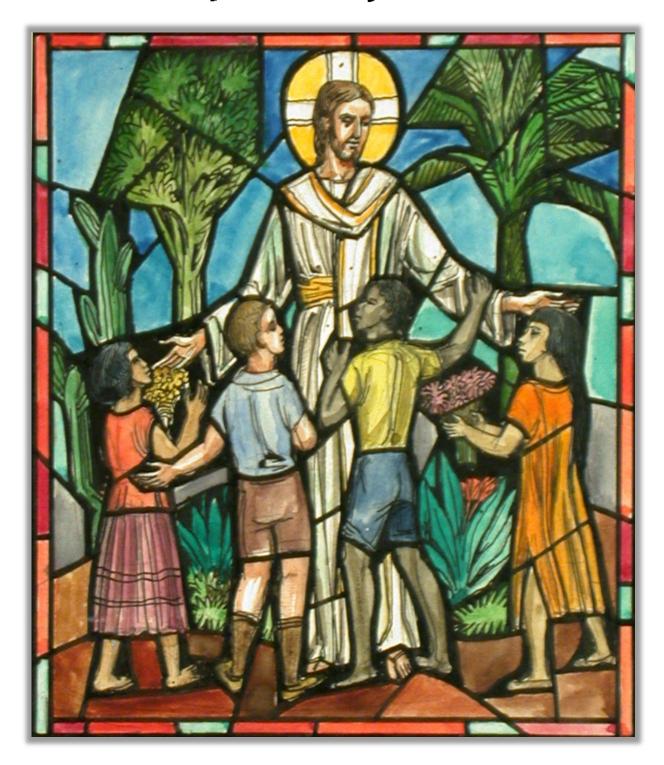
grace episcopal church



The Twentieth Sunday after Pentecost
~ Proper 22B

October 6, 2024

Service Program for the 10:30 a.m. Solemn High Mass	
Bulletin Insert from the Episcopal Church	
Grace Notes	
This Week at Grace	

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Grace Episcopal Church

55 New Park Avenue, Hartford, CT 06106 Office: 860 233-0825 Fax: 860 233-5082

E-mail: church@gracehartford.org Web site: www.gracehartford.org

Facebook: www.facebook.com/GECHartford

WE are a diverse community united by our commitment to Jesus Christ and our desire to live the Christian life. Our prayers and the Sacraments help us find Christ in church and in the world. Seeing Christ in each other and in the faces of strangers, we are inspired to reach out in love and service.

The Rev. Rowena J. Kemp, Rector

Cell phone: 203-209-4178 Church office: 860-233-0825

Email: RevRowena@gracehartford.org

The Rev. Canon Robert G. Carroon, Associate Priest
The Rev. Canon Annika Warren, Associate Priest
The Rev. Joseph L. Pace, Associate Priest
The Rev. Deacon Marta S. Rivera Monclova, PhD, Deacon
Mr. Kyle Swann, Choirmaster and Organist

The Vestry

Claudia Gwardyak, *Senior Warden;* Barbara Galbreath, *Junior Warden* Katharine Rovetti, *Parish Clerk*

Mark Lacedonia, *Treasurer*; Barbara Galbreath, *Assistant Treasurer* Adrianne Brown, Josephine Dominguez, Linda Galarza-Rosa, Gregory Simmons

ELCOME to all who are joining with us virtually as we celebrate *THE TWENTIETH*SUNDAY AFTER PENTECOST. We hope you feel at home with us and that you find the love, peace, inspiration, and strength to meet the challenges of your daily life.

We hope that you will take part in our worship by making the Peoples' responses as indicated and joining in the hymn-singing.

If you would like more information about Grace Church, or the Episcopal Church, please communicate with our Rector, The Rev. Rowena Kemp, or make an appointment with her to discuss any questions you have.

grace episcopal church

The Twentieth Sunday after Pentecost

October 6, 2024

Sung Mass, 10:30 A.M.

Proper 22B

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Mass Setting: Mass of St. James

Walter MacNutt, 1974

This setting of the Ordinary of the Mass will be sung by the choir.

