Collect for Purity

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.

## Gloria: Hymn S-278

*Here & next page.*



1. Glo-ry to God in the high-est, and



peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -



might - y God and Fa - ther, we wor - ship you, we give you thanks, we



praise you for your glo - ry. 3. Lord Je - sus Christ,



on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you



3 take a - way the sin of the world: have mer - cy on us;

Gloria: Hymn S-278

*cont'd.*

5. you are seat - ed at the right hand of the Fa - ther: re -  
ceive our prayer. 6. For  
you a - lone are the Ho - ly One, you a - lone are the Lord,  
7. you a - lone are the Most High, Je - sus Christ, with the  
Ho - ly Spi - rit, in the glo - ry of  
God the Fa - ther. A - men.

The Collect

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

Presider: Let us pray.

O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.

# The Liturgy of the Word

*Please be seated.*

## A Reading From Acts 16:16-34.

With Paul and Silas, we came to Philippi in Macedonia, a Roman colony, and, as we were going to the place of prayer, we met a slave girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling. While she followed Paul and us, she would cry out, "These men are slaves of the Most High God, who proclaim to you a way of salvation." She kept doing this for many days. But Paul, very much annoyed, turned and said to the spirit, "I order you in the name of Jesus Christ to come out of her." And it came out that very hour.

But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the marketplace before the authorities. When they had brought them before the magistrates, they said, "These men are disturbing our city; they are Jews and are advocating customs that are not lawful for us as Romans to adopt or observe." The crowd joined in attacking them, and the magistrates had them stripped of their clothing and ordered them to be beaten with rods. After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. Following these instructions, he put them in the innermost cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. But Paul shouted in a loud voice, "Do not harm yourself, for we are all here." The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. Then he brought them outside and said, "Sirs, what must I do to be saved?" They answered, "Believe on the Lord Jesus, and you will be saved, you and your household." They spoke the word of the Lord to him and to all who were in his house. At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.

Psalm 97:1-4,11-12



To us a child is born; to us a Son is giv- en.

The Lord is King; let the /earth re<sup>o</sup>joice;\*  
let the multitude /of the isles be glad.  
Clouds and darkness are round a/bout him,\*  
righteousness and justice are the founda/tions of his throne.  
[ANTIPHON]

A fire goes be/fore him\*  
and burns up his ene/mies on ev'ry side.  
His lightnings light up the /world;\*—  
the earth sees /it and is afraid. [ANTIPHON]

Light has sprung up for the /righteous,\*  
and joyful gladness for those who /are true-hearted.  
Rejoice in the Lord, you /righteous,\*  
and give thanks /to his holy Name. [ANTIPHON]



A Reading from Revelation 22:12-14,16-17,20-21.

At the end of the visions I, John, heard these words:

“See, I am coming soon; my reward is with me, to repay according to everyone’s work. I am the Alpha and the Omega, the first and the last, the beginning and the end.”

Blessed are those who wash their robes, so that they will have the right to the tree of life and may enter the city by the gates.

“It is I, Jesus, who sent my angel to you with this testimony for the churches. I am the root 6 and the descendant of David, the bright morning star.”

The Spirit and the bride say, "Come."  
And let everyone who hears say, "Come."  
And let everyone who is thirsty come.  
Let anyone who wishes take the water of life as a gift.

The one who testifies to these things says, "Surely I am coming soon."

Amen. Come, Lord Jesus!

The grace of the Lord Jesus be with all the saints. Amen.

Lector: The Word of the Lord.

People: Thanks be to God.

