

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, JUNE 12, 2022

FIRST SUNDAY AFTER PENTECOST:

TRINITY SUNDAY

415 SOUTH 18TH ST., MOUNT VERNON WA 98274-4658

360-424-1822

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The Holy Eucharist - Rite II

WELCOME 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.

Our 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

Holy, Holy, Holy! Lord God Almighty

1 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
 *2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
 3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
 4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!

Ear - ly in the morn - ing our song shall rise to thee:
 cast - ing down their gold - en crowns a - round the glass - y sea;
 though the sin - ful hu - man eye thy glo - ry may not see,
 All thy works shall praise thy Name, in earth, and sky, and sea;

Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,
 cher - u - bim and ser - a - phim fall - ing down be - fore thee,
 on - ly thou art ho - ly; there is none be - side thee,
 Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,

God in three Per - sons, bless - ed Trin - i - ty.
 which wert, and art, and ev - er - more shalt be.
 per - fect in power, in love, and pu - ri - ty.
 God in three Per - sons, bless - ed Trin - i - ty.

Please stand as able.

Presider: Blessed be God, Earth Maker, Pain Bearer, Life Giver.

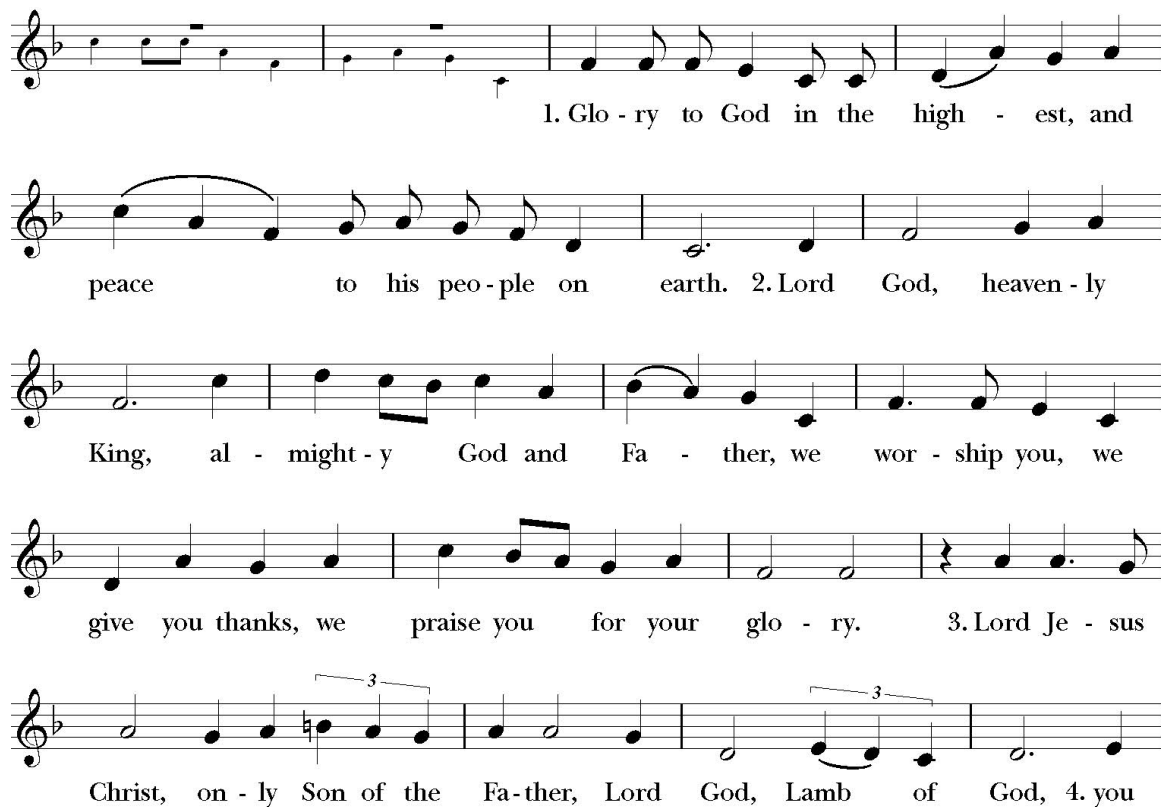
People: And blessed be God's kingdom, now and for ever. Amen.

