

Light of Christ - Saturday May 11, 2024
Feast of the Ascension
Blessing of Women

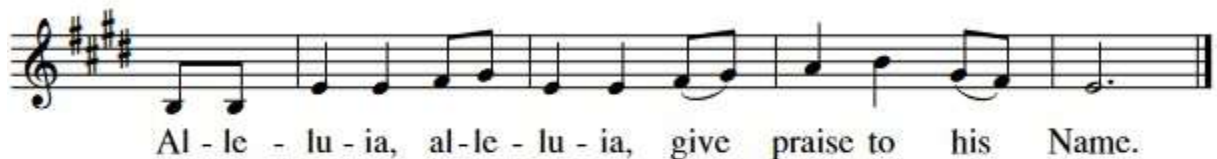
Responses of the People are in **bold**

Welcome and announcements:

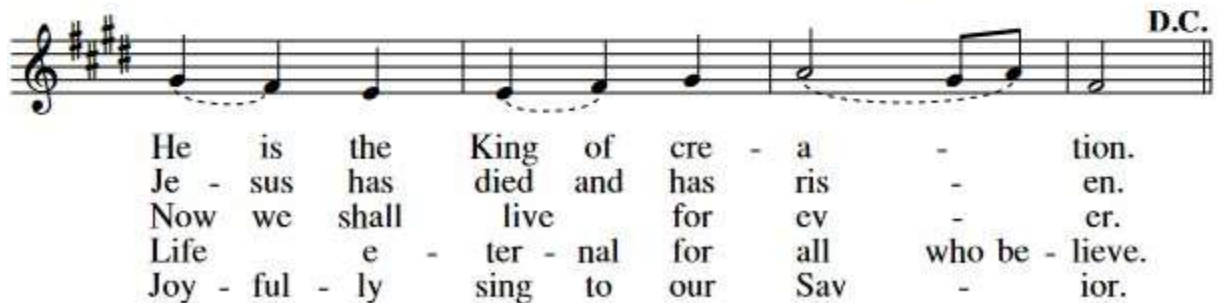
Opening Song: # 462 - Alleluia No. 1

Alleluia No. 1

Refrain



Verses



Text: Donald Fishel, b.1950
Tune: ALLELUIA NO. 1, 8 8 with refrain; Donald Fishel
© 1973, Word of God Music

Teri: Let us continue as one expression of God's people.
+ Father, Son, Holy Spirit. **Amen.**

Teri: May the Love of God, the peace of our brother Jesus, and the communion and friendship of the Holy Spirit be with you all.
ALL: And also with you.

(Adlib)

Penitential Rite:

Teri: We turn to our faithful God with our whole selves to receive God's grace and mercy.

Beloved, you are light in the shadow times, and hope when we feel despair.
Lord, have mercy **Lord, have mercy.**

Beloved, you encourage a faith that moves and grows through questions.
Christ, have mercy **Christ, have mercy.**

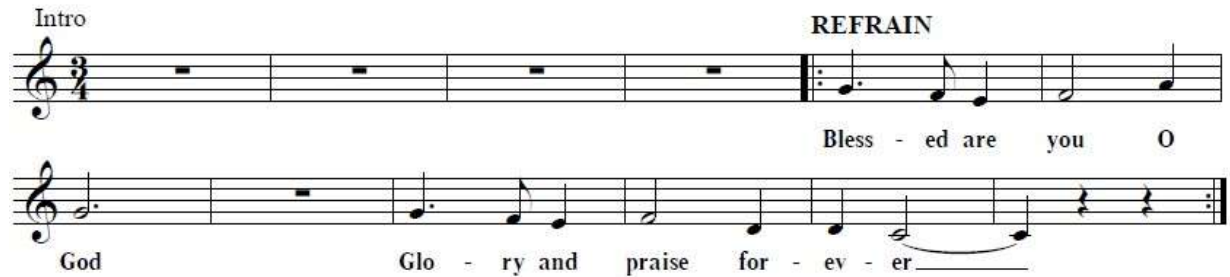
Beloved, You create spaciousness for us to fill with love and light. Lord,
have mercy **Lord, have mercy.**

