

Episcopal Church of the Ascension  
Contemplative Eucharist - 28 January AD 2018

Welcome and Announcements

Opening Hymn

If You Believe and I Believe

If You Believe and I Believe 520

The musical score is written in G major and 6/8 time. It consists of five systems of music, each with a vocal line and a piano accompaniment. The lyrics are: "If you be-lieve and I be-lieve And we to-geth-er pray, The Ho-ly Spir-it must come down And set God's peo-ple free, And set God's peo-ple free, And set God's peo-ple free; The Ho-ly Spir-it must come down And set God's peo-ple free." The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

Text: Zimbabwens traditional  
Tune: Zimbabwens traditional; adapt. of English traditional; as taught by Tarasak; arr. by John L. Bell, b.1949, © 1991, Iona Community, GIA Publications, agent

## Psalm 111

*Read responsively.*

Praise the LORD!

**I thank the LORD with all my heart  
in the company of those who do right, in the congregation.**

The works of the LORD are magnificent;  
**they are treasured by all who desire them.**

God's deeds are majestic and glorious.  
**God's righteousness stands forever.**

God is famous for his wondrous works.  
**The LORD is full of mercy and compassion.**

God gives food to those who honor him.  
**God remembers his covenant forever.**

God proclaimed his powerful deeds to his people  
**and gave them what had belonged to other nations.**

God's handiwork is honesty and justice;  
all God's rules are trustworthy—  
**they are established always and forever:  
they are fulfilled with truth and right doing.**

God sent redemption for his people;  
God commanded that his covenant last forever.  
**Holy and awesome is God's name!**

Fear of the LORD is where wisdom begins;  
sure knowledge is for all who keep God's laws.  
**God's praise lasts forever!**

The Holy Gospel of our Lord Jesus Christ according to Mark [1:21-28]  
**Glory to you, Lord Christ.**

Jesus and his followers went into Capernaum. Immediately on the Sabbath Jesus entered the synagogue and started teaching. The people were amazed by his teaching, for he was teaching them with authority, not like the legal experts. Suddenly, there in the synagogue, a person with an evil spirit screamed, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are. You are the holy one from God." "Silence!" Jesus said, speaking harshly to the demon. "Come out of him!" The unclean spirit shook him and screamed, then it came out. Everyone was shaken and questioned among themselves,

“What’s this? A new teaching with authority! He even commands unclean spirits and they obey him!” Right away the news about him spread throughout the entire region of Galilee.

The Gospel of the Lord.  
Praise to you, Lord Christ.

*Silence, and Response*

Hymn after Meditation

We Cannot Measure How You Heal

PETITION / PRAYER

### 401 We Cannot Measure How You Heal

Capo 3: (D) F (Em<sup>7</sup>) Gm<sup>7</sup> (F#m<sup>7</sup>) Am<sup>7</sup> (Em<sup>7</sup>) Gm<sup>7</sup>

1. We can - not meas - ure how you heal Or  
2. The pain that will not go a - way, The  
3. So some have come who need your help And

(D) F (G) Bb (Em<sup>7</sup>) Gm<sup>7</sup> (A) C

an - swer ev - 'ry suf - f'rer's prayer, Yet  
guilt that clings from things long past, The  
some have come to make a - mends, As

(D) F (Em<sup>7</sup>) Gm<sup>7</sup> (F#m<sup>7</sup>) Am<sup>7</sup> (Em<sup>7</sup>) Gm<sup>7</sup>

we be - lieve your grace re - sponds Where  
fear of what the fu - ture holds, Are  
hands which shaped and saved the world Are

(D) F (G) Bb (Em<sup>7</sup>) Gm<sup>7</sup> (D) F

faith and doubt u - nite to care. Your  
pres - ent as if meant to last. But  
pres - ent in the touch of friends. Lord,

PETITION / PRAYER

(F#m7) Am7 (Bm7) Dm7 (Em7) Gm7 (A7) C7 (G) Bb

hands, though blood - ied on the cross, Sur -  
 pres - ent too is love which tends The  
 let - your Spir - it meet us here To

(D) F (F#m7) Am7 (G) Bb (A7) C7

vive to hold and heal and warn, To  
 hurt we nev - er hoped to find, The  
 mend the bod - y, mind, and soul, To

(D) F (Am/C) Cm/Eb (B7) D7 (Em) Gm

car - ry all through death to life And  
 pri - vate ag - o - nies in - side, The  
 dis - en - tan - gle peace from pain, And

(D) F (G) Bb (Em7) Gm7 (D) F

cra - dle chil - dren yet un - born.  
 mem - o - ries that haunt the mind.  
 make your bro - ken peo - ple whole.

