



St. Mary's  
Episcopal Church

*Delighting in This World*

Here. Now. As It Is. As You Are. As We Are.

*Working toward God's Dream*

For Everyone. For Everything. All the Time.

**ST. MARY'S EPISCOPAL CHURCH**

*2222 E. Tudor Road, Anchorage, Alaska 99507*

*(907) 563-3341 [www.GodsView.org](http://www.GodsView.org)*

 *@stmarysak*



## *WELCOME!*

We are glad that you are here today. We hope that you feel right at home here--whether you are new to St. Mary's, new to Zoom, or a regular to both. Relax; you are among friends. Lift your heart and voice to the God who loves you.

However you found us, and by whatever means you are here, we are delighted to share this Way with you. If you'd like more information about St. Mary's, or would like a call from our clergy, please let us know—either in person, or by visiting [www.godsview.org/connect/](http://www.godsview.org/connect/).



## **A SERVICE OF HOLY EUCHARIST<sup>i</sup>**

Sunday, June 20, 2021 at 10 am

The fourth Sunday after Pentecost

By Zoom at <https://godsview.zoom.us/j/94031891877>

Meeting ID: 940 3189 1877; Telephone call-in: (301) 715-8592

Accompanying Coloring Pages may be found at [www.godsview.org/online-worship/](http://www.godsview.org/online-worship/)

## **MINISTERS OF THE SERVICE**

**Preacher and Celebrant:** [The Rev. Dawn Allen-Herron](#)

**Reader:** Stacey Thorpe

**Prayers:** Sarah Stanley

**The Voice of the People:** Norm Herron

**Musicians:** The Praise Singers

**Media Specialist:** George Hyde

**Sound and Media:** Jackelyn Lozano

***SUNDAY SALON: RELIGION AFTER PANDEMIC***

*Beginning about 10 minutes after breakout rooms open, via Zoom.*

## GATHERING IN THE NAME OF GOD

### GATHERING MUSIC

Praise Singers

Various, including *Full Force Gale* (lyrics below), *Life is Like a Mountain Railroad* (lyrics below),  
*When God Almighty* (lyrics page 4), *Fear Not, For I Have Redeemed You* (lyrics page 12),  
and *Almighty Father, Strong to Save* (lyrics page 14).

#### *Full Force Gale*<sup>i</sup>

*Like a full force gale,  
I was lifted up again,  
I was lifted up again by the Lord.*

No matter where I roam,  
I will find my way back home,  
I will always return to the Lord.

In the gentle evening breeze  
By the whispering shady trees  
I will find my sanctuary in the Lord.

I was headed for a fall,  
When I saw the writing on the wall....

*Like a full force gale,  
I was lifted up again,  
I was lifted up again by the Lord.*

#### *Life is Like a Mountain Railroad*<sup>ii</sup>

*Verse 1* Life is like a mountain railroad,  
with an engineer that's brave;  
We must make the run successful,  
from the cradle to the grave;  
Watch the curves, the fills, the tunnels;  
never falter, never quail;  
Keep your hand upon the throttle,  
and your eye upon the rail.

**CHORUS** *Bless'd Savior, Thou wilt guide us,  
Till we reach that blissful shore;  
Where the angels wait to join us  
In Thy praise forevermore.*

*Verse 2* You will roll up grades of trial;  
you will cross the bridge of strife;  
See that Christ is your Conductor  
on this lightning train of life;  
Always mindful of obstruction,  
do your duty, never fail;  
Keep your hand upon the throttle,  
and your eye upon the rail. **(CHORUS)**

*Verse 3* You will often find obstructions;  
look for storms of wind and rain;  
On a fill, or curve, or trestle,  
they will almost ditch your train;  
Put your trust alone in Jesus;  
never falter, never fail;  
Keep your hand upon the throttle,  
and your eye upon the rail. **(CHORUS)**

