

336-227-4251 | INFO@HC-B.ORG | 320 EAST DAVIS ST. (27215) | PO BOX 1336 (27216) | BURLINGTON, NC

THE EPISCOPAL CHURCH
OF THE
HOLY COMFORTER

PROPER 22

TWENTIETH SUNDAY AFTER
PENTECOST

**OCTOBER
6, 2024**

**8:15AM | 10:30AM
HOLY EUCHARIST RITE II**

THE EPISCOPAL CHURCH WELCOMES YOU

WELCOME TO ALL NEWCOMERS AND VISITORS

Please complete the information card and place it in the offering plate or hand it to one of the ushers.

WE, THE PEOPLE OF HOLY COMFORTER

Though very diverse politically and socially, care for each other and care deeply for how our faith is manifested in the community. We believe all people are equal in God's hand. Our nurturing congregation has an appreciation for diverse perspectives and opinions. We grow through a continually evolving and questioning discussion regarding our faith, God, and society. We welcome all, without reservation, into our Christian body to be part of a loving and sharing family.

WE CARE

Please call the church office at (336) 227-4251 if you or someone you know needs visitation, prayers or other assistance because of illness or inability to attend worship service.



The altar flowers today are given to the Glory of God by Darrell and Nancy Smith in celebration of their 50th wedding anniversary that was on October 5th, 2024.

SEPT. 29 SERVICE COUNT

8:15AM **15** | 10:30AM **102** | REMOTE **48**

OFFICIANT

THE REV. GREG FARRAND

LAY MINISTERS

VERGER

Steven Swanner

ORGANIST

Christin Baker

USHERS

8:15AM - Derek Bates

10:30AM - Brad and Mary Collins

READERS

8:15AM - Peter Dahl

10:30AM - Wesley Swanner & Julie Swanner

ACOLYTES

8:15AM - Julie Smith

10:30AM - CHALICISTS - Meredith Patterson, Paige Ysteboe

CRUCIFER - Bo Slott

LEFT TORCH BEARER - Steven Slott

RIGHT TORCH BEARER - Davis Slott

GOSPEL BEARER - Fletcher Slott

CHILDREN'S CHAPEL

Team F - Maggie Holt & Jackie Griffith

VESTRY COUNTERS

Derek Bates & Gary Schilke

FLOWER GUILD

Connie Griner

ALTAR GUILD

Audrey Deadmon, Leslie Haines, Elizabeth Hood, Sandy Moulton, Jane Spencer, Bea Swajkoski

SUNSHINE COMMITTEE

Mary Telander, Debbie Nichols-Smith, Jan Kelly, Gretchen Peet, Debra Scott

MEN'S BREAKFAST GROUP OCTOBER 10

Richard McBride

**ALL ARE WELCOME FOR SUNDAY HOSPITALITY
IN THE PARLOR AFTER THE SERVICE.**

PRELUDE

WELCOME

OPENING HYMN | 450

All hail the power of Jesus' Name

6 Let ev - ery kin - dred, ev - ery tribe, on this ter - res - trial

1 All hail the power of Je - sus' Name! Let an - gels pros - trate
2 Crown him, ye mar - tyrs of our God, who from his al - tar
3 Hail him, the Heir of Da - vid's line, whom Da - vid Lord did
* 4 Ye heirs of Is - rael's cho - sen race, ye ran - somed of the
* 5 Sin - ners, whose love can ne'er for - get the worm - wood and the

ball, to him a - scribe, and

1 fall; bring forth the roy - al di - a - dem, and
2 call: praise him whose way of pain ye trod, and
3 call, the God in - car - nate, Man di - vine, and
4 fall, hail him who saves you by his grace, and
5 gall, go, spread your tro - phies at his feet, and

crown him Lord of all! to him a -

1 crown him Lord of all! bring forth the roy - al
2 crown him Lord of all! praise him whose way of
3 crown him Lord of all! the God in - car - nate,
4 crown him Lord of all! hail him who saves you
5 crown him Lord of all! go, spread your tro - phies

scribe, and crown him Lord of all!