Voluntary: Prelude in C minor

Johann Sebastian Bach (d.1750)

# Entrance Rite and The Liturgy of the Word

Introit (choir) In voluntate tua

Tone VII

[Antiphon] O LORD ALMIGHTY, everything is in subjection unto thee; and there is no man that is able to resist thy power: for thou hast created everything; heaven and earth, and all the wonders which under heaven's vault are contained; thou art the Lord and King of all things. [Psalm] Blessed are those that are undefiled in the way: and walk in the law of the Lord. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be: world without end. Amen. [Repeat antiphon.]

Opening Acclamation

Celebrant: 

Blessed be God: Father, Son, and Holy Spirit.

People: And blessed be his kingdom, now and for ever. Amen.

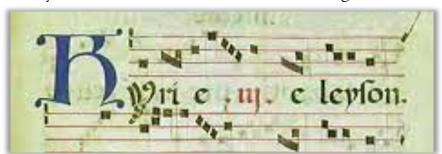
Collect for Purity

ALMIGHTY GOD, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. *Amen*.

Summary of the Law

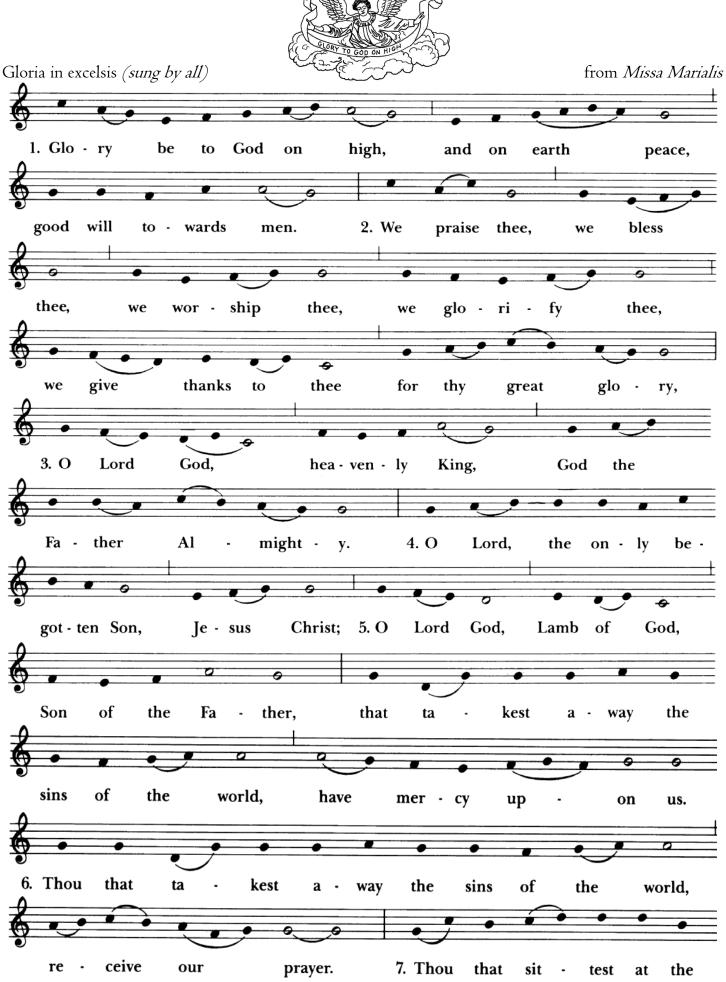
Hear what our Lord Jesus Christ saith:

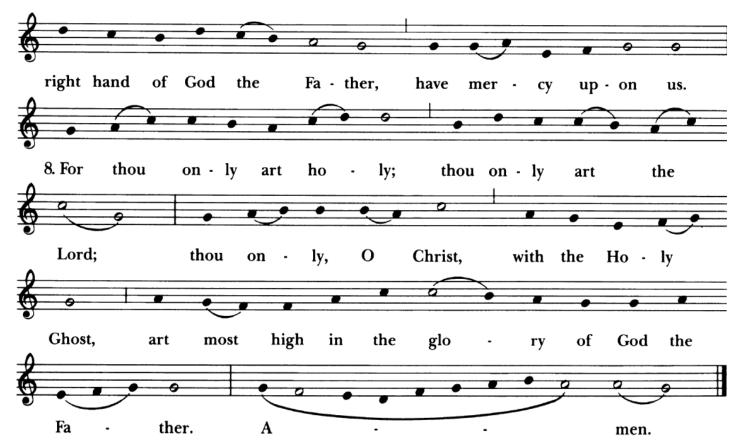
THOU shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.



