



Proper 4

Sunday, June 2, 2024 ❖ 10:00 am

Celebrant/Preacher: The Rev. Jason Shelby

We warmly welcome you if you are here with us for the first time today. We joyfully welcome all people into our community without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here. Please join us for coffee and fellowship after the service.

Please take a moment to silence your cellphone. Thank you.

The altar flowers this morning are donated by Marcia and Mike Schoettle to the glory of God and thanksgiving for the Altar Guild and their grandson Nicholas Edson Schoettle.

What's Happening!

Tuesday, June 4 — Nurture Group, 6:15pm

Wednesday, June 5

- **Healing & Reconciliation Eucharist, Noon**
- **Good Grief Support Group, 5:00pm**
- **Nurture Group, 6:00pm**

Marjorie Goodrich Memorial — June 11, 10:00am

Youth Art Camp — July 8-12, 9am-11:45am

All kids age 5-12, \$150 per camper. Contact Claire in the office.

The Word of God

Please stand as able and join in singing.

The Processional Hymn

Sing, Ye Faithful, Sing with Gladness

Hymn #492, vv. 1-4



Sing ye faith-ful, sing with glad-ness, wake your nob-lest, sweet-est strain,
Sing how he came down from hea-ven, bowed him-self to Beth-l'hem's cave,
So, he tast-ed death for mor-tals, he, of hu-man-kind the head,
Now, on high, yet ev-er with us, from his Fa-ther's throne the Son

with the prais-es of Sav-ior let his house re-sound a-gain;
stooped to wear the ser-ves-ure, bore the pain, the cross, the grave,
sin-less one, a-mong sin-ful, Prince of Life, a-mong the dead;
rules and guides the world he ran-somed, till the ap-point-ed work be done,

him let all your mu-sic hon-or, and your songs ex-alt his reign.
passed with-in the gates of dark-ness, thence his ban-ished ones to save.
thus he wrought the full re-demp-tion, and the cap-tor cap-tive led.
till he see, re-newed and per-fect, all things gath-ered in-to one.

Words: John Ellerton (1826-1893), alt. Music: "Regent Square," Thomas Smart (1813-1879); by permission of Oxford University Press.

The Opening Acclamation

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

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

The Collect for Purity

Celebrant Almighty God,

People **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.**

Please remain standing as able and join in singing.

The Gloria

Glory to God

Hymn #900, WLP (Rutter)

Glo-ry to God in the high-est, and peace to his peo-ple on earth. Lord God, heav'n-ly King, al-
13 might-y God and Fa-ther, we wor-ship you, we give you thanks, we praise you for your glo - ry.
25 Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a - way the sin
40 of the world: have mer-cy on us; you are seat-ed at the right hand of the Fa-ther: re-ceive our prayer. For
56 you a - lone are the Ho-ly One, you a - lone are the Lord, you a - lone are the most high, Je-sus Christ,
70 with the Ho - ly Spi - rit, in the glo-ry of God the Fa - ther. A men.

Music: John Rutter. Copyright Oxford University Press. Wonder, Love, and Praise #900. Used by permission OneLicense.net A-7091118

The Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

O God, your never-failing providence sets in order all things both in heaven and earth: Put away from us, we entreat you, all hurtful things, and give us those things which are profitable for us; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Please be seated for the Lessons.

The First Lesson: Deuteronomy 5:12-15

Reader A Reading from the book of Deuteronomy.

¹²Observe the sabbath day and keep it holy, as the LORD your God commanded you. ¹³Six days you shall labor and do all your work. ¹⁴But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.

Reader The Word of the Lord

People **Thanks be to God.**

The Response: Psalm 81:1-10

Reader Let us read from Psalm 81 responsively (the People reading the text in bold).



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Music: Michel Guimont, from "Psalms for the Revised Common Lectionary,"
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¹Sing with joy to God our strength *
and raise a loud shout to the God of Jacob.

²Raise a song and sound the timbrel, *
the merry harp, and the lyre.

³Blow the ram's-horn at the new moon, *
and at the full moon, the day of our feast.

⁴For this is a statute for Israel, *
a law of the God of Jacob.

⁵He laid it as a solemn charge upon Joseph, *
when he came out of the land of Egypt.

