



EPISCOPAL CHURCH OF THE ASCENSION

Fourteenth Sunday After Pentecost, Proper 17, Year A

Morning Prayer

10 am

August 30, 2026

**405 Talbot Hall Road
Norfolk, Virginia 23505**

(757) 423-6715

ORDER OF SERVICE

Prelude

“Passicaglia”

Handel/Halvorsen

Call to Worship

Officiant:

I was glad when they said to me, “Let us go to the house of the Lord.”

Psalm 122:1

Opening Hymn “When Israel Was in Egypt’s Land”

Blue Hymnal 648

The Collect

Let us pray.

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.**

Confession of Sin

Book of Common Prayer p. 79

The Invitatory and Psalter

All stand

Officiant Lord, open our lips.

People **And our mouth shall proclaim your praise.**

Officiant and People

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen**

Officiant The mercy of the Lord is everlasting:

People **Come let us adore him.**

The Psalm

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

- 1 Give thanks to the LORD and call upon his Name; *
make known his deeds among the peoples.
- 2 Sing to him, sing praises to him, *
and speak of all his marvelous works.
- 3 Glory in his holy Name; *
let the hearts of those who seek the LORD rejoice.
- 4 Search for the LORD and his strength; *
continually seek his face.

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

Officiant and People

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever. Amen**

Old Testament

Exodus 3:1-15

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’:

This is my name forever,
and this my title for all generations.

The Word of the Lord.

Thanks be to God.

Canticle 16 The Song of Zechariah
Read in Unison

Book of Common Prayer p. 92

New Testament Epistle

Romans 12:9-21

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.

The Word of the Lord

Thanks be to God.

Canticle 21 You are God *Te Deum laudamus*
Read in Unison

Book of Common Prayer p. 95-96

Sequence Hymn “Take Up Your Cross”

Blue Hymnal 675

The Gospel

Matthew 16:21-28

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

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.”

The Gospel of the Lord.

Praise to you, Lord Christ.

Homily

Worship Leader Katherine Lawrence

The Apostles’ Creed

Book of Common Prayer p. 96

Officiant and People together, all standing

The Peace

Officiant The peace of the Lord be always with you.

People **And also with you.**

Then the Officiant and the People may greet one another in the name of the Lord.

Announcements

Praise Hymn “Faith of Our Fathers”

Blue Hymnal 558

The Prayers

Book of Common Prayer p. 97

The people stand or kneel

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

Officiant and People

The Lord’s Prayer

Suffrage A

A Collect for Sundays

Book of Common Prayer p. 98

A Collect for Peace

Book of Common Prayer p. 99

A Collect for Mission

Book of Common Prayer p. 100

The Prayers of the People

The Ascension Discernment Prayer (Recited together at the end of the Prayers of the People)

O God of wisdom and guidance,
We ask that you lead our parish in this season of discernment.
Bless our Search Committee with clarity,
Bless our Vestry with faithfulness,
And bless our whole congregation with patience and hope.
May the Holy Spirit guide and instill in the people of Ascension
a glorious vision of the future.
And finally, we ask that You prepare the priest
You are calling to join us,
and prepare us to welcome them and serve together in your name.
Through Jesus Christ our Lord. Amen.

A Hymn of Praise “The Summons”

Maroon Hymnal 687

The General Thanksgiving

Book of Common Prayer p.101

Officiant and People

Concluding Blessings

Book of Common Prayer p.102

Officiant Let us bless the Lord.

People **Thanks be to God.**

Officiant

May the God of hope fill us with all joy and peace in believing through the power
of the Holy Spirit. **Amen**

Postlude

“Ode to Joy”

Beethoven

In Our Prayers

Joe Beck, Susan Beers, Gloria Carter, Billy Clark, Linda Day, Marilyn Doughty, Elaine Evans, Diane Forrest, William Grygar, Kate Hien, Rebecca Hirschler, Katie Hughes, Sharon Jones, Bryan Knight, Jim Kruger, Katherine Lawrence, Phoebe Montagna, Shana Paul, Sydney Rudolph, Diane Shepherd, Doug Thompson, Bonnie Whitley, Bill Willey, and Margaret Wynn.

We pray for Sean our Presiding Bishop, Susan our Bishop,
and Katherine, our Worship Leader.

We pray for the people of Ascension, that formed by our Baptismal promises
we might embody God's community of Shalom in the world.

In our Diocesan Cycle of Prayers, we pray for St. Francis, Virginia Beach and
St. Simon's by-the-Sea, Virginia Beach; and for all congregations led by laity.

We give thanks for the blessings of this life.

We give thanks for the birthday of Edward Sink (9/4).

We give thanks for the anniversary of Matt Huddle & Katie Hughes (9/2).

We give thanks for our acolytes.

