

# ST MICHAEL & ALL ANGELS

## EPISCOPAL CHURCH

### Ministers of the Church

The People of St. Michael

### Our Vestry & Staff

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Cassandra J. Grayson

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Lauren Sapp

Cassandra Werner, **Vestry Clerk**  
Laurette Scott, **Treasurer**

Kathleen Rodgers, **Financial  
Secretary**

Monique Alleyne, Ivana Kenny  
Carmola and Debralee LaSeur-  
Helfand, **Organists**

Chris White, **Drummer/Choral  
Director**

John Grayson, **LEMS Co-  
Ordinator**

Elizabeth Humes, **Admin.  
Assistant**

### Our Clergy

The Right Reverend John Howard  
**Bishop – Diocese of Florida**

The Reverend Hugh Chapman,  
**Rector**

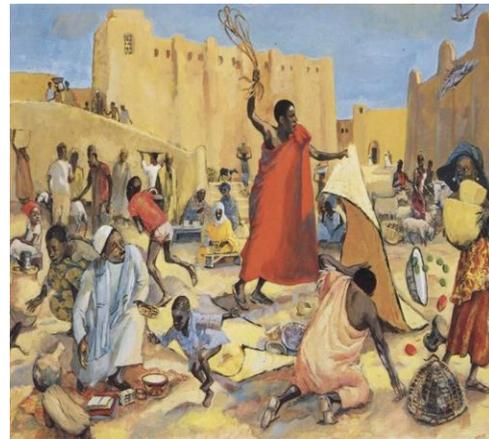
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[Frhugh\\_chappy63@yahoo.com](mailto:Frhugh_chappy63@yahoo.com)

## THIRD SUNDAY IN LENT

MARCH 7, 2021

10:00 A.M.



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## HOLY EUCHARIST- RITE ONE

### Instrumental Prelude

#### Opening prayer

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

#### Processional Hymn      **H7 Christ, whose glory this the skies**

*Ratisbon*

1. Christ, whose glory fills the skies  
Christ, the true, the only Light,  
Sun of Righteousness, arise,  
Triumph o'er the shades of night;  
Dayspring from on high, be near,  
Daystar, in my heart appear.

### THE WORD OF GOD

*The people standing, the Celebrant says*

Bless the Lord who forgiveth all our sins.

**People    His mercy endureth for ever.**

#### The Collect for Purity

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ of Lord. Amen.

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it:

Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Lord, have mercy upon us.  
*Christ have mercy upon us.*  
Lord, have mercy upon us.

The Celebrant says to the people

*The Lord be with you.*

**People**                    **And with thy spirit.**

*Celebrant*                Let us pray.

### **Collect for the Day**

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

**People**                    **Amen.**

*The people sit*

### **The Lessons**

#### **A Reading from the Book of Exodus (20:1-17)**

God spoke all these words: "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to

the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the Sabbath day, and keep it holy. For six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

The Word of the Lord.

**People**      **Thanks be to God**

**Psalm 19** (*Read responsively by whole verse*)

- 1. The heavens declare the glory of God,\* and the firmament shows his handiwork.**
- 2. One day tells its tale to another,\* and one night imparts knowledge to another.*
- 3. Although they have no words or language,\* and their voices are not heard,**
- 4. Their sound has gone out into all lands,\* and their message to the ends of the world.*
- 5. In the deep has he set a pavilion for the sun;\* it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.**
- 6. It goes forth from the uttermost edge of the heavens and runs about to the end of it again;\* nothing is hidden from its burning heat.*
- 7. The law of the Lord is perfect and revives the soul;\* the testimony of the Lord is sure and gives wisdom to the innocent.**

**8.** *The statutes of the Lord are just and rejoice the heart;\* the commandment of the Lord is clear and gives light to the eyes.*

**9.** **The fear of the Lord is clean and endures forever;\* the judgments of the Lord are true and righteous altogether.**

**10.** *More to be desired are they than gold, more than much find gold,\* sweeter far than honey, than honey in the comb.*

**11.** **By them also is your servant enlightened,\* and in keeping them there is great reward.**

**12.** *Who can tell how often he offends?\* cleanse me from my secret faults.*

**13.** **Above all, keep your servant from presumptuous sins; let them not get dominion over me;\* then shall I be whole and sound, and innocent of a great offense.**

**14.** *Let the words of my mouth and the meditation of my heart be acceptable in your sight,\* O Lord, my strength and my redeemer.*

### **1 Corinthians (1:18-25)**

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, *"I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."* Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The Word of the Lord.