Teri: May our loving God shower us with grace, be forever present to us,
forgive our sins, and bring us to everlasting joy and light. **Amen.**

Mass of Welcoming Glory and Praise in C

MJS
Text by
Fr. Teri Harroun

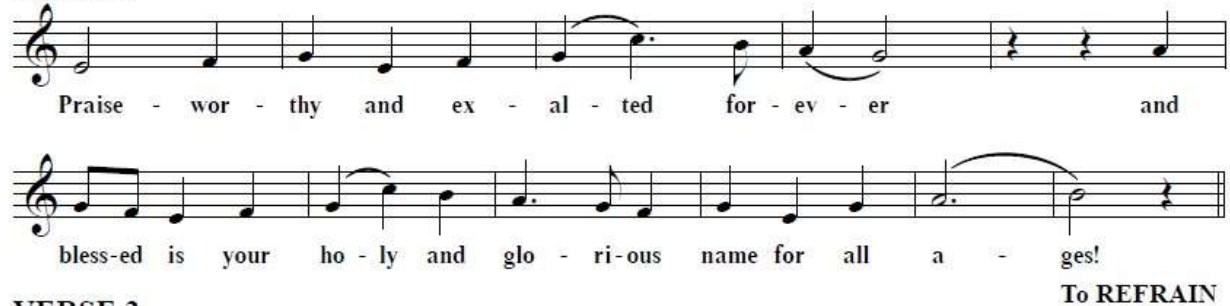
Intro



REFRAIN

Bless - ed are you O
God
Glo - ry and praise for - ev - er

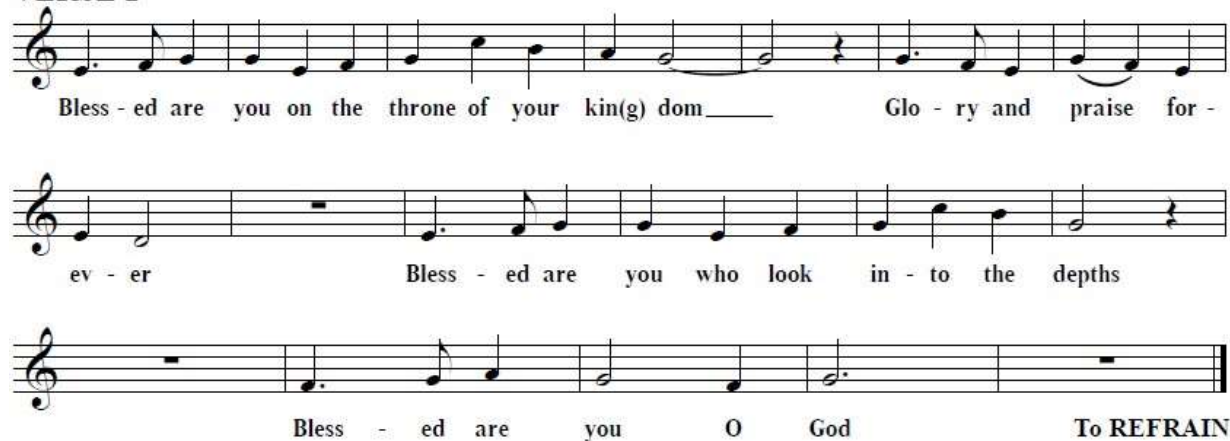
VERSE 1



Praise - wor - thy and ex - al - ted for - ev - er and
bless-ed is your ho - ly and glo - ri - ous name for all a - ges!

To REFRAIN

VERSE 2



Bless - ed are you on the throne of your kin(g) dom _____ Glo - ry and praise for -
ev - er Bless - ed are you who look in - to the depths
Bless - ed are you O God To REFRAIN

L: Let us pray....