*Verse 4* As you roll across the trestle,  
spanning Jordan's swelling tide,  
You behold the Union Depot  
into which your train will glide;  
There you'll meet the Superintendent,  
God the Father, God the Son,  
With the hearty, joyous, plaudit,  
"Weary pilgrim, welcome home!" **(CHORUS)**

## WELCOME

The Rev. Dawn Allen-Herron

## OPENING HYMN

*When God Almighty*<sup>iv</sup>

Hymnal #423

*Verse 1*

When God Almighty came to be one of us,  
Masking the glory of his golden train,  
Dozens of plain things kindled by accident,  
And they will never be the same again.  
Sing, all you midwives, dance all the carpenters,  
Sing all the publicans and shepherds, too.  
God in His mercy uses the commonplace,  
God on His birthday had a need of you.

*Verse 2*

Splendor of Rome and Local Authority,  
Working on policy with furrowed head,  
Joined to locate Messiah's nativity,  
Just where the prophets had already said.  
Sing, all you taxmen, dance the commissioners,  
Sing, civil servants and policemen, too.  
God in His purpose uses the governments,  
God on His birthday had a need of you.

*Verse 3*

Wise men they called them, earnest astrologers,  
Watching for meaning in the moving stars,  
Science or fancy, learned or laughable,  
Theirs was a vision that was brought to pass.  
Sing, all you wise men, dance all the scientists,  
Whether your theories are false or true,  
God uses knowledge, God uses ignorance,  
God on His birthday had a need of you.

*Verse 4*

Sing, all creation, made for His purposes,  
Called by His providence to live and move,  
None is unwanted, none insignificant,  
Love needs a universe of folk to love.  
Old men and maidens, young men and children,  
Black ones and colored ones and white ones, too:  
God on His birthday and to eternity,  
God took upon Himself the need of you.

## OPENING SENTENCES

EOW 1 p. 50

*Priest* Blessed be the one, holy, and living God.

*People* ***Glory to God for ever and ever.***

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 Savior. Amen.

## SERVICE OF THE WORD

## THE COLLECT

BCP, p. 229

*Presider* God be with you.

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

*Presider* Let us pray.

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.

## FIRST READING

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

*Reader* A Reading from First Samuel.

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 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* This is the Word of the Lord.

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

## PSALM 9:9-20

## The Emergent Psalter

ANTIPHON *I give thanks with all my heart, I will sing of your wonderful deeds.*

God will be a refuge for the oppressed,  
a refuge in time of trouble.

Those who know your Name will put their trust in you,  
for you never forsake those who seek you, O God.

Sing praise to God who dwells in Zion;  
proclaim to the peoples the things God has done.

The Avenger of blood will remember them;  
and will not forget the cry of the afflicted.

**ANTIPHON**

Have pity on me, O God;  
see the misery I suffer from those who hate me,  
you who lift me up from the gate of death;

So that I may tell of all your praises  
and rejoice in your salvation \*  
in the gates of the city of Zion.

The ungodly have fallen into the pit they dug,  
and in the snare they set their own foot is caught.

God is known by acts of justice;  
the wicked are trapped in the works of their own hands.

The wicked shall be given over to the grave,  
and also all the people that forget God.

For the needy shall not always be forgotten,  
and the hope of the poor shall not perish for ever.

Rise up, O God, let not the ungodly have the upper hand;  
let them be judged before you.

Put fear upon them, O God;  
let the ungodly know they are but mortal.

**ANTIPHON****GOSPEL HYMN***Awake, Awake, to Love and Work<sup>v</sup>*

Hymnal #9

*Verse 4* Awake, awake to love and work!  
The lark is in the sky,  
the fields are wet with diamond dew,  
the worlds awake to cry  
their blessings on the Lord of life,  
as he goes meekly by.

Verse 5 Come, let thy voice be one with theirs,  
 shout with their shout of praise;  
 see how the giant sun soars up,  
 great lord of years and days!  
 So let the love of Jesus come  
 and set thy soul ablaze,

Verse 6 to give and give, and give again,  
 what God hath given thee;  
 to spend thyself nor count the cost;  
 to serve right gloriously  
 the God who gave all worlds that are,  
 and all that are to be.

