# The Thirtgenth Sunday after Pentecost



August 30, 2020 10:30AM

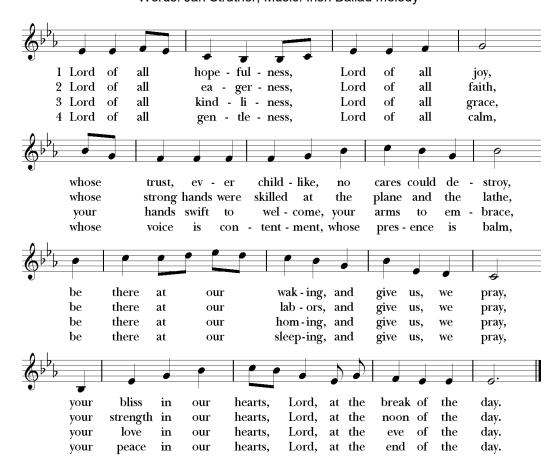
# We Gather

Instructions for standing, sitting, and kneeling are rubrics from the Book of Common Prayer. Any person who is unable to stand or kneel is welcome to sit for any part of the service regardless of the printed instruction. Please feel comfortable using any posture you wish.

#### Processional Hymn:#482

#### Lord of all hopefulness, Lord of all Joy Words: Jan Struther; Music: Irish Ballad melody

Rick Ewing & Ken Yadon



Introduction: "A note from Fr. Bob"

Good morning and welcome to virtual Sundays at Grace Episcopal Church in Muskogee. I need to let you in on a little secret. These non-interactive services are actually video recorded on Wednesday evenings and broadcast as live services Sunday mornings. Soon we may go to a more interactive service on Sundays, but today, this is virtual.

I had to be out of town this week because of a death in my family. Your mass will be presided by our retired deacon, the Reverend Tom Harrington. In addition to Reverend Tom's sermon, my advice to you is re-read Romans 12:9-21 and try to live accordingly.

## **Opening Acclamation / Call to Worship**

Celebrant:Blessed be God: Father, Son, and Holy SpiritPeople:And blessed be His kingdom, now and for ever. Amen

### **Collect for Purity**

*Celebrant:* 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* 



## Collect of the day

*Celebrant:* The Lord be with you *People:* And also with you.

*Celebrant:* 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** 

## We Hear God's Word

## First Lesson: Exodus 3:1-15

*Reader:* A reading from the book of Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

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

People: Thanks be to God.

### Psalm 105:1-6, 23-26, 45c

- *Reader:* Give thanks to the LORD and call upon his Name; \*
- *People:* make known his deeds among the peoples.
- Reader: Sing to him, sing praises to him, \*
- People: and speak of all his marvelous works.
- *Reader:* Glory in his holy Name; \*
- People: let the hearts of those who seek the LORD rejoice.

Reader: Search for the LORD and his strength; \*

People: continually seek his face.

Reader: Remember the marvels he has done, \* his wonders and the judgments of his mouth, People: Reader: O offspring of Abraham his servant, \* People: O children of Jacob his chosen. Israel came into Egypt, \* Reader: and Jacob became a sojourner in the land of Ham. People: Reader: The LORD made his people exceedingly fruitful; \* he made them stronger than their enemies; People: Reader: Whose heart he turned, so that they hated his people, \* People: and dealt unjustly with his servants. Reader: He sent Moses his servant, \* People: and Aaron whom he had chosen. Reader: Hallelujah!

# Second Lesson: Romans 12:9-21

*Reader:* A reading from the book of Romans.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

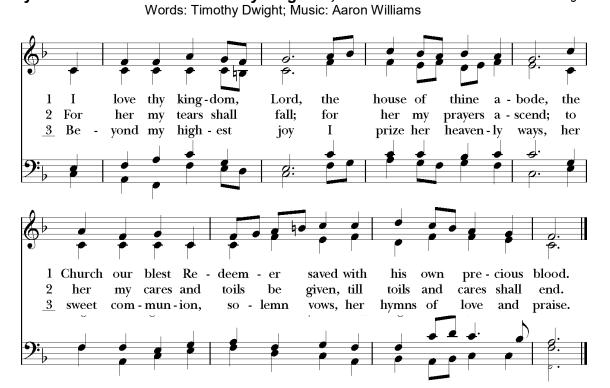
Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

People: Thanks be to God.