God, You are the Creator and the Creating One, faithful and trustworthy. In these times of division and fearfulness, may we be assured that we are one in You. You celebrate and empower the gift we are in the world, and You encourage us to live the Good News of the Gospel with our entire lives, giving us the grace we need. Your Spirit inspires and sustains us. In Jesus' name we pray: **Amen.**

First Reading: (Kathy)

Our first Reading is from the Book of Acts 1:1-2, 3b, 6-11

In the first book, Theophilus, I dealt with all that Jesus did and taught from the beginning, until the day he gave the apostles instruction through the Holy Spirit and was taken up into the sky.

For forty days, Jesus continued to appear to his followers, speaking about the Reign of God.

When the disciples were all together with Jesus, they asked, "Teacher, is this the time when you will restore the reign of Israel?" Jesus replied, "It is not for you to know the times or seasons that God has set. But you will receive power when the Holy Spirit has come upon you. You will be my witnesses in Jerusalem, all Judea, Samaria, and to the ends of the earth."

When he said this, as they were watching, Jesus was lifted up, and a cloud took him out of their sight. While he was departing, and they were gazing up toward the sky, two people in white robes suddenly stood by them. They said, "You of Galilee, why do you stand looking up at the sky? This Jesus, who has been taken up from you into the heavens, will come again in the same way as you have seen him depart."

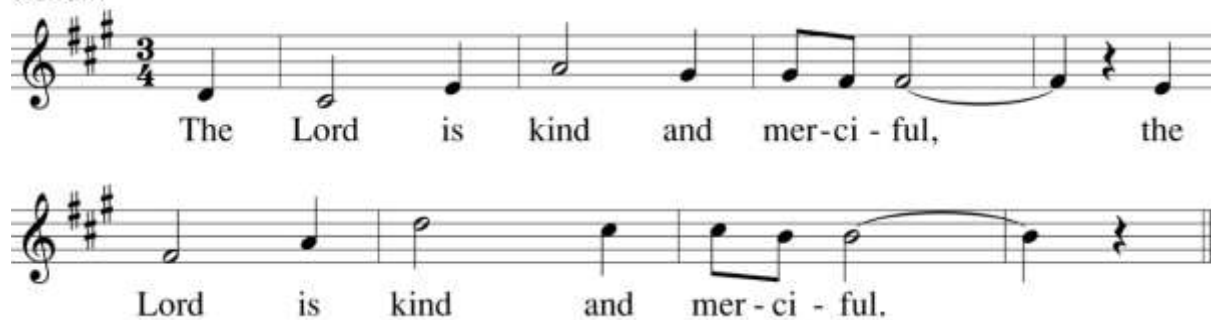
This has been a Reading from the Book of Acts.

Thanks be to God.

Psalm 103 - #59 The Lord is Kind and Merciful

Psalm 103: The Lord Is Kind and Merciful

Refrain



The Lord is kind and mer-ci - ful, the
Lord is kind and mer - ci - ful.

Text: Psalm 103:1-2, 3-4, 8; para. by Marty Haugen, © 1983, GIA Publications, Inc.; refrain trans. © 1969, ICEL
Music: Marty Haugen, © 1983, GIA Publications, Inc.

Second Reading: Kathy

The Second Reading is from the Letter to the Ephesians (4:1-14a)

I, Paul, a prisoner for the sake of Jesus the Christ, urge you to live in a manner worthy of the calling you have received. Be humble, gentle, and patient, bearing with one another in love. Be eager to maintain the unity of the Spirit in the bond of peace. There is one Body, one Spirit, just as you were called to one Hope. There is one Christ, one faith, one baptism, and one God who Loves all, who is over all and through all and in all.

We are one, but we are not uniform: each of us has been given a special gift, a particular share in the abundance of the body of Christ. Therefore, it is said:

"When Jesus the Christ ascended on high, captivity itself was made a captive; and the Christ bestowed gifts freely upon all people."

