

# 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, OCTOBER 30, 2022**

**TWENTY-FIRST SUNDAY AFTER PENTECOST**

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

**360-424-1822**

**E-MAIL: [STPAULMV@COMCAST.NET](mailto:STPAULMV@COMCAST.NET)**

**WEBSITE: [WWW.STPAULSMV.ORG](http://WWW.STPAULSMV.ORG)**

# 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

Be Thou My Vision



1 Be thou my vi - sion, O Lord of my heart;  
2 Be thou my wis - dom, and thou my true word;  
3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—  
I ev - er with thee and thou with me, Lord;  
may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought, — by day or by night,  
thou my great Fa - ther; thine own may I be;  
Heart of my heart, — what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.  
thou in me dwell - ing, and I one with thee.  
still be my vis - ion, O Ru - ler of all.

*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



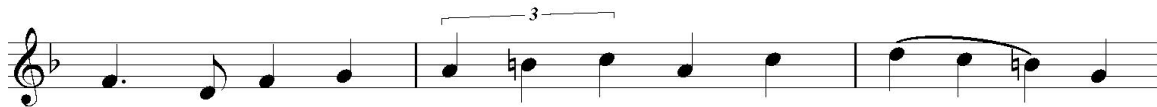
King, al - mighty God and Fa - ther, we wor - ship you, we



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.

Almighty and merciful God, it is only by your gift that your faithful people offer you true and laudable service: Grant that we may run without stumbling to obtain your heavenly promises; 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 Isaiah 1:10-18.

Hear the word of the Lord,  
    you rulers of Sodom!  
Listen to the teaching of our God,  
    you people of Gomorrah!  
What to me is the multitude of your sacrifices?  
    says the Lord;  
I have had enough of burnt offerings of rams  
    and the fat of fed beasts;  
I do not delight in the blood of bulls,  
    or of lambs, or of goats.  
When you come to appear before me,  
    who asked this from your hand?  
    Trample my courts no more;  
bringing offerings is futile;  
    incense is an abomination to me.  
New moon and sabbath and calling of convocation--  
    I cannot endure solemn assemblies with iniquity.  
Your new moons and your appointed festivals  
    my soul hates;  
they have become a burden to me,  
    I am weary of bearing them.  
When you stretch out your hands,  
    I will hide my eyes from you;  
even though you make many prayers,  
    I will not listen;  
    your hands are full of blood.  
Wash yourselves; make yourselves clean;  
    remove the evil of your doings  
    from before my eyes;  
cease to do evil,  
5      learn to do good;  
seek justice,

rescue the oppressed,  
 defend the orphan,  
 plead for the widow.  
 Come now, let us argue it out,  
 says the Lord:  
 though your sins are like scarlet,  
 they shall be like snow;  
 though they are red like crimson,  
 they shall become like wool.

Lector: The Word of the Lord.  
 People: Thanks be to God.

Psalm 32:1-8



I ac-knowl-edged my sin to you, and you for-gave me the guilt of my sin.

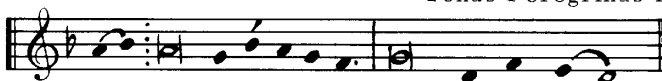
Happy are they whose transgres/sions are forgiven, \*  
 and whose sin /is put away!  
 Happy are they to whom the /Lord imputes no guilt, \*  
 and in whose spirit there /is no guile! [ANTIPHON]

While I held my tongue, /my bones withered away, \*  
 because of my groaning /all day long.  
 For your hand was heavy up/on me day and night; \*  
 my moisture was dried up as in the /heat of summer. [ANTIPHON]

Then I acknowl/edged my sin to you, \*  
 and did not con/ceal my guilt.  
 I said, "I will confess my trans/gressions to the Lord." \*  
 Then you forgave me the guilt /of my sin. [ANTIPHON]

Therefore all the faithful will make their prayers to you /in time of trouble; \*  
 when the great waters overflow, they shall /not reach them.  
 You are my hiding-place; you pre/serve me from trouble; \*  
 you surround me with shouts of de/liverance. [ANTIPHON]

Tonus Peregrinus B



**A Reading from 2 Thessalonians 1:1-4, 11-12.**

Paul, Silvanus, and Timothy,

To the church of the Thessalonians in God our Father and the Lord Jesus Christ:

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

We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of everyone of you for one another is increasing. Therefore we ourselves boast of you among the churches of God for your steadfastness and faith during all your persecutions and the afflictions that you are enduring.

