



# The Twenty-First Sunday after Pentecost

Proper 23

October 13, 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 *O Little Town of Bethlehem* - Lewis Redner

## PROCESSIONAL HYMN

*Before thy throne, O God, we kneel*

The Hymnal 1982 # 574

*St. Petersburg*



1 Be - fore thy throne, O God, we kneel: give us a con - science  
 2 Search out our hearts and make us true; help us to give to  
 3 For sins of heed - less word and deed, for pride am - bi - tious  
 4 Let the fierce fires which burn and try, our in - most spi - rits



quick to feel, a rea - dy mind to un - der - stand the  
 all their due. From love of plea - sure, lust of gold, from  
 to suc - ceed, for craft - y trade and sub - tle snare to  
 pu - ri - fy: con - sume the ill; purge out the shame; O



mean - ing of thy chas - tening hand; what - e'er the pain and  
 sins which make the heart grow cold, wean us and train us  
 catch the sim - ple un - a - ware, for lives be - reft of  
 God, be with us in the flame; a new - born peo - ple



shame may be, bring us, O Fa - ther, near - er thee.  
 with thy rod; teach us to know our faults, O God.  
 pur - pose high, for - give, for - give, O Lord, we cry.  
 may we rise, more pure, more true, more no - bly wise.

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 - mighty - 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, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

*The people are seated.*

**THE FIRST READING**

Job 23:1-9, 16-17

*Reader* A reading from the Book of Job.

Job said: "Today also my complaint is bitter; his hand is heavy despite my groaning. Oh, that I knew where I might find him, that I might come even to his dwelling! I would lay my case before him, and fill my mouth with arguments. I would learn what he would answer me, and understand what he would say to me. Would he contend with me in the greatness of his power? No; but he would give heed to me. There an upright person could reason with him, and I should be acquitted forever by my judge. "If I go forward, he is not there; or backward, I cannot perceive him; on the left he hides, and I cannot behold him; I turn to the right, but I cannot see him. God has made my heart faint; the Almighty has terrified me; If only I could vanish in

darkness, and thick darkness would cover my face!"

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

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

### PSALM 22:1-15

My God, my God, why have you forsaken me? \*  
**and are so far from my cry and from the words of my distress?**

O my God, I cry in the daytime, but you do not answer; \*  
**by night as well, but I find no rest.**

Yet you are the Holy One, \*  
**enthroned upon the praises of Israel.**

Our forefathers put their trust in you; \*  
**they trusted, and you delivered them.**

They cried out to you and were delivered; \*  
**they trusted in you and were not put to shame.**

But as for me, I am a worm and no man, \*  
**scorned by all and despised by the people.**

All who see me laugh me to scorn; \*  
**they curl their lips and wag their heads, saying,**

"He trusted in the Lord; let him deliver him; \*  
**let him rescue him, if he delights in him."**

Yet you are he who took me out of the womb, \*  
**and kept me safe upon my mother's breast.**

I have been entrusted to you ever since I was born; \*  
**you were my God when I was still in my mother's womb.**

Be not far from me, for trouble is near, \*  
**and there is none to help.**

Many young bulls encircle me; \*  
**strong bulls of Bashan surround me.**

They open wide their jaws at me, \*  
**like a ravening and a roaring lion.**

I am poured out like water; all my bones are out of joint; \*  
**my heart within my breast is melting wax.**

My mouth is dried out like a potsherd; my tongue sticks to the roof of my mouth; \*  
**and you have laid me in the dust of the grave.**

## THE SECOND READING

Hebrews 4:12-16

*Reader* A reading from the letter to the Hebrews.

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

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

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

SEQUENCE HYMN

Wonder Love and Praise # 761

All who hunger gather gladly

Holy Manna



1. All who hun - ger gath - er glad - ly; ho - ly man - na  
 2. All who hun - ger, nev - er stran - gers, seek - er, be a  
 3. All who hun - ger, sing to - geth - er, Je - sus Christ is



is our bread. Come from wil - der - ness and wan - d'ring.  
 wel - come guest. Come from rest - less - ness and roam - ing.  
 liv - ing bread. Come from lone - li - ness and long - ing.



Here in truth we will be fed. You that yearn for  
 Here, in joy we keep the feast. We that once were  
 Here, in peace, we have been fed. Blest are those who



days of full - ness, all a - round us is our food.  
 lost and scat - tered in com - mun - ion's love have stood.  
 from this ta - ble live their days in grat - i - tude.



Taste and see the grace e - ter - nal.  
 Taste and see the grace e - ter - nal.  
 Taste and see the grace e - ter - nal.



Taste and see that God is good.  
 Taste and see that God is good.  
 Taste and see that God is good.

*The people remain standing for the reading of the Gospel.*

## THE GOSPEL

Mark 10:17-31

*Deacon* The Holy Gospel of our Lord Jesus Christ according to St. Mark.