If we say, "Jesus ascended," what does it mean but that he had also descended into the lower regions, the depths of Earth? The One who descended into Earth, is the one who also ascended far above into the heavens, so that Christ, the Cosmic Christ, might fill the universe in all its parts.

This Christ gives a variety of gifts: to some, that they should be apostles; to some, prophets; to some, evangelists; to some, shepherds; to some teachers. All these gifts knit God's holy people together for the work of building up the Body of Christ.

This is our work until everyone exercises their unique spiritual gift in unity, until we awaken to the Love of God, until no longer infants, we mature into the full stature of the Christ.

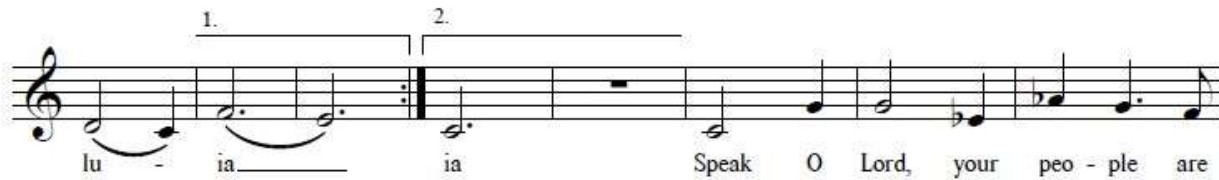
This has been a reading from the Letter to the Ephesians.

Thanks be to God.

Mass of Welcoming Gospel Acclamation

MJS

Intro



Final REFRAIN



Gospel: - Teri (stand)

Teri: May the Risen Christ be with you all. ***And also with you.***

Teri: A Reading from the holy Gospel according to Mark (16:9-15, 19-20)
Glory to You, O God.

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, out of whom he had cast out seven demons. She went out and told those who had been with Jesus and who were mourning and weeping. When they heard that Jesus was alive and that she had seen him, they would not believe it.

Jesus later appeared in another form to two disciples as they were walking into the country. They, too, went back and reported it to the rest. They did not believe them either.

Yet later, Jesus appeared to the “Eleven” as they were at table. He rebuked them for their lack of faith and their stubborn refusal to believe those who had seen him after he had risen.

Jesus said to the disciples, “Go into all the world and proclaim the gospel to every creature.”

After he had spoken to them, Jesus, the Christ, was taken up into the cosmos, to be with God. Jesus’ followers went forth and preached everywhere. God was with them, and through them worked accompanying signs.

This has been a Reading from the Gospel of Mark.

Praise to You, Lord, Jesus our Christ.

Homily: Teri

Prayers of the People: - Kathy

Teri: I’d like to invite “Kathy” back to lead us in the prayers that have been prepared for today. The rest of you may remain seated.

Kathy: Our response today is: Beloved Jesus, be with us all. ***Beloved Jesus, be with us all.***

Kathy: For the world. That the Spirit of Truth and courage may guide us all to work together for the good of all, especially the most vulnerable during these times. We pray: ***Beloved Jesus, be with us all.***

Kathy: For our church and all people of good will. That we may be inspired to see the Christ in others and share God’s love with them as God has loved us. We Pray: ***Beloved Jesus, be with us all.***

Kathy: For those who are sick. For those whose hearts are not at peace and those who struggle to feel a sense of belonging. That the breath of God may breathe healing grace into all bodies that suffer and all spirits that yearn for peace. We Pray: ***Beloved Jesus, be with us all.***

Kathy: For all those who have died, especially Cindy Van Zant, Judy and Roger Demers. That their souls may rest in God's tender embrace, and that their loved ones be comforted in their time of mourning. We pray: ***Beloved Jesus, be with us all.***

Kathy: Fr. Teri will now read the prayers that have been typed in the comments (PAUSE until Teri tells you to go on.) For these and for all the prayers we share through our hearts, we pray: ***Beloved Jesus, be with us all.***

Kathy: In addition, Prayer Partners will be available after Mass here in the Sanctuary by the back altar. For those at home, or those who have a prayer to share during the week, you can email our Prayer Companion Team at prayercompanionteam@lightofchristecc.org and someone will reach out to you. These prayer ministries welcome and invite you, in confidence, to share your concerns in more detail or depth, or even to pray for you when you can't find the words.

