



Sunday, August 9, 2020

*Proper 14*

10 a.m.



St. Timothy Hand Sewn Kneeler Cushion

Craig Dubishar, Photographer

**Weekend Holy Eucharist Services:**

Sunday, 8:00 a.m.	Spoken Eucharist, Rite I
Sunday, 10:00 a.m.	Service, Rite II
Saturday, 7:00 p.m.	Service in Spanish
Sábado, 7:00 p.m.	Misa en Español Rito II

**Opportunities for Children-**

Sunday, 10 a.m.	Godly Play ( <i>ages 3 &amp; potty trained - grade 2</i> ) – Room B-1
Sunday, 10 a.m.	I Wonder ( <i>grades 3-6</i> ) - Room A-5
Sunday, 10 a.m.	Echo ( <i>Grades 7-12</i> ) - Room A-8
Sunday, 11:30 a.m.	Children's Choir ( <i>Grades K-6</i> ) Music Room
Saturday, 5:00 p.m.	3rd Saturday Youth Group ( <i>Grades 6-12</i> )
Sunday, 11 a.m.	1st Sunday Youth Group ( <i>Grades 6-12</i> )
Sunday, 11 a.m.	1st Sunday Club 456 ( <i>Grades 4-6</i> )

**Other Service Offerings**

Wednesday Healing Eucharist – 12:15 p.m.

## Saint Timothy's Mission Statement

SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE TO UNITY WITH GOD AND EACH OTHER IN CHRIST.

### Information For Our First Time Guests



All children are welcome to stay with parents in the Sanctuary during worship. However, for parents of children ages 0-3 years who want nursery care, we have a well-equipped and professionally-staffed nursery at the end of the hall nearest the Sanctuary. Each child brought to the nursery is given a number; only the parents of the child can take the child from the nursery. If a parent is needed during worship, the child's number will appear (in red LED's) on the black panels beneath the hymn boards on both sides of the Chancel. Parents, please bring diapers, any snacks, and formula as needed for your child.



All baptized Christians are welcome to receive the Sacrament. If you have not been baptized, please come to the Altar rail for a blessing during Holy Communion (place your arms across your chest to signify your desire for a blessing). If you would like to be baptized, please speak with the clergy after the service. To receive Holy Communion, accept the bread in your hand and place it in your mouth, then sip wine from the Chalice when it is brought to you (guide the Chalice to your mouth please), or hold the bread, dip it in the wine when the chalice comes to you, and place the bread with wine in your mouth. If you are allergic to wheat or are gluten intolerant, please let the person serving bread know to give you a rice wafer.

### Staff

*Regular church office hours are 10 a.m. - 3 p.m. Monday – Thursday. If you would like to make an appointment to speak with the Rector, feel free to call the office at 703.437.3790. Preschool phone 703.437.4767.*

**Fr. Rich Bardusch**, Rector (x. 12)

**Fr. Pedro Cuevas**, Assoc Rector

**Roger Long**, Director of Music (x. 16)

**Deb Angerman**, Bookkeeper (x. 13)

**Alyssa Stoffer**, Christian Education (x. 17)

**Wanda Rixon**, Parish Administrator (x. 10)

**Monica Despina**, Director of Saint Timothy's Preschool

**Alba Padilla, Radhika Ramlogan** Nursery Attendants

[rbardusch@saint-timothys.org](mailto:rbardusch@saint-timothys.org)

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### Vestry (Class year in parenthesis)

**Sr. Warden** – Carmela Condro (2021)

**Treasurer** – Kathy Lombard (2021)

Tatiana Martinez (2023)

Andrew Hamm (2021)

Alex Schumann (2023)

Allison Dodd (2022)

John Nixon (2022)

Catherine Lamoureux (2021)

Ralph Tildon (2023)

**Jr. Warden** – Brian Flusche (2022)

**Registrar** – Rose Berberich (2020)

Nancy Miller (2021)

Catherine Lamb (2023)

John Druitt (2022)

### Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

**Don't forget to place your phone on silent/vibrate during today's service. Thank you!**

# Proper 14

Holy Eucharist: Rite II

Prelude

*Chorale Prelude on Hanover*

Benjamin Culli

The Word of God

*At the tolling of the bell, all stand.*

*Cantor – Veronica Flores*

Opening Hymn 388 (v 1, 3 & 5) *O Worship the King, All Glorious Above*

Hanover

1 O wor - ship the King, all glo - rious a - bove!  
2 O tell of his might! O sing of his grace!  
3 The earth, with its store of won - ders un - told,  
4 Thy boun - ti - ful care, what tongue can re - cite?  
5 Frail chil - dren of dust, and fee - ble as frail,

1 O grate - ful - ly sing his power and his love!  
2 Whose robe is the light, whose can - o - py space.  
3 Al - might - y, thy power hath found - ed of old,  
4 It breathes in the air; it shines in the light;  
5 in thee do we trust, nor find thee to fail;

1 Our shield and de - fend - er, the An - cient of Days,  
 2 His char - iots of wrath the deep thun - der - clouds form,  
 3 hath stab - lished it fast by a change - less de - cree,  
 4 it streams from the hills, it de - scends to the plain,  
 5 thy mer - cies, how ten - der! how firm to the end!

1 pa - vil - ioned in splen - dor, and gird - ed with praise.  
 2 and dark is his path on the wings of the storm.  
 3 and round it hath cast, like a man - tle, the sea.  
 4 and sweet - ly dis - tills in the dew and the rain.  
 5 Our Ma - ker, De - fend - er, Re - deem - er, and Friend!

Words: Robert Grant (1779-1838) Music: *Hanover*, att. William Croft (1678-1727)

### The Opening Acclamation

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

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

### The Collect for Purity

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.**

Kyrie – S96

*Lord Have Mercy*

Schubert

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Detailed description: This system contains the first two staves of the musical score. The top staff is in treble clef and the bottom staff is in bass clef. Both are in the key of D major (two sharps). The music consists of a vocal line and a piano accompaniment. The lyrics are: "Lord, have mer - cy. Lord, have mer - cy." The piano part provides harmonic support with chords and moving lines.

Christ, have mer - cy. Christ, have mer - cy. Lord,

Christ, have mer - cy. Christ, have mer - cy.

Detailed description: This system contains the next two staves. The lyrics are: "Christ, have mer - cy. Christ, have mer - cy. Lord,". The piano accompaniment continues with similar harmonic patterns. The vocal line has a slight melodic variation for the second phrase.

Lord, have mer - cy. Lord, have mer - cy. Lord,

Lord, have mer - cy. Lord, have mer - cy.

Detailed description: This system contains the final two staves. The lyrics are: "Lord, have mer - cy. Lord, have mer - cy. Lord,". The piano accompaniment concludes the piece with sustained chords. The vocal line ends with a final phrase.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

### The Collect of the Day (BCP 357)

Celebrant The Lord be with you.

People **And also with you.**

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Readers – Rose Berberich & Max Weeden*

### The Lessons

#### A Reading from Genesis 37:1-4, 12-28

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father’s wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Now his brothers went to pasture their father’s flock near Shechem. And Israel said to Joseph, “Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.” He answered, “Here I am.” So he said to him, “Go now, see if it is well with your brothers and with the flock; and bring word back to me.” So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, “What are you seeking?” “I am seeking my brothers,” he said; “tell me, please, where they are pasturing the

flock.” The man said, “They have gone away, for I heard them say, ‘Let us go to Dothan.’” So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, “Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.” But when Reuben heard it, he delivered him out of their hands, saying, “Let us not take his life.” Reuben said to them, “Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him” —that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, “What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.” And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Reader           The Word of the Lord.  
People           **Thanks be to God.**

### **Psalm 105, 1-6, 16-22**

1 Give thanks to the LORD and call upon his Name; \*  
**make known his deeds among the peoples.**

2 Sing to him, sing praises to him, \*  
**and speak of all his marvelous works.**

3 Glory in his holy Name; \*  
**let the hearts of those who seek the LORD rejoice.**

4 Search for the LORD and his strength; \*  
**continually seek his face.**

5 Remember the marvels he has done, \*  
**his wonders and the judgments of his mouth,**

6 O offspring of Abraham his servant, \*  
**O children of Jacob his chosen.**

16 Then he called for a famine in the land \*  
**and destroyed the supply of bread.**

17 He sent a man before them, \*  
**Joseph, who was sold as a slave.**

- 18 They bruised his feet in fetters; \*  
**his neck they put in an iron collar.**
- 19 Until his prediction came to pass, \*  
**the word of the LORD tested him.**
- 20 The king sent and released him; \*  
**the ruler of the peoples set him free.**
- 21 He set him as a master over his household,  
**as a ruler over all his possessions,**
- 22 To instruct his princes according to his will  
**and to teach his elders wisdom.**