Kyrie eleison (choir) W. McNutt

Kyrie eleison. Christe eleison. Kyrie eleison. [Lord, have mercy. Christ, have mercy. Lord, have mercy.]





The Collect of the Day

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Let us pray.

Almost and everlasting God, who art always more ready to hear than we to pray, and art wont to give more than either we desire or deserve: Pour down upon us the abundance of thy mercy, forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of Jesus Christ thy Son our Lord; who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.* 

Old Testament Lesson: Genesis 2: 18-24 [NRSV]

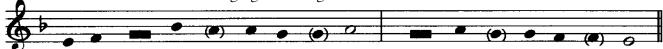
A Reading from the Book of Genesis.

The LORD GOD SAID, "It is not good that the man should be alone; I will make him a helper as his partner." So out of the ground the LORD GOD formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the LORD GOD caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the LORD GOD had taken from the man he made into a woman and brought her to the man. Then the man said, "This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken." Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

The Word of the Lord.

People's Response: Thanks be to God.

#### Domine, Dominus noster Congregation sings the italicized verses



I O LORD our Governor, how excellent is thy | Name in all ^ the world; \* thou that hast set thy glory a-/bove the heavens!

2 Out of the mouth of very babes and sucklings hast thou ordained strength be-|cause of ^ thine e^nemies,

\* that thou mightest still the enemy | and the ' avenger.

3 When I consider thy heavens, even the | work of ^ thy fingers;

\* the moon and the stars which | thou hast ^ or-dained;

4 What is man that thou art | mindful of him?

\* and the son of man that | thou vi^sitest him?

5 Thou hast made him but little lower | than the angels,

\* and dost crown him with | glory ^ and worship.

6 Thou makest him to have dominion of the | works of thy hands;

\* and thou hast put all things in subjection | under his feet:

7 All | sheep and oxen;

\* yea and the | beasts of the field;

8 The fowls of the air and the / fishes of  $^{\wedge}$  the sea;

\* and whatsoever walketh through the | paths of the seas.

9 O | Lord our Go^vernor,

\*how excellent is thy | Name in all ^ the world!

The Epistle: Hebrews I: I-4, 2: 5-12 /NRSV/

A Reading from the Letter to the Hebrews.

ONG AGO God spoke to our ancestors in many and various ways by the prophets, Lbut in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs. Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, "What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honour, subjecting all things under their feet." Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, "I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you."

The Word of the Lord.

People's Response: Thanks be to God.

Alleluia In exitu Israel Tone VI



Choir: WHEN ISRAEL CAME OUT of Egypt: and the house of Jacob from among the strange people.





Cranach, Lucas, 1472-1553. Christ Blessing the Children

The Holy Gospel: St. Mark 10: 2-16 [RSV]

Deacon: The Holy Gospel of our Lord Jesus Christ according to Mark.

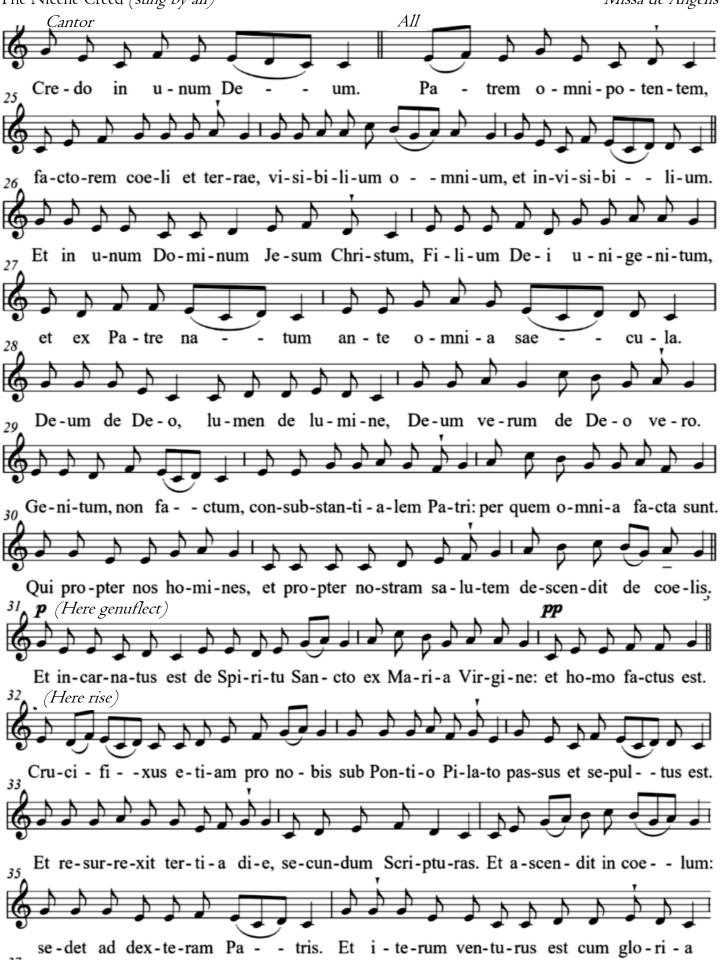
*People's response:* ■ Glory be to thee, O Lord.

