



The Fifteenth Sunday after Pentecost

Proper 17

September 1, 2024

10:00 a.m. Holy Eucharist

Welcome to Ascension! For more information about our community, please fill out a welcome card, found at either end of the pews, or take one of our welcome packets from a member of the Welcome Team or the table in the narthex.

Please silence your electronic devices. Beginning ten minutes before the service, please help us create a contemplative space by refraining from cell phone use or loud conversation.

The people's responses are in bold.

OPENING VOLUNTARY

PROCESSIONAL HYMN

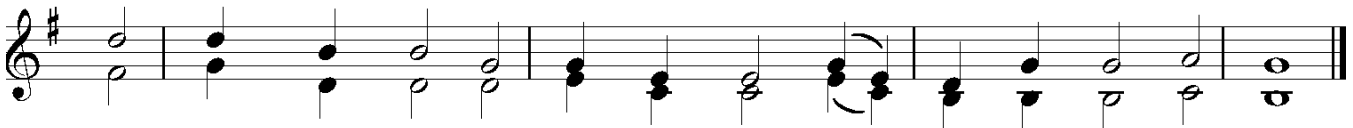
O for a thousand tongues to sing

The Hymnal 1982 # 493

Azmon



- 1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,
- 2 My gra - cious Mas - ter and my God, as - sist me to pro - claim
- 3 Je - sus! the Name that charms our fears and bids our sor - rows cease;
- 4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,
- 5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;



- 1 the glo - ries of my God and King, the tri - umphs of his grace!
- 2 and spread through all the earth a - broad the hon - ors of thy Name.
- 3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.
- 4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.
- 5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

- 6 **Glory to God and praise and love**
be now and ever given
by saints below and saints above,
the Church in earth and heayen.

WELCOME

OPENING ACCLAMATION

Priest Blessed be God: Father, Son, and Holy Spirit.

People And blessed be God's kingdom, now and for ever. Amen.

Priest and people

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 IN EXCELSIS

Glory to God in the highest

The Hymnal 1982 # S 280

Robert Powell

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - might - y 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
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 FOR THE DAY

Priest The Lord be with you.
People **And also with you.**
Priest Let us pray.

Priest and People

Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

The people are seated.

THE FIRST READING

Song of Solomon 2:8-13

Reader A reading from the Book of Song of Solomon.

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away."

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

PSALM 45:1-2, 7-10

My heart is stirring with a noble song;
let me recite what I have fashioned for the king; *
my tongue shall be the pen of a skilled writer.

You are the fairest of men; *
grace flows from your lips,
because God has blessed you for ever.

Your throne, O God, endures for ever and ever, *
a scepter of righteousness is the scepter of your kingdom;
you love righteousness and hate iniquity.

Therefore God, your God, has anointed you *
with the oil of gladness above your fellows.

All your garments are fragrant with myrrh, aloes, and cassia, *
and the music of strings from ivory palaces makes you glad.

Kings' daughters stand among the ladies of the court; *
on your right hand is the queen,
adorned with the gold of Ophir.

THE SECOND READING

James 1:17-27

Reader A reading from the letter of the apostle Saint James.

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers

who forget but doers who act-they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

SEQUENCE HYMN

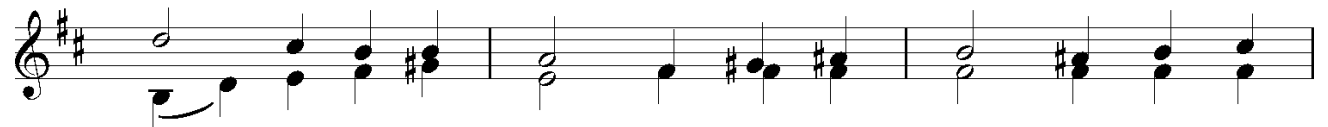
The Hymnal 1982 # 593

Lord, make us servants of your peace

Dickinson College



1 Lord, make us ser - vants of your peace: where there is
 2 Where all is doubt, may we sow faith; where all is
 3 Je - sus, our Lord, may we not seek to be con -
 4 May we not look for love's re - turn, but seek to
 5 Dy - ing, we live, and are re - born through death's dark



1 hate, may we sow love; where there is hurt, may we for -
 2 gloom, may we sow hope; where all is night, may we sow
 3 soled, but to con - sole, nor look to un - der - stand - ing
 4 love un - self - ish - ly, for in our giv - ing we re -
 5 night to end - less day: Lord, make us ser - vants of your



1 give; where there is strife, may we make one.
 2 light; where all is tears, may we sow joy.
 3 hearts, but look for hearts to un - der - stand.
 4 ceive, and in for - giv - ing are for - given.
 5 peace, to wake at last in hea - ven's light.