### Gradual Hymn

### Wash, O God, Our Sons and Daughters

*Here & next page.*

1. Wash, O God, our sons and daugh - ters, Where your  
2. We who bring them long for nur - ture; By your  
3. O how deep your ho - ly wis - dom! Un - i -

cleans - ing wa - ters flow. Num - ber them a - mong your  
milk may we be fed. Let us join your feast, par -  
mag - ined, all your ways! To your name be glo - ry,



# Wash, O God, Our Sons and Daughters

*cont'd.*

peo - ple; Bless as Christ blessed long a - go. Weave them  
 tak - ing Cup of bless - ing, liv - ing bread. God, re -  
 hon - or! With our lives we wor - ship, praise! We your

gar - ments bright and spar - kling; Com - pass  
 new us, guide our foot - steps; Free from  
 peo - ple stand be - fore you, Wa - ter -

them with love and light. Fill, a - noint them;  
 sin and all its snares, One with Christ in  
 washed and Spir - it - born. By your grace, our

send your Spir - it, Ho - ly dove and heart's de - light.  
 liv - ing, dy - ing, By your Spir - it, chil - dren, heirs.  
 lives we of - fer. Re - cre - ate us; God, trans - form!

Presider: The Holy Gospel of Our Lord Jesus Christ According to John 17:20-26.

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

Jesus prayed for his disciples, and then he said. "I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world.

"Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them."

Presider: The Gospel of the Lord.

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

The Sermon

The Reverend Paul Moore

## 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:  
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: Everliving God, we pray for your holy Catholic Church;

**People: 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;

**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.

*Silence.*

*Here other intercessions may be offered, silently or aloud.*

*The Celebrant adds a concluding Collect.*

## Confession and Absolution

Presider: Let us confess our sins to God.

*Silence may be kept.*

**Presider and People:**

God of all mercy,  
we confess that we have sinned against you,  
opposing your will in our lives.  
We have denied your goodness in each other,  
in ourselves, and in the world you have created.  
We repent of the evil that enslaves us,  
the evil we have done,  
and the evil done on our behalf.  
Forgive, restore, and strengthen us  
through our Savior Jesus Christ,  
that we may abide in your love  
and serve only your will. Amen.

*Presider speaks an Absolution.*

## The Peace / La Paz

Presider: The peace of the Lord be always with you. / La paz del Señor sea siempre con ustedes.

**People:** And also with you. / **Y con tu espíritu.**

*If you are worshipping with us virtually, use the chat function to “say” peace to your fellow parishioners, or text/email someone with whom you would like to share the peace of Christ.*

*Your gifts are much appreciated.*

*If you are joining this live stream, you may mail your offering/pledge to 415 S. 18th Street, Mount Vernon, WA 98274. You can also make payments online at [www.stpaulsmv.org](http://www.stpaulsmv.org)*

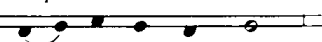
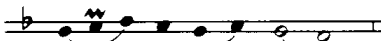
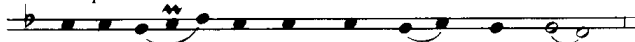
**Doxology** *(Sung together to the tune of “All Creatures of Our God and King”.)*

Praise God from whom all blessings flow  
 Praise God all creatures here below  
 Alleluia! Alleluia!  
 Praise God above ye heavenly hosts  
 Creator, Christ, and Holy Ghost. Amen.  
 Alleluia! Alleluia!  
 Alleluia! Alleluia!  
 Alleluia!

**The Holy Communion**

**Eucharistic Prayer D**

*All who seek God and a deeper life in Christ are welcome to come forward for communion or blessing. Glutenfree wafers are available. The assembly is invited to stand for the Eucharistic Prayer.*

<p><i>Celebrant</i></p>  <p>The Lord be with you.</p>	<p><i>People</i></p>  <p>And al - so with you.</p>
<p><i>Celebrant</i></p>  <p>Lift up your hearts.</p>	<p><i>People</i></p>  <p>We lift them to the Lord.</p>
<p><i>Celebrant</i></p>  <p>Let us give thanks to the Lord our God.</p>	
<p><i>People</i></p>  <p>It is right to give him thanks and praise.</p>	

Presider: It is truly right to glorify you, source of All, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever. Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance. Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

**Presider and People:**



San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi  
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.  
 heart is glad to say the words: you are ho - ly, Lord.

