

TRINITY EPISCOPAL CHURCH

Lime Rock, Connecticut
Offering Companionship along the Way

The Fourth Sunday after Pentecost June 20, 2021

Prelude “Sinfonia” SWV 478 and motet “Das ist mir lieb” (*I am well pleased*) SWV 51, part 1 by Heinrich Schütz (1585-1672). Crescendo Chorus and Vocal Ensemble, Crescendo Period Instrument Orchestra, live recording, May 2019.

Text: Psalm 116, vss 1-6 Translation: The Book Of Common Prayer, Oxford 1737

1 Das ist mir lieb, dass der Herr
mein Stimm und mein Flehen höret.
2 Dass er sein Ohre zu mir neiget;
darum will ich ihn mein Leben lang anrufen.
3 Stricke des Todes hatten mich umfangen,
und Angst der Höllen hatten mich troffen;
ich kam in Jammer und Not.
4 Abe ich rief an den Namen des Herren:
O Herr, errette mein Seele!
5 Der Herr ist gnädig und gerecht,
und unser Gott ist barmherzig.
6 Der Herr behütet die Einfältigen;
wenn ich unterliege, so hilft er mir.

1 I am well pleased: that the Lord
hath heard the voice of my prayer;
2 That he hath inclined his ear unto me:
therefore will I call upon him as long as I live.
3 The snares of death compassed me round about:
and the pains of hell got hold upon me.
I shall find trouble and heaviness,
4 and I will call upon the Name of the Lord:
O Lord, I beseech thee, deliver my soul.
5 Gracious is the Lord, and righteous:
yea, our God is merciful.
6 The Lord preserveth the simple:
I was in misery, and he helped me.

The Word of God

Pastor Blessed be God; Father, Son and Holy Spirit.

People **And blessed be God’s kingdom, now and forever. Amen.**

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.**

The Gloria “Glory be to God” by Felix Mendelssohn Bartholdy (1809-1847)

**Glory be to God in the highest
And on earth peace on earth, to men of good will.
Glory be to God in the highest.**

Pastor The Lord be with you.

People **And also with you.**

Pastor Let us pray together our collect.

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God,

for ever and ever. Amen.

The Lessons

1 Samuel 17: (1a, 4-11, 19-23), 32-49

[The Philistines gathered their armies for battle. And there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. He had a helmet of bronze on his head, and he was armed with a coat of mail; the weight of the coat was five thousand shekels of bronze. He had greaves of bronze on his legs and a javelin of bronze slung between his shoulders. The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron; and his shield-bearer went before him. He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us." And the Philistine said, "Today I defy the ranks of Israel! Give me a man, that we may fight together." When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.]

Now Saul, and they, and all the men of Israel, were in the valley of Elah, fighting with the Philistines. David rose early in the morning, left the sheep with a keeper, took the provisions, and went as Jesse had commanded him. He came to the encampment as the army was going forth to the battle line, shouting the war cry. Israel and the Philistines drew up for battle, army against army. David left the things in charge of the keeper of the baggage, ran to the ranks, and went and greeted his brothers. As he talked with them, the champion, the Philistine of Gath, Goliath by name, came up out of the ranks of the Philistines, and spoke the same words as before. And David heard him.]

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The LORD, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the LORD be with you!" Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he despised him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to

me, and I will give your flesh to the birds of the air and to the wild animals of the field.” But David said to the Philistine, “You come to me with sword and spear and javelin; but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. This very day the LORD will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the LORD does not save by sword and spear; for the battle is the LORD’s and he will give you into our hand.”

When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 9:9-20

- 9 The LORD will be a refuge for the oppressed, *
a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, *
for you never forsake those who seek you, O LORD.
- 11 Sing praise to the LORD who dwells in Zion; *
proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; *
he will not forget the cry of the afflicted.
- 13 Have pity on me, O LORD; *
see the misery I suffer from those who hate me,
O you who lift me up from the gate of death;
- 14 So that I may tell of all your praises
and rejoice in your salvation *
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, *
and in the snare they set is their own foot caught.
- 16 The LORD is known by his acts of justice; *
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, *
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten, *
and the hope of the poor shall not perish for ever.
- 19 Rise up, O LORD, let not the ungodly have the upper hand; *
let them be judged before you.
- 20 Put fear upon them, O LORD; *
let the ungodly know they are but mortal.

