

St. Columba's Episcopal Church

A Mission of the Episcopal Diocese of Olympia



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The Seventh Sunday after Pentecost July 7, 2024 at 9am and 11am

We are glad you are worshipping with us this morning! This bulletin will guide you through our service. Copies of "The Hymnal 1982" - the hymnal of the Episcopal Church - are found in the storage box between chairs.

St. Columba's is an affirming and accepting Episcopal church community. We are a group with diverse beliefs, lives and identities and our growing congregation welcomes everyone with the radical hospitality of Jesus. We invite you to join us as we live and grow together through worship, relationship, learning, service and care for the earth.

**We welcome Kendall Hayes, our Presider today!*

**Today's flowers were given in celebration of Vibert and Hazel's 42nd wedding anniversary*

Prelude

The Entrance Rite

Please stand when the bell is rung, signaling the beginning of the Procession.

Entrance Procession

Before the last verse of the hymn, the pianist will pause while the altar party reverences the altar and the people.

"The God of Abraham Praise"

The Hymnal 1982, #401

Opening Acclamation and Land Acknowledgement

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

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

Presider We gather in community, on the territory of the Coast Salish peoples, including the Muckleshoot people.

People **We gather today in community.**

Presider We gather, grateful for this land as a place to garden, grow food to share, and cultivate bees and flowers.

People **We gather today in gratitude.**

Presider We come today to worship, play, learn, and be transformed.

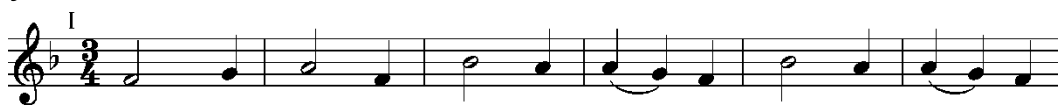
People **We gather today in worship.**

Presider In the name of God: the Source, the Word, and the Spirit. **Amen.**

At the 11 a.m. Eucharist, the Presider welcomes children to their own worship, then all sing:

[11a.m. only) *"Great are You, O Lord"*

Lift Every Voice and Sing, #215



1. God, our Fa - ther, we a - dore— you, mag - ni - fy— you;
2. Heav'n and earth pro - claim your pow - er, show your glo - ry;
3. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia;



1. God, our Fa - ther, we a - dore— you, mag - ni - fy— you;
2. Heav'n and earth pro - claim your pow - er, show your glo - ry;
3. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia;



Great are you, O Lord!_____

Collect of the Day

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray. (*Silence is kept.*)

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Word of God

All are seated for:

A Reading from Second Book of Samuel (5:1-5, 9-10)

All the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years.

David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the Lord, the God of hosts, was with him.

Reader Hear what the Spirit is saying to the churches.

People **Thanks be to God.**

[9 a.m., spoken, 11 a.m., sung]

Psalm 48



- 1 Great is the LORD, and highly to be /praised; *
in the city of our God is his holy /hill.
- 2 Beautiful and lofty, the joy of all the earth, is the hill of /Zion, *
the very center of the world and the city of the great /King.
- 3 God is in her /citadels; *
he is known to be her sure /refuge.
- 4 Behold, the kings of the earth as/sembled *
and marched forward to/gether.
- 5 They looked and were a/stounded; *
they retreated and fled in /terror.
- 6 Trembling seized them /there; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind /shatters them.
- 7 As we have heard, so have we seen,
in the city of the LORD of hosts, in the city of our /God; *
God has established her for /ever.
- 8 We have waited in silence on your loving-kindness, O /God, *
in the midst of your /temple.
- 9 Your praise, like your Name, O God, reaches to the world's /end; *
your right hand is full of /justice.
- 10 Let Mount Zion be glad
and the cities of Judah re/joice, *
because of your /judgments.
- 11 Make the circuit of Zion;
walk round a/bout her; *
count the number of her /towers.
- 12 Consider well her bulwarks;
examine her /strongholds; *
that you may tell those who come /after.//
- 13 This God is our God for ever and /ever; *
he shall be our guide for ever/more.

