

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, SEPTEMBER 4, 2022

THIRTEENTH SUNDAY AFTER PENTECOST

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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

In the Cross of Christ I Glory

1 In the cross of Christ I glo - ry, tower - ing
 2 When the woes of life o'er - take me, hopes de -
 3 When the sun of bliss is beam - ing light and
 4 Bane and bless - ing, pain and plea - sure, by the
 *5 In the cross of Christ I glo - ry, tower - ing

1 o'er the wrecks of time; all the light of
 2 ceive, and fears an - noy, nev - er shall the
 3 love up - on my way, from the cross the
 4 cross are sanc - ti - fied; peace is there that
 5 o'er the wrecks of time; all the light of

1 sa - cred sto - ry gath - ers round its head sub - lime.
 2 cross for - sake me; lo, it glows with peace and joy.
 3 ra - diance stream - ing adds new lus - ter to the day.
 4 knows no mea - sure, joys that through all time a - bide.
 5 sa - cred sto - ry gath - ers round its head sub - lime.

Please stand as able.

Presider: Blessed be God: Creator, Redeemer and Sanctifier.

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



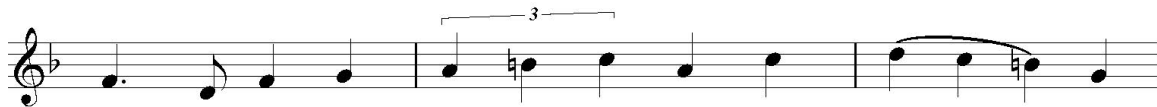
King, al - mighty God and Fa - ther, we wor - ship you, we



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



take a - way the sin of the world: have mer - cy

Gloria: Hymn S-280

cont'd.

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.

Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Liturgy of the Word

Please be seated.

A Reading from Deuteronomy 30:15-20.

Moses said to all Israel the words which the Lord commanded him, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

Lector: The Word of the Lord.

People: Thanks be to God.

Psalm 1

- 1 Happy are they who have not walked in the counsel of the wicked, *
nor lingered in the way of sinners, nor sat in the seats of the scornful!
- 2 Their delight is in the law of the Lord, *
and they meditate on his law day and night.
- 3 They are like trees planted by streams of water,
5 bearing fruit in due season, with leaves that do not wither; *
everything they do shall prosper.

- 4 It is not so with the wicked; *
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright when judgment comes, *
nor the sinner in the council of the righteous.
- 6 For the Lord knows the way of the righteous, *
but the way of the wicked is doomed.

A Reading from Philemon 1-21.

Paul, a prisoner of Christ Jesus, and Timothy our brother,

To Philemon our dear friend and co-worker, to Apphia our sister, to Archippus our fellow soldier, and to the church in your house:

Grace to you and peace from God our Father and the Lord Jesus Christ.

When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith toward the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother.

For this reason, though I am bold enough in Christ to command you to do your duty, yet I would rather appeal to you on the basis of love-- and I, Paul, do this as an old man, and now also as a prisoner of Christ Jesus. I am appealing to you for my child, Onesimus, whose father I have become during my imprisonment. Formerly he was useless to you, but now he is indeed useful both to you and to me. I am sending him, that is, my own heart, back to you. I wanted to keep him with me, so that he might be of service to me in your place during my imprisonment for the gospel; but I preferred to do nothing without your consent, in order that your good deed might be voluntary and not something forced. Perhaps this is the reason he was separated from you for a while, so that you might have him back forever, no longer as a slave but more than a slave, a beloved brother-- especially to me but how much more to you, both in the flesh and in the Lord.

So if you consider me your partner, welcome him as you would welcome me. If he has wronged you in any way, or owes you anything, charge that to my account. I, Paul, am writing this with my own hand: I will repay it. I say nothing about your owing me even your own self. Yes, brother, let me have this benefit from you in the Lord! Refresh my heart in Christ. Confident of your obedience, I am writing to you, knowing that you will do even more than I say.

Lector: The Word of the Lord.

People: Thanks be to God.

Gradual Hymn

O Spirit of the Living God

Here & next page.

1 O Spi - rit of the liv - ing God, in
 2 Give tongues of fire and hearts of love, to
 3 Be dark - ness, at thy com - ing, light; con -
 4 Con - vert the na - tions! far and nigh the

all thy plen - i - tude of grace, wher - e'er the foot of
 preach the rec - on - cil - ing word; give power and unc - tion
 fu - sion, or - der in thy path; souls with - out strength in -
 tri - umphs of the cross re - cord; the Name of Je - sus

O Spirit of the Living God

cont'd.

man hath trod, de - scend on our a - pos - tate race.
from a - bove, when - e'er the joy - ful sound is heard.
spire with might, bid mer - cy tri - umph o - ver wrath.
glo - ri - fy, till ev - ery peo - ple call him Lord.