Refrain

⁶I heard an unfamiliar voice saying, *
**"I eased his shoulder from the burden;
his hands were set free from bearing the load."**

⁷You called on me in trouble, and I saved you; *
**I answered you from the secret place of thunder
and tested you at the waters of Meribah.**

⁸Hear, O my people, and I will admonish you: *
O Israel, if you would but listen to me!

⁹There shall be no strange god among you; *
you shall not worship a foreign god.

¹⁰I am the LORD your God,
who brought you out of the land of Egypt and said, *
"Open your mouth wide, and I will fill it."

Refrain

The Second Lesson: 2 Corinthians 4:5-12

Reader A Reading from Paul's Second letter to the Church in Corinth.

⁵We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. ⁶For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

⁷But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. ¹¹For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. ¹²So death is at work in us, but life in you.

Reader The Word of the Lord

People **Thanks be to God.**

Please stand as able and join in singing.

The Sequence Hymn

Blessed Jesus, At Thy Word

Hymn #440, vv. 1-3

Bless - ed Je - sus, at thy word we are gath - ered all to hear thee;
All our know - ledge, sense, and sight lie in deep - est dark - ness shroud - ed,
Gra - cious Lord, thy - self im - part! Light of Light, from God pro - ceed - ing,

5
let our hearts and souls be stirred now to seek and love and fear thee;
till thy Spi - rit breaks our night with the beams of truth un - cloud - ed;
o - pen thou our ears and heart, help us by thy Spi - rit's plead - ing.

9
by thy teach - ings pure and ho - ly, drawn from earth to love thee sole - ly.
thou a - lone to God canst win us; thou must work all good with - in us.
Hear the cry thy Church up - rais - es; hear, and bless our prayers and prais - es.

Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1827-1878), alt. Music: "Liebster Jesu," melody by Johann Rudolph Ahle (1625-1673); alt. "Das grosse Cantional: oder Kirche-Gesangbuch," 1687; harm. George Herbert Palmer (1846-1926).

Please remain standing as able.

The Gospel: Mark 2:23--3:6

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

²³One sabbath Jesus and his disciples were going through the grainfields; and as they made their way his disciples began to pluck heads of grain. ²⁴The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" ²⁵And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? ²⁶He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." ²⁷Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath; ²⁸so the Son of Man is lord even of the sabbath."

^{3:1}Again he entered the synagogue, and a man was there who had a withered hand. ²They watched him to see whether he would cure him on the sabbath, so that they might accuse him. ³And he said to the man who had the withered hand, "Come forward." ⁴Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. ⁵He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. ⁶The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

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

Please be seated.

The Sermon

The Rev. Jason Shelby

There will be a moment of silence for reflection following the sermon.

Please stand as able and join in saying the Nicene Creed.

The Nicene Creed

All **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, who with the Father and the Son he is worshiped and glorified, who 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.

Please remain standing as able.

The Prayers of the People (the People read the responses in **bold**)

Reader Let us pray for the Church and for the world.
Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

Reader Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

Reader Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

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

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

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

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

Reader We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Reader Lord, in your mercy
People **Hear our prayer.**

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.

Please kneel or sit as able.

The Confession of Sin

Celebrant Let us confess our sins against God and our neighbor.

All **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.**

The Absolution

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.**

Please stand as able.

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

Ministers and People exchange signs of peace in the name of the Lord.

Please be seated.

The Welcome and Announcements

Anyone who has a birthday or anniversary in the next week is invited to come forward for a blessing:

All **Watch over your child(ren), O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace which passes all understanding abide all the days of their life; through Jesus Christ our Lord. Amen.**

The Holy Communion

The Offertory Anthem

I Want Jesus, to Walk with Me
Traditional Spiritual, arr. Carl Haywood
Sung by the St. Francis Choir

LEVAS II #70

I want Jesus to walk with me;
I want Jesus to walk with me;
All along my pilgrim journey, Lord,
I want Jesus to walk with me.
In my trials, Lord, walk with me;
In my trials, Lord, walk with me;

When the shades of life are falling, Lord,
I want Jesus to walk with me.
In my sorrows, Lord, walk with me;
In my sorrows, Lord, walk with me;
When my heart within is aching, Lord,
I want Jesus to walk with me.