A Reading from the Second Letter to the Corinthians (12:2-10)

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows— was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Reader Hear what the Spirit is saying to the churches.

People **Thanks be to God.**

Silence and stillness follows the reading, then all stand for the Gospel Procession.

[11 a.m. only] Gospel Procession Song

“Gospel Alleluia from ‘Mass for an Open Heart’”

Susan E. Bloomfield

Cantor sings Refrain first time, then all repeat. Cantor sings verses, all sing Refrain

Refrain: Cantor then All

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

7

Cantor

lu - ia, Al-le - lu - ia, Al-le-lu - ia! 1.You have the words of e - ter - nal life,

12

(to Refrain) Cantor

brought to us through your son, Je - sus Christ! 2.Give us ears to lis-ten and hearts to hear the

18

(to Refrain)

mes - sage that comes from You!

The Gospel Reading (Mark 6:1-13)

Priest The Holy Gospel of our Lord Jesus Christ according to Mark.

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

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Priest The Gospel of the Lord.

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

The Sermon

Meghan Mullarkey

Silence and stillness follow the sermon, then all stand for:

The Nicene Creed

Enriching Our Worship

**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:
was incarnate of the Holy Spirit and the Virgin Mary
and became 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,
who with the Father and the Son 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.

The Prayers of the People

St. Columba's Prayer writers

Presider

Be with us Lord as we pray, and aid us in remembering.

Intercessor

May we know when and how to let go, and allow you to carry the weight of the world when it grows too much for our weak and weary bones.

May we remember that you are vast and enduring, the history of humanity is long, and this is but a moment in time we live in.

May we hear the difference in your voice versus the voices we hear of critique and harm. Help us embrace and turn toward your soft and loving whisper.

Our soul waits for the Lord, we remember we are beloved.

Our father and mother in heaven, next to us, under us, before and behind us, you are in all things.

You are in the presence of wild things, still water, in the stranger, and in our friends.

God of sunshine and God of rain, remind us that it's all just the weather and this too shall pass.

Our soul waits for the Lord, we remember we are beloved

Right now, we use our voice to pray for those in pain, in war, in danger, in uncertainty.

We ask for you to come, God of comfort; we ask for you to come, God of justice.

Remind us how we can be with others, remind us to take risks to show our love.

In this church, we pray for those in our community and in our hearts_____, we pray for those who have passed_____.

Our soul waits for the Lord, we remember they are beloved.

Lord, we take so much for granted, remind us to offer our gratitude.

We offer our gratitude for those who give to this church community, we pray thanks and blessings for Mother Meghan, Mother Whitney, Susan, Val, the Bishop's Committee, and all who do things to give us a space to be together, big and small.

Our soul waits for the Lord, we remember we are all beloved

Presider:

May the reminding of your goodness, remind you of the goodness in others; and may the source of all that is, restore your faith in goodness in the world.

The Confession

Presider

Let us confess our sins against God and our neighbor.

Silence may be kept.

**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 Priest, stands and says

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

Presider The peace of the Lord be always with you.

People **And also with you.**

Please share a sign of Peace with those around you.

Welcome and Announcements

Welcome to St. Columba's! We are so glad you are here! If you are a visitor, feel no obligation to give. We hope you enjoy the service and your time with us. If you are a regular attendee or have a desire to give back to St. Columba's, please consider giving a donation to support our work in worship, building community, and caring for our neighbors. You may put cash or a check in our offering basket, or to give with a credit card, use this QR code.