A ND PHARISEES came up and in order to test him asked, "Is it lawful for a man to Adivorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of divorce, and to put her away." But Jesus said to them, "For your hardness of heart he wrote you this commandment. But from the beginning of creation, 'God made them male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one.' So they are no longer two but one. What therefore God has joined together, let not man put asunder." And in the house the disciples asked him again about this matter. And he said to them, "Whoever divorces his wife and marries another, commits adultery against her; and if she divorces her husband and marries another, she commits adultery." And they were bringing children to him, that he might touch them; and the disciples rebuked them. But when Jesus saw it he was indignant, and said to them, "Let the children come to me, do not hinder them; for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it." And he took them in his arms and blessed them, laying his hands upon them.

The Gospel of the Lord.

People's Response: Praise be to thee, O Christ.

8



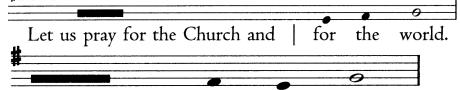




The Prayers of the People

Form IV

Leader:



Grant almighty God, that all who confess thy Name may be united in thy truth, live together in thy love, and reveal thy glory / in the world. (Silence)



Lord, in thy mer - cy

hear our prayer. (Sung after every intercession)

Leader: 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. (Silence)

Lord, in thy mercy

People: hear our prayer.

Leader: Give us all a reverence for the earth as thine own creation, that we may use its resources rightly in the service of others and to thy hon-/or and glory. (Silence)

Lord, in thy mercy

People: hear our prayer.

Leader: We pray for an increase in the membership of this parish; that we may have the hands and hearts to carry / out thy will. (Silence)

Lord, in thy mercy People: hear our prayer.

Leader: We commend to thy gracious care and keeping all the men and women of our armed forces at home and abroad [especially N.]. Defend them day by day with thy heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of thine abiding presence wherever / they may be. (Silence)

Lord, in thy mercy People: hear our prayer.

Leader: Comfort and heal all those who suffer in body, mind, or spirit (pause); give them courage and hope in their troubles, and bring them the joy of / thy salvation. (Silence)

Lord, in thy mercy *People:* hear our prayer.

Leader: We commend to thy mercy all who have died, that thy will for them may be fulfilled (pause); and we pray that we may share with all thy saints in thine e-/ternal kingdom. (Silence)

Lord, in thy mercy *People:* hear our prayer.

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

#### Confession of Sin and Absolution

Deacon: Ye who do truly and earnestly repent you of your sins, and are in love and charity with your neighbors, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and make your humble confession to Almighty God, devoutly kneeling.

People: Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, ₱ pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. *Amen.* 

Hear the Word of God to all who truly turn to him.

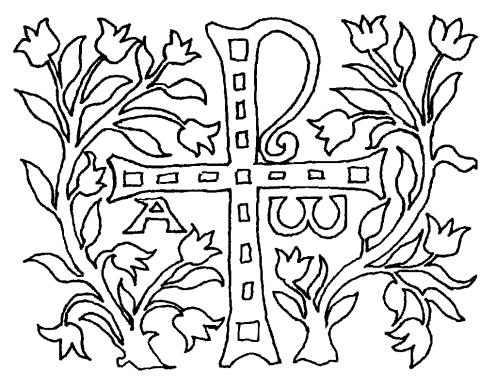
Come unto me, all ye that travail and are heavy laden, and I will refresh you. *Matthew II: 28* God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3: 16* 

#### The Peace

Celebrant: The peace of the Lord be always with you.