The Offertory Hymn
Praise to the Living God

Hymn #372, vv. 1, 3-4

Praise to the liv - ing God! All prais - ed be his Name who was, and is, and
His Spi - rit flow - eth free, high surg - ing where it will: in pro - phet's work he
E - ter - nal life hath he im - plant - ed in the soul; his love shall be our

is to be, for ay the same. The one e - ter - nal God ere aught that now ap -
spoke of old; he speak - eth still. Es - tab - lished is his law, and change - less it shall
strength and stay while a - ges roll. Praise to the liv - ing God! All prais - ed be his

pears; the first, the last, be - yond all thought his time - less years.
stand, deep writ up - on the hu - man heart, on sea, on land.
Name who was, and is, and is to be for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926).
Music: "Leoni," Hebrew melody; harm. "Hymns Ancient and Modern," 1875, alt.

Please stand as able.

The Great Thanksgiving

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.**

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:

The Sanctus

Marty Haugen

Ho-ly, ho-ly, ho - ly Lord, God of pow-er, God of
 8 might, heav-en and earth are full of your glo-ry. Ho - san - na
 15 in the high-est. Bless-ed is he who comes in the name of the
 22 Lord. Ho - san - na in the high-est, ho - san - na in the
 30 high - est.

Music: "Mass of Creation; Marty Haugen (b. 1950) © 1984, GIA Publications, Inc. All rights reserved. Used by permission.

Please kneel or stand as able as 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,

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

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 Francis and 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.

Celebrant And now, as Savior Christ has taught us, we are bold to say,
All **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.**

The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

Celebrant Alleluia, Christ our Passover is sacrificed for us;
People **Therefore let us keep the feast, Alleluia.**

The Fraction Anthem

Lord of All Being, Throned Afar

Hymn #419, vv. 1-4

Lord of all be - ing, throned a - far, thy glo - ry
 Sun of our life, thy quick - ening ray sheds on our
 Lord of all life, be - low, a - bove, whose light is
 Grant us thy truth to make us free, and kin - dling

6
 flames from sun — and star; cen - ter and soul of ev - ery
 path the glow — of day; star of our hope, thy soft - ened
 truth, whose warmth is love, be - fore thy ev - er - blaz - ing
 hearts that burn — for thee, till all thy liv - ing al - tars

12
 sphere, yet to each lov - ing heart — how near!
 light cheers the long watch - es of — the night.
 throne we ask no lus - ter of — our own.
 claim one ho - ly light, one heaven - ly flame.

Words: Oliver Wendell Holmes (1809=1894). Music: "Mendon," from "Methodist Harmonist," 1821, adapt.and harm. Lowell Mason (1792-1872).

The Invitation

Celebrant The gifts of God for the people of God, Holy gifts, for Holy people.

For our online community: an invitation to pray together the spiritual communion prayer from the National Cathedral. A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen. (St. Alphonsus de Liguori, 1696-1787)

If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where you may light a candle and, if you wish, someone will be available to pray with you.

The Communion of the People

All are invited to receive Holy Communion. Please follow the directions of the ushers. If you do not wish to receive, we encourage you to come forward to receive a blessing. Simply fold your hands across your chest when you come forward. The clergy will carry Communion to anyone in the congregation who is unable to come forward. Please notify an usher if you wish Communion to be brought to you. Gluten-free Communion wafers are available. If you require one of these, simply ask.

The Communion Hymn

Heal Me, Hands of Jesus

WLP #773, vv. 1-4



Heal ___ me, hands of Je-sus, _ and search out all my pain: re -
 Cleanse me, blood of Je-sus, _ take bit - ter-ness a - way; let
 Know ___ me, mind of Je-sus, _ and show me all my sin; dis -
 Fill ___ me, joy of Je-sus: _ anx - i - e - ty shall cease and

5



store my hope, re - move my fear and bring me peace a - gain.
 me for - give as one for - given and bring me peace to - day.
 pel the mem - o - ries of guilt, and bring me peace with - in.
 heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

Words: Michael Perry © 1982, 1989 Hope Publishing Co. All rights Reserved. Used by permission.
 Music: "Sharpe," Carl Haywood (b. 1949), from "Tunes for Grace," © 1997 Carl Haywood.