Collect:

Sign of Peace:

Teri: Please rise for the sign of peace.

Offertory Song: # 690 Take Up Your Cross

Take Up Your Cross



1. Take up your cross, the Sav-ior said, If you would
2. Take up your cross, let not its weight Fill your weak
3. Take up your cross, heed not the shame, And let your
4. Take up your cross, then, in his strength, And calm - ly
5. Take up your cross, and fol-low Christ, Nor think till



my dis - ci - ple be; Take up your cross with will - ing
spir - it with a - larm; His strength shall bear your spir - it
fool - ish heart be still; The Lord for you ac - cept - ed
ev - 'ry dan - ger brave; It guides you to a bet - ter
death to lay it down; For on - ly those who bear the



heart, And hum - bly fol - low af - ter me.
up, And brace your heart and nerve your arm.
death Up - on a cross, on Cal - v'ry's hill.
home And leads to vic - t'ry o'er the grave.
cross May hope to wear the glo - rious crown.

Text: Charles W. Everest, 1814-1877, alt.
Tune: O WALY WALY, LM; English; harm. by Martin West, b.1929

Teri: Blessed are you, Loving God of all Creation, through your goodness we have this bread and this wine and other food from our cupboards to place on your tables. Work of earth and human hands. May these become our spiritual food and drink. **Blessed be God forever.**

Teri: Blessed are you, Loving God of all Creation. Through your goodness we have these gifts to place on your table. These gifts have sometimes traveled through the mail to get here, and other times through pockets, purses and even backpacks. They represent our entire lives. through your blessing, may they become the Light of Christ in your world. **Blessed by God forever.**

Teri: Pray my sisters and brothers, my family, that these our gifts, our lives may continue to be blessed by our Loving God.

May God accept the sacrifice at our hands, for the praise and glory of God's name, for our good and the good of all God's world.

Teri: Please rise in body and spirit.

The peace of our God be with you all. ***And also with you.***

Teri: Open your hearts. ***We open them to our God.***

Teri: Let us give thanks to our Loving God. ***It is right to give God thanks and praise.***

Teri: God, we give you thanks for the myriad of ways you show up in our lives as both Creator and Creation. As the Good Teacher, you call us, guide us, tend to us, love us, encourage us to be the best that we have been created to be. And as the One who Ascended, you empower and have faith in us, to be your Body in the world and to tell your story. Through your Spirit, you are continually shaping us into Your Beloved Community and Body. You shape us to be Your hands and feet and heart. We are one with You and Your intention for the world. So this day, with all of creation including the choirs of angels and shepherds, with the birds and the fish and the trees, we are glad to share God's praise as we sing:

Mass of Welcoming Holy, Holy, Holy

MJS
Text by
Fr. Teri Harroun

Intro

Ho - ly ho - ly ho - ly One God of pow-er and
love hea - ven and earth are full of your glo - ry Ho -
san - na in the high - est Bless - ed is the
One who comes in the name of this Ho - ly One Ho - san - na in the
high - est Ho - san - na in the high - est.

THE WORDS OF INSTITUTION

Teri: God, You are most Holy. Send your Holy Spirit upon us, and what we do here gathered at tables throughout your world knowing that all tables are Your Table. May we be touched by your Spirit, to be signs of love and peace to one another, and to the world. + Let also your Spirit come upon these gifts of bread and wine before us to make them holy so that they may become for us the Body and Blood of our brother, Jesus the Christ.

On the night before he died, Jesus shared a meal with his disciples, family, and friends. At that meal he took bread, blessed it and broke it, and gave it to them saying, ***"Take this all of you and eat it. This is my body which will be given up for you."***

That same night, Jesus also took the cup filled with wine, and after giving thanks, passed it to his disciples, saying, ***"Take this all of you and drink from it. This is the cup of my blood. The blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me. "***

Teri (Spoken): Let us proclaim the mystery of faith.....