## THE GOSPEL

Mark 4:35-41

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

*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?"

The Gospel of the Lord

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

## SERMON

The Reverend Dawn Allen-Herron

## TRANSITIONAL MUSIC

*Lift Every Voice and Sing*

Instrumental

## AFFIRMATION OF FAITH

ANZP, p. 481

*All stand and say together*

***You, O God, are supreme and holy.***

***You create our world and give us life.***

***Your purpose overarches everything we do.***

***You have always been with us.***

***You are God.***

***You, O God, are infinitely generous, good beyond all measure.***

***You came to us before we came to you.***

***You have revealed and proved your love for us in Jesus Christ, who lived and died and rose again.***

***You are with us now.***

***You are God.***

***You, O God, are Holy Spirit.***

***You empower us to be your gospel in the world.***

***You reconcile and heal; you overcome death.***

***You are our God. We worship you.***

## SERVICE OF HOLY COMMUNION

### OFFERTORY

*We respond to the things God is doing as we bring our gifts, praising God and giving God glory.*

*Offerings toward the work and ministry of St. Mary's may be made*

*by texting **StMarysAK** to **73256**, or at [godsview.org](http://godsview.org).*

### DOXOLOGY

*Praise God, from whom all blessings flow,*

*Praise God, all creatures here below,*

*Praise God above, ye heavenly host,*

*Praise Father, Son, and Holy Ghost!*

### THE GREAT THANKSGIVING<sup>M</sup>

*EOW, p. 60; NZPB, p. 162*

*Celebrant* The Lord be with you.

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

*Celebrant* Lift up your hearts.

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

*Celebrant* Let us give thanks to the Lord our God.

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

*The Celebrant continues*

We praise you and we bless you, holy and gracious God,  
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep  
and brought all things into being:  
sun, moon, and stars;  
earth, winds, and waters;  
and every living thing.

You made us in your image,  
and taught us to walk in your ways.

But we rebelled against you, and wandered far away;  
and yet, as a good father cares for his children,  
you would not forget us.

Time and again you called us  
to live in the fullness of your love.

And so this day we join with Saints and Angels  
in the chorus of praise that rings through eternity,  
lifting our voices to magnify you as we sing:

Ho - ly, ho - ly, ho - ly Lord. God of power and  
might, heaven and earth are full of your glo-ry. Ho-

san - na in the high-est. Blessed is the one who comes  
 in the name of the Lord. Ho - san - na in the  
 high - est. Ho - san - na in the high - est.

Glory and honor and praise to you, holy and living God.

To deliver us from the power of sin and death  
 and to reveal the riches of your grace,  
 you looked with favor upon Mary, your willing servant,  
 that she might conceive and bear a son,  
 Jesus the holy child of God.

Living among us, Jesus loved us.

He broke bread with outcasts and sinners,  
 healed the sick, and proclaimed good news to the poor.

He yearned to draw all the world to himself  
 yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross  
 the sacrifice of his life,  
 and to be glorified by you.

On the night before he died for us,  
 Jesus was at table with his friends.

He took bread, gave thanks to you,  
 broke it, and gave it to them, and said:

“Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me.” ☪☪☪

As supper was ending, Jesus took the cup of wine.

Again, he gave thanks to you,  
 gave it to them, and said:

“Drink this, all of you:

This is my Blood of the new Covenant,  
 which is poured out for you and for all

for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me.” ☪☪☪

Now gathered at your table, O God of all creation,  
 and remembering Christ, crucified and risen,  
 who was and is and is to come,  
 we offer to you our gifts of bread and wine,  
 and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts  
 that they may be the Body and Blood of Christ.  
 Breathe your Spirit over the whole earth  
 and make us your new creation,  
 the Body of Christ given for the world you have made.

