# **Holy Eucharist**

# December 22, 2024

Advent 4C

Zoom link: https://us02web.zoom.us/j/85887946777?pwd=ei94 <u>MEdsMUh6clV6b2dUblFOQ3I2Zz09</u> Meeting ID: 858 8794 6777 Passcode: 782611

## Prelude

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All stand as they are able

## **Opening Hymn**

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## Hymnal 60

# *Presider* Blessed be + God: Father, Son, and Holy Spirit.*People* And blessed be God's reign, now and for ever. Amen.

### The Presider begins the Collect for Purity

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**

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

Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**.

All sit.

## **First Reading**

A Reading from the book of the prophet Micah.

<sup>2</sup>But you, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, Micah 5:2-5a

whose origin is from of old, from ancient days.
<sup>3</sup>Therefore he shall give them up until the time when she who is in labor has brought forth; then the rest of his kindred shall return to the people of Israel.
<sup>4</sup>And he shall stand and feed his flock in the strength of the LORD, in the majesty of the name of the LORD his God.
And they shall live secure, for now he shall be great to the ends of the earth;
<sup>5a</sup>and he shall be the one of peace.

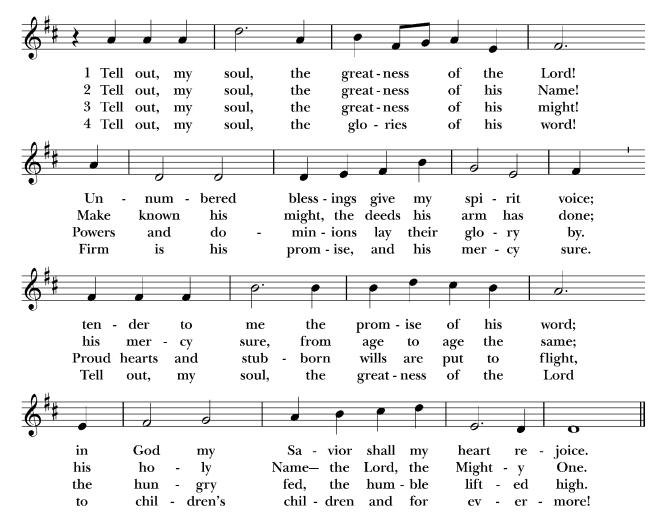
ReaderThe Word of the Lord.PeopleThanks be to God.

Remain seated

Canticle 15: Magnificat

Tell out, my soul

## Hymnal 438



## Hebrews 10:5-10

Hymnal 56

## **Second Reading**

A Reading from the Letter to the Hebrews.

<sup>5</sup>When Christ came into the world, he said,
"Sacrifices and offerings you have not desired, but a body you have prepared for me;
<sup>6</sup>in burnt offerings and sin offerings you have taken no pleasure.
<sup>7</sup>Then I said, 'See, God, I have come to do your will, O God'

(in the scroll of the book, it is written of me)."

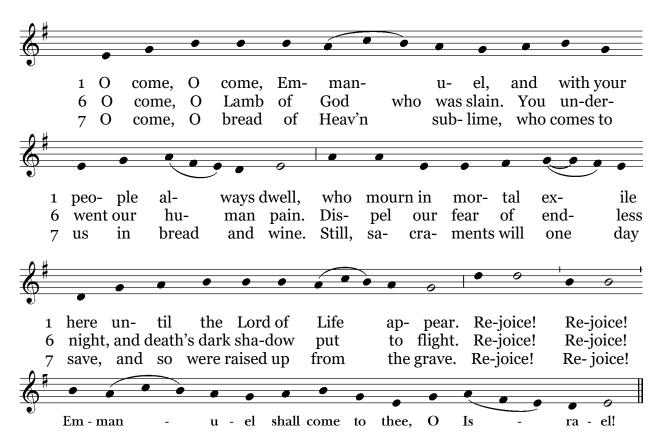
<sup>8</sup>When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), <sup>9</sup>then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. <sup>10</sup>And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

ReaderThe Word of the Lord.PeopleThanks be to God.

All stand as they are able.

## Sequence Hymn

O come, O come, Emmanuel



## **Holy Gospel**

# GospellerThe Holy Gospel of our Savior Jesus Christ according to Luke.PeopleGlory to you, Lord Christ.

<sup>39</sup>In those days Mary set out and went with haste to a Judean town in the hill country, <sup>40</sup>where she entered the house of Zechariah and greeted Elizabeth. <sup>41</sup>When Elizabeth heard Mary's

greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit <sup>42</sup>and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. <sup>43</sup>And why has this happened to me, that the mother of my Lord comes to me? <sup>44</sup>For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. <sup>45</sup>And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

<sup>46</sup>And Mary said,

"My soul magnifies the Lord,

<sup>47</sup>and my spirit rejoices in God my Savior,

- <sup>48</sup>for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed;
- <sup>49</sup>for the Mighty One has done great things for me,

and holy is his name.