Mass of Welcoming Rising You Revealed New Life

MJS
Text by
Fr. Teri Harroun

Intro

Dy - ing You de - stroyed our death ris - ing You re -

vealed new life Oh_ Je - sus you are here and yet to come.

Teri: Therefore, Creator God, we remember the life, death, resurrection and ascension of our Beloved Brother Jesus. In the breaking of the Bread, the breaking of Christ's Body, there is an opening up, a healing, and a hoping. In the spilling of the Wine, the spilling of Christ's Blood, are the roots of sharing and reconciliation. As we look in our world, in our lives, and in our hearts for the presence of Christ, may we recognize the Christ in our midst, calling us to unity in love with all of your creation.

Beloved God, faithful Creator of all, You have invited each of us here today. May we serve in love, with love, for love, loving you, and loving our neighbors as we love ourselves. May we recognize that all are made in your image, and everyone, everyone is our neighbor. May we share the good news that your table here in our midst is open to all; no one shall be excluded based on creed, nationality, race, gender, sexuality, political affiliation, or even religion. We pray that under the guidance of our chosen shepherds Bishop Kae and Bishop Paul, we may move closer to unity with all of creation in love and grace and your embrace.

Remember our siblings, ancestors, and friends who have gone to their rest in the hope of rising in your light. Bring them and all the departed into the embrace of your presence with Mary, Jesus' mother, with the apostles and friends and all who have modeled your will throughout time. May we praise you in dancing with them and glory now and forever.

Teri: Together let us say:

Through Christ, with Christ, in Christ, in the unity of the Holy Spirit, all glory and honor is yours all loving God, forever and ever.

Mass of Welcoming Amen

MJS

Intro

A men A men.

A men A men.

Hail Mary and LORD'S PRAYER

Teri: Let us join our hearts together in love, and pray together in the words that have been prayed with Jesus for centuries:

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us (children), now and at the hour of our death. Amen.

Our Father, who art in Heaven, hallowed be thy name. Thy kin(g)dom 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 Kin(g)dom, the power, and the glory, now and forever. Amen.

Mass of Welcoming Agnus Dei

MJS

Text by:
Fr. Teri Harroun

1. Liv - ing God, You feed the world that hun - gers for
2. Liv - ing God, You quench the world that thir - sts for

You Your Love trans - forms us To Verse 3

3. Liv - ing God You bless the world cre - a - ted by You

Grant us peace. Grant us peace.

Teri: This is the Living God, the One Who transforms the world, the One Who transforms us. Blessed are we who are called to this meal.


God, I am ready to receive you. Because by your invitation, I am here.
(People will have various responses to the Agnes Dei.)

(Invitation to Communion) For those of you at home, receive the grace that God shares with you this day.

Communion Song: #826 Alleluia! Sing to Jesus

ALLELUIA! SING TO JESUS

HYFRYDOL



1. Al - le - lu - ia! sing to Je - sus! His the
2. Al - le - lu - ia! not as or - phans Are we
3. Al - le - lu - ia! Bread of An - gels, Here on
4. Al - le - lu - ia! King e - ter - nal, You the
5. Al - le - lu - ia! Al - le - lu - ia! Glo - ry




1. scep - ter, his the throne; Al - le - lu - ia!
2. left in sor - row now; Al - le - lu - ia!
3. earth our food, our stay! Al - le - lu - ia!
4. Lord of lords we own; Al - le - lu - ia!
5. be to God on high; Al - le - lu - ia



1. his the tri - umph, His the vic - to - ry a - lone;
2. he is near us, Faith be - lieves, nor ques - tions how:
3. here the sin - ful Flee to you from day to day:
4. born of Ma - ry, Earth your foot - stool, heav'n your throne:
5. to the Sav - ior Who has won the vic - to - ry;