### **A Reading from Romans 10:5-15**

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you,  
on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

Reader           The Word of the Lord.  
**People           Thanks be to God.**



1 E - ter - nal Fa - ther, strong to save, whose arm hath bound the  
 2 O Christ, whose voice the wa - ters heard and hushed their ra - ging  
 3 Most Ho - ly Spi - rit, who didst brood up - on the cha - os  
 4 O Trin - i - ty of love and power, thy chil - dren shield in

rest - less wave, who bidd'st the might - y o - cean deep its  
 at thy word, who walk - edst on the foam - ing deep, and  
 dark and rude, and bid its an - gry tu - mult cease, and  
 dan - ger's hour; from rock and tem - pest, fire and foe, pro -

own ap - point - ed lim - its keep: O hear us when we  
 calm a - mid its rage didst sleep: O hear us when we  
 give, for wild con - fu - sion, peace; O hear us when we  
 tect them where - so - e'er they go; thus ev - er - more shall

cry to thee for those in per - il on the sea.  
 cry to thee for those in per - il on the sea.  
 cry to thee for those in per - il on the sea.  
 rise to thee glad hymns of praise from land and sea.

Words: William Whiting (1825-1878), alt. Music: *Melita*, John Bacchus Dykes (1823-1876)

## Holy Gospel; Matthew 14: 22-33

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew

**People Glory to you, Lord Christ**

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

Celebrant The Gospel of the Lord.

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

**Gradual Hymn 608 (v 3 & 4)**

*Eternal Father, Strong to Save*

**Melita**

**The Nicene Creed (BCP 358)**

We believe in one God,

the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,

the only Son of God, eternally begotten of the Father God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father.

Through him all things were made.

For us and for our salvation he came down from heaven:

by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures;

he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son.

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

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

**The Prayers of the People, Form III (BCP 387)**

Leader: Father, we pray for your holy Catholic Church;

People: **That we all may be one.**

Leader: Grant that every member of the Church may truly and humbly serve you;

People: **That your Name may be glorified by all people.**

Leader: We pray for all bishops, priests, and deacons;

People: **That they may be faithful ministers of your Word and Sacraments.**

Leader: We pray for all who govern and hold authority in the nations of the world;

People: **That there may be justice and peace on the earth.**

Leader: Give us grace to do your will in all that we undertake;

People: **That our works may find favor in your sight.**

Leader: Have compassion on all those who suffer from any grief or trouble;

People: **That they may be delivered from their distress.**

Leader: Give to the departed eternal rest;  
People: **Let light perpetual shine upon them.**

Leader: We praise you for your saints who have entered into joy;  
People: **May we also come to share in your heavenly kingdom.**

Leader: Let us pray for our own needs and those of others. (Silence)  
*People may add their own petitions, either silently or aloud.*

Celebrant

Almighty God, you have given your people the true Bread from heaven, your Son Jesus Christ: Grant that our souls may be so fed by him who gives life to the world, that we may be made strong for your service, and share with others what we have so richly received; through Jesus Christ our Lord.

**Amen.**

### **Confession of Sin (BCP 360)**

Celebrant Let us confess our sins against God and our neighbor.

**All 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 (BCP 360)**

Celebrant Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.  
**Amen.**

### **The Peace (BCP 360)**

Celebrant The peace of the Lord be always with you.  
People **And also with you.**

## **Welcome & Announcements**

## **The Offering**

## **The Holy Communion**

Deep river, my home is over Jordan. Deep river, Lord,  
I want to cross over into campground.  
Oh, God's children, don't you want to go to that Heavenly feast,  
In that promised land, the land where all is peace.  
Walk right into Heaven, and take my seat,  
and throw myself at Jesus' feet.  
Lord, I want to cross over into campground.  
Deep river, My home is over Jordan,  
Lord, I want to cross over into campground.