Text: John L. Bell, b.1949  
 Tune: YE BANKS AND BRAES, 8 8 8 8 D; Scottish traditional; arr. by John L. Bell, b.1949  
 © 1989, Iowa Community, GIA Publications, Inc., agent

## Intercessions

Let us pray for the Church and for the world, pausing for silence between petitions, and then offering spoken prayers as inspired to do so.

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*

God of love.  
**You 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*

God of love.  
**You 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*

God of love.  
**You hear our prayer.**

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

*Silence*

God of love.  
**You hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

*Silence*

God of love.  
**You 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*

God of love.  
**You hear our prayer.**

*At the conclusion of the prayers, the leader says:*

We come seeking forgiveness for all we have failed to be and to do. In God there is forgiveness. Let us confess our sins.

**All:** 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.

*The celebrant says*

Through the cross of Christ, may God have mercy on us, pardon us and set us free. Know that we are forgiven, and be at peace. **Amen.**

**The Peace**

*All stand*

**Celebrant:** The peace of the Lord be always with you.

**People:** **And also with you.**

*People greet one another in the name of the Lord.*

# Prayer of Peace 527



1. Peace	be - fore us,	peace	be - hind us,	peace
2. Love	be - fore us,	love	be - hind us,	love
3. Light	be - fore us,	light	be - hind us,	light
4. Christ	be - fore us,	Christ	be - hind us,	Christ
5. Al - le - lu - ia,		al - le - lu - ia,		al - le -
6. Peace	be - fore us,	peace	be - hind us,	peace



un - der our	feet.	Peace	with - in us,	peace
un - der our	feet.	Love	with - in us,	love
un - der our	feet.	Light	with - in us,	light
un - der our	feet.	Christ	with - in us,	Christ
lu - ia,		Al - le - lu - ia,		al - le -
un - der our	feet.	Peace	with - in us,	peace



o - ver us,	let all a - round us	be	peace.
o - ver us,	let all a - round us	be	love.
o - ver us,	let all a - round us	be	light.
o - ver us,	let all a - round us	be	Christ.
lu - ia,	al - le - lu - ia,		ia.
o - ver us,	let all a - round us	be	peace.

Text: Based on a Navajo prayer; David Haas, b.1957  
 Tune: David Haas, b.1957  
 © 1987, GIA Publications, Inc.

*We offer gifts of money, bread and wine to show that all we have and all that we are comes as a gift from God.*

### **The Holy Communion**

*It is recommended that people stand as they are able throughout the following prayer.*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give God thanks and praise.**

*Celebrant*

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:

**Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*Celebrant*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace. But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of our faith:

*Celebrant and People*

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

*The Celebrant continues*

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **Amen.**

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

**Our Father in heaven,  
holy is your Name,  
your kingdom come  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us  
as we forgive others.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

We break this bread to share in the body of Christ.  
**We who are many are one body, for we all share the one bread.**

*The Celebrant invites the people saying*

The Gifts of God for the people of God. Take them in remembrance that Christ died and lives in you.

***Administration of the Sacrament:*** At Ascension, all are welcome to receive the bread and wine. Come to the communion station and receive the bread in the palm of your hand. Eat the bread and then drink from the cup when it is offered to you, or you may hold the bread and dip it into the wine when the cup is offered to you. Gluten-free wafers are also available. Make your need known to the Clergy by holding up three fingers. If you wish to receive a blessing rather than receive communion, please join in the movement to the communion station and cross your arms over the front of your chest - this will alert the Clergy of your desire to be blessed.

*The ministers say the following words:*

The Spirit of Christ, the bread of life.

The Spirit of Christ, the cup of life.