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-280

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 - mighty 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

Gloria: Hymn S-280

cont'd.

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

Almighty and everlasting God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity: Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever. Amen.

The Liturgy of the Word

Please be seated.

A Reading From Proverbs 8:1-4, 22-31.

Does not wisdom call,
and does not understanding raise her voice?
On the heights, beside the way,
at the crossroads she takes her stand;
beside the gates in front of the town,
at the entrance of the portals she cries out:
“To you, O people, I call,
and my cry is to all that live.
The Lord created me at the beginning of his work,
the first of his acts of long ago.
Ages ago I was set up,
at the first, before the beginning of the earth.
When there were no depths I was brought forth,
when there were no springs abounding with water.
Before the mountains had been shaped,
before the hills, I was brought forth--
when he had not yet made earth and fields,
or the world's first bits of soil.
When he established the heavens, I was there,
when he drew a circle on the face of the deep,
when he made firm the skies above,
when he established the fountains of the deep,
when he assigned to the sea its limit,
so that the waters might not transgress his command,
when he marked out the foundations of the earth,
then I was beside him, like a master worker;
and I was daily his delight,
rejoicing before him always,
rejoicing in his inhabited world
and delighting in the human race.”

Canticle 13: A Song of Praise *Benedictus es, Domine*
Song of the Three Young Men, 29-34

People: Glory to you, Lord God of our fathers; *
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name; *
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple; *
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim; *
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths; *
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit; *
we will praise you and highly exalt you for ever.

A Reading from Romans 5:1-5.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

Lector: The Word of the Lord.

People: Thanks be to God.

Gradual Hymn

Like the Murmur of the Dove's Song



1 Like the mur - mur of the dove's song, like the
 2 To the mem - bers of Christ's Bo - dy, to the
 3 With the heal - ing of di - vi - sion, with the



chal - lenge of her flight, like the vig - or of the
 branch - es of the Vine, to the Church in faith as -
 cease - less voice of prayer, with the power to love and



wind's rush, like the new flame's ea - ger
 sem - bled, to her midst as gift and
 wit - ness, with the peace be - yond com -



might: come, — Ho - ly Spi - rit, come.
 sign: come, — Ho - ly Spi - rit, come.
 pare: come, — Ho - ly Spi - rit, come.

Presider: The Holy Gospel of Our Lord Jesus Christ According to John 16:12-15.

People: Glory to you, Lord Christ.

Jesus said to the disciples, "I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you."

7 Presider: The Gospel of the Lord.

People: Praise to you, Lord Christ.

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

Eucharistic Minister: In peace, we pray to you, Lord God.

Silence.

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, and Greg our Bishop and for all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation.

Silence.

The People may add their own petitions.

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence.

The People may add their own thanksgivings.

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence.

The People may add their own petitions.

Lord, let your loving-kindness be upon them;
Who put their trust in you.

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 worshiping 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.

Celebrations and Thanksgiving of Life

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

Offertory Hymn

We Are Setting the Rainbow Table

Here & next page.

E♭/B♭ Fm/B♭ A♭/B♭ A♭/E♭ E♭ A♭/B♭ E♭ G♭/A♭ Fm/A♭ E♭ E♭/G

We are setting the rainbow table. We are
table will sit the weary, know-
ing
sit at the rainbow table, full of

We Are Setting the Rainbow Table

cont'd.

5 A \flat sus A \flat E \flat E \flat /G A \flat /B \flat E \flat G7/D

plan - ning a gi - ant feast. We are birth - ing a new cre -
 wel - come in their souls. There is ma - gic at that
 co - lours and bathed in light. Come and learn how the rain - bow

8 C m E \flat 7/B \flat A \flat A dim E \flat /B \flat F m/B \flat A \flat /B \flat A \flat /E \flat E \flat A \flat /B \flat

a - tion — for the lone - ly, the lost and least. At that
 ta - ble — for the bro - ken know they are whole. Come and
 ta - ble — of - fers grace to our rain - bow lives.