The people remain standing for the reading of the Gospel.

THE GOSPEL

Mark 7:1-8, 14-15, 21-23

Deacon The Holy Gospel of our Lord Jesus Christ according to St. Mark.
People **Glory to you, Lord Christ.**

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written,

‘This people honors me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.’
You abandon the commandment of God and hold to human tradition.”

Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.” For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”

Deacon The Gospel of the Lord.
People **Praise to you, Lord Christ.**

The people are seated at the invitation of the preacher.

SERMON

The Rev. Javier Ocampo.

The people stand.

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 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. With the Father and the Son he is worshiped 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 the resurrection of the dead, and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE

Form III

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest.
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

A brief silence is kept.

We pray for comfort, healing, courage and hope for **Angie Ricks, Jean Isaac, Greg Kostka, Judy Conroy, Matt Cross, James Parker, Lyn Pusey, Deborah Cela, Maggie Parkerton, Doris Chin, JoAnna Grable, Jim Babcock, George Scott, Delita Rodriguez, Jack Rouse, Jeanie Cross, Teresa Rojas Velenzuela, Ray Villescas, Chris Keunen, Jan Hauber, Donna Keating** and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and for the victims of war everywhere. We also pray for all who are serving our country here and abroad, especially those in harm's way, and their families.

We pray for all those affected by, suffering from, and killed by gun violence throughout our country.

The flowers on the altar today are given by Javier Ocampo in celebration of his sister Carolina's birthday.

The flowers on the altar today are given by Edna Leake in loving memory of her husband, Dr. Sarr Abdula Vandi, who died on March 20th, 2024.

The flowers on the altar today are given by Paul Whitmore and Sari Stoddard in loving memory of their parents.

We give thanks for the recent birthdays of **James Weed, Carolina Ocampo, Thomas Roberson, Denise Lionetti, Rosalyn Chin, Melvin Velazquez, and Phyllis Eddy.**

Celebrant

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. Amen.

CONFESSION OF SIN

Deacon: Let us confess our sins against God and our neighbor.

Silence may be kept.

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.

Celebrant:

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

THE PEACE

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

People: And also with you.

OFFERTORY SENTENCE

Celebrant

Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High. (Psalm 50:14)

*The altar is prepared for Holy Communion and an offering is received to support Ascension's ministry of sharing God's love with the world.
Text ASCENSIONMD + Amount to 73256 to give a donation using your text messaging Or scan the QR code*



OFFERTORY ANTHEM

The Hymnal 1982 # 707

Take my life, and let it be

Hollingside

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im - pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.

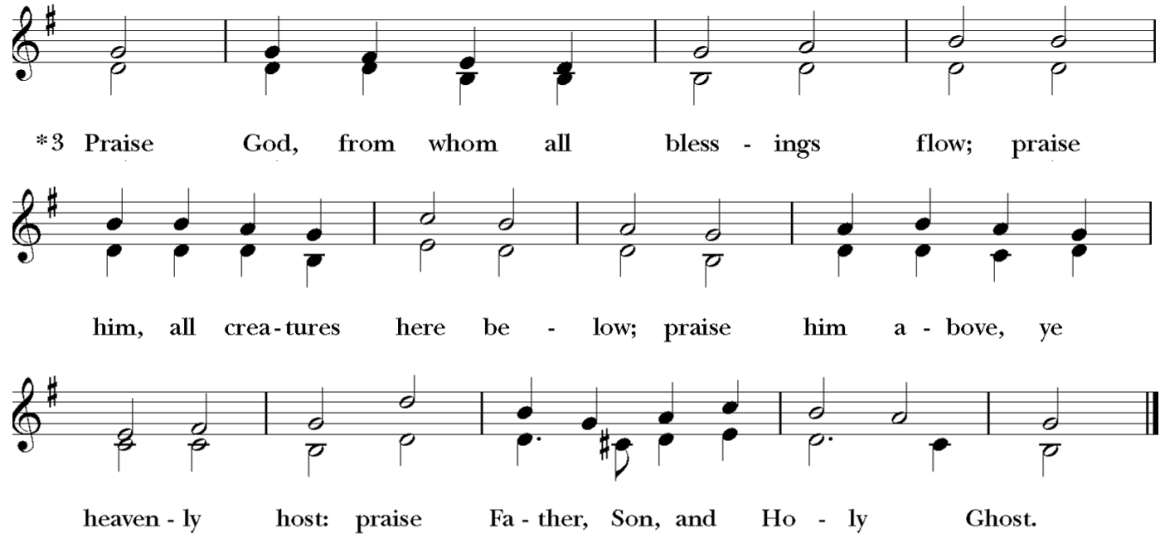
take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

