

**IN CELEBRATION OF THE LIFE
OF
FRANCES ELIZABETH SPINA
NOVEMBER 29, 1944 – DECEMBER 21, 2021**



**MEMORIAL SERVICE
MAY 7, 2022**

**THE EPISCOPAL CHURCH OF THE ASCENSION
GAITHERSBURG, MARYLAND**

The Burial of the Dead:

Prelude

Bill Stief, Organist.

The people stand.

Opening Hymn:

Wonder Love and Praise #811

You shall cross the barren desert

Bob Dufford, SJ

Verse 1

1. You shall cross the bar-ren des-ert, but you shall not die of thirst. You shall wan-der far in safe-ty though you do not know the way. You shall speak your words in for-eign lands and all will un-der-stand. You shall see the face of God and live.

Refrain

Be not a - fraid. I go be - fore you al-ways. Come, fol-low me, and I will give you

Verse 2

rest. 2. If you

pass through rag - ing wa - ters in the sea, you shall not

drown, If you walk a - mid the burn - ing flames, you shall not be

harmed. If you stand be - fore the pow'r of hell and

death is at your side, know that I am with you — through it

To refrain Verse 3

all. ————— 3. Bless - ed are your poor, for the

king - dom shall be theirs. Blest are you that

weep and mourn, for one day you shall laugh. And if

wick - ed men in - sult and hate you all be - cause of me,

bless - ed, bless - ed are you! —————

Final Refrain

Be not a - fraid. I go be - fore you al - ways.

Come, fol - low me, and I will give you

All remain standing while the following anthem is said.

I am Resurrection and I am Life, says the Lord.
All who have faith in me shall have life,
even though they die.
And all who have life,
and have committed themselves to me in faith,
shall not die for ever.

As for me, I know that my Redeemer lives
and that at the last he will stand upon the earth.
After my awaking, he will raise me up;
and in my body I shall see God.
I myself shall see, and my eyes behold him
who is my friend and not a stranger.

For if we have life, we are alive in the Lord,
and if we die, we die in the Lord.
So, then, whether we live or die,
we are the Lord's possession

Happy from now on
are those who die in the Lord!
So it is, says the Spirit,
for they rest from their labors.

The Celebrant then says

Celebrant The Lord be with you

People **And also with you.**

Celebrant Let us pray.

O God of grace and glory, we remember before you this day our sister Fran. We thank you for giving her to us, her family and friends, to know and to love as a companion on our earthly pilgrimage. In your boundless compassion, console us who mourn. Give us faith to see in death the gate of eternal life, so that in quiet confidence we may

continue our course on earth, until, by your call, we are reunited with those who have gone before; through Jesus Christ our Lord. *Amen.*

Most merciful God, whose wisdom is beyond our understanding: deal graciously with her family in their grief. Surround them with your love, that they may not be overwhelmed by their loss, but have confidence in your goodness, and strength to meet the days to come; through Jesus Christ our Lord. *Amen.*

The Liturgy of the Word

First Reading

Lamentations 3:22-26,31-33
Laura Sobolewski

A reading from the book of Lamentations

The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

“The Lord is my portion,” says my soul,
“therefore I will hope in him.”

The Lord is good to those who wait for him,
to the soul who seeks him.

It is good that one should wait quietly
for the salvation of the Lord.

For the Lord will not
cast off forever,

but, though he cause grief, he will have compassion
according to the abundance of his steadfast love;
for he does not afflict from his heart
or grieve the children of men.

Here what the Spirit is saying to God’s people

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

The LORD is my shepherd; *
I shall not be in want.

He makes me lie down in green pastures *
and leads me beside still waters.

He revives my soul *
and guides me along right pathways for his Name's sake.

Though I walk through the valley of the shadow of death, I shall fear no evil; *
for you are with me; your rod and your staff, they comfort me.

You spread a table before me in the presence of those who trouble me; *
you have anointed my head with oil, and my cup is running over.

Surely your goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the LORD for ever.

Second Reading

Ecclesiastes 3:1-8
Michael Jack

A reading from the book of Ecclesiastes

For everything there is a season, and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to cast away;

a time to tear, and a time to sew;
 a time to keep silence, and a time to speak;
 a time to love, and a time to hate;
 a time for war, and a time for peace.

Here what the Spirit is saying to God's people

People: Thanks be to God.

Sequence Hymn:

Make Me a Channel of Your Peace

Verses 1, 2, 4



1. Make me a chan-nel of your peace. Where
 2. Make me a chan-nel of your peace. Where
 4. Make me a chan-nel of your peace. It



there is ha-tred, let me bring your love. Where
 there's de-spair in life, let me bring hope. Where
 is in par-don-ing that we are par-doned, in



there is in-ju-ry, your par-don, Lord, And
 there is dark-ness, on-ly light, And
 giv-ing of our-selves that we re-ceive, and in



where there's doubt, true faith in you.
 where there's sad-ness, ev-er joy.
 dy-ing that we're born to e-ter-nal life.