2 Corinthians 6:1-13

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says,

“At an acceptable time I have listened to you, and on a day of salvation I have helped you.”

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return-- I speak as to children-- open wide your hearts also.

Reader The Word of the Lord.

People **Thanks be to God.**

Gradual Hymn “In Christ there is no East or West”

McKee

Pastor The Holy Gospel of our Lord Jesus Christ according to Mark

3:20-35

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

When evening had come, Jesus said to his disciples, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

Pastor The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon

The Rev. Marilyn Anderson

A moment of silence

The Nicene Creed

**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 and the Son.
With the Father and the Son he is worshiped 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.**

The Prayers of the People

Father, we pray for all peoples throughout the world;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all those in religious orders, for lay and ordained ministers, and all the holy people of God;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

We give thanks at all times for the blessings of our lives. We lift up our thanksgivings (*we leave time for people to say silently or aloud the things for which they are grateful.*) Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

On our parish cycle of prayer we pray today for Martha Baer and Fred Baldwin and Barbara Commerford and for Patricia and Steve Barton and for their families;

That we may serve and love them, and one another, as Christ loves us.

Have compassion on those who suffer, especially (*we read from the list and leave time for other names to be added.*) We pray for all who are afflicted with any grief or trouble;

That they may be delivered from their distress.

We pray for all those who have died, especially those who we name (*we read from the list and leave time for other names to be added.*) Give to the departed eternal rest;

Let light perpetual shine upon them.

We praise you for all the saints, those we love in this world, and in the next;

May we also come to share in your heavenly kingdom.

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

The Confession

Let us confess our sins against God and our neighbor.

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.

The Absolution

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.**

The Peace

Priest The Peace of the Lord be always with you.

People **And also with you.**

Offertory Anthem “Credo” (*The Creed*) from *Misa Andina* (1980) by Jaime Soto León. Crescendo Chorus, José Sacín, baritone, Andean Instruments, live recording, April 2014.

Creo en Dios Padre todopoderoso,
Creador del cielo también de la tierra.
Creo en Jesucristo su único hijo,
Concebido por el Espíritu Santo.
De la madre Virgen Maria nació,
Bajo el poder de Pilato sufrió,
Fue crucificado, muerto y sepultado
Descendió al infierno, cómo se anticipó.
Al día tercero Él resucitó,
Ascendió a los cielos de donde bajó.
Creo también en el Espíritu Santo
La Iglesia y la comunión de los Santos.
Creo en el perdón de todos los pecados,
La resurrección y la vida eterna. Amén.

I believe in God, the almighty Father,
Creator of heaven and also of the earth.
I believe in Jesus Christ, His only Son,
Conceived by the Holy Spirit.
He was born of the Virgin Mary
He suffered under the power of Pilate,
He was crucified, died and was buried
He descended to hell, as it was foretold.
On the third day he rose from the dead,
He ascended to the heavens, whence he came.
I also believe in the Holy Spirit
The Holy Church and the communion of Saints.
I believe in the forgiveness of all sins,
The resurrection and life everlasting. Amen.

The Doxology

Old 100th

The Holy Communion

Eucharistic Prayer B

Priest The Lord be with you.

People **And also with you.**

Priest Lift up your hearts.

People **We lift them up to the Lord.**

Priest Let us give thanks to the Lord our God.

People **It is right to give God thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth; for you are the source of light and life. You made us in your image and called us to new life in Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Holy: Holy, holy, holy (Santo)

Latin American, arr. Allen Pote (b. 1945)

Holy, holy, holy, my heart, my heart adores you!

My heart is glad to say the words: you are holy, Lord.

¡Santo, santo, santo, mi corazón te adora!

Mi corazón te sabe decir: santo eres, Señor.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world.

In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore, according to his command, O Father,
We remember his death,
We proclaim his resurrection,
We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now as our savior Christ has taught us, we are bold to pray:

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, for ever and ever. Amen.

The Breaking of the Bread

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

Postcommunion Prayer

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.