DOXOLOGY

The Hymnal 1982 # 380 V. 3

Praise God, from whom all blessings flow

Old 100th



*3 Praise God, from whom all bless - ings flow; praise
him, all crea-tures here be - low; praise him a - bove, ye
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

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 our 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.

For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

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

Holy, holy, holy

Wonder Love and Praise # 858

American folk melody

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. * Bless - ed is he who comes
in the name of the Lord. Ho - san - na in the
high - est. Ho - san - na in the high - est.

The people kneel or remain standing. 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 hath taught us, we are bold to say,

Celebrant and People

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

Lift Every Voice and Sing # 154

Taste and see

James E. Moore, Jr.

The musical notation consists of three staves in 2/2 time. The first staff contains the lyrics "Taste and see. Taste and see the good - ness". The second staff contains "of the Lord. O Taste and see. Taste and". The third staff contains "see the good - ness of the Lord, of the Lord." and ends with a double bar line and the word "Fine".

Celebrant God's Holy gifts for God's holy people. Come, when you are fearful, to be made new in love. Come, when you are doubtful, to be made strong in faith. Come, when you are regretful, and be made whole in Christ. Come to Christ's table, there is room for all.

All are welcome to receive the Sacrament of Holy Communion at Church of the Ascension. Please follow the directions of the Priest. Receive the bread in your hands. You may receive the wine by drinking from the chalice or by taking one of the small cups, drinking from it and dropping it into the receptacle. If you wish to receive a blessing, join in the movement to the front of the nave and cross your arms over the front of your chest. After receiving Holy Communion or a blessing, the people are seated.

PRAYER FOR SPIRITUAL COMMUNION

Lord Jesus, we believe that you are truly present in the Blessed Sacrament of the Altar. We offer you praise and thanksgiving as we proclaim your resurrection. We love you above all, and long for you in our souls. Since we cannot receive you in the Sacrament of your Body and Blood, come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

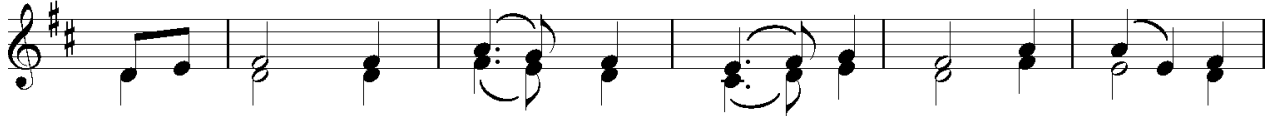
After receiving communion, the people are seated for the hymn.

COMMUNION HYMN

The Hymnal 1982 # 693 (omit v. 3)

Just as I am, without one plea

Woodworth



1 Just as I am, with - out one plea, but that thy
2 Just as I am, though tossed a - bout with man - ya
* 3 Just as I am, poor, wretch - ed, blind; sight, rich - es,
4 Just as I am: thou wilt re - ceive; wilt wel - come,
5 Just as I am, thy love un - known has bro - ken



1 blood was shed for me, and that thou bidd'st me
2 con - flict, man - ya doubt; fight - ings and fears with -
3 heal - ing of the mind, yea, all I need, in
4 par - don, cleanse, re - lieve, be - cause thy prom - ise
5 ev - ery bar - rier down; now to be thine, yea,



1 come to thee, O Lamb of God, I come, I come.
2 in, with - out, O Lamb of God, I come, I come.
3 thee to find, O Lamb of God, I come, I come.
4 I be - lieve, O Lamb of God, I come, I come.
5 thine a - lone, O Lamb of God, I come, I come.