**The Great Thanksgiving, Prayer A (BCP 361)**

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 God thanks and praise.**

Celebrant

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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:

Sanctus S130

*Holy, holy, holy Lord*

Schubert

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea - ven and earth are

full, full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na

in the high - est. Ho - san - na in the high - est.

*The people stand or kneel.*

Celebrant 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:

Celebrant and People **Christ has died. Christ is risen. Christ will come again.**

Celebrant 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 for ever. **Amen.**

And now as our Savior Christ has taught us, we are bold to say,

**All 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.**

### Breaking of the Bread (BCP 364)

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

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

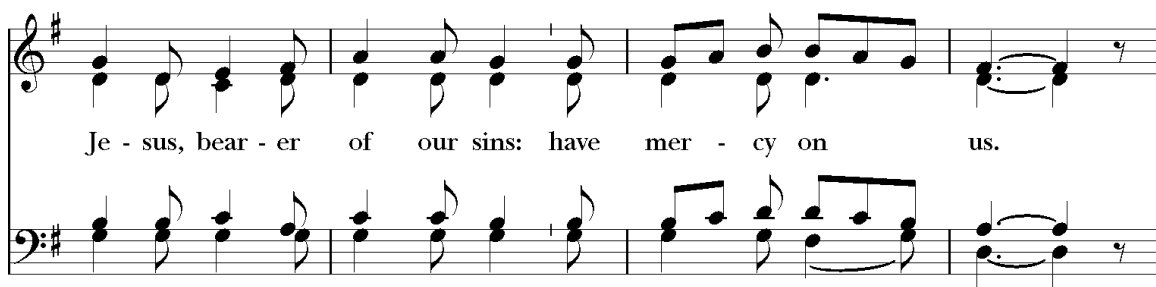
### Fraction Anthem S164

*Jesus, Lamb of God*

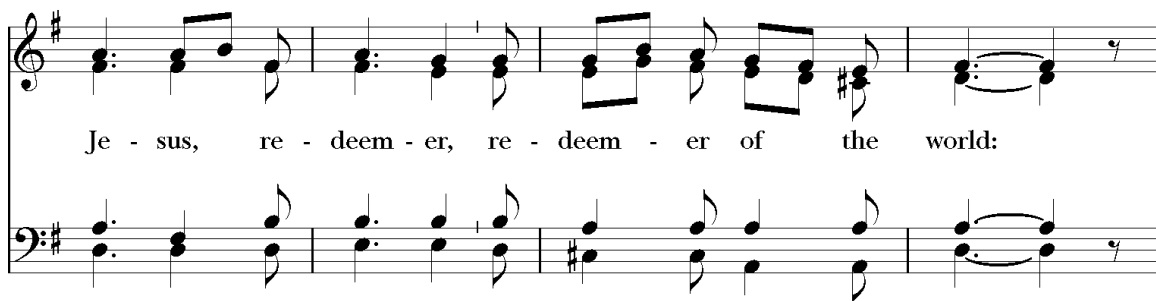
Schubert

Je - sus, Lamb of God: have mer - cy on us.





Je - sus, bear - er of our sins: have mer - cy on us.



Je - sus, re - deem - er, re - deem - er of the world:



give us your peace, give us your peace.

*Celebrant:* The Gifts of God for the People of God.

### A Prayer for Spiritual Communion

Loving God, although we cannot physically receive the Body and Blood of Jesus Christ in this Sacrament, we ask that the spiritual Grace, which comes from eating the Bread and the Wine be put in our hearts. Free us from sin, restore us to peace, and nourish our souls. Let our desire for the Body and the Blood of Jesus be as great as our need for the Bread and the Wine that comes from your table. Finally, change our lives into the life of Jesus that when we leave here, we will be the light of Christ to the world. Amen.