*People:* And with thy spirit.

The Ministers and People greet one another in the Name of the Lord.



# The Holy Communion

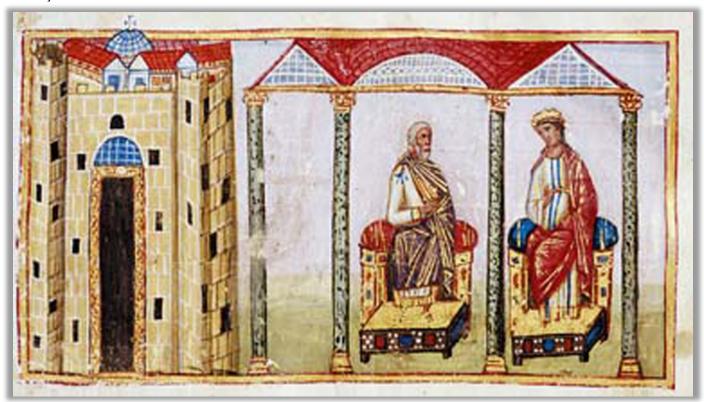
Offertory Sentence

Celebrant: Offer to God a sacrifice of thanksgiving, and make good thy vows unto the Most High. Psalm 50: 14

Offertory (choir) Vir erat in terra

Mode II

THERE WAS A MAN IN THE LAND whose name was Job, blameless and upright, and one who feared God: this man Satan sought out, that he might tempt him: and power was given unto him by the Lord over his possessions and over his cattle: by this he lost all of his goods and his possessions, and also his sons: furthermore, Job's whole body was smitten with loathsome sores.



Blameless and Upright Job ~ Manuel Tzykandyles

Motet (choir)

George Oldroyd, 1937

JHESU, since thou me made and bought, be thou my love and all my thought, and help that I may to thee be brought; withouten thee I may do nought. Jhesu, since thou must do thy will, and naething is that thee may let [hinder], with thy grace my heart fulfil; my love and my liking in thee is set. Jhesu, at [in accordance with] thy will I pray that I might be; all my heart fulfil with perfect love to thee. That I have done ill, Jhesu, forgive thou me, and suffer me never to spill [perish, be lost], Jhesu, for pity. Amen.

Richard Rolle (d. 1349)

Presentation of the alms and oblations

Celebrant: All things come of thee, O Lord,

People: And of thine own have we given thee.

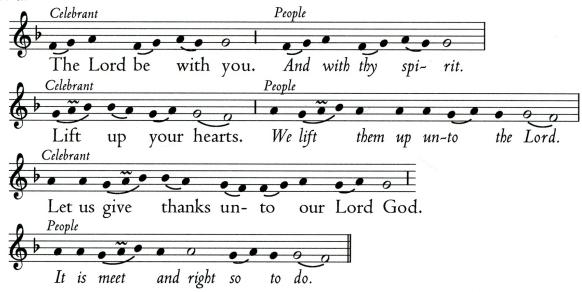
Orate

Celebrant: Pray that this our sacrifice of praise and thanksgiving may be acceptable to God the Father Almighty.

People: May the Lord receive this sacrifice at thy hands, to the praise and glory of his holy Name, both to our benefit and that of all his holy Church.

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#### Sursum corda



Then, facing the Holy Table, the Celebrant says,

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

CREATOR of the light and source of life, who hast made us in thine image, and called us to new life in Jesus Christ our Lord.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,



Sanctus and Benedictus (choir)

W. MacNutt

HOLY, holy, holy, Lord God of hosts, Heav'n and earth are full of thy glory. Glory be to thee, O Lord most high. # Blessed is he that cometh in the Name of the Lord: Hosanna, Hosanna in the highest.

The Canon of the Mass

Celebrant: Let us pray.