Rit. last time

Doxology

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

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.

Celebrant *People*

The Lord be with you. And al - so with you.

Celebrant *People*

Lift up your hearts. We lift them to the Lord.

Celebrant

Let us give thanks to the Lord our God.

People

It is right to give him thanks and praise.

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:

Here & next page.

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 - does 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.

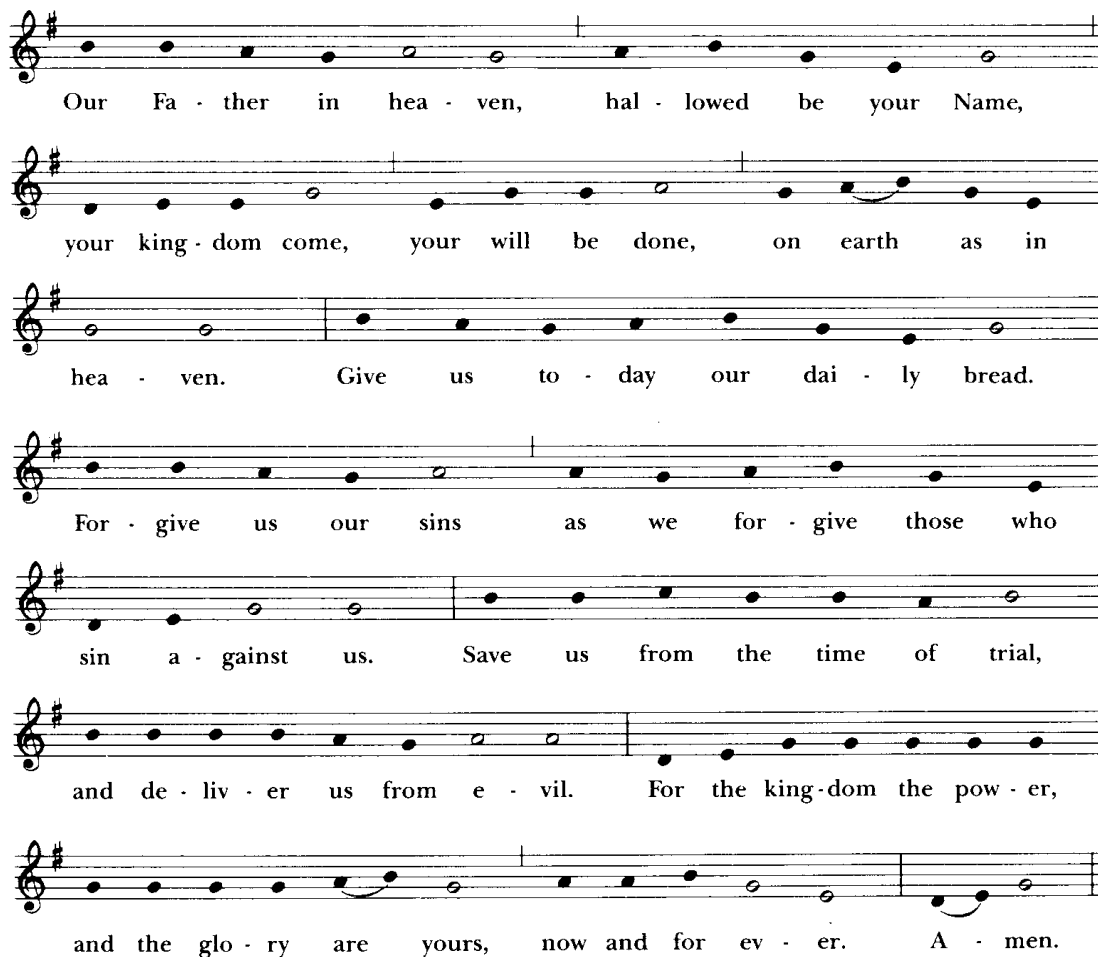
Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace. Remember our Bishops and all who minister in your Church. Remember all your people, and those who seek your truth.