We pray for the hungry and the overfed

*May we have enough.*

For the mourners and the mockers

*May we laugh together.*

For the victims and the oppressors

*May we share power wisely.*

For the peacemakers and the warmongers

*May clear truth and stern love lead us to harmony.*

For the unemployed and the overworked

*May our impress on the earth be kindly and creative.*

For the troubled and the sleek

*May we live together as wounded healers.*

For the homeless and the cosseted

*May our homes be simple, warm and welcoming.*

For the vibrant and the dying

*May we all die to live.*

For – \_\_\_\_\_. (Here the People offer prayer requests, using the Zoom or Facebook chat box, or texting them to (509) 433-7369).

For all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light.

And in the fullness of time bring us,  
 from every tribe and language and people and nation,  
 to feast at the banquet prepared  
 from the foundation of the world.

Through Christ and with Christ and in Christ,  
 in the unity of the Holy Spirit,  
 to you be honor, glory, and praise, for ever and ever. **AMEN.**

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

Our Fa-ther in heav-en, hal-low-ed be your  
 Name, your king-dom come, your

will be done, on earth as in heav - en. \_\_\_\_\_

\_\_\_\_\_ Give us to-day our dai - ly bread. For -

give us our sins as we for - give those who sin a -

gainst us. Save us from the time of trial, \_\_\_\_\_

\_\_\_\_\_ and de - liv - er us from e - vil. For the

king - dom, the pow - er, and the glo - ry are

yours, now and for - ev - er. A - men, A - men. \_\_\_\_\_

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### THE BREAKING OF THE BREAD

*Celebrant* Alleluia: Christ our Passover is sacrificed for us;

*People* **Therefore let us keep the feast. Alleluia.**

### THE COMMUNION OF THE PEOPLE/PASSING OF THE PEACE

*As those gathered on-site receive communion,  
those gathered by Zoom are invited to change to Gallery View and to greet each other.*

## ALL ARE WELCOME AT THE LORD'S TABLE

Following Jesus who welcomed everyone, we welcome you to receive Holy Communion at St. Mary's, whatever your faith affiliation or stage of life. In response to the pandemic, a few adaptations have been made to our normal practice:

- Only the bread will be served.
- Please remain masked and safely distanced as you approach the altar down the center aisle.
- As one of the stations becomes available, approach it and extend your hands. Bread will be placed into outstretched hands. You may briefly lower your mask to place the bread into your mouth.
- Gluten-free wafers are available. Just ask the person serving bread.

We invite those who do not wish to receive Holy Communion to come forward for a blessing from the priest. Simply cross your arms over your chest as you stand in front of the priest.

**COMMUNION HYMN***Fear Not, For I Have Redeemed You<sup>vi</sup>*

Cry Hosanna 49

*The people are invited to greet one another. Those using Zoom are encouraged to switch to Gallery View.*

**REFRAIN** *Fear not, for I have redeemed you;  
I have called you by name.  
I have called you by name;  
You are mine.*

*Verse 1* When you pass through the waters I will be with you;  
And through rivers, they will not overwhelm you.  
When you walk through the fire, you will not be burned;  
The flames shall not consume you. **(REFRAIN)**

*Verse 2* Because you are precious and I love you,  
You whom I formed for my glory,  
You whom I called by my Name,  
I will gather together. **(REFRAIN)**

*Verse 3* You are my witnesses; I have chosen you  
That you may know and believe me.  
You are my servants for the world to see  
I am the Lord, I'm among you. **(REFRAIN)**

*Verse 4* It's time now to lay aside the former things,  
A new day has dawned, do you see it?  
I'm making a way in the wilderness, and  
rivers to flow in the desert. **(REFRAIN)**

*Verse 5* The rivers that flow in the desert  
Give drink to my chosen people;  
To quench their thirst and to strengthen them,  
That they might show forth my praise. **(REFRAIN)**

**PRAYER AFTER COMMUNION***Celebrant* Let us pray.*Celebrant and People****Faithful God,***

*in this communion you increase our faith and hope and love,  
and remind us that you are present with us always.*

***Here we have found refreshment for our living;***

*here we remember that in every age,  
you provide all that we need.*

***Equip us now to live in this world in peace,******and grant us strength and courage******to love and serve you******with gladness and singleness of heart;******through Christ our Savior. Amen.*****BLESSING***A priest offers a blessing.***ANNOUNCEMENTS**

DISMISSAL

BCP, p. 366

*A priest says* Let us go forth in the name of Christ. Alleluia, Alleluia!

