

## **Morning Prayer**

*Sunday, May 24, 2020 – Ascension of the Lord*

**Officiant:** The Rev'd Fr. Jeffry Kennedy  
**Preacher:** The Rev'd Fr. Harold Shepherd  
**Organist & Cantor:** Damien Macedo

**Prelude**     **Pastorale on Hyfrydol**

### **The Gathering of the Community**

*Officiant*     Alleluia! Christ is risen.  
*People*         **The Lord is risen indeed. Alleluia!**

*Officiant*     May his grace and peace be with you.  
*People*         **May he fill our hearts with joy.**

*All*             **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*     Alleluia! The Lord is risen indeed.  
*People*         **O come, let us worship. Alleluia!**

**Jubilate**     *Psalm 100*  
*Officiant*     Be joyful in the Lord, all you lands;  
*All*             **serve the Lord with gladness and come before his presence with a song.  
Know this: The Lord himself is God;  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.  
Enter his gates with thanksgiving; go into his courts with praise;  
give thanks to him and call upon his name.  
For the Lord is good; his mercy is everlasting;  
and his faithfulness endures from age to age.**

*Officiant*     Alleluia! The Lord is risen indeed.  
*People*         **O come, let us worship. Alleluia!**

**Hymn**     *Hail Thou Once Despised Jesus (246)*

IN BABILONE

Hail thou once despised Jesus! Hail, thou Galilean King!  
Thou didst suffer to release us; thou didst free salvation bring.  
Hail thou universal Saviour! Thou hast borne our sin and shame;  
by thy merits we find favour; life is given through thy name.

Paschal Lamb, by God appointed, all our sins on thee were laid;  
by almighty love anointed, thou hast full atonement made.  
All thy people are forgiven through the virtue of thy blood;  
opened is the gate of heaven; peace is made 'twixt us and God.

Jesus, hail! Enthroned in glory, there forever to abide,  
all the heavenly host adore thee, seated at thy Father's side.  
Worship, honour, power, and blessing thou art worthy to receive;  
loudest praises, without ceasing, meet it is for us to give.

## The Liturgy of the Word

### First Reading: Acts 1:1-11

*Reader* A reading from the acts of the apostles.

In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

*Reader* The word of the Lord.

*People* **Thanks be to God.**

### Psalm 47

*Please join on the alternating (bolded) verses of the psalm.*

<sup>1</sup> Clap your hands, all you peoples;  
shout to God with loud songs of joy.

<sup>2</sup> **For the Lord, the Most High, is awesome,  
a great king over all the earth.**

<sup>3</sup> He subdued peoples under us,  
and nations under our feet.

<sup>4</sup> **He chose our heritage for us,  
the pride of Jacob whom he loves.**

<sup>5</sup> God has gone up with a shout,  
the Lord with the sound of a trumpet.

<sup>6</sup> **Sing praises to God, sing praises;  
sing praises to our King, sing praises.**

<sup>7</sup> For God is the king of all the earth;  
sing praises with a psalm.

<sup>8</sup> **God is king over the nations;  
God sits on his holy throne.**

<sup>9</sup> The princes of the peoples gather  
as the people of the God of Abraham.  
For the shields of the earth belong to God;  
he is highly exalted.

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.**

## **Second Reading: Ephesians 1:15-23**

*Reader* A reading from Paul's letter to the Ephesians.

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

*Reader* The word of the Lord.

*People* **Thanks be to God.**

## **Canticle Song of Creation I**

*Officiant* Glorify the Lord, all you works of the Lord,

*All*

**praise him and highly exalt him for ever.  
In the firmament of his power, glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, you angels and all powers of the Lord,  
O heavens and all waters above the heavens.**

**Sun and moon and stars of the sky, glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, every shower of rain and fall of dew,  
all winds and fire and heat.**

**Winter and summer, glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, O chill and cold,  
drops of dew and flakes of snow.  
Frost and cold, ice and sleet, glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, O nights and days,  
O shining light and enfolding dark.  
Storm clouds and thunderbolts, glorify the Lord,  
praise him and highly exalt him for ever.**

**Let us glorify the Lord: Father, Son, and Holy Spirit;  
praise him and highly exalt him for ever.  
In the firmament of his power, glorify the Lord,  
praise him and highly exalt him for ever. Amen.**

**Gospel Reading: Luke 24:44-53**

*Reader* The Lord be with you.

*People* **And also with you.**

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

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

Then he said to them, "These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

*Reader* The Gospel of Christ.

*People* **Thanks be to God.**

**Homily**

The Rev'd Fr. Harold Shepherd

**The Nicene Creed**

*Officiant* Let us confess our faith as we say,

*All* **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:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
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.  
With the Father and the Son  
he is worshipped and glorified.  
He 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.

## Intercessions and Prayers

### Intercessions

*Leader* Through Christ, who ever lives to make intercession for us, let us pray to the Lord.  
Lift up our hearts to the heavenly places and inspire us to serve you as a royal  
priesthood.

*All* **Hear us, Lord of glory!**

*Leader* Let all peoples know your healing power and grant all on earth the blessing of  
peace.

*All* **Hear us, Lord of glory!**

*Leader* Send down upon us the gift of the Holy Spirit and renew your Church with power  
from on high.