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. Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast. Alleluia.

Presider: The Gifts of God for the People of God.

Please be seated.

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

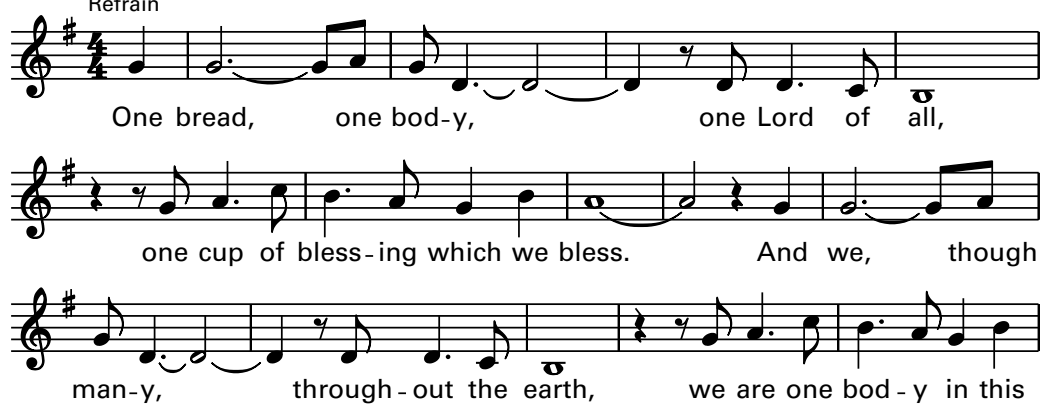
*Those with us online, during these next moments of meditation,
wherever you are, receive God's gifts to you.*

We share spiritual communion today.

Communion Hymn

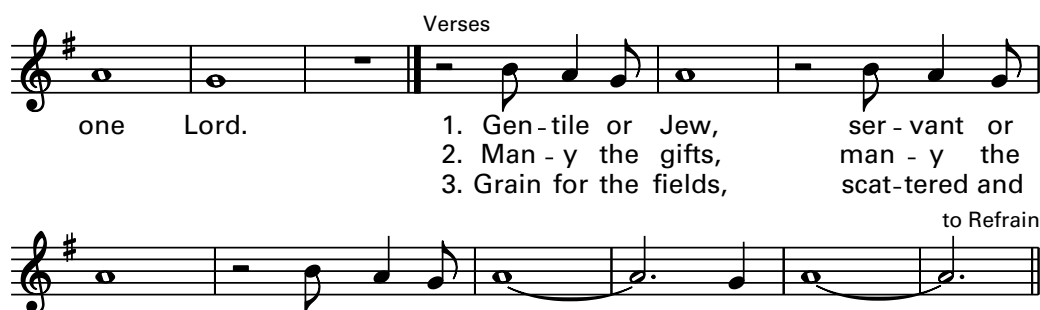
One Bread, One Body

Refrain




One bread, one bod-y, one Lord of all,
one cup of bless-ing which we bless. And we, though
man-y, through-out the earth, we are one bod - y in this

Verses



one Lord. 1. Gen-tile or Jew, ser-vant or
2. Man - y the gifts, man - y the
3. Grain for the fields, scat-tered and

to Refrain



1. free, wom-an or man, no more.
2. works, one in the Lord of all.
3. grown, gath-ered to one, for all.

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

Our help is in the name of the Lord;

The maker of heaven and earth.