The Ascension Discernment Prayer

O God of wisdom and guidance,

We ask that you lead our parish in this season of discernment.

Bless our Search Committee with clarity,

Bless our Vestry with faithfulness,

And bless our whole congregation with patience and hope.

**May the Holy Spirit guide and instill in the people of Ascension
a glorious vision of the future.**

And finally, we ask that You prepare the priest

You are calling to join us,

and prepare us to welcome them and serve together in your name.

Through Jesus Christ our Lord. Amen.

Announcements

We welcome Katherine Lawrence as our worship leader this morning.

We give thanks to Amos Brittain for playing the piano for us this morning. Welcome Amos!

Office Closure: The office will be closed on Monday, September 7th in observance of Labor Day.

Morning Prayer happening next Sunday, September 6th (No Eucharist)

Due to limited clergy availability for pulpit supply, we will have Morning Prayer with Katherine Lawrence serving as Worship Leader.

Fall Scheduling and Programming Changes

New worship time starting September 13th

Services will begin at 10:15 AM

With our prior scheduling, classes were often limited in offerings of videos and adequate discussion to barely 45 minutes. Also, those who were serving in the Sunday service had to leave early to have adequate time to vest. The new schedule will have classes from 9:00 to 10:00 AM with services starting at 10:15 AM. This will allow 15 minutes for those preparing to serve not to be rushed.

Coming Attractions for Breakfast with Jesus Fall Kickoff

Sunday, September 13th – 9:00 AM to 10:00 AM

The hour program for the adults will feature installments of a terrific PBS Passport video series, *Ancient Roads: From Christ to Constantine*, guest speakers, and great discussion. Come a few minutes before (8:45 am) to get a drink and light breakfast treats and join in the lounge to explore our theme: **The Back Story: Spreading the Word Then and Now**. We will have Godly Play for ages 3 to 5th grade, along with our Nursery, meeting in the Day School Wing.

Columbarium Visiting Hours: To help us better accommodate visits and ensure the church office is available to assist as needed, the Columbarium will be open for visitation Monday through Thursday from 9:00 a.m. to 12:00 p.m. If you would like to visit outside of these hours, we kindly ask that you contact the church office in advance so that special arrangements can be made. Thank you for your understanding and cooperation as we continue to care for this sacred space and all who visit their loved ones here.

Breakfast with Jesus -Throughout the summer, adults will gather at 9am for coffee and goodies to discuss the scripture for the day. We will have a nursery from 9-11am all summer. We will not have Godly Play until fall.

Chanco Chatter

Fall Open House on Sunday, September 20th from 1-4pm

Come see what all the Chanco magic is about. Whether you're a longtime camper already counting down to summer or you've never been to Chanco before, Fall Open House is the perfect chance to explore camp, meet our staff, and experience a little bit of the fun for yourself. For more information, visit <https://chanco.org/event/fall-open-house/>

Outreach to Military Families – Chanco reports for duty!

As home to one of the nation's largest military communities, Chanco is creating pathways for Summer Camp to reach military families & is seeking relationships, referrals, social-media groups, family-readiness networks, bases, and other channels where military families gather. If you are willing to help Chanco in this initiative, please contact Dave Belote by email dave.belote@gmail.com or text 703.822.1865. And remember, Chanco proudly offers a 10% discount to immediate family members of active-duty military & Coast Guard.

Make a positive impact, Join Chanco's Volunteer Work Weekend

Friday, September 25th - Sunday, September 27th

We're gearing up to complete projects to keep Chanco's beautiful campus in tip-top shape for campers & retreat visitors alike. So, pack up your work gloves, dress to get dirty, and let's get to work! Feel free to bring your own tools or use Chanco's.

Projects will include:

- Raft building
- Trail marking
- Window installation in the boathouse
- Building & installing boards along trails

No special skills are required—just a willingness to lend a hand. And work is only part of the weekend. There will be time to reconnect with old friends, meet other members of the Chanco community, and enjoy being in a special spot on the James. Accommodations & meals provided. To register, visit <https://chanco.org/event/fall-work-weekend-3/>

Creation Care

Thanks for participating in our trial recycling program! You can mix all your items together in your collection box. Drop off your items during office hours at DIOSOVA 11832 Rock Landing Drive Suite 100, Newport News (M-F 9-3) or Church of the Ascension 405 Talbot Hall Road, Norfolk (M-Th 9am-12pm). Ascension will also have a small outdoor collection box in their outdoor breezeway beginning April 2026. You can also mail your box to:
Attn: Creation Care Team, 405 Talbot Hall Road, Norfolk, VA 23505.