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

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” Jesus said to him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.’” He said to him, “Teacher, I have kept all these since my youth.” Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.” Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

*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 **Greg Kostka; Jan and Ron Hauber; Alero Nesiama; Jayda and Raheem Gerad; Doris Chin; Barbara Harbison; Tim Fitzpatrick; Jim and Enrique Alstrum-Acevedo; Kirk Davies; Mary Waldron; Marc Sutherland; Ray Villescas; TJ Miller; Aaron and Dawn Wright; Betty Knight** and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

*Extended Prayer List:* Angie Ricks, Jean Isaac, Judy Conroy, Matt and Jeanie Cross, James Parker, Lyn Pusey, JoAnna Grable, George Scott, Christine Keunen, Delita Rodriguez.

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 Penelope Hammond Cudjoe in celebration of her 70<sup>th</sup> birthday, which fell on October 2, 2024. *The Lord is my Shepherd; Psalm 23.*

Today's altar flowers are also given by Bette J. Gould in loving memory of her husband, William A. Gould, on their wedding anniversary.

We give thanks for the recent birthdays of **Karyn Anderson, Sarah Gomez, Greg Kostka, Thomas Hughes, Yanira Servano, Nathalie Scott, Isa Rincon Noble, Anne Brink, Jerry FitzPatrick, and Patrick Mitchell.**

### *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: “Look at the World”**

*John Rutter*

*Look at the world, everything all around us. Look at the world and marvel every day.  
Look at the world, so many joys and wonders. So many miracles along our way.*

*Praise to thee O Lord for all creation. Give us thankful hearts that we  
may see all the gifts we share and every blessing. All things come of thee.*

*Look at the earth, bringing forth fruit and flowers. Look at the sky, the sunshine and the rain.  
Look at the hills, look at the trees and mountains, valley and flowing river, field and plain.*

*Think of the spring, think of the warmth of summer, bringing the harvest before the winter’s cold.  
Everything grows, everything has a season till it is gathered to the father’s fold.*

*Every good gift, all that we need and cherish comes from the Lord in token of his love.  
We are his hands, stewards of all his bounty. His is the earth and his the heavens above.*

**DOXOLOGY**

**The Hymnal 1982 # 380 V. 3**

*Praise God, from whom all blessings flow*

*Old 100<sup>th</sup>*


Praise God, from whom all blessings flow; praise him all creatures 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 al - so 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.

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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

*Land of Rest*

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*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

*Celebrant and People:*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

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

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



*A - mén.*

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.



Taste and see, taste and see the good - ness of the Lord. O



taste and see, taste and see the good-ness of the Lord, of the Lord.

*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 # 711

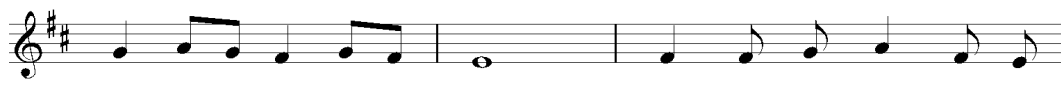
*Seek ye first the kingdom of God*

*Seek Ye First*

1



Seek ye first the king - dom of God  
Ask, and it shall be giv - en un - to you,



and its right - eous - ness, and all these things shall be  
seek, and ye shall find, knock, and the door shall be



add - ed un - to you; Al - le - lu, al - le - lu - ia!  
o - pened un - to you; Al - le - lu, al - le - lu - ia!

*Refrain*  
2



Al - le - lu - ia, al - le -



lu - ia, al - le - lu - ia!



Al - le - lu, al - le - lu - ia!

## 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, and your loved ones, 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

The Hymnal 1982 # 690

*Guide me, O thou great Jehovah*

*Cwm Rhondda*



1 Guide me, O thou great Je - ho - vah, pil - grim through this  
2 O - pen now the crys - tal foun-tain, whence the heal - ing  
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
stream doth flow; let the fire and cloud - y pil - lar  
fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
lead me all my jour - ney through; strong de - liv - erer,  
land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
strong de - liv - erer, be thou still my strength and  
songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
shield, be thou still my strength and shield.  
thee, I will ev - er give to thee.

## DISMISSAL

*Celebrant* Go in peace to love and serve the Lord.

*People* Thanks be to God.

**CLOSING VOLUNTARY** *Since Jesus Came Into My Heart* - Melody Bober

### 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: Christian Responsibility Words: William Boyd Carpenter (1841–1918), alt. Music: St. Petersburg, Dimitri S. Bortniansky (1751–1825) Meter: 88. 88. 88 Section: The Christian Life Words: William Williams (1717–1791); tr. Peter Williams (1722–1796), alt. Music: Cwm Rhondda, John Hughes (1873–1932) Meter: 87. 87. 877 Section: Rounds and Canons Words: St. 1, Matthew 6:33; adapt. Karen Lafferty (20th cent.). St. 2, Matthew 7:7 Music: Seek Ye First, Karen Lafferty (20th cent.) Copyright: Words: St.1 Copyright © 1972, Maranatha! Music. All Rights Reserved. International Copyright Secured. Used by permission. Meter: 13. 11. 7 with Alleluias Section: Eucharist Title: All who hunger gather gladly Words: Sylvia G. Dunstan (1955–1993) Music: Holy Manna, from The Southern Harmony, 1835; alt. harm., Columbian Harmony, 1825 Copyright: Words: © 1991 GIA Publications, Inc. Meter: 87.87.D 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: Cantic 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.*