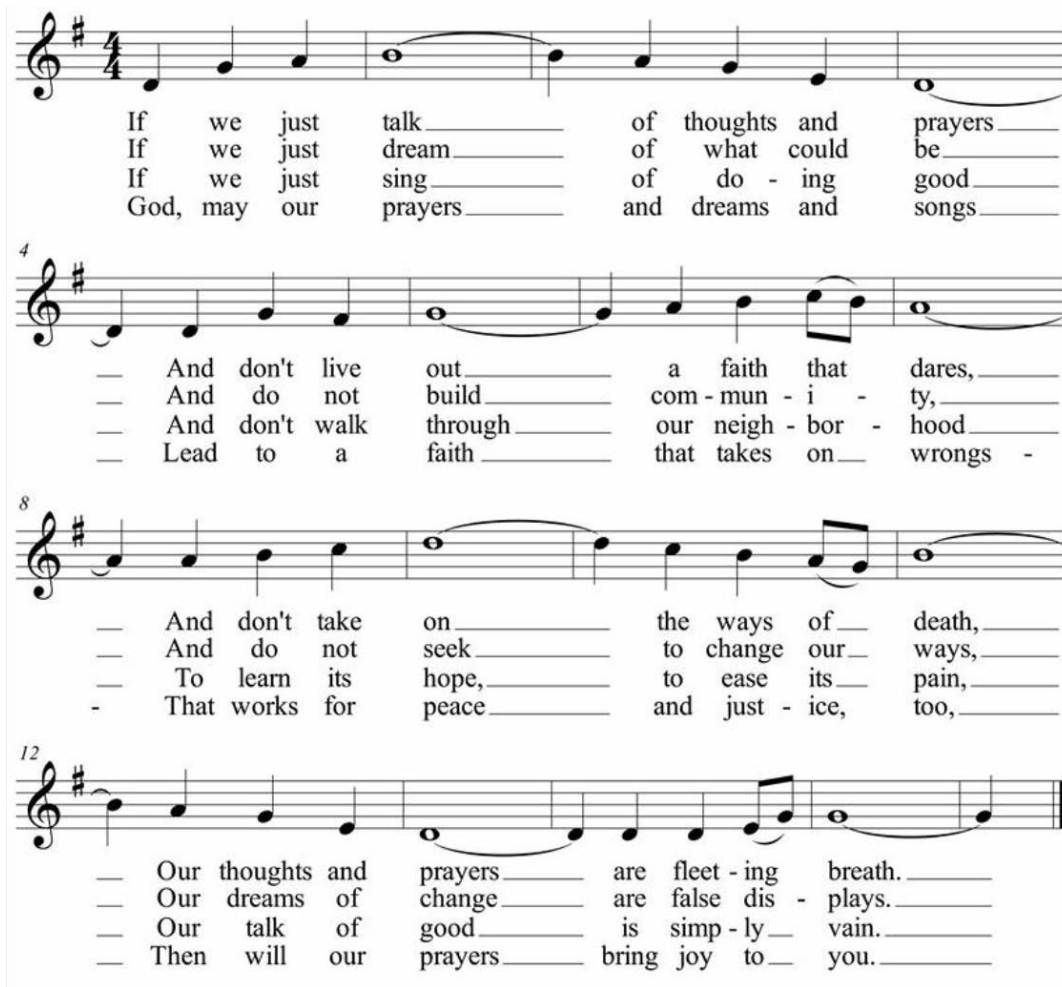
Blessed be the name of the Lord;

From this time forth for evermore.

The blessing, mercy, and grace of God Almighty, Earth Maker, Pain Bearer, Life Giver, be upon you, and remain with you always. **Amen.**

Closing Hymn

If We Just Talk of Thoughts and Prayers



The image shows a musical score for a hymn in 4/4 time with a key signature of one sharp (F#). The score is divided into four systems, each with a treble clef and a key signature of one sharp. The lyrics are written below the notes, with some words underlined to indicate phrasing. The lyrics are:

If we just talk _____ of thoughts and prayers _____
If we just dream _____ of what could be _____
If we just sing _____ of do - ing good _____
God, may our prayers _____ and dreams and songs _____

4
— And don't live out _____ a faith that dares, _____
— And do not build _____ com - mun - i - ty, _____
— And don't walk through _____ our neigh - bor - hood _____
— Lead to a faith _____ that takes on _____ wrongs -

8
— And don't take on _____ the ways of _____ death, _____
— And do not seek _____ to change our _____ ways, _____
— To learn its hope, _____ to ease its _____ pain, _____
- That works for peace _____ and just - ice, _____ too, _____

12
— Our thoughts and prayers _____ are fleet - ing breath. _____
— Our dreams of change _____ are false dis - plays. _____
— Our talk of good _____ is simp - ly _____ vain. _____
— Then will our prayers _____ bring joy to _____ you. _____

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.