To this end we always pray for you, asking that our God will make you worthy of his call and will fulfill by his power every good resolve and work of faith, so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

Lector: The Word of the Lord.

**People: Thanks be to God.**



Gradual Hymn

Jesus Calls Us

*Unison or harmony*

1 Je - sus calls us; o'er the tu - mult  
 2 as, of old, Saint An - drew heard it  
 3 Je - sus calls us from the wor - ship  
 4 In our joys and in our sor - rows,  
 5 Je - sus calls us! By thy mer - cies,

1 of our life's wild, rest - less sea, day by day his  
 2 by the Gal - i - le - an lake, turned from home and  
 3 of the vain world's gold - en store; from each i - dol  
 4 days of toil and hours of ease, still he calls, in  
 5 Sa - vior, make us hear thy call, give our hearts to

1 clear voice sound - eth, say - ing, "Chris - tian, fol - low me;"  
 2 toil and kin - dred, leav - ing all for his dear sake.  
 3 that would keep us, say - ing, "Chris - tian, love me more."  
 4 cares and plea - sures, "Chris - tian, love me more than these."  
 5 thine o - be - dience, serve and love thee best of all.

Presider: The Holy Gospel of Our Lord Jesus Christ According to Luke 19:1-10.

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

Jesus entered Jericho and was passing through it. A man was there named Zacchaeus; he was a chief tax collector and was rich. He was trying to see who Jesus was, but on account of the crowd he could not, because he was short in stature. So he ran ahead and climbed a sycamore tree to see him, because he was going to pass that way. When Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down; for I must stay at your house today." So he hurried down and was happy to welcome him. All who saw it began to grumble and said, "He has gone to be the guest of one who is a sinner." Zacchaeus stood there and said to the Lord, "Look, half of my possessions, Lord, I will give to the poor; and if I have defrauded anyone of anything, I will pay back four times as much." Then Jesus said to him, "Today salvation has come to this house, because he too is a son of Abraham. For the Son of Man came to seek out and to save the lost."

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

*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 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.*

## 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. 18<sup>th</sup> Street, Mount Vernon, WA 98274. You can also make payments online at [www.stpaulsmv.org](http://www.stpaulsmv.org)*