ALL glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me." \*\*

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me." \*

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

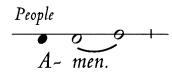
And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church, may obtain remission of our sins and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits but pardoning our offenses, through Jesus Christ our Lord;

**B**Y whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

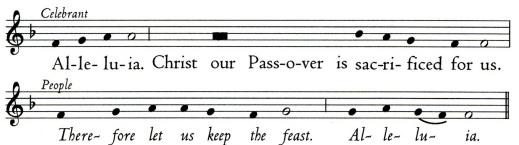


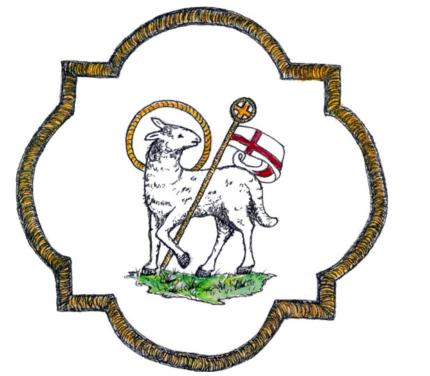
The Lord's Prayer (sung by all)

Celebrant: And now, as our Savior Christ hath taught us, we are bold to say,



The Fraction





Agnus Dei (choir) W. MacNutt

C Lamb of God, that takest away the sins of the world, have mercy upon us. O Lamb of God, that takest away the sins of the world, grant us thy peace.

Prayer of Humble Access (said by all)

Celebrant: Let us pray.

WE do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

The Invitation to Communion

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

People: Lord, I am not worthy that thou shouldest come under my roof; but speak the word only, and my soul shall be healed.

Communion (choir) In salutari tuo

Mode I

MY SOUL HATH LONGED FOR THY SALVATION, and I have put my trust in thy word: when wilt thou give judgment against those who persecute me? They persecute me with lies, O be my helper, Lord, O Lord my God.

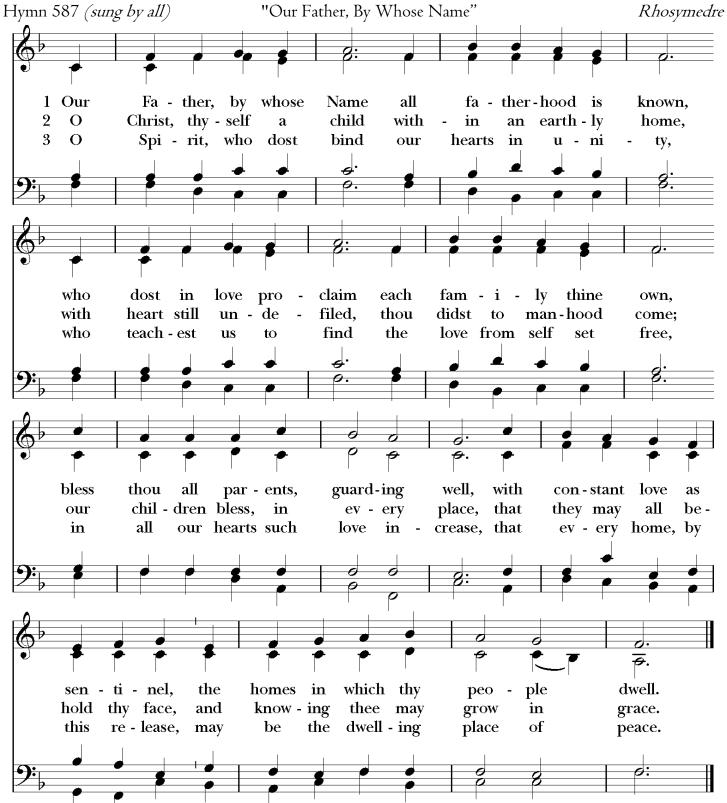


Prayer of Spiritual Communion (said by those worshipping virtually)

IN UNION, O Dear Lord, with the faithful at every Altar of Thy Church, where Thy blessed Body and Blood are being offered to the Father, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body, with the earnest wish that I may ever be united to Thee. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee. Let me live and die in Thy love. Amen.







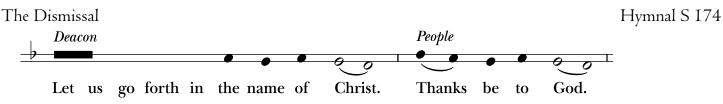
Prayer of Thanksgiving after Communion

Celebrant: Let us pray.

People: Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these Holy Mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical Body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Blessing

THE peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, \* the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *Amen.* 



The Last Gospel St. John I: I-I4

Celebrant: The Lord be with you. People: And with thy spirit.

Celebrant: The Beginning of the holy Gospel according to John.