Verse 3



3. Oh, Mas-ter, grant that I may nev-er seek So much to be con-



soled as to con-sole. To be un-der-stood as to un-der-



stand. To be loved as to love with all my soul.

Text: *Prayer of St. Francis*; adapt. by Sebastian Temple, 1928–1997
 Tune: Sebastian Temple, 1928–1997; acc. by Robert J. Batastini, b.1942
 © 1967, OCP
 Dedicated to Mrs. Frances Tracy

Then, all standing, the Minister reads the Gospel, first saying,

Gospel

John 14:1-6

The Holy Gospel of our Lord Jesus Christ according to John.

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

Jesus said, "Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going." Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

Celebrant The Gospel of the Lord.

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

Memories/Eulogy

Luke Lafferty

Regina Cheesman

Erin Lafferty

The Apostles' Creed

In the assurance of eternal life given at Baptism, let us proclaim our faith and say,

Celebrant and People

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit

and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers of the People

Craig Lafferty

For our sister Fran, let us pray to our Lord Jesus Christ who said, "I am resurrection and I am Life."

Lord, you consoled Martha and Mary in their distress; draw near to us who mourn for Fran, and dry the tears of those who weep.

Hear us, Lord.

You wept at the grave of Lazarus, your friend; comfort us in our sorrow.

Hear us, Lord.

You raised the dead to life; give to our sister eternal life.

Hear us, Lord.

You promised paradise to the thief who repented; bring our sister to the joys of heaven.

Hear us, Lord.

Our sister was washed in Baptism and anointed with the Holy Spirit; give her fellowship with all your saints.

Hear us, Lord.

She was nourished with your Body and Blood; grant her a place at the table in your heavenly kingdom.

Hear us, Lord.

Comfort us in our sorrows at the death of our sister; let our faith be our consolation, and eternal life our hope.

Irish Funeral Prayer-

Robyn Lafferty

You can only have one mother patient kind and true; no other friend in all the world, will be the same to you. When other friends forsake you, to mother you will return, for all her loving kindness, she asks nothing in return. As we look upon her picture, sweet memories we recall, of a face so full of sunshine, and a smile for one and all. Sweet Jesus, take this message, to our dear mother up above; tell her how we miss her, and give her all our love.

The Celebrant concludes with following prayer

Lord Jesus Christ, we commend to you our sister Fran, who was reborn by water and the Spirit in Holy Baptism. Grant that her death may recall to us your victory over death, and be an occasion for us to renew our trust in your Father's love. Give us, we pray, the faith to follow where you have led the way; and where you live and reign with the Father and the Holy Spirit, to the ages of ages. *Amen.*

The Holy Communion

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

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

Celebrant

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who rose victorious from the dead, and comforts us with the blessed hope of everlasting life. For to your faithful people, O Lord, life is changed, not ended; and when our mortal body lies in death, there is prepared for us a dwelling place eternal in the heavens.

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:

Sanctus

The Hymnal 1982 #S114

Willan

Ho - ly, ho - ly, ho - ly, Lord God of
 Hosts: Hea - ven and earth are full of thy glo - ry. Glo -
 ry be to thee, O Lord Most High. Bless - ed is he that com - eth
 in the name of the Lord. Ho - san - na in the high - est.

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

Celebrant and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. AMEN.

And now, as our Savior Christ has 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 not into temptation,
 but deliver us from evil.
 For thine is the kingdom, and the power,
 and the glory,
 forever and ever. Amen.

Fraction Anthem

The Hymnal 1982 #S158

Lamb of God

Willan



O Lamb of God, that ta - kest a -
 way the sins of the world, have mer - cy up -
 on us. O Lamb of God, that
 ta - kest a - way the sins of the world, have
 mer - cy up - on us. O Lamb of
 God, that ta - kest a - way the sins of the
 world, grant us thy peace.

Communion hymn

The Hymnal 1982 # 335

I'm the bread of life

Suzanne Toolan



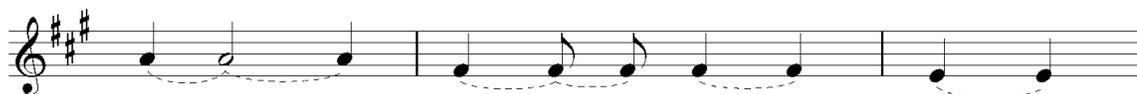
1 I am the bread of life; they who
 2 (The) Bread that I will give is my
 3 (Un-) less you eat of the
 4 I am the re - sur - rec - tion,
 5 (Yes,) Lord, we be - lieve that



1 come to me shall not hun - ger; they who be -
 2 Flesh for the life of the world, and they who
 3 Flesh of the Son of Man and
 4 I am the life. They who be -
 5 you are the Christ, the



1 lieve in me shall not thirst. No one can come to
 2 eat of this bread, they shall live for
 3 drink of his Blood, you shall not have life with -
 4 lieve in me, e - ven if they
 5 Son of God who has



1 me un - less the Fa - ther draw them.
 2 ev - er. they shall live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, they shall live for ev - er.
 5 come in - to the world.