**People**      **Thanks be to God.**

**Gradual Hymn: H518, Christ Is Made the Sure Foundtion**

*Westminster Abbey*

**1** Christ is made the sure foundation,  
Christ the head and cornerstone,  
chosen of the Lord and precious,  
binding all the church in one;  
holy Zion's help forever,  
and her confidence alone.

**The Holy Gospel**

*Gospeler*    **The Holy Gospel of our Lord Jesus according to John (2:13-22)**

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

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written. "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them. "Destroy this temple, and in three days I will raise it up." The Jews then said, "this temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

After the Gospel the Reader says:

The Gospel of the Lord.

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

2 All that dedicated city,  
dearly loved of God on high,  
in exultant jubilation  
pours perpetual melody;  
God the One in Three adoring  
in glad hymns eternally.

**The Sermon**

**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:

by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.  
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 and the  
Son. With Father and the Son he is worshipped and glorified. He 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 resurrection of the dead, and the life of the world to  
come. *Amen*

### **Prayers of the People Form IV**

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*Silence*

**Lord, in your mercy,**

*Hear our prayer.*

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

*Silence*

**Lord, in your mercy**

*Hear our prayer.*

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

*Silence*

**Lord, in your mercy**

*Hear our prayer.*

Bless all whose lives are closely linked with ours, grant that we may serve Christ in them, and love one another as he loves us.

*Silence*

**Lord, in your mercy**

*Hear our prayer.*

Comfort and heal all those who suffer in body, mind, or spirit especially our sick and those in need of peace and healing,

**For those at home:**

**Fr. Laughton Thomas, Sharal Jugger, Rosalyn Greene, Ella Woodbury, Sam Oliver Sr., , James Manning, Toni Jarmon, Rev. Leslie R. White, Rev. Ralph Griffith, Leonel Jones, Charles Walton, , Joan Jackson Taylor, Howard Vincent Lewis, Franklin & Audrey. Bramble, Christine Seymour, Mary Ann Nottage, Kove Lawson, Cynthia Holland and Genevie Vaughn.**

**For those in the care of the Doctor**

**Joycelyn Stephens, Jo Ann Robinson, Williamae Jackson, Lauren Sapp, Clifford Willabus, Dr. Derek Spencer, Marva Davis, Delores Brown, Hattie Olivia Scott, Alexis Shermise Brown, Jasmine Hartin, Shevette Newkirk, Rudolph & Melva Griffith, Delois Abraham, Stella Harris, Pamela Harris Williams, Klcey Scott, Erica Scott, Renrick Alleyne, Jeffery Adams, Delores Cyrus, Mayleen Rosheuvel, Ena Mason, Darlene Sheppard, Merrick Winston Edwards, Devonia Sears, Landon Drye, Brittany Lee Fr. William Guthrie, Herma Watson Taylor, Fred Hickman, Barbara Gruden, Carolyn Allen, and Lamar Nottage.**

**For those in the Military**

**Linzie Bogan II, Clark Bogan, Brianne Edwards, Vashti Thompson and Thandi Williams** and You may add your own petitions.....give them courage and hope in their troubles, and bring hem the joy of your salvation.

*Silence*

**Lord, in your mercy**

*Hear our prayer.*

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*Silence*

**Lord, in your mercy**

*Hear our prayer.*

*The Celebrant adds a concluding Collect.*

Let us humbly confess our sins unto Almighty God.

## **Confession of Sin**

*The Celebrant says*

Let us confess our sins against God and our neighbor.

*Silence may be kept*

*Minister and people*

Most merciful God, we confess that we have sinned against thee in thought, word and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. *Amen.*

*The Celebrant stands and says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ of Lord. *Amen.*

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are happy laden, and I will refresh you.

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners.

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.

Celebrant says to the people.

The peace of the Lord be always with you.

**People: And with thy spirit.**

**The Peace**

**A437, Kum ba yah**

Traditional

1. Kum ba yah, my Lord, kum ba yah!  
Kum ba yah, my Lord, kum ba yah!  
O Lord, kum ba yah!
2. Someone's crying Lord, kum ba yah
3. someone's singing Lord, kum ba yah
4. Someone's praying Lord, kum ba yah.

**Offertory**

Organ Interlude

**Doxology**

**H380, Praise God From Whom All Blessings Flow**

*Old 100th*

Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. *Amen.*

Presentation of the Offering – prayer to be said

*Father, we offer you these gifts which you have given us; this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit, a reasonable, holy and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. Amen.*

**The Great Thanksgiving**

*The Celebrant says*

The Lord be with you.

**People And with thy spirit.**

Celebrant Life up your hearts.

**People**      **We lift them up unto the Lord.**

Celebrant    Let us give thanks unto our Lord God.