The image shows a musical score for a hymn. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#) and the time signature is 4/4. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are printed below the treble staff, aligned with the notes. The lyrics are: 'man hath trod, de - scend on our a - pos - tate race. from a - bove, when - e'er the joy - ful sound is heard. spire with might, bid mer - cy tri - umph o - ver wrath. glo - ri - fy, till ev - ery peo - ple call him Lord.'

Presider: The Holy Gospel of Our Lord Jesus Christ According to Luke 14:25-33.

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

Now large crowds were traveling with Jesus; and he turned and said to them, “Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, ‘This fellow began to build and was not able to finish.’ Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions.”

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

Deacon/Presider: In peace, we pray to you, Lord God.

Silence.

Eucharistic Minister: 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

Deacon/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

The flowers this week are being given by Andy and Bonnie Schuh in honor of Bonnie’s 50th birthday.

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

When I Survey the Wondrous Cross

Here & next page.

1 When I sur - vey the won - drous cross on which the
2 For - bid it, Lord, that I should boast, save in the
3 See, from his head, his hands, his feet, sor - row and
4 Were the whole realm of na - ture mine, that were an

When I Survey the Wondrous Cross

cont'd.

Prince of glo - ry died, my rich - est gain I
death of Christ, my God; all the vain things that
love flow min - gled down. Did e'er such love and
of - fering far too small; love so a - maz - ing,

count but loss, and pour con - tempt on all my pride.
charm me most, I sac - ri - fice them to his blood.
sor - row meet, or thorns com - pose so rich a crown?
so di - vine, de - mands my soul, my life, my all.

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.

Please stand as able.

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give God thanks and praise.

Presider: It is right, and a good and joyful thing, always and everywhere to give thanks to you, God Almighty, Creator of heaven and earth. For by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world. 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:

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: Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

Presider and People:

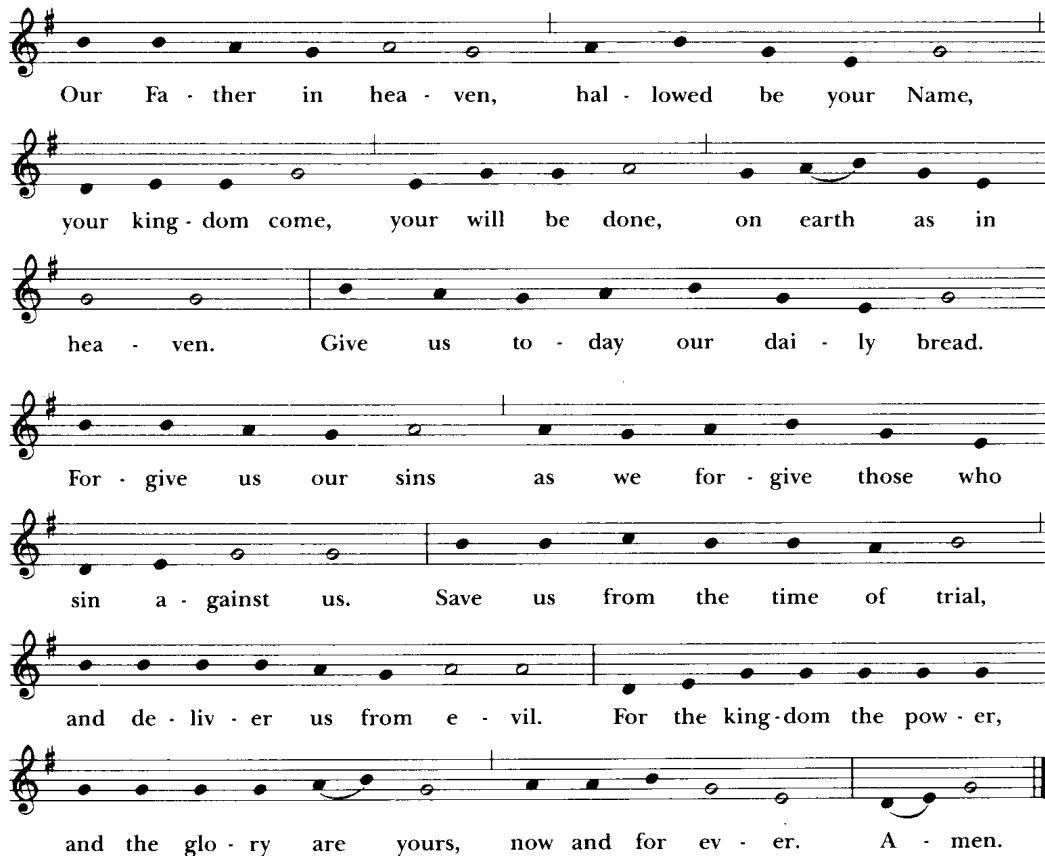
**Christ has died,
Christ is risen,
Christ will come again.**

Presider: We celebrate the memorial of our redemption, Loving God, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever.
AMEN.