Offertory Anthem

*“With a Voice of Singing”*

St. Paul’s Choir

## 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.**

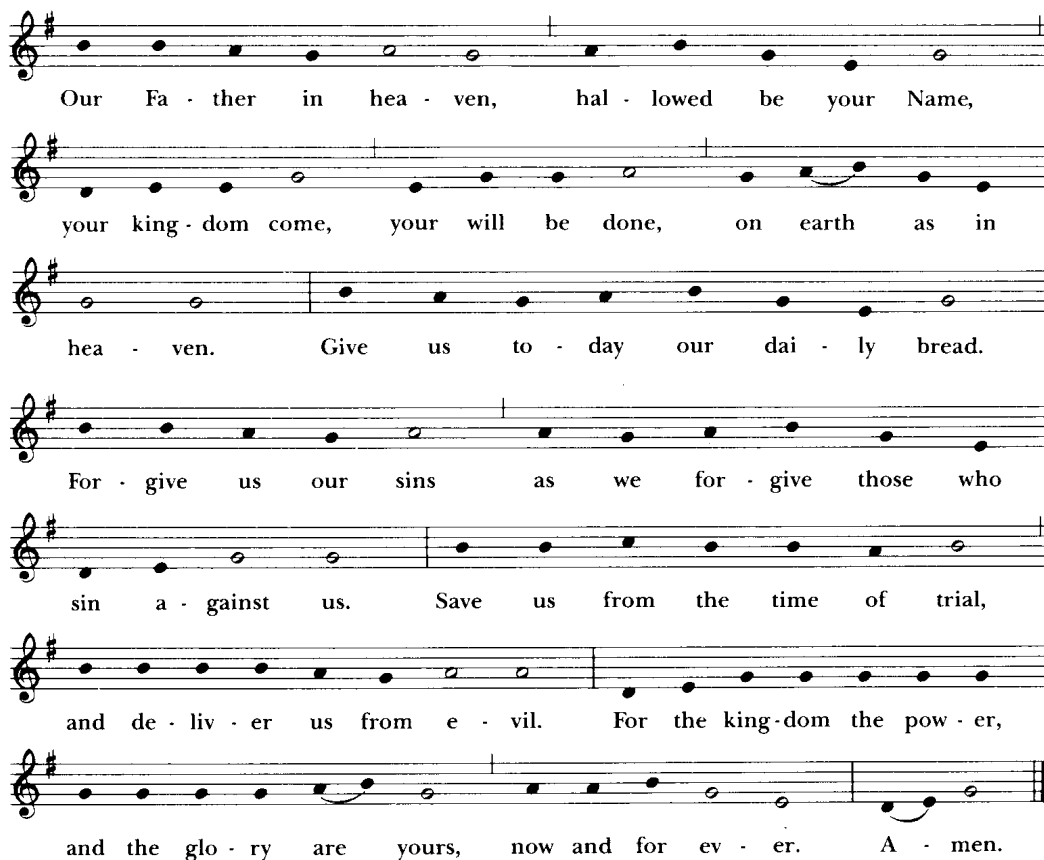
Presider: We celebrate the memorial of our redemption, Loving God, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

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.**



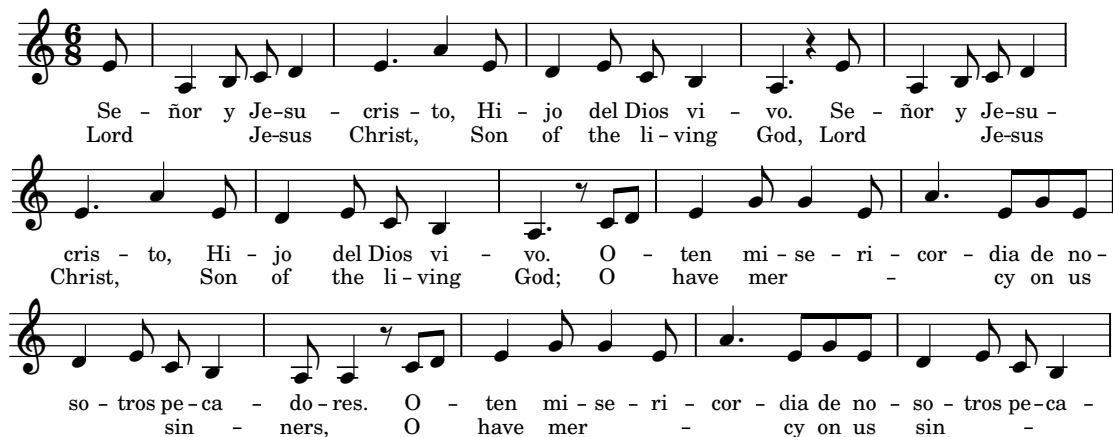
Presider: As our Savior Christ has taught us, we now pray:



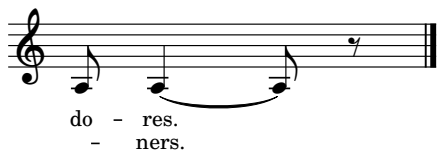
Our Fa - ther in hea - ven, hal - lowed be your Name,  
your king - dom come, your will be done, on earth as in  
hea - ven. Give us to - day our dai - ly bread.  
For - give us our sins as we for - give those who  
sin a - gainst us. Save us from the time of trial,  
and de - liv - er us from e - vil.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

## 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**

## Closing Hymn

## O Jesus, I Have Promised



1 O Je - sus, I have prom-ised to serve thee to the end:  
2 O let me hear thee speak-ing in ac - cents clear and still,  
3 O Je - sus, thou hast prom-ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;  
a - bove the storms of pas-sion, the mur-murs of self - will;  
that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,  
O speak to re - as - sure me, to has - ten or con - trol;  
and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.  
O speak, and make me lis - ten, thou guard-ian of my soul.  
O give me grace to fol - low, my Mas - ter and my friend.