- <sup>50</sup>His mercy is for those who fear him from generation to generation.
- <sup>51</sup>He has shown strength with his arm;
- he has scattered the proud in the thoughts of their hearts.
- <sup>52</sup>He has brought down the powerful from their thrones, and lifted up the lowly;
- <sup>53</sup>he has filled the hungry with good things, and sent the rich away empty.
- <sup>54</sup>He has helped his servant Israel,
- in remembrance of his mercy,
- <sup>55</sup>according to the promise he made to our ancestors,

to Abraham and to his descendants forever."

GospellerThe Gospel of the Lord.PeoplePraise to you, Lord Christ.

## Sermon

All then stand as they are able.

## Nicene Creed

*Presider* Let us affirm the faith of the Church using the words of the Nicene Creed:

We believe in one God, the Father, the Almighty, maker of heaven and earth,



## **Marion VanLoo**

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 [and the Son], 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.

## **Prayers of the People**

All remain standing as they are able.

*Presider:* Brothers and sisters, siblings in Christ, the Mighty One has done great things for us. And so we appeal to God once again, praying, "Stir up your strength, O Lord, and come to help us."

*Intercessor* Restore us, O God of hosts, and renew your Church in love. We thank you for those who come to our Labyrinth, and pray for them, that, as they walk, they may find peace and renewal. Renew your Church in love. Stir up your strength, O Lord, **and come to help us.** 

Silence is kept.

Show the strength of your arm, O God: lift up the lowly. Fill the hungry with good things. Look on your children with favor. Prepare in us a mansion for yourself, O Christ. May we know

security. May we know peace. May we know the benefits of the reign of your Christ. Stir up your strength, O Lord, **and come to help us.** 

Silence is kept.

Have mercy on all captives and prisoners, O God. Remember them and come to their aid. Fill our hearts with mercy. May we learn to forgive even as you forgive us. Stir up your strength, O Lord, **and come to help us.** 

### Silence is kept.

O God, you lead us with joy; you delight in our joy. We give you thanks for [\_\_\_\_\_] and for all your boundless blessings.

Hear the prayers of your people, O God of hosts. We pray for the sick and the troubled [especially \_\_\_\_\_]. May those who have fed on the bread of tears, feed instead on your strength, O Lord. Show them the light of your countenance and be their salvation.

Great Shepherd, gather your flock into your eternal kin-dom. Bless the dying, embrace the dead [especially \_\_\_\_\_], and comfort those who mourn. Stir up your strength, O Lord, **and come to help us.** 

### Silence is kept.

*Presider:* O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because, in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.** 

## **Confession of Sin**

### A Minister says

Let us confess our sins to God.

Silence is kept.

Minister 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.

A 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**.

## Peace

All stand as they are able.

PresiderThe peace of the Lord be always with you.PeopleAnd also with you.

The Ministers and the People may offer God's peace to one another in the name of the Lord.

The People then are seated.

## Announcements

# **Holy Communion**

Representatives of the congregation bring the people's offerings of bread and wine, and money or other gifts, to the Presider.

The people stand as they are able when the offerings are presented and placed on the Altar.

O Lord our God, you are worthy to receive glory and honor and power; because you have created all things, and by your will they were created and have their being. *Revelation 4:11* 

## **Offertory Hymn**

## Doxology

Praise God, from Whom all blessings flow; Praise God, all creatures here below; Praise God above, you heavenly host; Praise Father, Son, and Holy Ghost.

The people remain standing.

# **Great Thanksgiving**

Presider	The Lord be with you.
People	And also with you.
Presider	Lift up your hearts.
People	We lift them to the Lord.
Presider	Let us give thanks to the Lord our God.
People	It is right to give our thanks and praise.

It is a good and joyful thing to give our thanks to you, Lord God of hosts, O ancient of days; for from of old, you have called forth life.

You brought into being every detail of creation, and gave birth to your covenant people.

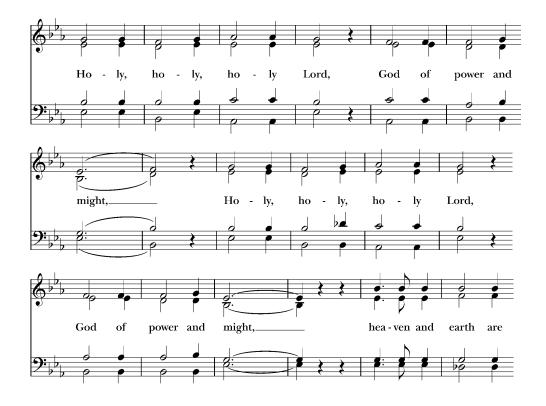
When the time drew near, you called upon Bethlehem to bear the hope you promised, and summoned Mary to bear your holy child.