# Communion Hymn

Hymn 699 (v 1 & 3)

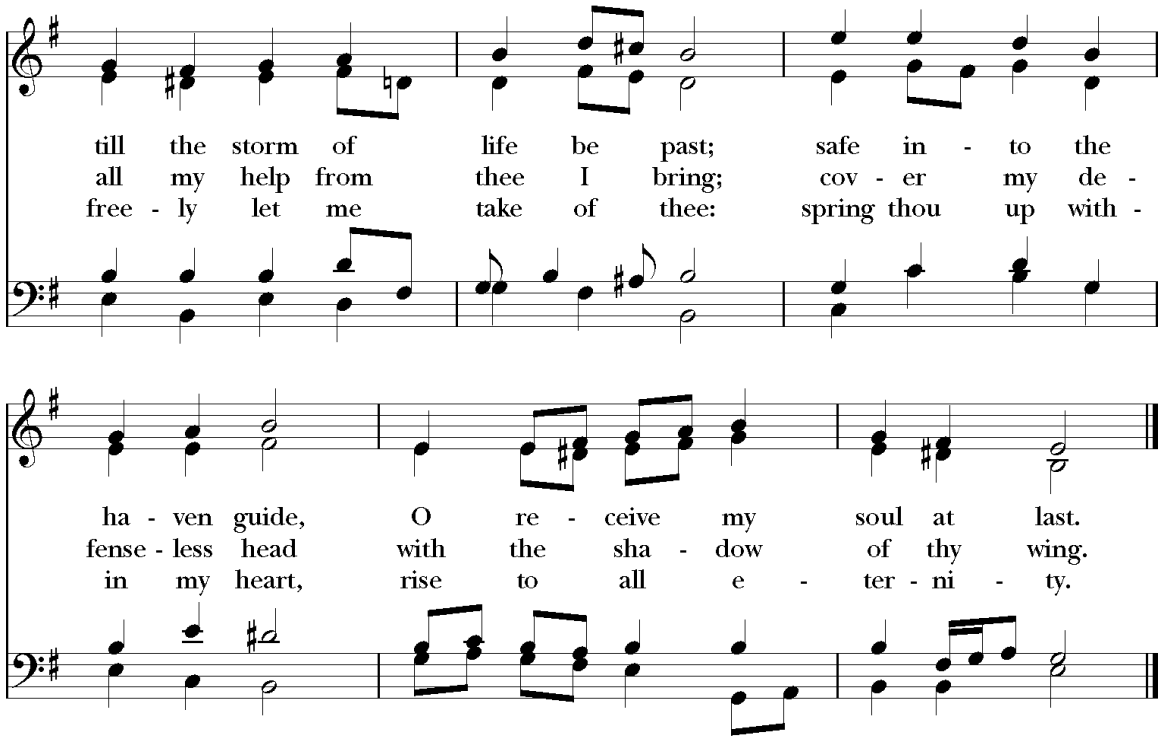
*Jesus, Lover of My Soul*

Aberystwyth

1 Je - sus, Lov - er of my soul, let me to thy bos - om  
2 O - ther ref - uge have I none, hangs my help - less soul on  
3 Plen-teous grace with thee is found, grace to cleanse from ev - ery

fly, while the near - er wa - ters roll, while the tem - pest  
thee; leave, ah! leave me not a - lone, still sup - port and  
sin; let the heal - ing streams a - bound, make and keep me

still is high: hide me, O my Sa - vior, hide,  
com - fort me! All my trust on thee is stayed;  
pure with - in. Thou of life the foun - tain art,



till the storm of life be past; safe in - to the  
all my help from thee I bring; cov - er my de -  
free - ly let me take of thee: spring thou up with -

ha - ven guide, O re - ceive my soul at last.  
fense - less head with the sha - dow of thy wing.  
in my heart, rise to all e - ter - ni - ty.

Words: Charles Wesley (1707-1788), alt. Music: *Aberystwyth*, Joseph Parry (1841-1903)

## Commissioning of Lay Eucharistic Visitors

*Celebrant:* In the name of this congregation, I send you forth bearing these holy gifts, that those to whom we go may share with us in Christ's Body and Blood.