Presider: We acclaim you, holy God, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation. Loving God, you loved the world so much that in the fullness of time you sent your only Son to be our Savior.

Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new. And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, the one he called his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Loving God, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

**Presider and People:**

**We praise you, we bless you,  
we give thanks to you,  
and we pray to you, Lord our God.**

Presider: God our Creator, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ. Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace. Remember our Bishops and all who minister in your Church. Remember all your people, and those who seek your truth.



Remember all who have no shelter this day, all who have no food, all who suffer and hurt this day, all who are alone. Remember all who serve this day on behalf of others. Remember all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light. And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, with St. Paul and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and for ever. AMEN.

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

Our Fa - ther in hea - ven, hal - lowed be your Name,  
your king - dom come, your will be done, on earth as in  
hea - ven. Give us to - day our dai - ly bread.  
For - give us our sins as we for - give those who  
sin a - gainst us. Save us from the time of trial,  
and de - liv - er us from e - vil. For the king - dom the pow - er,  
and the glo - ry are yours, now and for ev - er. A - men.

## The Breaking of the Bread

Presider: Alleluia. 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. Alleluia.

*Please be seated.*

*Those present, are invited to receive Holy Communion.  
You can approach the altar at the direction of the usher.*

*Those with us online, during these next moments of meditation,  
wherever you are, receive God's gifts to you.*

*We share spiritual communion today.*

### Communion Hymn

### Jesus is Lord of All the Earth

*Here & next page.*

*Descant*

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

*Refrain*

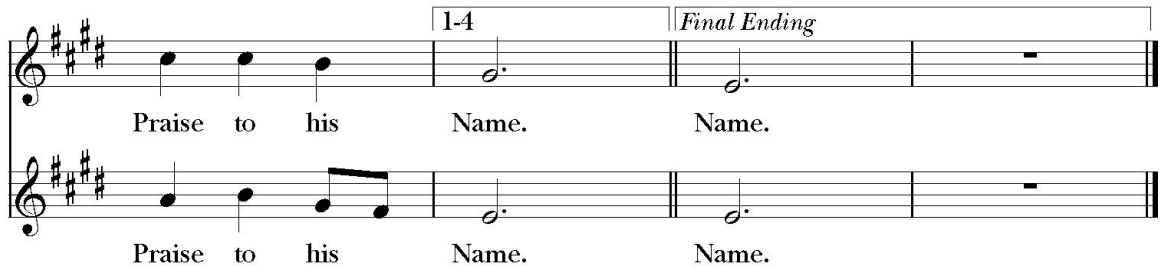
Al - le - lu - ia, al - le - lu - ia! Give thanks to the

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

ris - en Lord. Al - le - lu - ia, al - le - lu - ia! Give

# Jesus is Lord of All the Earth

*cont'd.*



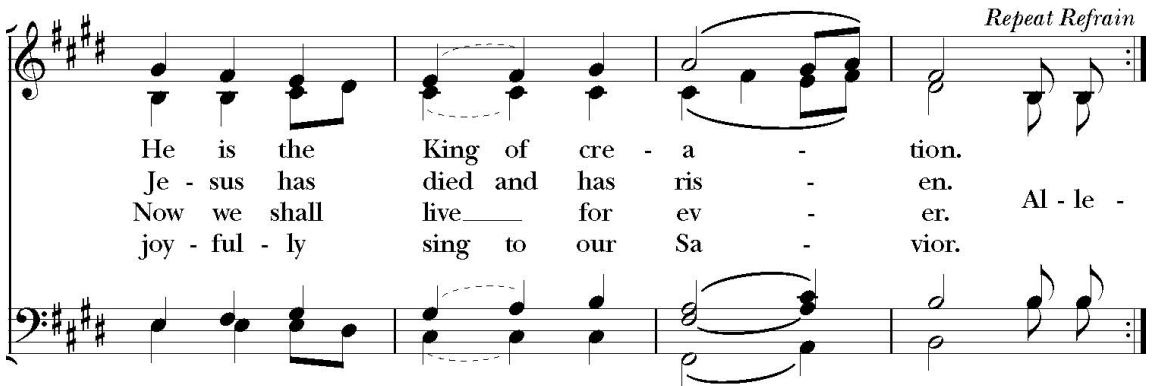
I-4 Final Ending

Praise to his Name. Name.