By your grace, the child grew to be the one to bear not only our sins, but the sins of the world.

In his dying and rising, you gave birth to everlasting life for all your children. And so with your people on earth, and all the company of heaven, we sing your praise and join the unending hymn:

## Sanctus

# Hymnal S-129





The people continue to stand, or kneel, as they are able.

### The Presider continues

God of Mary, whose womb bore the sacred fruit of our salvation, bring forth from this fruit of the vine your cup of blessing.

As we remember around this table your Son's saving passion poured out for us, send your Holy Spirit + upon your church to make us bearers of your Christ, your mercy, and your hope.

Sanctify + this bread and cup, that they may be for us the body and blood of Jesus our Lord; who, at supper with his disciples, 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."

### Great is the mystery of faith: **Christ has died; Christ is risen; Christ will come again.**

## The Presider continues

God of holy expectation, let your face shine upon us, and your dawn break upon us, that we may be saved.

Make your church expectant in faith, as we labor for what we cannot yet see. Come and dwell with your people who yearn to be restored, to be forgiven, to belong.

Let the warmth of your face shine upon those who seek the peace long promised for Bethlehem, for Jerusalem, and for all your waiting world.

Bring us, with the saints who have looked for your coming, to the day when we and all your children shall celebrate and leap for joy in your holy presence, one God, Father, Son, and Holy Spirit.



The Presider then continues

As our Savior Christ has taught us, we are bold to say:

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.

## **Breaking of the Bread**

A period of silence is kept.

The Presider says

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

These are the Gifts of God. And we are the people of God.

All are welcome to receive Holy Communion.

When all who desire have received, the Presider says

Let us pray.

Presider 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.

## Blessing

A priest blesses the people, saying

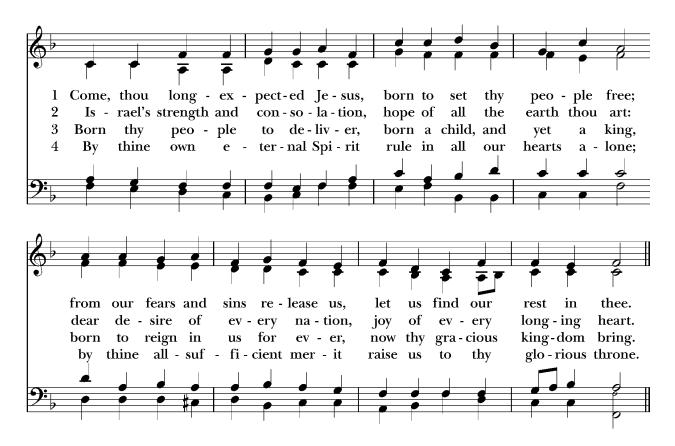
God of hope, when Christ your Son appears, may he not find us asleep or idle, but active in his service.

And may the blessing of the Holy One who made you, +Creator, Redeemer, and Sustainer be with you today and always. **Amen**.

## **Concluding Hymn**

Hymnal 66

Come, thou long-expected Jesus



## Dismissal

MinisterAnd now, my siblings in Christ, I bid you go out as did St Barnabas, the<br/>Encourager. Go out with a good heart, full of peace and joyful expectation,<br/>to love and serve our Lord.PeopleThanks be to God.

### Postlude

### This week in prayer

#### Please remember these persons and congregations in your prayers this week:

Our Bishops Bonnie, Sean, Moises (TEC); Elizabeth, Donald and Craig (ELCA) and for all priests, deacons, Ministry Teams, and those in formation
Anglican Cycle of Prayer:
December 22 The Church of the Province of Uganda
Diocese of Michigan Cycle of Prayer:
December 22 St Michael and All Angels, Lincoln Park; Church of the Incarnation, La Romana, DR
St Barnabas Cycle of Prayer: Stephanie, Eric, Bonnie, Sage, and Robert; and our

continuing prayers for: Jim M, Joan, Mardi, Pat, Robert, Selenah

Faith in Action continues to provide leadership in collecting donations to support households

in need in the Chelsea and Dexter areas. They are in need of our continuing help. You may bring your donations to FIA, or to Nancy who will see that they get there. **If you bring food directly to FIA**, please let Nancy know, so she can continue to keep our records of donation. If you write a check, please make it to *Faith In Action*. The



**next Food Drive at the church** is **January 19, 2025.** Please contribute as generously as you can, in the name of Jesus, who fed the hungry.