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. 18th Street

Mount Vernon, WA 98274

Where are we on the Liturgical Calendar? – Trinity Sunday

To get a fix on Trinity Sunday it is helpful to get a running start. The flow of the liturgical year traces through the revelation of God in Jesus Christ and what that revelation means for the world. It begins with prophecies in Advent, Jesus' birth in Christmas, Jesus' life and ministry revealing him to be the Son of God in Epiphany, Jesus' passion in Lent, Jesus' death and resurrection in Holy Week and Easter, and the post-resurrection appearances during Eastertide, culminating in Pentecost, the empowering of the Holy Spirit. The Season after Pentecost is the time of the Church, when the effects of the resurrection and the coming of the Holy Spirit are lived out in mission. This season is launched on Trinity Sunday.

Two things make this a fitting celebration. First of all, except for the Great Commission at the end of Matthew, the doctrine of the Trinity is only obliquely referenced in the Bible. Jesus promised that the Holy Spirit would lead us into all truth, and one of the first such truths is the metaphor of the Trinity as a way of talking about God. This celebration reminds us of the ongoing teaching ministry of the Holy Spirit in the church after Pentecost.

Then, the doctrine itself sets the context for the life of the Church. Some very early Bishops known as the Cappadocian Fathers, described the Trinity as perfect divine community. The work of the Church is to bring all of creation back into that community from which it has become alienated. This is what we will celebrate throughout the long green season to come.

Serving Today:

8:00 a.m. Morning Prayer

Eucharistic Minister: Karisse Moore

9:30 a.m. Holy Eucharist

Presider: The Reverend Paul Moore
Deacon & Preacher: The Reverend Dennis Taylor
Music Director: David Sloat
Eucharistic Minister: Sherri Greenleaf
Greeters: Lauren Wright, Sara Young
Counters: Sharon Johnson, Carol Boss

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 prayer list.

Please email Penny Worrell at penny.worrell@gmail.com.

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Announcements for June 12, 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.

Updated Saint Paul's Directory for 2022!

Please update your information on a copy of the directory located in the office or on the counter in the Narthex. If you are currently not in the directory and would like to be added, please send your full name, mailing address, email, and phone numbers to stpaulmv@comcast.net

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 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] 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!

Holy Talks

Written by Joan Chittister, [The Rule of Benedict: A Spirituality for the 21st Century](#), will be on zoom, Wednesdays at 6:00 p.m. Contact Sister Kathy Fleck for more info: (360) 632-0209. Zoom Link:

<https://us02web.zoom.us/j/83176354778?pwd=dmxIVzdnSllxRXZBRERGVXM5Z1JiZz09>

Meeting ID: 831 7635 4778 & Passcode: 429043

Call in: +12532158782

Family Fund

Yesterday I joined Andrea, Freddy and Eduardo Reyes along with Paul and Karisse in meeting a delightful and active family who are refugees from Ukraine. They have been on the move since leaving their village in March and are just two months in the US. Their US hosts are relatives also from Ukraine and for eight people, four young, active girls and four adults in a two bedroom house, awaiting what comes next. The congregations that make up the shared families that utilize Saint Paul's have gathered \$1400 to help these families in their transition to the US and they truly expressed their gratitude. There was extended and welcome to the neighborhood and call if there is anything we can do for them. Thank you so very much! -Deacon Dennis Taylor

Welcome to Saint Paul's!

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. 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.

Everyone 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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