Praise to his Name. Name.



1 Je - sus is Lord of all the earth.  
2 Spread the good news o'er all the earth:  
3 We have been cru - ci - fied with Christ.  
4 Come, let us praise the liv - ing God,



*Repeat Refrain*

He is the King of cre - a - tion.  
Je - sus has died and has ris - en. Al - le -  
Now we shall live for ev - er.  
joy - ful - ly sing to our Sa - vior.

## Sending out of Eucharistic Visitors:

*The Presider sends forth the Eucharistic Minister with a blessing:*

Presider: We who are many are one body

**People: Because we all share one bread, one cup.**

Presider: In the name of God and of this congregation we send you forth, bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

**People: As you have been fed, now feed others in the name of Christ.**

Presider: Our prayers go with you. **Amen.**

## Post Communion Prayer

Presider: Let us pray.

**God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

## Blessing

## Closing Hymn

## We Know That Christ Is Raised



1. We know that Christ is raised and dies no  
2. We share by wa - ter in his sav - ing  
3. The Fa - ther's splen - dor clothes the Son with  
4. A new cre - a - tion comes to life and



more. Em - braced by death, he broke its  
death. Re - born, we share with him an  
life. The Spir - it's fis - sion shakes the  
grows As Christ's new bod - y takes on



fear - ful hold, And our de - spair he turned to  
East - er life As liv - ing mem - bers of our  
Church of God. Bap - tized, we live with God the  
flesh and blood. The u - ni - verse re - stored and



blaz - ing joy. Al - le - lu - ia!  
Sav - ior Christ. Al - le - lu - ia!  
Three in One. Al - le - lu - ia!  
whole will sing: Al - le - lu - ia!

## Dismissal

Presider: Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia, Alleluia.

People: Thanks be to God. Alleluia, Alleluia.

*- You are invited to enjoy the gift of postlude music and then greet your friends - 20 afterwards.*

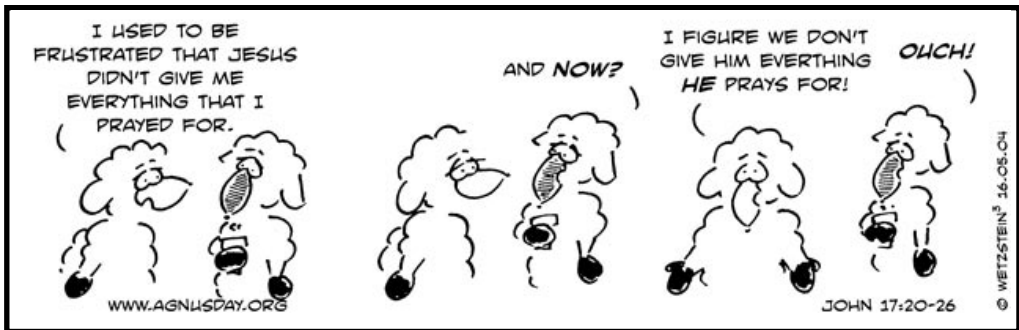
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*Offertory - Thank you for giving!*

Please drop your offering in the church's mailbox or mail it to:

St. Paul's Episcopal Church  
415 S. 18<sup>th</sup> Street  
Mount Vernon, WA 98274

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Serving Today: 8:00 a.m. Morning Prayer - Eucharistic Minister: Maggie Bird