Please kneel or stand as able as able.

The Post-Communion Prayer

Celebrant Let us pray.

All

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.

The Blessing

Celebrant Go forth into the world in peace. Be of good courage, hold fast to that which is good. Render to no one evil for evil. Strengthen the fainthearted, support the weak, help the afflicted. Honor all persons. Love and serve the Lord, rejoicing in the power of the Spirit. And, the blessing of God Almighty, The Father, The Son, and The Holy Spirit be with you always.

All **Amen.**

The Sending Forth

Celebrant Let us go forth in the name of Christ. Alleluia, alleluia!

All **Thanks be to God. Alleluia, alleluia!**

Please stand as able and join in singing.

The Closing Hymn

Praise to the Lord, the Almighty

Hymn #390, vv. 1-4

Praise to the Lord, the Al - might - y, the King of cre - a - tion!
Praise to the Lord: o - ver all things he glo - rious - ly reign - eth:
Praise to the Lord, who doth pros - per thy way and de - fend thee;
Praise to the Lord! O let all that is in me a - dore him!

O my soul praise him, for he is thy health and sal - va - tion!
borne as on ea - gle - wings, safe - ly his saints he sus - tain - eth.
sure - ly his good - ness and mer - cy shall ev - er at - tend thee;
All that hath life and breath, come now with prais - es be - fore him!

join the great throng, psal - ter - y, or - gan, and song. sound - ing in glad ad - o - ra - tion!
Hast thou not seen how all thou need - est hath been grant - ed in what he or - dain - eth?
pon - der a - new what the Al - might - y can do, who with his love doth be - friend thee.
Let the a - men sound from his peo - ple a - gain; glad - ly for ev - er a - dore him.

Words: Joachim Neander (1650-1680); tr. "Hymnal 1940," alt. Music: "Lobe den Herren," melody from "Erneuerten Gesangbuch," 1665; harm. "The Chorale Book for England," 1863; desc. Craig Sellar Lang (1891-1971).

The Postlude

Fanfare on "Now Thank We All Our God"

arr. Paul Fey



In Partnership Present



CAMP PENDLETON COLLECTION

Saturday, June 8, 2024
9:00am-1:00pm

Support Our Military Families

There are over 70,000 Marines at Camp Pendleton and 10,000 children under the age of 5! More than 160 babies are born there each month. Most families arrive with whatever they can fit in their car. With a very low income, most do not have everything they need for newborns and small children. They have need to furnish an apartment and set up a kitchen.

The Rotary Clubs of District 5280 are collecting new and gently used items for these young families. The families will select what they need from our contributions to the "Warrior Warehouse".



ITEMS NEEDED

- Diapers
- Baby & children's clothes
- Toys, books, bathtubs, strollers, cribs
- Dishes, cookware, meal prep tools
- Bedding
- Gift cards (\$25) to Target/Walmart



Hawthorne High School
4859 El Segundo Blvd.
Hawthorne, CA 90250

For More Info:

David Henseler
Rotary Club of South Bay Sunrise
310-753-0929

Notes:

Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble: Andrea, June Bacon, Jean Dicus, Daniel Drayling, Ceri Falk, Colette Furbush, George Ginis, Chris Goldsmith, Sally Hill, Blair Hinz, Loren, Mick Mohuchy, Judy Morgan, Patt Parker, Bruce Schaefer, Jane Sharp, Tommy, Roxanne Wall, Gail Winters, and William Zak, Sr., and for the people of the Middle East, and victims of violence everywhere.

We pray for all who have died that they may have a place in your eternal kingdom.

Ongoing

Yoga Contact: Jill Lynch (jillfenskelynych@gmail.com)

- **All Levels Hatha Yoga for Strength and Mobility:** Mondays 11:00 am-12:30 pm.
- **All Levels Gentle Yoga for Vital Mobility and Balance:** Wednesdays 9:00-10:30 am.

Alcoholics Anonymous Thursdays and Sundays at 7:30 pm

Al-Anon Thursdays at 7:00 pm

Our Staff

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