**People**      **It is right to give him thanks and praise.**

*Celebrant proceeds*

It is meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*Celebrant and People*

**Sanctus**

Holy, holy, holy, Lord God of Hosts: Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

*(The people stand or kneel)*

*The Celebrant continues*

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is Body, which is given for you. Do this in remembrance of me."

Likewise after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for

many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me.”

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrances his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son and Savior Jesus Christ’s holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonably, holy, and living sacrifice unto thee humbly beseeching thee, that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. *Amen.*

And now, as our Savior Christ hath taught us, we are bold to say,

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

### **The Breaking of the Bread**

*Celebrant breaks the Bread*

Christ our Passover is sacrificed for us;

***People: Therefore let us keep the feast.***

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, grant us thy peace.

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. *Amen.*

*Celebrant continues:*

The Gifts of God for the People of God.

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The Body of Christ, the bread of heaven. Amen.

The Blood of Christ, the cup of salvation. Amen.

**Communion Hymn      A252, Jesus, Keep Me Near the Cross**

Near the Cross

**1** Jesus, keep me near the cross,  
There a precious fountain;  
Free to all, a healing stream,  
Flows from Calv'ry's mountain.

*Refrain:*

*In the cross, in the cross  
Be my glory ever,  
Till my ransomed soul shall find  
Rest beyond the river.*

**2** Near the cross, a trembling soul,  
Love and mercy found me;  
There the Bright and Morning Star  
Shed His beams around me. [Refrain]

**3** Near the cross! O lamb of God,  
Bring its scenes before me;  
Help me walk from day to day  
With its shadow o'er me. [Refrain]

**4** Near the cross! I'll watch and wait,  
Hoping, trusting ever;  
Till I reach the golden strand,  
Just beyond the river. [Refrain]

**Meditation Hymn      H684 v 1-2, O for a closer walk with God**

*Caithness*

**1.** O for a closer walk with God,  
A calm and heavenly frame,  
A light to shine upon the road  
That leads me to the Lamb!

**2.** Where is the blessedness I knew,  
When first I saw the Lord?  
Where is the soul refreshing view  
Of Jesus, and His Word?

3. What peaceful hours I once enjoyed!  
How sweet their memory still!  
But they have left an aching void  
The world can never fill.

4. Return, O holy Dove, return,  
Sweet messenger of rest;  
I hate the sins that made Thee mourn  
And drove Thee from my breast.

5. The dearest idol I have known,  
Whate'er that idol be  
Help me to tear it from Thy throne,  
And worship only Thee.

6. So shall my walk be close with God,  
Calm and serene my frame;  
So purer light shall mark the road  
That leads me to the Lamb.

*After Communion, the Celebrant says*

**Let us pray**

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *Amen.*

**Announcements**

**Benediction**

**Recessional Hymn**

**A264 V1, At the Cross**

Hudson

1. Alas, and did my Savior bleed?  
And did my Sovereign die?  
Would He devote that sacred head  
For sinners such as I?

*Chorus:*

*At the cross, at the cross where I first saw the light,  
And the burden of my heart rolled away;  
It was there by faith I received my sight,  
And now I am happy all the day.*

**Dismissal**

Celebrant            Let us go forth in the name of Christ.

***People***            **Thanks be to God.**

**Postlude**

## WELCOME TO ST. MICHAEL AND ALL ANGELS

We extend a warm welcome to our guests. Thank you for worshipping with us today. If you are without a church home, we invite you to join our church family. Please sign the guest register, **include your home address, phone number and, if you would like to receive the monthly newsletter, news of special events and other happenings, please also add your e-mail address.**

**OUR VISION** is to be a cornerstone for serving the spiritual needs of the greater Tallahassee community, extending an eternal invitation to join our caring parish and to enrich the spiritual life of all people as we journey with Christ.

**OUR MISSION** is to experience the Gospel of Jesus Christ by feeding the mind, body and spirit of our community in fellowship and service.



**HOLY COMMUNION:** All baptized Christians are encouraged to receive the real and living presence of Christ in Holy Communion. To receive the Bread, extend your hands upward, palms crossed. When receiving the Wine, please guide the chalice as it is offered. If you prefer, you may leave the Bread on your palm for the person administering the chalice to dip into the Wine and place on your tongue. All persons are welcome to give thanks for God's blessings at the altar rail, simply crossing your arms at the wrist with fingertips extending upward towards your shoulders.

**HAPPY BIRTHDAY/ANNIVERSARY TO OUR CHURCH FAMILY!**



Stacy Tinner Sr (3/9), Naomi Hruda (3/12).