*All* **Hear us, Lord of glory!**

*Leader* May peace abound and righteousness flourish, that we may vanquish injustice  
and wrong.

*All* **Hear us, Lord of glory!**

*Leader* Help us to proclaim the good news of salvation and grant us the gifts of your  
grace.

*All* **Hear us, Lord of glory!**

*Leader* That God may reveal the light of his presence to the sick, the weak, the dying, and  
the bereaved, that they may be comforted and strengthened, let us pray to the  
Lord.

*All* **Hear us, Lord of glory!**

*Leader* We commend ourselves, and all for whom we pray, to the mercy and protection of  
God. I invite you now to offer your own prayers and petitions to God.

*All* **Hear us, Lord of glory!**

### The Collect

*Officiant* Let us pray. Almighty God, your Son Jesus Christ ascended to the throne of  
heaven that he might rule over all things as Lord. Keep the Church in the unity of  
the Spirit and in the bond of his peace, and bring the whole of creation to worship  
at his feet, who is alive and reigns with you and the Holy Spirit, one God, now  
and for ever. **Amen.**

## The Lord's Prayer

*Officiant*

And now, as our Saviour Christ has taught us, we are bold to say,

*All*

**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, the power, and the glory,  
for ever and ever. Amen.**

## Doxology

*Officiant*

Glory to God,

*All*

**whose power, working in us, can do infinitely more than we can ask or imagine.  
Glory to God from generation to generation, in the Church and in Christ Jesus,  
for ever and ever. Amen.**

## Blessing

*Officiant*

May the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. And the blessing of God the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

## Hymn

*Alleluia! Sing to Jesus (374)*

HYFRYDOL

Alleluia! Sing to Jesus! His the sceptre, his the throne;  
alleluia! his the triumph, his the victory alone.

Hark! The songs of peaceful Zion thunder like a mighty flood;  
Jesus, out of every nation, hath redeemed us by his blood.

Alleluia! Not as orphans are we left in sorrow now;  
alleluia! he is near us, faith believes, nor questions how.

Though the cloud from sight received him, when the forty days were o'er,  
shall our hearts forget his promise, "I am with you evermore"?

Alleluia! Bread of heaven, thou on earth our food, our stay;  
alleluia! here the sinful flee to thee from day to day;  
Intercessor, Friend of sinners, earth's Redeemer, plead for me,  
where the songs of all the sinless sweep across the crystal sea.

Alleluia! King eternal, thee the Lord of lords we own;  
alleluia! born of Mary, earth thy footstool, heaven thy throne.  
Thou within the veil hast entered, robed in flesh, our great high priest;  
thou on earth both priest and victim in the eucharistic feast.

Alleluia! Sing to Jesus! His the sceptre, his the throne;  
alleluia! his the triumph, his the victory alone.  
Hark! The songs of peaceful Zion thunder like a mighty flood;  
Jesus, out of every nation, hath redeemed us by his blood.

## Dismissal

*Officiant* Alleluia! Go forth in the name of Christ.  
*People* Thanks be to God. Alleluia!

**Postlude Heut' triumphiret Gottes Sohn (J.S. Bach)**

## Announcements

### **PAD Donations**

For those of you who have signed up to make pre-authorized donations, our May deposit is late. We apologize for the delay and have been working hard to get the system going with our new virtual set-up. Withdrawals for May will be made within the next few days while June withdrawals will occur as scheduled at the beginning of June. If this is an issue for anyone please contact Katya at [katyapark@gmail.com](mailto:katyapark@gmail.com). Thank you very much.

### **Ministries for Children and Youth**

For children, our Sunday School coordinator Elisabeth Westberg is hosting weekly lessons on Zoom, beginning at 10:00 AM on Sunday mornings. For our youth, Elisabeth and Fr. Benjamin are hosting a weekly check-in over Zoom on Wednesday evenings from 7:00 – 7:30 PM. For information about how to connect over Zoom, please email Elisabeth directly at [youth@stjohnsnorway.com](mailto:youth@stjohnsnorway.com).

### **Weekly Online/Dial-in Bible Study – Thursdays at 1PM – **PASSWORD: 077686****

On Thursdays at 1:00 PM, Fr. Jeffrey and Fr. Benjamin are holding a bible study focusing on the gospel passage from the previous Sunday. All you need to participate is a bible and a computer or phone. To join online, follow the link: <https://us04web.zoom.us/j/2035813958>. To dial in on the phone, first dial: 647-558-0588. When prompted, enter the meeting ID: 203 581 3958#. Please refer any questions to Fr. Benjamin ([curate@stjohnsnorway.com](mailto:curate@stjohnsnorway.com), 647-608-5608).

### **Weekly Happy almost-an-Hour – Fridays at 5PM – **PASSWORD: 077686****

On Fridays at 5:00 PM, we are holding "Happy almost-an-Hour!" Grab some snacks, tune into Zoom, and catch up with other parishioners! To join online, follow the link: <https://us04web.zoom.us/j/2035813958>. To dial in on the phone, first dial: 647-558-0588. When prompted, enter the meeting ID: 203 581 3958#. Please refer any questions to Fr. Benjamin ([curate@stjohnsnorway.com](mailto:curate@stjohnsnorway.com), 647-608-5608).

## To Reach Us

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