1 di - a - dem, and crown him Lord of all!
2 pain ye trod, and crown him Lord of all!
3 Man di - vine, and crown him Lord of all!
4 by his grace, and crown him Lord of all!
5 at his feet, and crown him Lord of all!

6 Let every kindred, every tribe,
on this terrestrial ball,
to him all majesty ascribe,
and crown him Lord of all!

THE LITURGY OF THE WORD

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

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

Let us pray. 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.**

GLORIA | S-236

1. Glo - ry to you, Lord
God of our fa - thers; you are wor - thy of praise;
glo - ry to you. 2. Glo - ry to you
for the ra - di - ance of your ho - ly Name; we will
praise you and high - ly ex - alt you for ev - er.
3. Glo - ry to you in the splen - dor of your
tem - ple; on the throne of your ma - jes - ty, glo - ry to
you. 4. Glo - ry to you, seat - ed bet -
ween the Cher - u - bim; we will praise you and
high - ly ex - alt you for ev - er.
Descant
5. Glo - ry to you, be -
5. Glo - ry to you, be - hold - ing the
hold - ing the depths; in the high vault of
depths; in the high vault of hea - ven, glo - ry to
hea - ven, 6. Glo - ry to you,
you. 6. Glo - ry to you, Fa - ther,
Fa - ther, Son, and Ho - ly Spi - rit; we will
Son, and Ho - ly Spi - rit; we will praise you and
high - ly ex - alt you Glo - ry to you!
high - ly ex - alt you for ev - er.

Officiant The Lord be with you.

People *And also with you.*

COLLECT

Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve: Pour upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of Jesus Christ our Savior; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST LESSON

Genesis 2:18-24

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 every 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.

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

THE RESPONSE | S-412

Psalm 8

Domine, Dominus noster



- 1 O LORD our Governor, *
 how exalted is your Name in all the world!
- 2 Out of the mouths of infants and children *
 your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries, *
 to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, *
 the moon and the stars you have set in their courses,
- 5 What is man that you should be mindful of him? *
 the son of man that you should seek him out?

- 6 You have made him but little lower than the angels; *
you adorn him with glory and honor;
- 7 You give him mastery over the works of your hands; *
you put all things under his feet:
- 8 All sheep and oxen, *
even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea, *
and whatsoever walks in the paths of the sea.
- 10 O LORD our Governor, *
how exalted is your Name in all the world!

THE EPISTLE

Hebrews 1:1-4; 2:5-12

Long ago God spoke to our ancestors in many and various ways by the prophets, but 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 honor, 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 honor 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."

**Reader
People**

The Word of the Lord.
Thanks be to God.

SEQUENCE HYMN | 480

When Jesus left his Father's throne



1 When Je - sus left his Fa - ther's throne, he chose an hum - ble birth;
2 Sweet were his words and kind his look, when mo - thers round him pressed;
3 When Je - sus in - to Zi - on rode, the chil - dren sang a - round;



like us, un - hon - ored and un - known, he came to dwell on earth.
their in - fants in his arms he took, and on his bos - om blessed.
for joy they plucked the palms and strowed their gar - ments on the ground.



Like him may we be found be - low, in wis - dom's path of peace;
Safe from the world's al - lur - ing harms, be - neath his watch - ful eye,
Ho - san - na our glad voic - es raise, ho - san - na to our King!



like him in grace and know - ledge grow as years and strength in - crease.
thus in the cir - cle of his arms may we for ev - er lie.
Should we for - get our Sa - vior's praise, the stones them - selves would sing.

The Officiant reads the Gospel, first saying

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

People *Glory to you, Lord Christ.*

THE GOSPEL

Mark 10:2-16

Some Pharisees came, and to test Jesus they asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. 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 flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Then in the house the disciples asked him again about this matter. 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."

