



welcome

EPISCOPAL CHURCH OF THE ASCENSION

Eleventh Sunday After Pentecost, Year C

Holy Eucharist Rite II

10 am

August 24, 2025

405 Talbot Hall Road
Norfolk, Virginia 23505
(757) 423-6715

ORDER OF SERVICE

Prelude

Processional Hymn

"Now Thank We All Our God"

Blue Hymnal 397

Opening Acclamation

Book of Common Prayer p. 355

Gloria

Blue Hymnal S-280

Collect and Lessons

Book of Common Prayer p. 357

The Collect

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

The First Lesson

Jeremiah 1:4-10

The word of the Lord came to me saying,

"Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations."

Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me,

"Do not say, 'I am only a boy';
for you shall go to all to whom I send you,
and you shall speak whatever I command you,
Do not be afraid of them,
for I am with you to deliver you,

says the Lord."

Then the Lord put out his hand and touched my mouth; and the Lord said to me,

"Now I have put my words in your mouth.
See, today I appoint you over nations and over kingdoms,
to pluck up and to pull down,
to destroy and to overthrow,
to build and to plant."

The Word of the Lord

Thanks be to God.

The Psalm

Psalm 71:1-6

1 In you, O Lord, have I taken refuge; *
let me never be ashamed.
2 In your righteousness, deliver me and set me free; *
incline your ear to me and save me.
3 Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.
4 Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.
5 For you are my hope, O Lord God, *
my confidence since I was young.
6 I have been sustained by you ever since I was born;
from my mother's womb you have been my strength; *
my praise shall be always of you.

The Epistle

Hebrews 12:18-29

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken-- that is, created things-- so that what

cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

The Word of the Lord

Thanks be to God.

Sequence Hymn

"At the Name of Jesus"

Blue Hymnal 435

The Gospel

Luke 13:10-17

The Holy Gospel of our Lord Jesus Christ according to Luke.

Glory to you, Lord Christ.

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight.

When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

The Gospel of the Lord

Praise to you, Lord Christ.

Sermon	<i>The Rev. Canon Willis Foster</i>
Nicene Creed	<i>Book of Common Prayer p. 358</i>
Prayers of the People	<i>Book of Common Prayer p. 392</i>
The Peace	<i>Book of Common Prayer p. 360</i>

Holy Communion

Offertory Sentence	
Offertory	
“What Wondrous Love is This”	<i>Blue Hymnal 439</i>
Eucharistic Prayer B	<i>Book of Common Prayer p. 367</i>
Sanctus	<i>Blue Hymnal S-125</i>
The Lord’s Prayer	<i>Book of Common Prayer p. 364</i>
Breaking of the Bread	<i>Book of Common Prayer p. 364</i>
Communion Hymn	
“One Bread, One Body”	<i>Maroon Hymnal 813</i>
Post Eucharistic Prayer	<i>Book of Common Prayer p. 366</i>
Recessional Hymn	
“They’ll Know We are Christians”	<i>Maroon Hymnal 728</i>
Dismissal	<i>Book of Common Prayer p. 366</i>

In Our Prayers

Alexander Beamon, Joe Beck, Gloria Carter, Billy Clark, Linda Day, Elaine Evans, Diane Forrest, Sam Hedgecock, Kate Hien, Kris Huddle, Katie Hughes, Paul Joseph, Bryan Knight, Shana Paul, Sydney Ruloph, Diane Shephard, Nancy Whitman, and Margaret Wynn.

We pray for Sean our Presiding Bishop, Susan our Bishop, Stewart our Rector, and Genevieve our Deacon.

We pray that the people of Ascension may grow ever deeper in our relationship with God and with our neighbors.

We give thanks for the birthdays of Libby Trampenau (8/25), Lynn Farlin (8/28), and James Kruger (8/29).

We give thanks for the anniversary of Chuck and Louise Steinbruck (8/28).

We give thanks for our Christian formation volunteers.

Announcements

We are grateful for Karla Stead for playing the piano for us today. Thank you, Karla!

We welcome The Rev. Canon Willis Foster as celebrant and preacher this morning. Willis is the Canon for Diversity and Transformation for the diocese. He is standing in for Stewart who is attending Emmanuel in Hampton this morning as part of Thrive: DCDI training. Welcome, too, Willis's wife Duanne who regularly travels with him.

Food Pantry Needs! Every month our food pantry helps over 40 families make ends meet by putting food on their tables. The food is primarily purchased from the Food Bank of Southeast Virginia where the cost to us is the cheapest and then supplemented from local markets where we purchase things like cheese and eggs on sale. It's a tremendous operation and involves both a lot of people power and money. Carol Evans works hard to make sure that the food we provide meets the needs of those we serve.

Right now, we average over \$2000 a month to supply the pantry. The church budgets \$3000 a year, and the Pamunkey Tribe contributes \$6000 – leaving us \$15,000 short. In the past, the pantry has had a surplus, not only because people supported it financially outside of their pledges, but also because during the pandemic, the Food Bank gave us all food for free. We have now used all those funds and are supporting the pantry with money designated for mission. Alas, this is not sustainable in the long term. As prices rise and federal funding decreases, the need for our pantry has grown. We invite you to help us continue to

serve those who are hungry in Norfolk by contributing as you can. Thank you!