The Holy Communion

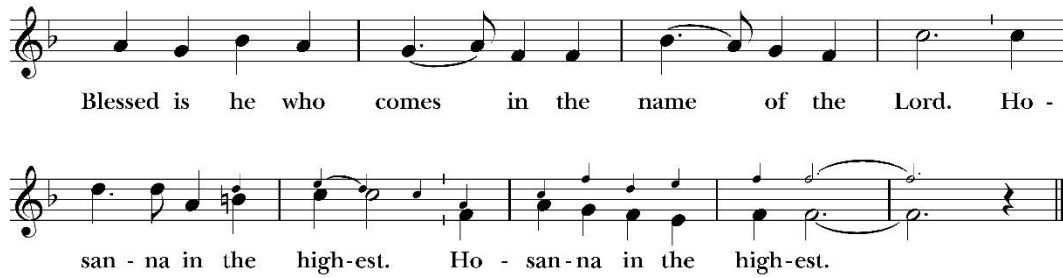
Offertory Hymn

"Heal me, hands of Jesus"

Wonder, Love, and Praise, #773

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

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!



The Presider continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,
We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our ancestors: God of Abraham, Isaac, and Jacob; God of Sarah, Ruth, and Esther; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

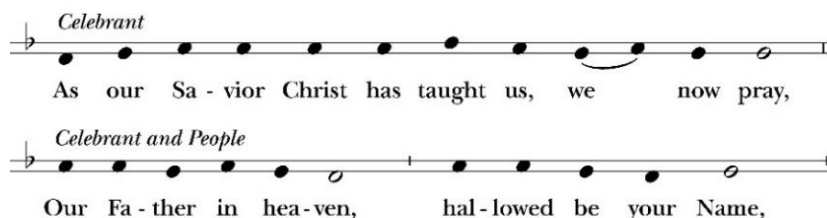
Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

After the altar party reverences the altar, the cantor leads the people in singing:

The Lord's Prayer

The Hymnal 1982, #S-148



your king-dom come, your will be done, on earth as in hea - ven.

Give us to - day our dai - ly bread.

For-give us our sins as we for - give those who sin a - gainst us.

Save us from the time of tri - al, and de - liv - er us from e - vil.

For the king-dom, the power, and the glo - ry are yours,

now and for ev - er. A - men.

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

The Fraction Anthem

"Christ our Passover"

The Hymnal 1982, #S-154

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

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

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

Presider The gifts of God for the people of God.

Making A Spiritual Communion - A prayer for those worshipping from home in the time of a pandemic (BCP 457):

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Communion Hymn

"Great is thy faithfulness"

Lift Every Voice and Sing, #169

D G A⁷ D

1. Great is thy faith - ful - ness, O God my Fa - ther,
 2. Sum - mer and win - ter, and spring - time and har - vest,
 3. Par - don for sin and a peace that en - dur - eth,

G D E A

there is no shad - ow of turn - ing with thee;
 sun, moon and stars in their cours - es a - bove,
 thine own dear pres - ence to cheer and to guide;

A⁷ D D⁷ G⁶

thou chang - est not, thy com - pas - sions, they fail not,
 join with all na - ture in man - i - fold wit - ness,
 strength for to - day and bright hope for to - mor - row,

G#dim⁷ D A⁷ D

as thou has been thou for - ev - er wilt be.
 to thy great faith - ful - ness, mer - cy and love.
 bless - ings all mine, with ten thou - sand be - side!

Refrain

A D B⁷ Em

Great is thy faith - ful - ness! Great is thy faith - ful - ness!

A⁷ D Dm⁷ A E A

Morn - ing by morn - ing new mer - cies I see;

A⁷ D G⁶

all I have need - ed thy hand hath pro - vid - ed,

G#dim⁷ D A D

great is thy faith - ful - ness, Lord un - to me!

Communion Hymn (as needed)

“Thuma mina”

My Heart Sings Out, #35

The musical score is written in G major (one sharp) and 4/4 time. It consists of two systems. The first system has a vocal line and a piano accompaniment line. The lyrics are: "Thu-ma mi-na Thu-ma mi-na, Thu-ma mi - na, Thu-ma mi-na So - man- Je-sus, send me Je - sus, send me Je-sus, send me". The second system also has a vocal line and a piano accompaniment line. The lyrics are: "1.-3. Send me Lord" and "4. dla. Lord. Send me Lord." The piano accompaniment in the second system ends with a double bar line and the number 8.