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

Gospeler The Gospel of the Lord.
People ***Praise to you, Lord Christ.***

SERMON

THE REV. GREG FARRAND

THE NICENE CREED

BCP 358

Officiant and People

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE

Form III | BCP 387

The Leader and People pray responsively

Reader Father, we pray for your holy Catholic Church;
People ***That we all may be one.***

Reader Grant that every member of the Church may truly and humbly serve you;
People ***That your Name may be glorified by all people.***

- Reader** We pray Michael, our Presiding Bishop, Sean, our Presiding Bishop-elect, Sam and Jennifer, our Bishops, and for all bishops, priests, and deacons;
- People** ***That they may be faithful ministers of your Word and Sacraments.***
- Reader** We pray for Joe, our President, Roy, our Governor, James, our Mayor, and all who govern and hold authority in the nations of the world;
- People** ***That there may be justice and peace on the earth.***
- Reader** Give us grace to do your will in all that we undertake;
- People** ***That our works may find favor in your sight.***
- Reader** We pray for ... (_____). Have compassion on those who suffer from any grief or trouble;
- People** ***That they may be delivered from their distress.***
- Reader** We pray for ... (_____). Give to the departed eternal rest;
- People** ***Let light perpetual shine upon them.***
- Reader** We praise you for your saints who have entered into joy;
- People** ***May we also come to share in your heavenly kingdom.***
- Reader** Let us pray for our own needs and those of others.

Silence. The People may add their own petitions. The Celebrant adds a concluding Collect.

A TRANSITION PRAYER FOR HOLY COMFORTER

Ever-present God,

You call us on a journey to a place we do not know.

We are not where we started.

We have not reached our destination.

We are discovering who we are and where we are going.

Transition is not a comfortable place.

May we continue to remind ourselves of the wonderful resources of this Church Sanctuary and a warm and welcoming congregation.

Be among us, we pray.

Calm our fears, save us from discouragement.

Encourage us to care for one another.

And help us to stay on course.

Open our hearts to your guidance so that our journey toward calling a new Rector continues as a journey of trust, and faith and love. Amen.

CONFESSION OF SIN

BCP 360

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister and People
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.

The Bishop when present, or the Priest, stands and says
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

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

ANNOUNCEMENTS

OFFERTORY SENTENCE

OFFERTORY ANTHEM

Pilgrim's Hymn

Stephen Paulus

Even before we call on Your name
To ask You, O God,
When we seek for the words to glorify You,
You hear our prayer;
Unceasing love, O unceasing love,
Surpassing all we know.

Glory to the father,
and to the Son,
And to the Holy Spirit.

Even with darkness sealing us in,
We breathe Your name,
And through all the days that follow so fast,
We trust in You;
Endless Your grace, O endless Your grace,
Beyond all mortal dream.

Both now and forever,
And unto ages and ages,
Amen.

DOXOLOGY | 380 V.3

Old 100th

***Praise God, from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heavenly host:
Praise Father, Son, and Holy Ghost. Amen.***

THE GREAT THANKSGIVING

Eucharistic Prayer B

BCP 367

The people remain standing.

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.***

Then, facing the Holy Table, the Celebrant proceeds

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 | S-130

(Sanctus lyrics on next page)

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. Then the Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

***Celebrant and People
We remember his death,
We proclaim his resurrection,
We await his coming in glory;***

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [_____ and] all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. 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**

THE LORD'S PRAYER

BCP 364

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

***Officiant and People
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.***

The Officiant breaks the consecrated Bread.
 A period of silence is kept.
 The choir will immediately sing the fraction anthem.

FRACTION ANTHEM | S-164

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.

