



EPISCOPAL CHURCH OF THE ASCENSION

Fourth Sunday After Pentecost, Proper 7, Year A

Morning Prayer

10 am

June 21, 2026

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

(757) 423-6715

ORDER OF SERVICE

Prelude “There is a Redeemer”

Melody and Keith Green

Call to Worship Hymn “Come and Fill Our Hearts”

Maroon Hymnal 550

In English. We will repeat the Ostinato Refrain five times – sing in parts if you are able.

Officiant:

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

Psalm 122:1

The Collect

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, on 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.**

Father, Son and Holy Spirit, one God:

Come let us adore him

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**

People The mercy of the Lord is everlasting:

Officiant **Come let us adore him.**

The Psalm

Psalm 86:1-10, 16-17

1 Bow down your ear, O LORD, and answer me, *
for I am poor and in misery.

2 Keep watch over my life, for I am faithful; *
save your servant who puts his trust in you.

3 Be merciful to me, O LORD, for you are my God; *
I call upon you all the day long.

4 Gladden the soul of your servant, *
for to you, O LORD, I lift up my soul.

- 5 For you, O LORD, are good and forgiving, *
and great is your love toward all who call upon you.
- 6 Give ear, O LORD, to my prayer, *
and attend to the voice of my supplications.
- 7 In the time of my trouble I will call upon you, *
for you will answer me.
- 8 Among the gods there is none like you, O LORD, *
nor anything like your works.
- 9 All nations you have made will come and worship you, O LORD, *
and glorify your Name.
- 10 For you are great;
you do wondrous things; *
and you alone are God.
- 16 Turn to me and have mercy upon me; *
give your strength to your servant;
and save the child of your handmaid.
- 17 Show me a sign of your favor,
so that those who hate me may see it and be ashamed; *
because you, O LORD, have helped me and comforted me.

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

Genesis 21:8–21

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, “Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.” The matter was very distressing to Abraham on account of his son. But God said to Abraham, “Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named for you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring.” So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, “Do not let me look on the death of the child.” And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, “What troubles

you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.” Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

The Word of the Lord.

Thanks be to God.

Canticle 16 The Song of Zechariah

Book of Common Prayer p. 92

Read in Unison

New Testament Epistle

Romans 6:1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

The Word of the Lord

Thanks be to God.

Canticle 21 You are God *Te Deum laudamus*

Book of Common Prayer p. 95-96

Read in Unison

Sequence Hymn “Diverse in Culture, Nation, Race”

Maroon Hymnal 729

The Gospel

Matthew 10:24-39

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

Glory to you, Lord Christ.

Jesus said to the twelve disciples, “A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

“So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

“Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

“Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law;
and one’s foes will be members of one’s own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.”

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 “In Christ There Is No East or West”

Maroon Hymnal 726

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 Commitment "Let There Be Peace on Earth"

Maroon Hymnal 723

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 "My All in All"

Dennis Jernigan

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, Sally Miller, Phoebe Montagna, Alessandra Myers, Shana Paul, Sydney Rudolph, Linda Sawyer, Diane Shephard, Doug Thompson, Courtney Wheeler, 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.

We give thanks for the blessings of this life.

We give thanks for the birthdays of Vanessa Paul (6/22), Trent Farlin (6/24), and Diane Shephard (6/24).

We give thanks for the anniversary of Nellwyn Beamon & Rick Jones (6/27).

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 Ellen Belfi for playing the piano for us this morning. Welcome Ellen!

ROMEOs & JULIETs: The ROMEOs and JULIETs will join together for food, fun, and fellowship on Friday, June 26th at Surf Rider East Beach (9500 30th Bay St. Norfolk, VA, 23518). They'll meet for lunch at 11:30 a.m. Please RSVP by calling or texting Donna Killmon at 757-270-5094.

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 the fall.

Chanco Chatter

Chanco on the James has been named a 2026 Best of Virginia winner for Sleepover Summer Camp! This honor reflects the vibrant community that makes Chanco such a special place — campers, families, staff, alumni, and supporters whose enthusiasm and dedication continue to shape unforgettable summers along the James River. At Chanco, camp is more than a summer experience. It is a place where young people grow in confidence, build lasting friendships, and encounter joy, faith, and community in meaningful ways. Registration for Summer 2026 is open, and sessions are filling quickly. Don't miss the opportunity to be part of the camp community that earned this statewide recognition. The countdown to summer memories has begun — reserve your camper's spot today! To register, visit <https://chanco.org/camps/camp-info/>

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

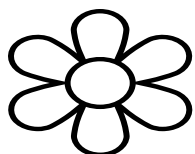
- **DISPOSABLE CUPS & LIDS** – Paper Coated Cups, Plastic Cups, Plastic Lids Disposable Cups
& Lids that have been rinsed and dried Unacceptable Items: Biodegradable Plastic Cups & Lids, Juice Boxes & Pouches. Other Rigid Plastic Containers
- **GLUE STICKS & BOTTLES** – Empty Craft Glue Stick Containers & 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 the rainy season comes to an end and warmer summer temperatures begin to arrive, 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:

- Each month, members of our church family lovingly prepare 100 sandwiches, which are delivered to Catholic Worker for distribution to those experiencing homelessness.
- Care for one another and stay connected with family and friends. If someone seems upset or is struggling, don't hesitate to reach out and start a conversation. Suicide prevention involves more than safely storing firearms—it also means being present, showing compassion, and taking the time to listen. A caring connection can make a meaningful difference in someone's life.

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

Friday

11:30 am ROMEOs & JULIETs Lunch – Surf Rider East Beach

Sunday

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

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	lukesuber@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

Worship Leader Katherine Lawrence

Guest Pianist Ellen Belfi

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