*People* **Thanks be to God! Alleluia, Alleluia!**

CLOSING HYMN

*Almighty Father, Strong to Save*<sup>viii</sup>

Hymnal #529

*Verse 1* Almighty Father, strong to save,  
whose arm hath bound the restless wave,  
who bidd'st the mighty ocean deep  
its own appointed limits keep:  
O hear us when we cry to thee  
for those in peril on the sea.

*Verse 3* O Spirit, whom the Father sent  
to spread abroad the firmament;  
O Wind of heaven, by thy might  
save all who dare the eagle's flight,  
and keep them by thy watchful care  
from every peril in the air.

*Verse 2* O Christ, the Lord of hill and plain  
o'er which our traffic runs amain  
by mountain pass or valley low;  
wherever, Lord, thy people go,  
protect them by thy guarding hand  
from every peril on the land.

*Verse 4* O Trinity of love and power,  
our people shield in danger's hour;  
from rock and tempest, fire and foe,  
protect them wheresoe're they go;  
thus evermore shall rise to thee  
glad praise from space, air, land, and sea.

***TODAY'S SALON TOPIC: RELIGION AFTER PANDEMIC***

How has Christianity been changed by Covid, and how should the Church respond?

*Join us for a conversation beginning about 10 minutes after breakout rooms open,  
via Zoom.*

*Please join us for Coffee Hour following the service.*

*Those using Zoom are invited to gather in breakout rooms for conversation and fellowship.*

*Those who are gathered on the St. Mary's campus may enjoy coffee and donuts.*

THIS WEEK AT ST. MARY'S

Sunday, June 20, 2021

Visit <https://www.godsvie.org/newsletter-signup/>  
to sign up for our newsletter

Sunday, June 20 – Fourth Sunday after Pentecost

10 am [Sunday Worship](#)

Meeting ID: 940 3189 1877

Sunday Salon 10 minutes after the service

Monday, June 21

No events

Tuesday, June 22

No events

Wednesday, June 23

7 am [Worship](#)

Meeting ID: 584 949 088

6:30 pm [Women's Book Club](#)

Meeting ID: 864 8947 7980

The book for this month is *The Beekeeper of Aleppo* by Christy Lefteri.

Thursday, June 24

7 pm [Bible Workbench](#)

Meeting ID: 383 910 814

Friday, June 25

No events

Saturday, June 26

11 am [Bazaar Workshop](#)

Meeting ID: 825 1329 8069

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<sup>i i</sup> Service music is used with permission, according to the following license agreements: CCS Broadcast and Performance License #13181; WORSHIPcast #13181; CCLI #1626717; and CCLI #CSPL120271

<sup>ii</sup> © 1979 Van Morrison/Warner Brothers

<sup>iii</sup> Music: Charles D. Tillman; words: M.E. Abbey

<sup>iv</sup> Words by Michael Hewlett, melody "The Keel Row," trad. English

<sup>v</sup> Geoffrey Anketel Studdert-Kennedy (1883-1929). These words are in the public domain

<sup>vi</sup> The Eucharistic prayer is from *Enriching Our Worship I*; the Prayers of the People are from the New Zealand Prayer Book.

<sup>vii</sup> Jodi Page Clark, arr. Pat Allen

<sup>viii</sup> Sts. 1 and 4, William Whiting (1825-1878), alt.; sts. 2-3, Robert Nelson Spencer (1877-1961), alt.