### Birthday Prayer

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace, which passeth understanding, abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

### Suggested daily Readings for the third Sunday in Lent March 8-March 13

Mon.	Jer. 7:1-15	Psalm 80	John 7:14-36
Tue.	Jer. 7:21-34	Psalm 78:1-39	John 7:37-52
Wed.	Jer. 8:18-9:6	Psalm 119:97-120	John 8:12-20
Thurs.	Jer. 10:11-24	Psalm 42, 43	John 8:21-32
Fri.	Jer. 11:1-8, 14-20	Psalm 95, 88	John 8:33-47
Sat.	Jer. 13:1-11	Psalm 87, 90	John 8:47-59

## From the Rector's Desk

### Dealing with Suffering and Loss

I have been reading recently an article penned by Pamela Lewis, in which she references a well-known idiom which asserts, that there are two certainties in this life – death and taxes. Pamela argues – there is a third – suffering. Suffering she contends comes to all of us, yet we “try mightily to avoid it and seek whatever relief we could from the pain and helplessness it inflicts.”

Ms. Lewis reminds us of what the Buddha taught – that suffering in this world is inevitable, and is the result of our insatiable desires – our constant wanting and not wanting, our getting and not getting. Somehow, we allow the consumer culture we live in, to control our lives; whether we want to accept it or not, this cycle of suffering, will continue until we find a way to liberate ourselves. Failing that, we will continue to be victims.

Pamela pivots and says, we need to pay less attention to ourselves and more to those around us – we need to extend compassion and loving kindness to others which could/would help assuage their anguish and possibly our guilt. Then she looks at the gospels and points out how Jesus, whose life was marked by sorrow, shared extraordinary passion to all who suffered in body and spirit, and declared that he had overcome the world's suffering and, that his followers should seek to do the same for others – we are called to bear one another's burdens, and in so doing we fulfil the law of Christ, says the Apostle Paul.

So how do we help heal the pain and suffering that others go through in this life? Of course we could ignore their cry for help, by focusing on our lives – thanking God that we are blessed and spared the travails that come to others in this life. That attitude smacks of the kind of Phariseism Jesus speaks of the story he told about the two men who went up to the temple to pray; where the one thanked God that he was not like other men – and just went on to list his virtues, while denigrating the other man who stood a little way off, because of his sense of guilt. The Pharisee failed to see the burden that man was carrying – his suffering. So what do we do as followers of Jesus in our time? What does burden bearing look like?

Last week, a high school classmate of mine, lost her husband to leukemia – it was devastating for Cheryl and her daughters. I have tried to console her as much as I could, by calling often and praying for her, Danielle, Jordan and Lindsay. She is Roman Catholic, and no doubt her faith will sustain her during this time of mourning. It so happens that the deacon who conducted the service, was brother to Joe (Cheryl's husband), and he told a story about going to Jesus, in our pain and loss. He said that this woman lost her husband and she decided to go to Jesus to complaint. On the way she came across a man

*continue on Page 19*

## SPECIAL PRAYERS

Father, you have made all people with eyes to see you at work in the world, ears to hear you cry out when right suffers wrong, when justice is brought low. Give to the people of our nation courage to stand up for goodness and right-doing in the face of an oppressive spirit, and courage to believe we may restore, in accordance with your gracious will, a light to enlighten the nations and the people with your truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

### **Capital Campaign Prayer**

Most gracious Lord Jesus Christ and generous source of all abundance, in gratitude we invite you to expand our hearts as we seek to increase and improve this place of worship, peace, healing, forgiveness, outreach, service and fellowship. May all who enter here be restored and strengthened on their journey of faith. Guide us Heavenly Father, that we may make manifest your vision of a beloved and enlightened church and community, and be a shining example of the living presence of the Holy Spirit. May we and our Capital Campaign be a channel of God's abundant grace. Through Jesus Christ our Lord we pray. *Amen.*

### **Collect for the Coronavirus Pandemic**

Almighty God, Heavenly Healer, we bring to you all who are affected by our present pandemic; for the infirm and infected, the anxious and afraid. By your power defend us and heal us. Let us see one another not as vectors of infection, but at opportunities for love and service, for the sake of your Son Jesus Christ our Lord. *Amen.*

### ***Rector's Desk continued***

crying uncontrollably, because of the arthritic pain in his fingers that prevented him from playing the piano – he joined her. After a while, they met a child who lost both of her parents to COVID – she joined them on the journey and finally they encountered a young man who lost his bride. They joined hands and went on in search of Jesus. They found him – but he too was crying because of all the pain and suffering in our world. They embraced each other, and then Jesus reminded them of the need to hold each other up, stand by each other, in the time of loss. So they held on to each other, not even realizing that Jesus had slipped away. When we support each other, the pain and the loss that comes with life, somehow becomes more bearable, when we stand with each other.

*Fr. Hugh+*