THE FOLLOWING ITEMS CAN BE RECYCLED

- **BEAUTY PRODUCTS AND PACKAGING** - Empty Cosmetic, Hair & Skin Care Packaging including Aluminized Tubes, Cosmetic Cases & Sticks, Plastic Packaging
Unacceptable Items: Aerosol & Pressurized Cans, Cardboard, Electronic Items, Nail Polish Bottles & Removers, Partially Full & Full Packaging, Perfume Bottles, Wood & Bamboo, Wooden Eyeliner Pencils
- **PENS, PENCILS & MARKERS** - Pens, Pencils (non-wood), Highlighters, Markers & Caps, Mechanical Pencils, Pen & Pen Caps, Permanent Markers & Caps.
Unacceptable Items: Paint Brushes, Wooden Pencils
- **BOTTLE CAPS** – Metal & Plastic Drink Bottle Caps
Unacceptable Items: Bottles, Packaging, Liquids
- **WATER FILTERS** - Any Brand & Any Size Water Filters
Unacceptable Items: Air Filters, Oil Filters
- **CONTACT LENSES & PACKAGING** - Contact Lenses, Plastic Film, Pods, And Cardboard Packaging
Unacceptable Items: Contact Lens Solution, Bottles
- **ORAL CARE WASTE & PACKAGING** - Floss Containers, Toothbrush & Toothpaste Outer Packaging, Toothbrushes, Toothpaste Tubes & Caps
Unacceptable Items: Floss, Other Oral Waste Care Items
- **COFFEE BAGS** – Empty Coffee Bags
Unacceptable Items: Capsules, Coffee Grounds, Discs, Filters, Coffee Electronics, Other Coffee Packaging
- **CORKS** – Synthetic Beverage Corks
Unacceptable Items: Natural Corks, Aluminum Champagne Twists, Bottle Caps, Bottles, Foil, Screw Tops
- **STRAWS** – Any Size Plastic Straws
Unacceptable Items: Paper Straws, Biodegradable Straws
- **DISPOSABLE CUPS & LIDS** – Paper Coated Cups, Plastic Cups, Plastic Lids
Disposable Cups

& Lids that have been rinsed and dried Unacceptable Items: Biodegradable Plastic Cups & Lids, Juice Boxes & Pouches. Other Rigid Plastic Containers

- **GLUE STICKS & BOTTLES** – Empty Craft Glue Stick Containers & Empty Glue Bottles

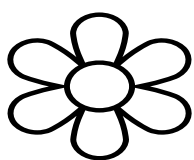
Unacceptable Items: Industrial Adhesive Containers

Questions – contact Canon Lynn Farlin at 757-676-6188 or lfarlin@diosova.org



Outreach, Collections, & Opportunities:

Catholic Worker Needs: As steamy summer temperatures continue, there is an increased need for seasonal items to help everyone stay comfortable and prepared. Currently, we are especially in need of t-shirts, Gatorade, and white crew socks with full tops rather than low-cut tennis-style socks. These items would be greatly appreciated and will help meet the needs of those we serve during the summer months. Thank you so much for your kindness and support!



Sunday Seeds

Below are just a few of the ways Ascension is serving our community:

Back to School Supplies:

- Outreach is excited to support Next Step to Success, an outstanding organization that will soon become our new neighbor! Next Step to Success is dedicated to empowering Norfolk middle and high school students by providing the guidance, life skills, and support they need to build successful futures. They have requested just a few specific school supplies: backpacks, mechanical pencils, and large red erasers. Today is the last day school supplies will be accepted.

Please take a few minutes to learn more about this incredible organization and the life-changing work they are doing for young people in our Norfolk community by visiting <https://nextsteptosuccess.org/>. Together, we can help students start the school year prepared and ready to succeed!

Please watch for upcoming volunteer opportunities—we welcome your participation and support!

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 *After the Apple: Women in the Bible - Timeless Stories of Love, Lust, and Longing* by Naomi Harris Rosenblatt. 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 12pm. 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 of what we should be doing next.

Join Zoom Meeting:

<https://us02web.zoom.us/j/88559209322?pwd=BubDI0FA8IXIwwryikkt4Jito7gq0r.1>

Meeting ID: 885 5920 9322 **Passcode:** 346720

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: 832 5615 4914 **Passcode:** 614216

A Look at the Week Ahead:

Tuesday

7:30 am Centering Prayer – Zoom

10:00 am Food Pantry – Pantry

11:30 am Buildings & Grounds – Rose Hall

Thursday

10:00 am Food Pantry – Pantry

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

12:00 pm Re-Imagining Church – Zoom

Sunday

9:00 am Breakfast with Jesus – Hall for Coffee Then Lounge
(Nursery from 9-11am)

10:00 am Morning Prayer Service (No Eucharist) – 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
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Robin Kruger	2025-2028	Rekruger54@gmail.com	757.470.9882

*Senior Warden +Junior Warden ^Register

Clergy

Bishop The Right Reverend Susan Haynes

Worship Leader Katherine Lawrence

Guest Pianist Amos Brittain

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