In addition, the Food Pantry has begun its preparations for Thanksgiving when we give out extra food to make a Thanksgiving feast. You can help by bringing in cranberry sauce, canned pumpkin, yams, gravy packets, stuffing mix and other trimmings. Turkeys will, of course, be required closer to November. Thank you!

The Juliets will meet for lunch at Jessy's Taco Bistro (328 W 20th Street, Norfolk, VA, 23517) on Friday, August 29th at 11:30am. Please RSVP by calling or texting Donna Killmon at 757-270-5094.

Powerful New Small Group Study Please Join us for a 9-week small group that moves beyond debate and into meaningful dialogue, faith-rooted learning, and actionable steps. Whether you've been impacted personally, care about your community, or just want to be part of the solution—this is a space for you. Together, we'll explore how to make our homes, neighborhoods, and nation safer for everyone.

The group study will be facilitated by Amanda Pine and Sally Miller. It will take place on Zoom from 6-8pm every Wednesday from September 17th until November 19th. To sign up, please contact Amanda Pine at amandanpine@gmail.com.

The Diocesan Creation Care Team is dedicated to the education, action, and advocacy of God's world. They will be showing a creation care-focused documentary film on September 15th. Ascension is hosting! The team will show the film in-person and will follow the film with an invitation for discussion about reactions and take-away thoughts. We are invited to attend.

- **September 15th at 6:30p.m.** – *Virginia's Calling* by Barry Lyons and Linda Nieman. The film “addresses how a woman of faith grapples with the challenge of her flooded home after a hurricane and how she responds within her community to raise awareness about climate change and advocacy.”

Outreach, Collections, & Opportunities

Catholic Worker needs more pairs of men's white socks and granola bars. Thank you!

Outreach Steve Baggarly from Catholic Worker is seeking donations to support his ministry during the summer heat. With rising temperatures, staying hydrated is essential, and Gatorade is especially needed for distribution throughout the week. In addition, travel-size deodorant, rain ponchos, and razors are also in high demand. Steve is deeply grateful for the continued generosity of our congregation as we come together to care for our community during this heatwave.

Reminder: The deadline for announcements is Tuesday at 5pm. Announcements received after that time may not make it into the bulletin or the emailed announcements.

Weekly Studies:

Tuesday Centering Prayer meets at 7:45am on Tuesdays on Zoom for one hour. The meeting opens at 7:30 for chatting, then at 7:45 we proceed with the reading of a psalm, 20 minutes of silent prayer/meditation followed by a discussion of the reading. The group is currently reading *The Great Search: Turning to Earth and Soul in the Quest for Healing and Home* by John Philip Newell. We are a diverse group with members joining from three countries and various religious backgrounds. You are invited to join us at any time. To get on the Zoom invite list, please contact Anji Harris (anjiharris54@gmail.com) or Sally Miller (757-489-5293 or samiller903@yahoo.com).

Re-Imagining Church meets on Thursdays at 8am. The meeting serves as a time of spiritual reflection and planning as we listen for and try to follow God's call to Ascension. Please join us; your perspective may be how God is informing us what we should be doing next.

Join Zoom Meeting:

<https://us02web.zoom.us/j/86978887176?pwd=xI7YlfzPv6WROl0aGtKZWt6Z7tYg2c.1>

Meeting ID: 869 7888 7176 **Passcode:** 171544

Thursday Mid-Morning Seekers' Bible Study will watch a video, read scripture passages, and discuss the questions together. I recommend joining the meeting early in case you have any issues getting connected. I hope to see everyone on Thursday at 10:00 am! If you are not on the email group or have trouble accessing the Zoom, please contact Susan Meredith at merbec@cox.net or 757-617-1959.

Meeting ID: 810 7002 6611 **Passcode:** Bible

A Look at the Week Ahead:

Tuesday

7:30 am Centering Prayer – Zoom

10:00 am Food Pantry - Pantry

11:30 am Building & Grounds – Rose Hall

Thursday

8:00 am Re-Imagining Church - Zoom

10:00 am Food Pantry – Pantry

10:00 am Mid-Morning Seeker's Bible Study – Zoom

Friday

11:30 am Juliets' Lunch – Jessy's Taco Bistro

Sunday

9:00 am Coffee & Adult Formation

10:00 am Holy Eucharist Rite II - Sanctuary

OUR VISION IS

Honoring the Past
Looking Forward in Hope
Be the Face of Healing
Healing is the Core Value

Your Vestry is here to serve you!

Susan Meredith*	2024-2026	merbec@cox.net	757.617.1959
Anji Harris+	2023-2026	Anjiharris54@gmail.com	757.831.3474
Pat Duncan	2023-2026	Patlduncan2020@gmail.com	478.777.0904
Karen Newbern^	2024-2027	newby0325@gmail.com	757.685.6935
Luke Suber	2024-2027	lukeuber@yahoo.com	361.779.7216
Carol Evans	2024-2027	cevens1017@gmail.com	757.335.1774
Robin Kruger	2025-2028	Rekruger54@gmail.com	757.470.9882

*Senior Warden +Junior Warden ^Register

Clergy

Bishop The Right Reverend Susan Haynes

Rector The Reverend Stewart Tabb

Deacon The Reverend Genevieve Nelson

Guest Pianist Karla Stead

All music is used with permission under One License A-701614 and CCLI
2009175