1. Hark! the songs of peace - ful Zi - on Thun - der
2. Though the cloud from sight re - ceived him, When the
3. In - ter - ces - sor, friend of sin - ners, Earth's re -
4. You with - in the veil have en - tered, Robed in
5. Al - le - lu - ia to the Spir - it, Font of



1. like a might - y flood; Je - sus out of ev - 'ry
2. for - ty days were o'er, Shall our hearts for - get his
3. deem - er, plead for me, Where the songs of all the
4. flesh, our great high priest; Here on earth both priest and
5. love and sanc - ti - ty; Al - le - lu - ia! Al - le -



1. na - tion Has re - deemed us by his blood.
2. prom - ise? "I am with you ev - er - more!"
3. sin - less Sweep a - cross the crys - tal sea.
4. vic - tim In the Eu - cha - ris - tic feast.
5. lu - ia! To the tri - une maj - es - ty.

Text: 87 87 D; based on Revelation 5:9-14; William C. Dix, 1837-1898, and Compilers.
Music: Rowland H. Prichard, 1811-1887.

Prayer after Communion:

Teri: God of Beginnings and Endings and Everything In Between,

We remember that this meal feeds us, and brings us into the Body of Christ. May we recognize your nourishment, your comfort, and your invitation to us. In Jesus' name together we pray: **Amen**

Blessing of Women:

Verses

Blessing of Women

Words: Teri Harroun

The musical score is written in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It consists of eight staves of music with lyrics underneath. The lyrics are: 1. Bless - ed are wo - men, old and young, 5. Bless - ed are wo - men, and who we are, 9. Some here to - day, and some far a - way. Liv - ing our Gos - pel, sing - ing our song, 13. We use our voi - ces, tim - id and strong. Pray - ing and weep - ing; danc - ing with joy. 17. Sing bles - sings now, may God join this day. God loves us all, our bles - sing is strong. 21. Bless - ing all wom - en. earth - ly ones, Hon - or - ing all we do and have done.

Tune to Faith of Our Fathers

Teri: The Love of God be with you.

And also with you.

Teri: Please open your hearts, as we ask for God's blessing. God, You are present to us, this day and all days. May we know your blessing poured into the day for us, in the ordinariness of food and drink, and the amazing-

ness of the sun that rises and sets. Bless us all now, in the name of our Father, and of the Son, and of the Holy Spirit. **Amen.**

Teri: We are the Light of Christ.

Let us go forth as such,
 loving and serving God
 as we get to love and serve in God's world.
 Thanks be to God.

Closing Song: # 467 A Hymn of Glory Let Us Sing

A Hymn of Glory Let Us Sing



1. A hymn of glo - ry let us sing! New
 2. The ho - ly ap - os - tol - ic band Up -
 3. To whom the shin - ing an - gels cry, "Why
 4. O ris - en Christ, as - cend - ed Lord, All



hymns through-out the world shall ring: Al - le - lu - ia! Al - le -
 on the Mount of Ol - ives stand. Al - le - lu - ia! Al - le -
 stand and gaze up - on the sky?" Al - le - lu - ia! Al - le -
 praise to you let earth ac - cord: Al - le - lu - ia! Al - le -



lu - ia! Christ, by a road be - fore un - trod. As -
 lu - ia! And with his faith - ful fol - l'wers see Their
 lu - ia! "This is the Sav - ior!" Thus they say, "This
 lu - ia! You are, while end - less a - ges run, With



cends un - to the throne of God.
 Lord as - cend in maj - es - ty. Al - le - lu - ia! Al - le -
 is his glo - rious tri - umph day!"
 Fa - ther and with Spir - it one.



lu - ia! Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Text: *Hymnum canamus gloria*; Venerable Bede, 673-735; tr. *Lutheran Book of Worship*, © 1978
 Tune: LASST UNS ERFREUEN, LM with alleluias; *Geistliche Kirchengesänge*, Cologne, 1623; harm. by Ralph Vaughan Williams, 1872-1958