### **Upcoming Commemorations**

December 22 Charlotte Diggs (Lottie) Moon: Missionary in China, 1912

- 24 Eve of the Nativity of our Lord Jesus Christ
- 25 The Nativity of our Lord Jesus Christ: Christmas Day
- 26 Stephen: Deacon and Martyr
- 27 John: Apostle and Evangelist
- 28 The Holy Innocents

Thank you to all who donated to our Faith in Action Christmas families!



### Micah 5:2-5a; Canticle 15; Hebrews 10:5-10; Luke 1:39-55

During Advent and Christmas, we will be using study prompts and other activities tied to the sermon for the week. Read the sermon aloud and prospenses to the two questions at the end

follow-up with spoken responses to the two questions at the end.

The Hope-Song by the Rev. Phil Hooper

The Rev. Pauli Murray once wrote that "hope is a song in a weary throat," and amid this hopeful season, amid this weary age, we would do well to consider what such a song sounds like. It's easy to miss sometimes, the hope-song, because it doesn't always sound the way we might expect. We are too easily distracted by the proud aria or the ironic riff to listen for the soft, tremulous music that hope makes.

Hope is the song of empty karaoke bars, of late nights and of last dances, of a husky voice crying out a melody to defy the encroaching night. It is the song one sings under the breath, an insistent memory, perhaps, or a reassurance on the lonely walk home. It is the warbling note



THAT WORK

that has no obvious splendor other than its defiant insistence to be heard. The hope-song is not elegant, but it is faithful. It is honest. It is the song one offers up when the song is all that's left to offer.

Consider this music, then, as we travel with Mary to Elizabeth's house. Forget for a moment the lush choral arrangements of the *Magnificat*. Don't be fooled by the prophetic boldness of the words alone. Remember that there is a fearful precariousness to her position. She is a young woman walking uphill in every sense of the word, seeking the comfort of a familiar face when everything else has suddenly become so very unfamiliar. We might wonder: did Mary sing to herself on the dusty road to the hill country? Was it a song that her own parents once taught her that she practiced on parched lips? Or did she call it up from somewhere deeper within, from the Spirit-infused cells of her very depths, determined to give voice to what was true, even when her life seemed to be caught in uncertainty?

Regardless, she sings, and it is indeed hope in a weary throat, reverberating into eternity: "My soul magnifies the Lord."

Like any hope-song, there is defiance here, along with the joy and the fear. Yes, Mary says, yes, *my* soul, *my* very self magnifies the inexpressible holy name of God. The soul that belongs to this body in all its frailty and in all its fecundity—this is a place where God is revealed. Obscure, vulnerable, enmeshed in the tragic history of my people—I may be all of those things, but God is disclosed in them, not despite them, and God has chosen to take part in this world through me.

And so, I will sing!

I will sing though I am weary, though I am frightened, because in the singing I place myself within a story, not just a circumstance. I sing a song of victory, not of victimhood. I am a teller of hard truths and I am the bearer of hard hope, the type that survives—it is my people's hope, and my own.

Do we sing a new reality into being, or do we sing to pierce the veil of delusions, to uncover what is already true? The Kingdom is already, and it is not yet, but either way, Mary knows what must be sung, both because she carries the King within her womb, and because she is herself the Queen—a wisdom-figure, worthy in her own deep humanity, as each of us is, to discover and proclaim the hidden, unfolding power of God. Her song belongs to her ancestors, and it belongs to the child she will nurture. It belongs to all of us. It is ancient, and it is new. It is forever.

And thanks be to God for that, because we need hope-songs now, just as desperately as Mary did then. We need to be reminded of the dream that is encased in the tender core of humanity—the dream that God has placed therein, the dream that God invites us to bear into the world, the dream which refuses to be dispelled even by centuries of disappointment and degradation.

And it is especially important for us to remember, in the cacophonous holiday season, that the song that tells of this dream is not always the loudest or the most popular. It is, instead, the one borne of deep, soul-stirring wisdom. The one that, when you hear it—even when the throat is dry and the voice is garbled by tears—still the melody is recognizable because we have been singing it forever.

God's mercy is for those who fear him from generation to generation.

He has brought down the powerful from their thrones, and lifted up the lowly.

*He has filled the hungry with good things, and sent the rich away empty.* 

But what do we do with this song of Mary's? How do we make it truly our own in a new and urgent time? Do we put it on a t-shirt or a bumper sticker? Do we write a few more books about

it? Host a conference to assess the meaning of the words? Arrange it into a new musical setting?