### Gradual Hymn:#383

# I love thy kingdom, Lord

Rick Ewing & Ken Yadon



## Gospel: Matthew 16:21-28

*Reader:* The Holy Gospel of our Savior Jesus Christ according to Matthew.

## People: Glory to you, Lord Christ.

Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things."

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

"For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

*Reader:* Alleluia! Alleluia! Come Holy Spirit, fill the hearts of your faithful people and kindle in them the fire of your love.

People: Thanks be to God! Alleluia, Alleluia.

### Sermon

#### The Rev. Thomas Harrington

The New Testament reading today is form Paul's letter to the Roman's Chapter 12, verse 9-12. Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

What Paul has written in these verses can be summed up as The Christian Life in Everyday Action. He has presented his people with ten rules for ordinary, everyday life. For the most part they are self-explanatory but maybe some of them may need a simple clarification because of the wording. For example, do not lag in zeal means that there should be a certain intensity in the Christian life. There is no room for lethargy. The Christian should not take things in an easy going way for the world is a battle ground between good and evil. Be ardent in the spirit means we should be on fire for Christ. Be patient in in suffering means we are to meet tribulation with triumphant fortitude. We can meet anything when we meet it with Christ. Contribute to the needs of the saints means we must share with those in need. We should be bent on giving.

And then in verses 14-21 Paul says "Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good."

These verses could be summed up as a series of rules and principles that can be applied to governing our relationships with our fellow human beings.

Matthew in his Gospel reading to day tells us what Jesus has told his disciples. He said, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it."

What we have heard today from the readings are rules or principles on which we should pattern our lives after when it comes to dealing with those around us.

Robert Fulghum who gained notoriety by writing his book of reflections titled, All I really need to know I learned in Kindergarten, opened this popular book by telling his readers that for many years each spring, he tasked himself with writing a personal statement of belief; a credo. Here is what he had to say about this yearly experience.

Each spring, for many years, I have set myself the task of writing a personal statement of belief: a Credo. When I was younger, the statement ran for many pages, trying to cover every base, with no loose ends. It sounded like a Supreme Court brief, as if words could resolve all conflicts about the meaning of existence.

The Credo has grown shorter in recent years sometimes cynical, sometimes bland - but I keep working at it. Recently I set out to get the statement of personal belief down to one page in simple terms, fully understanding the naïve idealism that implied.

The inspiration for brevity came to me at a gasoline station. I managed to fill an old car's tank with super-deluxe high-octane go-juice. My old hoopy couldn't handle it and got the willies - kept sputtering out at intersections and belching going downhill. I understood. My mind and my spirit get like that from time to time. Too much high-content information, and I get the existential willies - keep sputtering out at intersections where life choices must be make and I either know too much or not enough. The examined life is no picnic.

I Realized then that I already know most of what's necessary to live a meaningful life - that it isn't all that complicated. I know it. And have known it for a long, long time. Living it - well, that's another matter, yes?

Here's my Credo: All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School. These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you .
- Live a balanced life learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out into the world, watch out for traffic, hold hands, and stick together.
- Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and evern the little seed in the Styrofoam cup they all die. So do we.
- And then remember the Dick-and-Jane books and the first word you learned the biggest word of all - LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living.

Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or your government or your world and I holds true and clear and firm. Thing what a better world it would be if we all - the whole world - had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all

governments had as a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are - when you go out into the world, it is best to hold hands and stick together.