*People:* ■ Glory be to thee, O Lord.

In the Beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him: and without Him was not anything made that was made. In Him was life, and the light was the light of men: and the light shineth in the darkness, and the darkness comprehended it not.

There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the light, that all men through him might believe. He was not that light, but was sent to bear witness of that light.

That was the true light, which lighteth every man that cometh into the world. He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.



(Here genuflect) AND THE WORD WAS MADE FLESH, (Here rise) and dwelt among us: and we beheld his glory, the glory as of the Only-begotten of the Father, full of grace and truth.

*People:* Thanks be to God.

Salve Regina (choir)

Mode V

SALVE REGINA, mater misericordiæ: Vita, dulcédo, et spes nostra salve. Ad te Sclamamus, exsules filii Hevæ. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Jesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende. O clemens, O pia, O dulcis Virgo Maria.

[Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.]



The Angelus

Celebrant: THE ANGEL of the Lord announced unto Mary.

*People:* And she conceived by the Holy Ghost.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our

death. Amen.

Celebrant: Behold the handmaid of the Lord.

*People:* Be it unto me according to thy word.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our

death. Amen.

(Here genuflect) Celebrant: And the Word was made flesh.

(Here rise) People: And dwelt among us.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our

death. Amen.

Celebrant: Pray for us, O Holy Mother of God.

People: That we may be made worthy of the promises of Christ.

Celebrant: Let us pray.

WE beseech thee, O Lord, pour thy grace into our hearts, that, as we have known the Incarnation of thy Son Jesus Christ by the message of an angel, so by his Passion we may be brought unto the glory of his resurrection, through the same Christ our Lord. *Amen*.







### October 6, 2024 – Pentecost 20 (B) Explore the Way of Love: REST

When the scriptures tell us that we should love others as we love ourselves, there is an underlying message that we are allowed to love ourselves. The Way of Love recognizes that one way to love ourselves and to maintain ourselves as useful instruments of God is through the practice of rest.

As Jesus tells us in the Gospel of Matthew, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

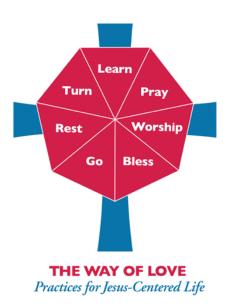
Part of the work of a Christian is to take time to put the work aside and be restored. After God created the heavens and the earth and everything in them, God rested. In doing so, God created a sacred pattern of work and rest, realizing that making dedicated time – to allow our minds to unwind, for our souls to be comforted and healed, for our bodies to be rejuvenated – ensures we can continue in this divine stream.

Rest is a gift and we are allowed to take it.

Rest gives rhythm to our lives; just as it is the end of one endeavor, so it is the beginning of another. There is no greater reward for those whose labor never ceases than for those who do what they can and rest to come back refreshed to do the work another day.

Rest is not only a blessing to us but a blessing to God, as we demonstrate our faith that God is the primary actor, maker of heaven and earth. And as children of God, we are encouraged to trust that all of creation is held in God's hand.

Are you willing to submit to the practices that will restore your body, mind, and soul? Will you join with others to encourage one another to observe the regular practice of rest?



Learn more about the Way of Love at *episcopalchurch.org/wayoflove*. You can find suggestions on getting started and going deeper with Resting at *iam.ec/ewol*.



# October 6 The Twentieth Sunday after Pentecost ~ Proper 22

#### FOR PASTORAL ASSISTANCE

**THE REV. ROWENA KEMP** welcomes hearing from you. Please don't hesitate to contact her if there's something you'd like to discuss, and please contact her immediately, should there be an illness, hospitalization, or any other pastoral emergency that she should know about. [For such emergencies, please note Rev. Rowena's cell phone number: 203-209-4178.]

#### PEOPLE AND PLACES TO KEEP IN YOUR PRAYERS

A reminder: Tori Burns manages this list for us, and prayer requests need to be renewed after 2 weeks.

Please communicate all prayer requests & updates with her (860-539-8790); (tburns@gracehartford.org).