We could. We do. We protect ourselves, sometimes, by turning Mary's song into an ornament when, in truth, it demands everything we have.

Because that's the thing about the hope-song: you don't really know it, you can't really claim it, until you yourself have sung it with a weary throat. You can't grasp the words until life has grasped at you, until you have been forced to walk up a few hills of your own, whether by choice or chance. And so, if we really want to sing the song, if we really want to mean it, we must first ask ourselves how attuned we are to the precariousness of our lives and those of our neighbors. We must examine how vulnerable we are, and how open we have been to the risk of Jesus' invitation to follow him, on the path first trod by his mother.

And in our self-examination, we might find that we have indeed been brought down low by life, that we are hungry for good things, and that this song of hope will lift us up if we have the courage to trust in its promise and lend our voices to its chorus. For the weary among us, the challenge is to show the world that we are more than our present despair.

Or it may be, for many of us, that we find ourselves to be the ones already in high, comfortable places, the ones who have never relied so much on hope as we have referred to it, because we are ensconced in other, richer melodies—the ones that lull rather than vivify. If so, it is time for us to wake up. It is time for us to come back down to earth and stand on holy ground. Because it is only from there, where Christ abides, that we can truly begin to live in the way God dreams we might.

Either way, Mary's voice is calling out to you. So, whoever you are, wherever you find yourself, follow the sound of the hope-song. Let it guide you into the place of encounter with your most unencumbered self, and into relationship with the Holy One who calls you onward.

Mary has shown us the way, she has shown us the words, and she has shown us that while hope may be well-acquainted with weariness, it points beyond it, too, toward the place and time when a new song will be born—one of hope fulfilled, of rejoicing, and of rest. We are still learning how to sing that new song, but it is coming. And it is now here.

1. Write out the Magnificat in your own handwriting. You can find versions in both the Book of Common Prayer (p.65 or p.119) and in the Bible (Luke 1:46-55).

2. What do you think the Rev. Pauli Murray meant when she wrote, "Hope is a song in a weary throat"? Learn more about the story of this Episcopal saint and her joy. Where do you see similarities between her life and Mary's song?

#### 

#### **Reflection on our Opening Hymn**

"Stars help me to put things in perspective. When life seems confusing, stepping outdoors and looking up on a clear night renews my lucidity: the trivialities that oppress me evaporate. Since the big bang of Genesis, the stars have always been there, dazzling the eye and assuring us that the universe is both more vast and more beautiful than we believe it to be in our darker moments.

I can hear the stars in Haydn's oratorio *The Creation*. A tenor sings these words: And God said, Let there be lights in the firmament of heaven, to divide the day from the night, and to give light upon the earth; and let them be for signs, and for seasons, and for days, and for years. He made the stars also.

Then a single violin spins out a note, pianissimo, and one by one other instruments join it, until there is a blaze of sound. Perhaps Haydn intended in this passage to portray the sun rising at daybreak, but I hear it also as the dark sky being filled by the blazing stars.

I can see them in Van Gogh's *The Starry Night*, where the swirling stars shed light on the dark cypresses and shadowy roofs of a village. Van Gogh's stars are not just decorative; they are a presence. Their presence in the night sky puts me in my place. I realize how very small a space my body occupies in universe. Yet this realization is not disempowering; rather, it helps me glimpse the eternal truths that lie beyond immediate concerns which usually occupy me.

The stars help me to understand time differently. What I am seeing—because light from that distance takes so long to reach the earth—is time past: stars as they existed millions of years ago. Stars help me to relax a little about my own place in history.

For believers, the night sky is a reminder of the presence of God. The stars hovering over Nazareth and Bethlehem were the same stars flung across the sky from God's hand at the beginning of time. When "this old world drew on toward night" and the winged Gabriel swooped from heaven to greet the maiden of Nazareth, he brought the news that the Creator's presence would continue to shine over humanity, like the stars shining since creation. The Creator who dwells in the stars and in the child of Bethlehem dwells in us as well, and we are redeemed for eternal day."

### 

As people following Jesus, who teaches us to love as God loves, please be as generous as possible to the work of <u>Episcopal Migration Ministries</u>

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**Reflection** on *Creator of the stars of night* from Roth, Nancy, *Awake my soul: meditating on hymns.* Vol.B. New York: Church Publishing, 1999, pp.20-21.





# **Our Mission**:

We seek to grow as diverse disciples of Jesus Christ, and to serve Jesus by serving others in the world, guided by the values of Ancient Rites, Open Minds, and Affirming Hearts.



St Barnabas Episcopal Church

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