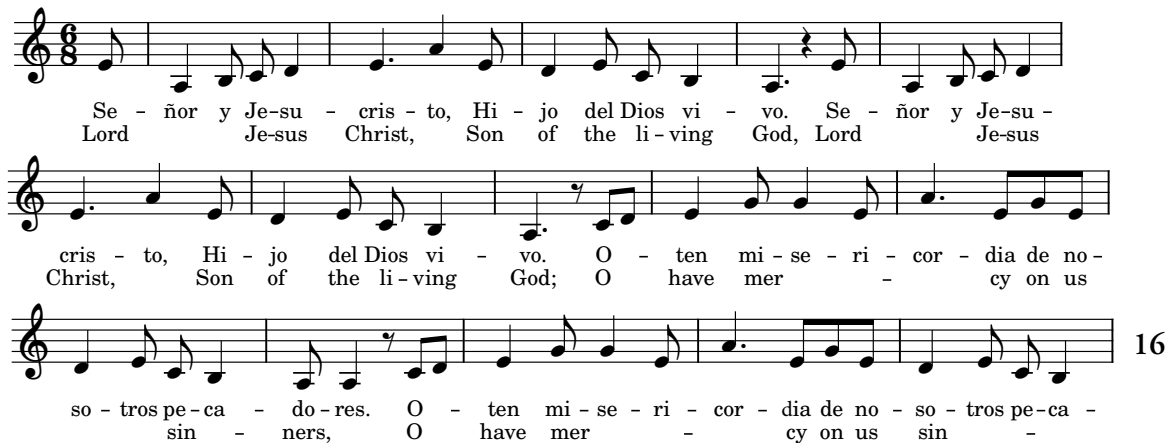
Presider: As our Savior Christ has taught us, we now pray:



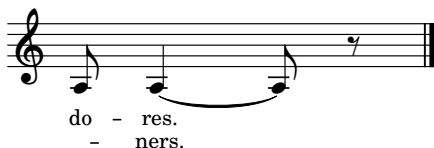
Our Fa - ther in hea - ven, hal - lowed be your Name,
your king - dom come, your will be done, on earth as in
hea - ven. Give us to - day our dai - ly bread.
For - give us our sins as we for - give those who
sin a - gainst us. Save us from the time of trial,
and de - liv - er us from e - vil. For the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

The Breaking of the Bread

The Fraction Song: *(Here & next page.)*



Se - ñor y Je - su - cris - to, Hi - jo del Dios vi - vo. Se - ñor y Je - su -
Lord Je - sus Christ, Son of the li - ving God, Lord Je - sus
cris - to, Hi - jo del Dios vi - vo. O - ten mi - se - ri - cor - dia de no -
Christ, Son of the li - ving God; O have mer - cy on us
so - tros pe - ca - do - res. O - ten mi - se - ri - cor - dia de no - so - tros pe - ca -
sin - ners, O have mer - cy on us sin -



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

As the Grains of Wheat

Here & next page.



As the grains of wheat once scat-tered on the hill were



gath-ered in-to one to be-come our bread;



so may all your peo-ple from all the ends of earth be



gath-ered in-to one in you.



1. As this cup of bless - ing is shared with - in our midst, —
 2. Let this be a fore - taste of all that is to come when



may we share the pres - ence of your love.
 all cre - a - tion shares this feast with you.

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.

Closing Hymn

Help Us Accept Each Other

D G D A D Em7 D A D A

1 Help us ac - cept each oth - er as Christ ac - cept - ed us; teach
 2 Teach us, O Lord, your les - sons, as in our dai - ly life we
 3 Let your ac - cept - ance change us, so that we may be moved in
 4 Lord, for to - day's en - coun - ters with all who are in need, who

D F#7 G A G A D E7 A

us as sis - ter, broth - er each per - son to em - brace. Be
 strug - gle to be hu - man and search for hope and faith. Teach
 liv - ing sit - u - a - tions to do the truth in love; to
 hun - ger for ac - cept - ance, for right - eous - ness and bread, we

D A D G D Bm F#7 Bm B Em A

pres - ent, Lord, a - mong us and bring us to be - lieve we
 us to care for peo - ple, for all— not just for some, to
 prac - tice your ac - cept - ance un - til we know by heart the
 need new eyes for see - ing, new hands for hold - ing on: re -

D G D Gmaj7 Em G Em7 A D

are our - selves ac - cept - ed and meant to love and live.
 love them as we find them and as they may be - come.
 ta - ble of for - give - ness and laugh - ter's heal - ing art.
 new us with your Spir - it; Lord, free us, make us one!