The Blessing

Life is short, and we do not have much time to gladden the hearts of those who walk the way with us. So be swift to love and to forgive, and make haste to be kind. And the blessing of God Almighty, Father, Son, and Holy Spirit, be among you and remain with you always. **Amen.**

Final Hymn “God my King, thy might confessing”

Stuttgart

Dismissal

Priest Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude “Sinfonia” SWV 478 and motet “Das ist mir lieb” (*I am well pleased*) SWV 51, part 2 by Heinrich Schütz (1585-1672). Crescendo Chorus and Vocal Ensemble, Crescendo Period Instrument Orchestra, live concert, May 2019.

Text: Psalm 116, vss 7-19. Translation: The Book Of Common Prayer, Oxford 1737

7 Sei nun wieder zufrieden, meine Seele;
denn der Herr tut dir Guts.

8 Denn du hast meine Seele aus dem Tode gerissen,
mein Auge von den Tränen, mein Fuss vom Gleiten.

9 Ich will wandeln vor dem Herrn
im Lande der Lebendigen.

10 Ich glaube, darum rede ich;
ich werde aber sehr geplagt.

11 Ich sprach in meinem Zagen:
Alle Menschen sind Lügner.

12 Wie soll ich dem Herrn vergelten
alle seine Wohltat, die er mir tut?

13 Ich will den heilsamen Kelch nehmen
und des Herren Namen predigen.

14 Ich will mein Gelübde dem Herren bezahlen
vor allem seinem Volk.

15 Der Tod seiner Heiligen
ist wert gehalten vor dem Herren.

16 O Herr, ich bin dein Knecht;
ich bin dein Knecht, deiner Magd Sohn.

Du hast meine Bande zerrissen.

17 Dir will ich Dank opfern
und des Herren Namen predigen.

18 Ich will meine Gelübde dem Herren bezahlen
vor allem seinem Volk,

19 in den Höfen am Haus des Herren,
in dir Jerusalem. Halleluja!

7 Turn again then unto thy rest, O my soul:
for the Lord hath rewarded thee.

8 And why? thou hast delivered my soul from death:
mine eyes from tears, and my feet from falling.

9 I will walk before the Lord:
in the land of the living.

10 I believed, and therefore will I speak;
but I was sore troubled:

11 I said in my distress,
all men are liars.

12 What reward shall I give unto the Lord:
for all the benefits that he hath done unto me?

13 I will receive the cup of salvation:
and call upon the Name of the Lord.

14 I will pay my vows now
in the presence of all his people:

15 Right dear in the sight of the Lord
is the death of his saints.

16 Behold, O Lord, how that I am thy servant:
I am thy servant, and the son of thine handmaid;
thou hast broken my bonds in sunder.

17 I will offer to thee the sacrifice of thanksgiving:
and will call upon the Name of the Lord.

18 I will pay my vows unto the Lord,
in the sight of all his people:

19 in the courts of the Lord's house,
even in the midst of thee, O Jerusalem. Praise the Lord.

Serving Today

Interim Sabbatical Priest: The Rev. Marilyn Anderson

Rector: The Rev. Heidi Truax

Music Director and Video Editor: Christine Gevert

Lector: Connie Frost

Psalmist: Eleanor Jenks

Epistoler: Jim Conzo

Intercessor: Mary Anne Carley

Flowers: Alisha Trimble

Altar Guild: Theresa Kenny

Verger: Geoff Brown

Announcements

Sundays

9:00 AM in Person Eucharist

10:30 AM online Eucharist with music

11:30 AM Zoom Coffee Hour

While Pastor Heidi is on sabbatical this summer, the ecclesiastical authorities of Trinity Church are the wardens, Linda Lloyd and M. E. Freeman. Should any issue arise please speak to one of them in Pastor Heidi's absence.

If there is a pastoral emergency this summer, please call the Senior Warden, Linda Lloyd and she will connect you with a priest.

The Trinity Vestry

Linda Lloyd, Senior Warden

M. E. Freeman, Junior Warden John Oler, Treasurer

Beverly Becker, Clerk

Barry Anderson, Michael Cuoco, Al Dorf

Scott Frost, Danielle A. Gaherty, Theresa Kenny

Trinity Episcopal Church

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