- Bishops and Clergy: Justin, Archbishop of Canterbury; Michael, Presiding Bishop; Jeffrey and Laura, Bishops of ECCT; Rowena, Jerry, Annika, and Joseph, our priests, and Marta, our deacon.
- Diocesan Cycle of Prayer: We pray for an increase in the membership of this parish, that we may have the hands and hearts to carry out thy will; for the Episcopal Church in CT & the Anglican Communion; Trinity, Torrington; Christ Church, Trumbull; Trinity, Trumbull; all companions and service animals, and all livestock & wild animals, great and small. The Anglican Church of Papua New Guinea
- World & Community Concerns: For peace throughout the world, especially between Iran, Israel, and Gaza, and in the Middle East; in Sudan; and between Russia and Ukraine; for Christians being persecuted around the world, particularly in China and Palestine; for those who are suffering because of extreme climate; for the hungry and poor in our midst; and the volunteers who serve A Place of Grace food pantry.
- Serving Our Country in the Military (especially those associated with Grace Church): Brian, Spencer, Bradley, Curtis, Jordan, John, Carrington, William, Noel, James, Ryan, Michael, Karl, Alec, Jeff, David, Tom, Michael, and Charles.
- Sick or in need: The Lowell Family; Mark; Neal; Adrianne; Lea & the Rivera Family; Mark; Jerry; Bonnie & the Burns Family; Megin; Patti; Walter & Claudia; Tom & Elaine; Ellen; Sally; Errol, Norma & the Kemp Family; Barbara; Nigel, Kraig & Deidre; Mary; Antoinette; Josephine, Melissa, Jaden, Tay, Soraya & Rapael; Julia, Mike, André & Maria; Linda, Tiffany & the Galarza Family; Delores; Nancy; Marcolina; Peter; Sr. Linda; Leonard; Joy; Cori and the Mackey Family; Brad & Mary; Judy; Jane; Bill, Carolyn & Susan; McJohn; Doreen; Ted; Kanata; Betty & John; Mary & Lou; Nelda Sue; Diane; Nina; Ellen and Jim; Lauren, Alexandra & Anna; Mark & Diane; Jean; and all victims of natural and man-made disasters.
- *The Deceased:* We pray for the repose of Walter Lowell, all soldiers and civilians killed in war or civil strife, and in memory of Jan Miel, Therese Ruta., Ruth Rossini, Richard Cohn, Gale Gilchrist, and Mary Susan Morse.



THE REV. ROWENA J. KEMP, RECTOR

55 New Park Avenue, Hartford, CT, 06106-217

55 New Park Avenue, Hartford, CT 06106-2123

Church telephone: 860-233-0825 Church fax: 860-233-5082 Rectory telephone: 860-994-5022 Rector's cell phone: 203-209-4178 Rector's email: RevRowena@gracehartford.org

Church e-mail: church@gracehartford.org Website: www.gracehartford.org





### THIS WEEK AT GRACE

Sunday, October 6 The Twentieth Sunday after Pentecost ~ Proper 22

**8:00 am:** Low Mass

**10:30 a.m.:** Sung Mass (also on Facebook Live)

Tuesday, October 8 Feria

**10:00 a.m. to 1:00 p.m.**: Office Hours

Wednesday, October 9 Robert Grosseteste, Bishop of Lincoln, 1253

**10:00 a.m. to 1:00 p.m.**: Office Hours

7:00 p.m.: Choir Rehearsal

**Thursday, October 10** 

**10:00 a.m.:** "A Place of Grace" food pantry distribution

Friday, October 11 Motherhood of the Blessed Virgin Mary

**1:00 p.m. to 4:00 p.m.**: Office Hours

Sunday, October 13 The Twenty-first Sunday after Pentecost ~ Proper 23

**8:00 am:** Low Mass

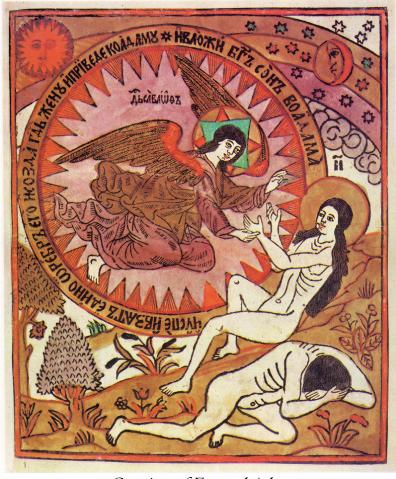
**10:30 a.m.:** Sung Mass (also on Facebook Live)





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Creation of Eve and Adam