## 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.

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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: 9:30 a.m. Holy Eucharist**

Presider: The Reverend Paul Moore  
Deacon: Rev. Dennis Taylor, Rev. Vicki Johnson  
Music Director: David Sloat  
Eucharistic Minister: Andy Schuh  
Eucharistic Visitor: Bob/Keith  
Lector(s): Margie Lauer  
Greeters: Don & Arlene Zimmerman  
Counters: Alec McDougall, Keith Axberg

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](mailto:penny.worrell@gmail.com).

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## Announcements for October 30, 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.

### House Blessings

Saturday, Nov. 5 at 11 am will be dual “House Blessings” for Baudelina Paz and family’s home at 16387 Calhoun Road and Alec & Sandy McDougall’s home at 16385 Calhoun Road (across the backyard and driveway). There will be a big barbeque lunch served afterwards. -Sandy

### Stewardship 2023 SAVE THE DATES!

The Stewardship Committee is busily planning for our annual stewardship campaign. **Please SAVE THE DATE for Bella Giornata, our annual event, which will follow the joint service on November 6, 2022.** The event will include an Italian inspired luncheon provided by the Stewardship Committee. **Ingathering Sunday will follow the event on November 20, 2022, during all services.** More details to follow! Thank you very much!

### EfM

Education for Ministry will begin with a newly formed group in January. A group can be six to twelve participants. We will all be clarifying our journey into our relationship to God. We seek greater depth in our lives. We are currently asking, “What are my unique, God-given gifts? What is God calling me to do? How can I be a patron of the gifts of others?” Our interest is in mutual support in better becoming what God made us for. A “year” in EfM is 36 sessions, each 2½ to 3 hours, with regular supplemental reading. It’s a four-year program, each year with new materials and a renewed invitation to commit, one year at a time, to the next year’s focus. St. Paul’s has several good groups available beside EfM. EfM can be deep in depth and might meet your needs. Ask anyone who has taken EfM what they valued from their participation. We will be registering returning and new participants through November and December. -Tom Worrell, mentor for EfM

### Faith Community Nurses and Blood Pressures

As we move into the post pandemic life of Saint Paul’s the Faith Community Nurses will start taking blood pressures and meeting with parishioners about health questions this coming Sunday, October 23, after the 9:30 service. We plan to be available for nursing services every 3rd Sunday after the 9:30 service. It is helpful for you to bring 2 things: a list of your current medications, and a list of your most current blood pressure readings. So stop on by the Nurses’ Office at the south end of the pariah hall next to the chair storage. Questions? please call Dennis Taylor, RN (360-424-5119) or Barb Cheyney, RN (360-853-5383).

### Holy Talks

Holy Talks is reorganizing. We will pick up a study of Virgilio Elizondo’s book, Guadalupe, Mother of a New Creation on the Wednesday after Thanksgiving, by Zoom, at 6:00 p.m. The book is available on Amazon in hard copy and Kindle formats.

### *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!*

**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.



The Rt. Rev. Gregory H. Rickel <i>Bishop</i>	206-325-4200	grickel@ecww.org
The Reverend Paul Moore <i>Rector</i>	254-368-6475	padrequiteno@gmail.com
The Reverend Dennis Taylor <i>Deacon / Faith Community Nurse</i>	360-661-1551	deacon2rn@comcast.net
David Sloat <i>Organist and Music Director</i>	713-834-4335	dsloat617@msn.com
St. Paul's Office <i>Parish Administrator</i> <i>Bookkeeper</i>	360-424-1822	stpaulmv@comcast.net spbookkeeper@comcast.net

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