Additional Verses

- 3 *Call:* Lead me, Lord, *Response:* Lead me, Jesus.
- 4 *Call:* Fill me, Lord, *Reponse:* Fill me, Jesus.

Silence and stillness follows the music. All stand for:

Post-Communion Prayer

Enriching Our Worship

Let us pray.

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

Book of Occasional Services

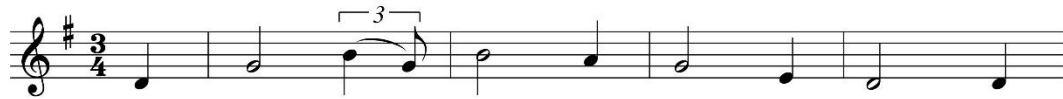
The Wisdom of God
the Love of God
and the Grace of God
strengthen you
to be Christ’s hands and heart in this world,
in the name of the Holy Trinity. **Amen.**

The Procession Out

Before the last verse of the hymn, the pianist will pause while the altar party reverences the altar and the people.

"Amazing Grace"

Gather Comp. 2nd ed., #586



1. A - maz - ing grace! how sweet the sound, That
2. 'Twas grace that taught my heart to fear, And
3. The Lord has prom - ised good to me, His
4. Through man - y dan - gers, toils, and snares, I
5. When we've been there ten - thou - sand years, Bright



saved a wretch like me! I once was lost, but
grace my fears re - lieved; How pre - cious did that
word my hope se - cures; He will my shield and
have al - read - y come; 'Tis grace has brought me
shin - ing as the sun, We've no less days to



now am found, Was blind, but now I see.
grace ap - pear The hour I first be - lieved!
por - tion be As long as life en - dures.
safe thus far, And grace will lead me home.
sing God's praise Than when we'd first be - gun.

The Dismissal

The Priest dismisses the people, and they respond: Thanks be to God. Alleluia!

Postlude

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Community Announcements

SAVE THE DATE!

Church Camping Trip, August 16th-18th and Outdoor Church at St. C's on August 18!

Church Camping Trip - on Craig and Whitney's property on Lake Tapps August 16th-18th!! Whitney will offer Eucharist on Sunday morning. **Meghan will preside at St. C's at a single, 10am service.** We will end the weekend with our annual Church Picnic. Stay one night, both nights, come for the day, or just the church picnic. All are welcome!!

All Identifying as Female/Nonbinary Book Club Next Meeting July 10th from 6pm-7pm

Next Two Meetings:

Wednesday, July 10th 6-7:30pm The Body Is Not An Apology by Sonya Renee Taylor

Wednesday, August 14th 6-7:30pm This is How It Always Is by Laurie Frankel

Currently this time is for those who identify as female or nonbinary, but could mix it up in the future!

Feel free to come even if you have not read the book!

Discernment Group: Sign Up if Interested

Katelyn Cowell from our community is discerning Holy Orders. The first step is to gather a discernment group together.

Would you benefit from prayerfully meeting with people in your church community over a question that you have about where to go next in your life? This could look a lot of different ways, but some examples are whether or not to move, have kids, go to school, change jobs, and on and on.

If you want to learn more about discernment groups there is more information below - this information comes from the Discerning Vocations in the Diocese of Olympia Essential Elements of Mutual Discernment Handbook.

If you are interested or have questions contact Meghan Mullarkey - vicar@stcolumbakent.org.



St. Columba's Episcopal Church
The Rev. Meghan Mullarkey, Vicar
26715 Military Road South
Kent, Washington 98032-7011
(253) 854-9912 vicar@stcolumbakent.org
<http://www.stcolumbakent.org>

Mailing address: 31811 Pacific Highway S, Ste B #342
Federal Way, WA 98003