9:30 a.m. Holy Eucharist

Presider:	The Reverend Paul Moore
Deacon:	The Reverend Dennis Taylor
Music Director:	David Sloat
Eucharistic Minister:	Andy Schuh
Greeters:	Michael & Carol Boss
Counters:	Sharon Johnson, Margie Lauer

Your Vestry members request your prayers for this congregation and their leadership. They want to be in conversation with you. Speak with them so they know the needs of the congregation: Darcy Wells - *Senior Warden*, Dan Niven - *Junior Warden*, Margaret Bird - *Treasurer*, Barb Cheyney - *Clerk*, Frosty Wilkinson, Margie Lauer, Sara Young, Joe Thomas

St. Paul's Prayer Team prays daily for those on the list. Email Penny Worrell: [penny.worrell@gmail.com](mailto:penny.worrell@gmail.com).

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Page 21 image: <https://www.agnusday.org/comics/721/john-17-20-26-2016>

## Announcements for May 29, 2022

**Welcome to our guests:** We are so glad that you are worshipping with us today! Please put your name and contact information in our guest book so that we may get to know you better.

### *Seeking Lectors/Readers*

Would you like to be involved in the service without a regular reoccurring obligation? St. Paul's could use your help as part of the Lector/Reader Crew at the 9:30 service. If you would like to be a Lay Reader, please let Bonnie Schuh know that you are interested. She will share a document where you can sign up to read at the services when you are available. All are encouraged to share in this ministry, as it will build community in our worship to hear from a wide variety of readers. Bonnie can be contacted at [myschuhfamily@gmail.com](mailto:myschuhfamily@gmail.com) or (949)735-9895.

### *Coffee Hour is Back!*

If you would like to volunteer to host coffee hour, there is a sign up sheet on the credenza at the left of the Parish Hall entry. If you are unfamiliar with any aspect of coffee hour set up/supplies/etc., please contact Lauren Wright [[lgwright99@yahoo.com](mailto:lgwright99@yahoo.com)] or any member of Carolyn's Guild for info and help. Looking forward to visiting with our church family for fellowship and friendship following 9:30 a.m. service. Thank you!

### *Lenten Book Study*

**Wednesday Evenings at 6:00 p.m.** on The Book of Forgiving, the Fourfold Path for Healing Ourselves and Our World, by Desmond and Mpho Tutu. Zoom Link:

<https://us02web.zoom.us/j/83176354778?pwd=dmxIVzdnSllxRXZBRERGVXM5ZlJiZz09>

Meeting ID: 831 7635 4778 & Passcode: 429043

Call in: +12532158782

### *Forward Day By Day*

Please help yourself to a current booklet! And, you can read the daily meditation at <http://prayer.forwardmovement.org/>

### *Good Works*

Many of us have heard about the mission work that Paul Moore has been involved with in Honduras, Honduras, Good Works, <https://hondurasgoodworks.org> It is obvious from Paul's stories of the mission and their own website the they have truly learned to partner with the people they work with and have learned to listen to the needs of the Hondurans and not perceived wants. They are preparing for this years trip and have set up Amazon Wish List for needed items HGW brigade needs . Or just donate to the brigade's mission.

Be well and take care, Deacon Dennis Taylor, RN.

## *Welcome to Saint Paul's!*

**W**e hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. The prayer book gives directions as to when we stand, sit, or occasionally kneel; these are guidelines. What is more important is that you bring your complete self to worship God.

**E**veryone is welcome to receive Holy Communion at the Lord's table. We use real wine in the cup. If you wish to receive only a blessing, simply cross your arms in front of you as the priest approaches. If you do not want to drink from the chalice, keep the piece of bread on your open palm, and present it to the chalice bearer, who will then dip the bread into the wine and place it on your tongue. Non-gluten bread is also available. Please inform us if this is your preference. We ask that those worshipping with us online reverently pray and meditate on God's grace and blessing whenever you observe the Eucharist being taken.



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If you would like to receive our e-news, please send a message to [stpaulmv@comcast.net](mailto:stpaulmv@comcast.net).