

Celebrating 150 Years



1874 - 2024

Trinity Episcopal Church  
Lime Rock, CT

# Trinity Episcopal Church

*Offering Companionship along the Way*

## The Fifth Sunday after Pentecost

# June 23, 2024

**Prelude** Organ improvisation on tune *Grid*

**Processional Hymn WLP\* 753** When from bondage we are summoned

*Grid*

\*WLP is the green hymnal *Wonder, Love, and Praise*

*Priest* Blessed be God; Father, Son and Holy Spirit.

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

*Pastor* 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: Hymnal S 279** Gloria in excelsis

Gerald R. Near b. 1942

**Glory to God in the highest, and peace to his people on earth.**

**Lord God, heavenly King, almighty God and Father,**

**we worship you, we give you thanks,**

**we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,**

**you take away the sin of the world:**

**have mercy on us;**

**you are seated at the right hand of the Father:**

**receive our prayer.**

**For you alone are the Holy One, you alone are the Lord,**

**you alone are the Most High,**

**Jesus Christ, with the Holy Spirit,**

**in the glory of God the Father. Amen.**

*Priest* The Lord be with you.

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

*Priest* 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.**

**A Reading from the First Book of Samuel 17:32-49**

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 disdained 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 9:9-14**

*Gevert-1*

- 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.

### A Reading from Paul's Second Letter to the 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 WLP 805** I want Jesus to walk with me *Spiritual*; arr. Carl Haywood (b. 1949)

**Gospel Acclamation** “Alleluia! Holy Lord God Almighty”

by George Alexander MacFarren (1813-1877)

Al - le - lu - ia! Ho - ly, Lord God Al - migh - ty, Ho - ly, Ho - ly,  
Ho - ly Lord God Al - migh - ty, which was, \_\_\_\_\_ and is \_\_\_\_\_ and  
is \_\_\_\_\_ to come. \_\_\_\_\_ Al - le - lu - ia. Al - le - lu - ia. Al - le - lu - ia!

*Pastor* The Holy Gospel of our Lord according to Mark 4:35-41

*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. Heidi Truax

**Minute of silence for reflection**

**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.**

**Prayers of the People**

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Lord, in your mercy: **Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy: **Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy: **Hear our prayer.**

We give thanks to you, Lord God, for all your blessings. We give thanks today for our Episcopal

Church and all our members of 111 dioceses in 22 countries. We pray for those delegates, lay and ordained, who are attending the triennial General Convention this week. And we pray that the Holy Spirit will guide them in the election of a new Presiding Bishop. We pray in gratitude for the celebrations of our lives (*we lift up in prayer all those things for which we are thankful*).

Lord in your goodness: **Hear our prayer.**

Bless all whose lives are closely linked with ours. On our parish cycle of prayer we pray today for Stephanie Barrett, Patricia and Steve Barton, Stuyvie Bearn and for their families. Grant that we may serve Christ in them, and love one another as God loves us.

Lord, in your mercy: **Hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit (*we read from the book and leave time for names to be added*). Give them courage and hope in their troubles and bring them the joy of your salvation.

Lord, in your mercy: **Hear our prayer.**

We commend to your mercy all who have died (*we read from the book and leave time for names to be added*). We pray that your will for them may be fulfilled, and that we may share with all your saints in your eternal kingdom.

Lord, in your mercy: **Hear our prayer.**

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. **Amen.**

### **The Confession**

**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.**

### **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.**

*Pastor*           The peace of the Lord be always with you.

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

### **Announcements**

**Offertory Hymn 648** Go down, Moses

*Spiritual*, arr. C. H. Boyer

**Doxology Hymn 380, vs. 3** Praise God from whom all blessings flow

*Old 100<sup>th</sup>*

## THE GREAT THANKSGIVING

*Priest* The Lord be with you.  
*People* **And also with you.**  
*Priest* Lift up your hearts.  
*People* **We lift them 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 for ever sing this hymn to proclaim the glory of your Name:

**Holy, holy, holy: Hymnal S 124 Sanctus**

David Hurd, b. 1950

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the One who comes in the name of the Lord.  
Hosanna in the highest.**

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

**Christ has died.  
Christ is risen.  
Christ will come again.**

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: 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 forever. **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.**

**Fraction Anthem: Hymnal S 151** Christ our Passover

David Hurd

*Here at Trinity we welcome you to take communion with us. You may drink from the chalice, or you may intinct your wafer. Or, if you prefer, you may receive communion in one kind only, the wafer. We offer wheat and gluten free wafers, wine and grape juice. If you do not care to take communion but would like a blessing, please also come forward and ask Pastor Heidi for a blessing.*

**Communion Hymn WLP 764** Taste and See

James E. Moore, Jr.

**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.**

**Blessing**

**Closing Hymn 619** verses 1-3, 6, 7 Sing alleluia forth in duteous praise

*Martins*

**The Dismissal**

*Pastor* Let us go forth in the power of the Spirit.

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

**Postlude** Organ improvisation on tune *Martins*

*The altar flowers this morning are given to the glory of God.*

**Serving Today**

*Rector:* The Rev. Heidi Truax

*Music Director:* Christine Gevert

*Minister of Communion:* Pari Forood

*Lector:* Marian Beers

*Epistoler:* M.E. Freeman

*Intercessor:* John Lloyd

*Altar Guild:* Bev Becker

*Flowers:* Heather Chapman

*Counter:* Bev Becker

*Greeter/Usher:* Diane Walters/Mike Cuoco

*Verger:* Geoff Brown

## Announcements

- June 23-28** Episcopal Church 81st General Convention in Louisville, Kentucky
- Sunday, July 7** 2:00 PM NW Region Meeting on Zoom
- July 8—31** Pastor Heidi will be on vacation
- Sunday, July 14** Supply priest will be the Rev. Jack Gilpin
- Sunday, July 21** Morning Prayer leader and preacher will be our intern, Brian Cheney
- Sunday, July 28** Supply priest will be the Rev. Marilyn Anderson

*The Sunday School will take a break for the month of July.*

## Weekly Schedule

- Tuesdays** 9:00 AM to 12 Noon Taichi Chuan with Christopher Kiely in Walker Hall
- Wednesdays** Services at Noble Horizons, Geer Nursing, Geer Lodge  
6:00 PM Women's AA in Walker Hall (in person and online every week)
- Thursdays** 1:00 PM Bible Explorers: *Genesis*
- Fridays** 6:00 PM Bible Study at Trinity Glen
- Saturdays** 9:00 AM till Noon—Bookkeeper, Nancy Hiller is in the office every other Sat.

*Please remember that we are filming this service  
and wait to have private conversations until after you have left the nave.*

## Music Credits, Permissions, Licenses

Hymns 619, 648, WLP 753 When from bondage we are summoned Text: Delores Dufner, OSB (b. 1939), Music: Thomas Pavlechko (b. 1962), WLP 764 Taste and See - James E. Moore, Jr., WLP 805 I want Jesus to walk with me - Spiritual; arr. Carl Haywood (b. 1949), from The Haywood Collection of Negro Spirituals, 648 Go down, Moses - Spiritual, arr. C. H. Boyer,  
Gloria in excelsis S 279 by Gerald R. Near b. 1942, Holy, holy, holy Lord S 124 Sanctus by David Hurd, b. 1950, and Fraction Anthem S 151 Christ our Passover by David Hurd, b. 1950 are performed with permission of OneLicense A-730466. All rights reserved.  
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### **Trinity Episcopal Church**

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The Rev. Heidi Truax, Rector

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