When I read the lessons in preparation for today's sermon Robert's credo immediately came to mind because if we were to have a bible class discussion over the lessons and tied them into his credo, I think we would find most of the items Paul listed in there somewhere. And surely what Jesus had to say about losing your life and gaining it is in there too. When we share, play fair, don't hit people, put things back where we found them, clean up our own messes, don't take things that aren't ours, say we are sorry when we have hurt someone, and of course flush, these are actions requiring of us to give of ourselves. They take effort and sacrifice. Stop and think about it. Isn't it easier just to throw your trash out along the road? Doing the things I listed is a way of living among many other choices the world has to offer. And when we choose to live this way and do these things, I believe we find ourselves gaining our lives as Jesus said. We will be living a balanced life and dance and play and work every day some.

Robert said it well when he said, "Wisdom was not at the top of the graduate-school mountain, but there in the sand pile at Sunday School." What Paul and Jesus said today too can be found in that Sunday School sand pile regardless of our ages. Let's not forget these simple lessons. The world is in great demand for such behavior.

Silence for reflection after the sermon

Special Song:

#### Grace Alone

Rick Ewing & Ken Yadon

## Nicene Creed

All in unison; Please stand as you are able.

- 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. 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

#### Please kneel, sit or stand.

- *Reader:* As we have offered gratitude for God's grace upon this community, let us now offer our gifts to the Lord, trusting that by the power of the Holy Spirit, we will be led to ever more faithful fellowship and service.
- *Reader:* For peace from things that separate us from one another and for our salvation.
- People: Lord, have mercy.
- *Reader:* For the peace of the whole world, for the welfare of the holy churches of God, especially...
- *People:* St. Patrick's, Broken Arrow; Anglican Center for Solidarity and Assistance Job Training Ministry, Diocese of Uruguay; Diocese of North Dakota; The Episcopal Church.

*Reader:* For this holy gathering and for those who enter with faith, reverence, and fear of God. *People:* Lord, have mercy.

Reader: For...

- *People:* Michael, our Presiding Bishop; Ed and Poulson, our Bishops; Bob and Tom, our clergy; Tim & Jennifer, our wardens; vestry delegates, and all who minister in Christ, and for all the holy people of God. Lord, have mercy.
- *Reader:* For the world and its leaders, our nation and its people. We pray for our leaders, especially...
- People: Donald, our President; Mike, our Vice-president; Markwayne, our Congressman; James & Jim, our Senators; Kevin, our Governor; and Marlon, our Mayor. Lord, have mercy.
- *Reader:* For prisoners, the oppressed, all those in need or suffering, especially...

People: Barbara & Family, Blackwell Family, Brad, Brewer Family, James & Shirley, Judy, Sherri, Bea, Eathen, Linda, John, Vicki, Angie, Blair, Brian, Glen, Dante, Marilyn, Gary, Ann and all those affected by the pandemic, and those whose suffering is known only to God.

- *Reader:* We pray for those in the armed services. We pray for those who have died *(especially...)*
- People: Lord, have mercy.

*Reader:* For ourselves, our families, and those we love. We pray for those in our parish, especially ...

- *People:* Rob, Margaret, Grace, Larry, Susan, Bailey, Maddie.
- *Reader:* Also those who are traveling, (especially...)
- People: Lord, have mercy.
- *Reader:* Bless all those everywhere who give themselves to the service of others; that with wisdom, patience, and courage, they may minister to the suffering, the friendless, and the needy for love of him who laid down his life for us.

People: Lord, hear our prayer.

- *Reader:* Remembering our most blessed Mary and all the saints, let us offer ourselves and one another to the living God through Christ.
- People: To you, O Lord.
- *Reader:* Heavenly Father, you have promised to hear what we ask in the Name of your Son: accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord.

People: Amen.

### Confession and Absolution

Please kneel, sit or stand.

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

Silence may be kept.