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.



Bible Study Class

A Bible Study class on the Gospel of Luke will be held on Zoom, Tuesday evenings at 7:30 pm beginning September 13. You may use any study Bible that you have, different versions give us more depth. Our study book will be "Focus on Luke" a study guide for groups and individuals, by The Reverend Robert J. O'Neill (a retired Episcopal Bishop of Colorado) and Carol Cheney Donahoe. If you would like to join, please let Sandy McDougall know. The book is found online. Just type in.....books for sale "Focus on Luke. I also found the books by typing in the author's names. Used ones are in the \$6+ range and new ones \$18+ range.

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

Their Sound has Gone Out (Psalm 19:4)

St. Paul's is engaged in a Capital Campaign with a goal of raising \$30,000 to upgrade the parish sound system. We are hoping to receive a Diocesan Development grant from the Diocese to help defray some of this major expense, but we know our parish family will be the primary source of funding if we are to replace that which is no longer able to adequately serve our growing needs. We appreciate all you have done and continue to do to help share the Gospel in and around our community, and thank you in advance for your generosity of spirit which allows us to continue building relationships with God and neighbor. Please note "Sound System" on your checks or envelopes. Thank you and God bless you. *Joe Thomas, Maggie Bird, Keith Axberg, your Sound System Task Force.*

Serving Today: 9:30 a.m. Holy Eucharist

Presider: The Reverend Keith Axberg
Preacher: The Reverend Baudelina Paz
Deacon: Rev. Dennis Taylor, Rev. Vicki Johnson
Music Director: David Sloat
Eucharistic Minister: Mary Ann Taylor
Eucharistic Visitor: Carol/Paul
Lector: Jen McCabe
Greeters: Don & Arlene Zimmerman

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*, Michael Boss, 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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Cover image: <http://www.jesuswalk.com/luke/065-cost.htm>

Page 20 image: <https://www.dotjack.com/opq/opq20070909.htm>

What is Ordinary Time?

According to Ecclesiastes 3:1 and the song by The Byrds, “To everything there is a season.” In much of the Church, we observe the seasons of the two great cycles of the Church Year: Advent and Christmas, Lent and Easter. But there are “in between” times which are sometimes counted as “ordinary.” In the Roman Catholic Church, the Sundays after the Feast of the Epiphany and after the Feast of the Pentecost are considered “ordinary time.” Episcopalians are more likely to call these times “the Season of Epiphany” and “the Season of Pentecost.”

The Book of Common Prayer calls these periods “Epiphany Season” and “The Season after Pentecost” (pp. 31-32). When Sundays are called “ordinary,” it does not mean that they are prosaic and mundane and all alike. They are ordinary in the sense that certain forms of numbers used count off things (e.g. first, second, third) are called “ordinal” numbers. The first ordinary season (which begins on the Sunday after the Feast of the Epiphany, which is always January 6) emphasizes how Jesus was and is manifested to be the Christ in the world. The second ordinary season (which begins on the Sunday after the Feast of Pentecost, also called Trinity Sunday) emphasizes how the Holy Spirit grew the Church to become the body of Christ in the world after Jesus’ Ascension into Heaven. This second Ordinary Time (or the Season after Pentecost) always ends on the Sunday next before the First Sunday of Advent with an observance sometimes called Christ the King Sunday.

Churches which follow the Roman/Episcopal scheme of liturgical colors use green vestments and paraments in their churches during Ordinary Time although there is freedom to use other colours. Neither the Prayer Book nor the Canons prescribe liturgical colors. This allows some churches to use dark forest green in Epiphanytide and light grass green during Pentecost. Other churches use copper or bronze during these seasons. Without some variety, the green set always wear out first. The colors, like the other elements of worship which change with the seasons, are intended to help focus our thinking and our meditation upon those aspects of the Faith emphasized during the particular season. If done correctly, this changes ordinary time into extraordinary time.

Thanks to the Rev. Stephen Moore for this post on Ordinary Time. Rev. Moore is the retired Vicar at All Saints Episcopal Church in Bellevue.

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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If you would like to receive our e-news, please send a message to stpaulmv@comcast.net.