**All:** We who are many are one body, because we all share in one bread, one cup.

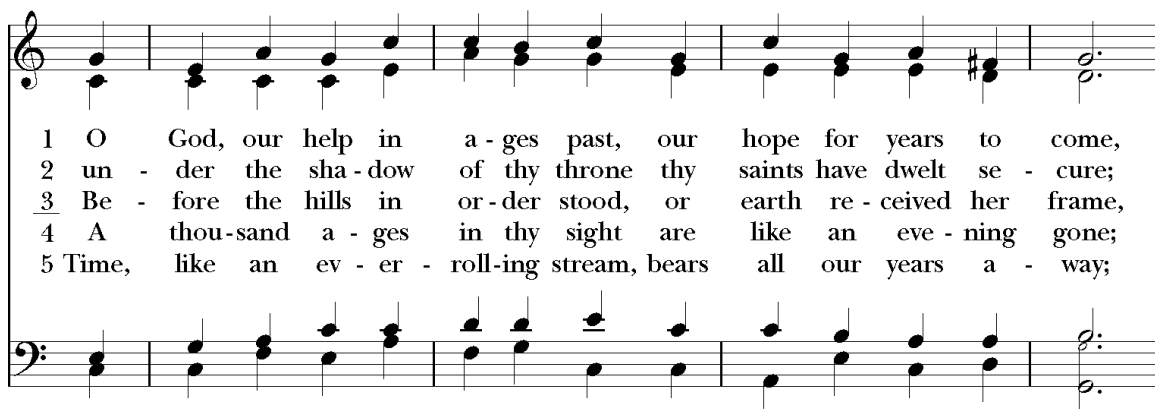
## Postcommunion Prayer (BCP 365)

*Celebrant* Let us pray.

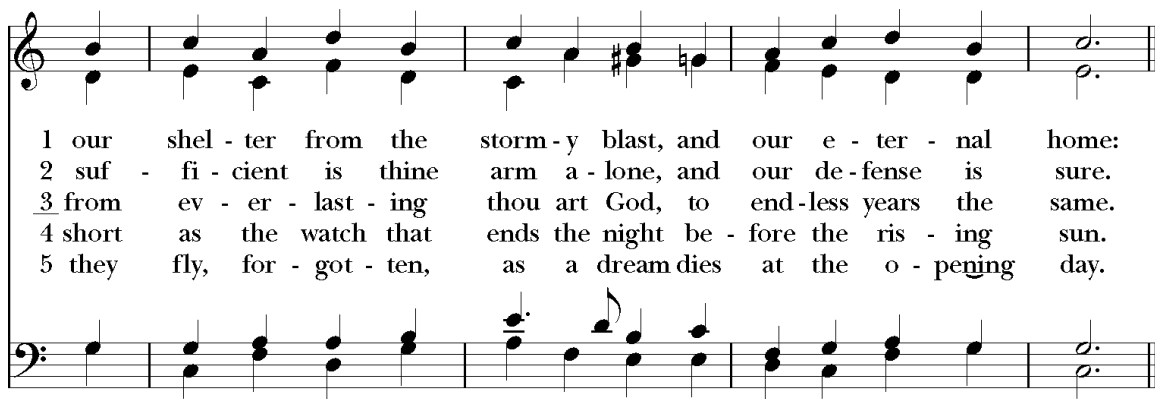
All Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

## The Blessing

The peace of God, which passes all understanding, keep our 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 Spirit be among you, and remain with you always. **Amen.**



1 O God, our help in a - ges past, our hope for years to come,  
 2 un - der the sha - dow of thy throne thy saints have dwelt se - cure;  
 3 Be - fore the hills in or - der stood, or earth re - ceived her frame,  
 4 A thou - sand a - ges in thy sight are like an eve - ning gone;  
 5 Time, like an ev - er - roll - ing stream, bears all our years a - way;



1 our shel - ter from the storm - y blast, and our e - ter - nal home:  
 2 suf - fi - cient is thine arm a - lone, and our de - fense is sure.  
 3 from ev - er - last - ing thou art God, to end - less years the same.  
 4 short as the watch that ends the night be - fore the ris - ing sun.  
 5 they fly, for - got - ten, as a dream dies at the o - pening day.

6 O God, our help in ages past,  
 our hope for years to come,

be thou our guide while life shall last,  
 and our eternal home.

Words: Isaac Watts (1674-1748), alt.; para. of Psalm 90:1-5

Music: *St. Anne*, melody att. William Croft (1678-1727), alt.; harm. William Henry Monk (1823-1889)

### Dismissal (BCP 366)

*Celebrant* Let us go forth in the name of Christ, Alleluia, Alleluia.

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

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