### Deacon and People:

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen. *Deacon:* Almighty God have mercy on us, forgive us all your sins through the grace of Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.** 

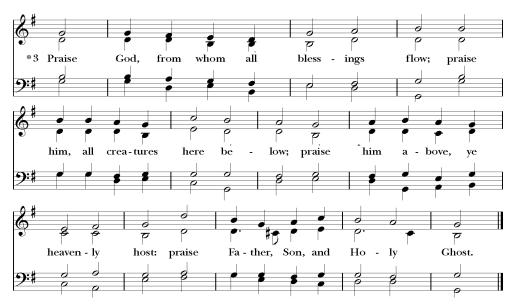
Please stand as you are able.

#### Peace

Deacon:The peace of the Lord be always with us.People:And also with us.

## Greet one another in the name of Christ. Announcements; Anniversary and Birthday Blessings

## Doxology:



Deacon: O gracious God...

*People:* We offer you these gifts which you have given us; this bread and this wine. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit a reasonable, holy, and living sacrifice. Amen.

#### We Share the Meal

- *Deacon:* The Lord be with us,
- People: And also with us,

Deacon: Let us pray.

Deacon and People:

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns for ever and ever. Amen.

## Lord's Prayer

*Deacon:* And now, as our Savior Christ has taught us, we are bold to pray:

#### Deacon 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, for ever and ever. Amen.

*Deacon:* These are 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.

At Grace Episcopal Church **all are welcome to receive Holy Communion**. Those who do not wish to receive Holy Communion are invited to come to the altar rail to receive a Blessing. Blessings are indicated by crossing your arms over your chest when the priest approaches. The Bread and the Cup are given to the communicants with these words: "The Body of Christ, the bread of heaven"

#### **Distribution of Communion**

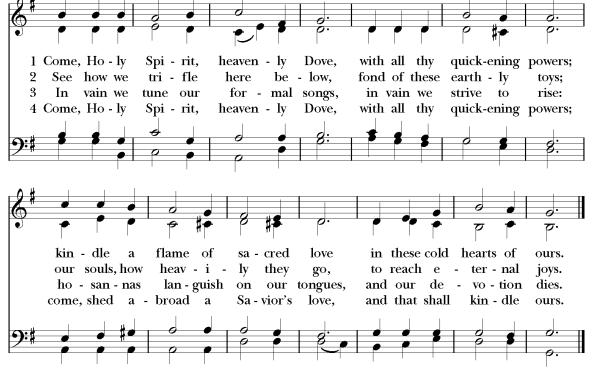
At Grace Episcopal Church, all are welcome to receive Holy Communion. Please tell the usher if you need the bread and wine brought to you at your seat. At the altar there are several ways to receive the bread, and wine: you may hold your palms upward, receive and consume the bread. To drink from the chalice, it is helpful if you guide the cup to your mouth. If you wish to receive the bread dipped in wine from the chalice bearer, leave the bread on the palm of your hand, and they will dip the bread for you and place it in your mouth. OR you may dip the bread into the chalice yourself, and consume it. IF you wish to receive the bread only, hold your palms upward, consume the bread, and cross your arms over your chest when the chalice bearer approaches. The Bread and the Cup are given to the communicants with these words "The Body of Christ, the bread of heaven" [Amen] . "The Blood of Christ, the cup of salvation" [Amen].

Those who do not wish to receive Holy Communion are invited to come to the altar rail to receive a Blessing, indicate this by crossing your arms over your chest when the priest approaches.

#### **Communion Hymn:**

**Come, Holy Spirit, Heavenly Dove** Words: Isaac Watts; Music: John Bacchus

Rick Ewing & Ken Yadon



We Go Out To Do Our Work

### Prayer of Thanksgiving

Deacon: Let us pray.

Deacon and People: Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

# **Departing Words**

*Deacon:* The grace of our Lord, Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. **Amen** Walk with confidence into this day. **Amen.** 

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon us and remain with us for ever. **Amen.** 

## Sending

*Deacon*: Alleluia! Alleluia! Let us go forth rejoicing in the power of the Spirit.

People: Thanks be to God. Alleluia! Alleluia!

Recessional Hymn:#533 *How wondrous and great thy works* Rick Ewing & Ken Yadon Words: Henry Ustick Onderdonk; Music: Johann Michael Haydn





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