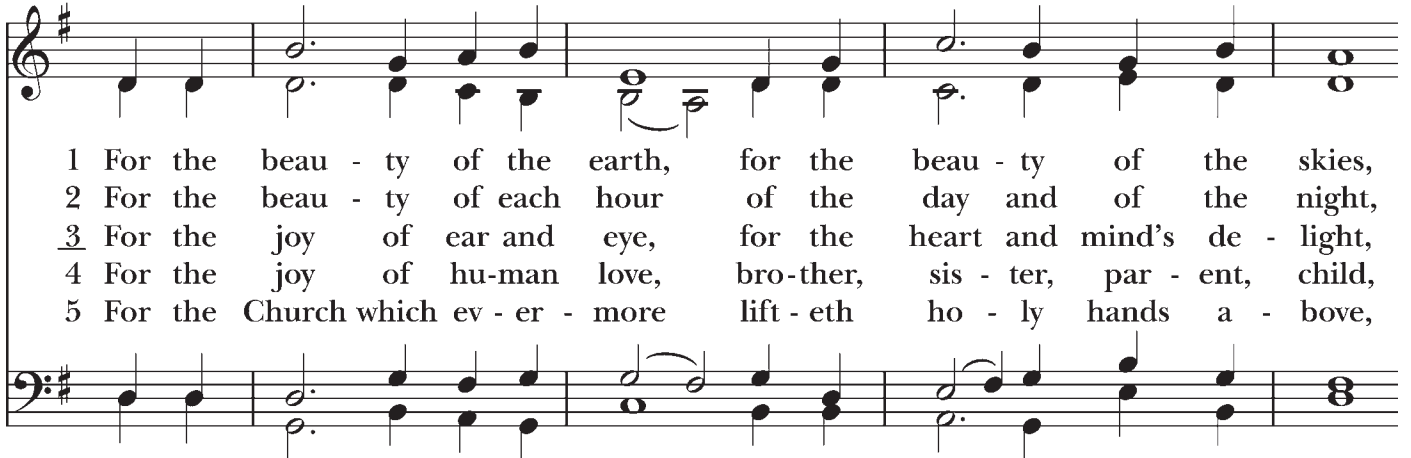
Facing the people, the Officiant says the following Invitation.

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.

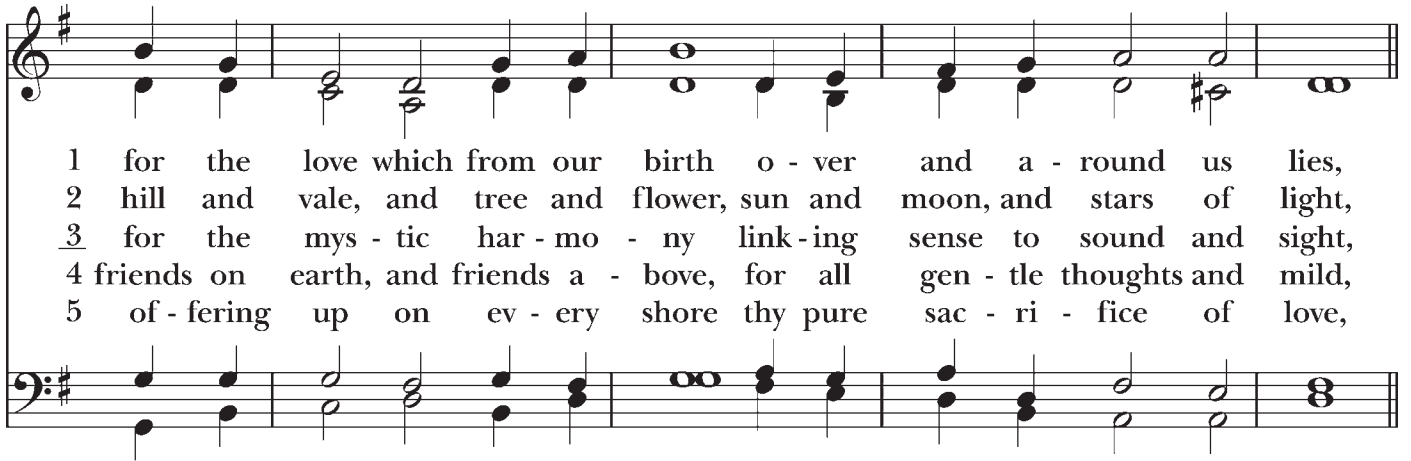
Persons wanting a blessing instead of receiving bread or wine
 at the Altar may cross their arms over their chest.