6 Just as I am, of thy great love
the breadth, length, depth, and height to prove,
here for a season, then above:
O Lamb of God, I come, I come.

PRAYER AFTER COMMUNION

Let us pray.

Faithful God, in the wonder of your wisdom and love you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. We thank you for the Body of Christ, the bread of heaven, and for the offering of Christ's holy presence, the gift of spiritual communion, which feeds us when we must be apart. By the power of the Holy Spirit, may we become One Body in the sacrament of Christ's Body. Transform our lives with your life, for the love we share becomes bread for the world. AMEN.

BLESSING

Life is short, and we do not have too much time to gladden the hearts of those who travel the way with us. So be swift to love, and make haste to be kind. And may the blessing of the one who made us, who journeys with us, who breathes us into life moment by moment, Creator, Christ, and Holy Spirit, be upon you this day and always. **Amen.**

The people are seated for the announcements.

ANNOUNCEMENTS

For more information about activities and events coming up at Ascension, please refer to the bulletin insert.

RECESSIONAL HYMN

Christ for the world we sing

The Hymnal 1982 # 537

Moscow



1 Christ for the world we sing! The world to
2 Christ for the world we sing! The world to
3 Christ for the world we sing! The world to
4 Christ for the world we sing! The world to



Christ we bring with lov - ing zeal; the poor, and
Christ we bring with fer - vent prayer; the way - ward
Christ we bring with one ac - cord; with us the
Christ we bring with joy - ful song; the new - born



them that mourn, the faint and o - ver - borne,
and the lost, by rest - less pas - sions tossed,
work to share, with us re - proach to dare,
souls, whose days, re - claimed from er - ror's ways,



sin - sick and sor - row - worn, whom Christ doth heal.
re - deemed at count - less cost from dark de - spair.
with us the cross to bear, for Christ our Lord.
in - spired with hope and praise, to Christ be - long.

DISMISSAL

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

CLOSING VOLUNTARY

Service Participants:

The Rev. Javier García Ocampo – Rector

The Rev. Rosa Briones – Deacon

Etienne Zhou—Minister of Music

Tracey Forfa – Candidate for Holy Orders

Miriam Felipe – Seminarian

Jesse Velazquez – Spanish Service Music Director

The Ascension Choir

The Ascension Tech Team

PERMISSIONS

Section: Jesus Christ our Lord Words: Charles Wesley (1707–1788), alt. Music: Azmon, Carl Gotthilf Gläser (1784–1829); adapt. and arr. Lowell Mason (1792–1872) Meter: CM Section: The Church’s Mission Words: Samuel Wolcott (1813–1886) Music: Moscow, melody Felice de Giardini (1716–1796); harm. The New Hymnal, 1916 based on Hymns Ancient and Modern, 1875, and Lowell Mason (1792–1892) Meter: 664. 6664 Section: Christian Responsibility Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182–1226) Music: Dickinson College, Lee Hastings Bristol, Jr. (1923–1979) Copyright: Words: Copyright ©, James Quinn, SJ, printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: Copyright © 1962, Theodore Presser Co. Used by permission of the publisher. Meter: LM Section: The Christian Life Words: harlotte Elliott (1789–1871) Music: Woodworth, William Batchelder Bradbury (1816–1868) Meter: LM Section: The Christian Life Words: Francis Ridley Havargal (1836–1879), alt. Music: Hollingside, John Bacchus Dykes (1823–1876) Meter: 77. 77. D Section: Communion Title: Taste and See Words: Psalm 34 Music: James E. Moore, Jr. Copyright: © 1992 G.I.A. Publications, Inc. Chicago, IL All Rights Reserved. Section: Service Music: Sanctus and Benedictus Title: Holy, holy, holy Lord [Sanctus] Music: American folk melody; arr. Marcia Pruner, harm. Annabel Morris Buchanan (1889–1983) Section: Canticles Title: Canticle 20, Glory to God: Gloria in excelsis Music: Robert Powell (b. 1932), The Holy Eucharist: Rite Two is from the Book of Common Prayer © 1979 Church Publishing, Inc. Scripture readings are from the New Revised Standard Version of The Bible, copyright © 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.