*The communicant may respond each time*

**Amen.**

#### **Prayer after Communion**

**God of all, we give you thanks and praise, that when we were still far off you met us in Jesus and brought us home. Dying and living, he declared your love, gave us grace and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Amen.**

EVENING

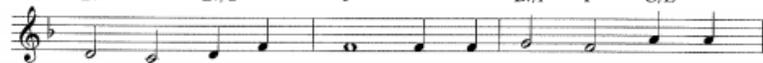
551 God of Day and God of Darkness

Capo 3: (D) F (G/D) B $\flat$ /F (D) F (A/C $\sharp$ ) C/E (Bm) Dm (D/A) F/C



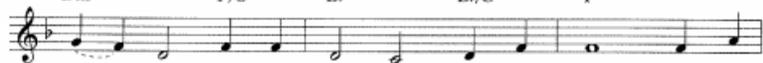
1. God of day and God of dark - ness, Now we  
 2. Still the na - tions curse the dark - ness, Still the  
 3. Show us Christ in one an - oth - er, Make us  
 4. You shall be the path that guides us, You the  
 5. Praise to you in day and dark - ness, You our

(G) B $\flat$  (G/A) B $\flat$ /C (D) F (G/D) B $\flat$ /F (D) F (A/C $\sharp$ ) C/E



stand be - fore the night; As the shad - ows stretch and  
 rich op - press the poor; Still the earth is bruised and  
 ser - vants strong and true; Give us all your love of  
 light that in us burns; Shin - ing deep with - in all  
 source and you our end; Praise to you who love and

(Bm) Dm (D/A) F/C (G) B $\flat$  (G/A) B $\flat$ /C (D) F



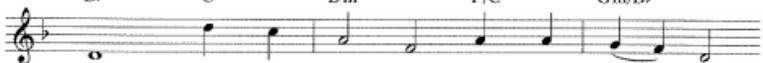
deep - en, Come and make our dark - ness bright. All cre -  
 bro - ken By the ones who still want more. Come and  
 jus - tice So we do what you would do. Let us  
 peo - ple, Yours the love that we must learn, For our  
 nur - ture us As a fa - ther, moth - er, friend. Grant us

(A/C $\sharp$ ) C/E (Bm) Dm (D/F $\sharp$ ) F/A (Bm) Dm (D/A) F/C



a - tion still is groan - ing For the dawn - ing of your  
 wake us from our sleep - ing, So our hearts can - not ig -  
 call all peo - ple ho - ly, Let us pledge our lives a -  
 hearts shall wan - der rest - less 'Til they safe to you re -  
 all a peace - ful rest - ing, Let each mind and bod - y

(G) B $\flat$  (A) C (Bm) Dm (D/A) F/C (Em/G) Gm/B $\flat$



might, When the Sun of peace and jus - tice  
 nore All your peo - ple lost and bro - ken,  
 new, Make us one with all the low - ly,  
 turn; Find - ing you in one an - oth - er,  
 mend, So we rise re - freshed to - mor - row,

EVENING

The image shows a musical score for the hymn 'Evening'. It features a single staff of music in G major, 4/4 time. The melody consists of the following notes: G4 (quarter), A4 (quarter), B4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (half). Above the staff, guitar chords are indicated: (D/F#) F/A, (Em7) Gm7, (G/A) Bb/C, (D) F, (G/D) Bb/F, and (D) F. Below the staff, the lyrics are written in five lines, with hyphens indicating syllables that span across two lines of music.

(D/F#) F/A (Em7) Gm7 (G/A) Bb/C (D) F (G/D) Bb/F (D) F

Fills the earth with ra-diant light.  
All your chil - dren at our door.  
Let us all be one in you.  
We shall all your face dis - cern.  
Hearts re - newed to King-dom tend.

Text: Marty Haugen, b.1950, © 1985, 1994, GIA Publications, Inc.  
Tune: BEACH SPRING, 8 7 8 7 D; *The Sacred Harp*, 1844; arr. by Marty Haugen, b.1950, © 1985, GIA Publications, Inc.

**The Dismissal**

*Celebrant:* Go in peace to love and serve the Lord.  
*People:* Thanks be to God.