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. 5 Yes, day.

last day. 2 The 3 Un- day. 4 — 5 Yes, (♯)

The descant may be sung after stanzas 4 and 5.

Post-Communion

Almighty God, we thank you that in your great love you have fed us with the spiritual food and drink of the Body and Blood of your Son Jesus Christ, and have given us a foretaste of your heavenly banquet. Grant that this Sacrament may be to us a comfort in affliction, and a pledge of our inheritance in that kingdom where there is no death, neither sorrow nor crying, but the fullness of joy with all your saints; through Jesus Christ our Savior. *Amen.*

The Commendation

Give rest, O Christ, to your servant with your saints,
where sorrow and pain are no more,
neither sighing, but life everlasting.

You only are immortal, the creator and maker of mankind; and we are mortal, formed of the earth, and to earth shall we return. For so did you ordain when you created me, saying, "You are dust, and to dust you shall return." All of us go down to the dust; yet even at the grave we make our song: Alleluia, alleluia, alleluia.

Give rest, O Christ, to your servant with your saints,
where sorrow and pain are no more,
neither sighing, but life everlasting.

The Celebrant says

Into your hands, O merciful Savior, we commend your servant, Fran. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming. Receive her into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. *Amen.*

The Celebrant blesses the people, and dismisses them, saying

The God of peace, who brought again from the dead our Lord Jesus Christ, the great Shepherd of the sheep, by the blood of the everlasting covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. *Amen.*

Let us go forth in the name of Christ.
Thanks be to God.

Closing Hymn:

Wonder Love and Praise #810

Eagles Wings

Bob Dufford, SJ



1. You who dwell in the shel - ter of the Lord, who a -
2. Snares of the fowl - er will nev - er cap - ture you, and
3. For to the an - gels God's giv - en a com - mand to



bide in his sha - dow for life, say to the Lord: "My
fam - ine will bring you no fear; un - der God's wings your
guard you in all of your ways; up - on their hands they will



ref - uge, my rock in whom I trust!"
ref - uge with faith - ful - ness your shield.
bear you up, lest you dash your foot a - gainst a stone.

Refrain



"And I will raise you up on ea - gle's wings,



bear you on the breath of dawn, make you to shine like the



sun, and hold you in the palm of my hand."

The Committal

Everyone the Father gives to me will come to me; I will never turn away anyone who believes in me.

He who raised Jesus Christ from the dead will also give new life to our mortal bodies through his indwelling Spirit.

My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope. You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures for evermore.

The Celebrant says these words

In sure and certain hope of the resurrection to eternal life through our Lord Jesus Christ, we commend to Almighty God our sister Fran, and we commit her body to its resting place; earth to earth, ashes to ashes, dust to dust. The Lord bless her and keep her, the Lord make his face to shine upon her and be gracious to her, the Lord lift up his countenance upon her and give her peace. Amen.

Rest eternal grant to her, O Lord;
And let light perpetual shine upon her.

May her soul, and the souls of all the departed,
through the mercy of God, rest in peace. Amen.

The God of peace, who brought again from the dead our Lord Jesus Christ, the great Shepherd of the sheep, through the blood of the eternal covenant: Make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; through Jesus Christ, to whom be glory for ever and ever. Amen.

Obituary

Frances Elizabeth Spina, 77, of Rockville, MD peacefully passed away on December 21, 2021, after a valiant seven-year battle with ovarian cancer. Fran was a caring mother, grandmother, sister and friend.

Fran, known as Betsy to family, was born on November 29, 1944 to Dr. Eugene and Lyndall Caffey in Carlisle, PA. After graduating high school, she pursued a degree in English at New Mexico State University, later transferring and graduating from Towson State College. After graduation, she started her lifetime of work for the Federal Government. Fran spent 40 years at the National Institutes of Health/ National Library of Medicine, retiring in January of 2015. Fran was passionate about her work, ending her career as a Supervisory Technical Information Specialist. Fran loved what she did for a living and met many cherished friends and colleagues over the years.

Fran was a longtime member of Church of the Ascension in Gaithersburg, MD. She served on various committees and loved her church community.

Fran is survived by two children, Robyn Lafferty (Craig, of Laytonsville, MD) and Michael Jack (Laura Sobolewski, of Rockville, MD) and husband, Frank. She is also survived by three grandchildren, Luke Lafferty, Erin Lafferty and Kathryn Jack. Fran will also be missed by her sister-in-law, Judy Caffey and nieces, Regina Cheesman and Sarah Savage and their families.

Fran was predeceased by her parents, her brother, Eugene M. "Mike" Caffey III, and grandson, Brian Jack.

In lieu of flowers, please consider a donation to JSSA Hospice or the Church of the Ascension in Gaithersburg, MD