COMMUNION HYMNS

416 | For the beauty of the earth

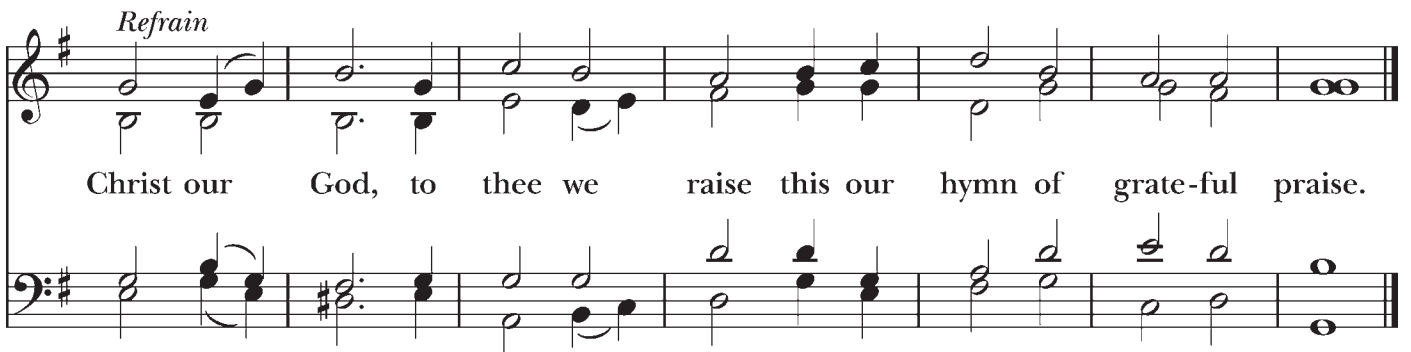


1 For the beau - ty of the earth, for the beau - ty of the skies,
2 For the beau - ty of each hour of the day and of the night,
3 For the joy of ear and eye, for the heart and mind's de - light,
4 For the joy of hu-man love, bro-ther, sis - ter, par - ent, child,
5 For the Church which ev - er - more lift - eth ho - ly hands a - bove,



1 for the love which from our birth o - ver and a - round us lies,
2 hill and vale, and tree and flower, sun and moon, and stars of light,
3 for the mys - tic har - mo - ny link - ing sense to sound and sight,
4 friends on earth, and friends a - bove, for all gen - tle thoughts and mild,
5 of - fering up on ev - ery shore thy pure sac - ri - fice of love,

Refrain



Christ our God, to thee we raise this our hymn of grate-ful praise.

6 For each perfect gift of thine
to the world so freely given,
faith and hope and love divine,
peace on earth and joy in heaven,

Refrain

559 | Lead us, heavenly Father, lead us

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -
 2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness
 3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,
 thou dost know; thou didst tread this earth be - fore us;
 heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing
 thou didst feel its keen - est woe; yet un - fear - ing,
 plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be.
 per - se - ver - ing, to thy pas - sion thou didst go.
 par - doned, guid - ed, noth - ing can our peace des - troy.

POST COMMUNION PRAYER

BCP 365

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.**

PRAYER OF SPIRITUAL COMMUNION

For those attending remotely. My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot receive you in the Sacrament of your Body and Blood, come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. **Amen.**

BLESSING

RECESSIONAL | 376

Joyful, joyful, we adore thee

(Recessional lyrics on next page)

DISMISSAL

Officiant
People

Let us go forth in the name of Christ.
Thanks be to God.

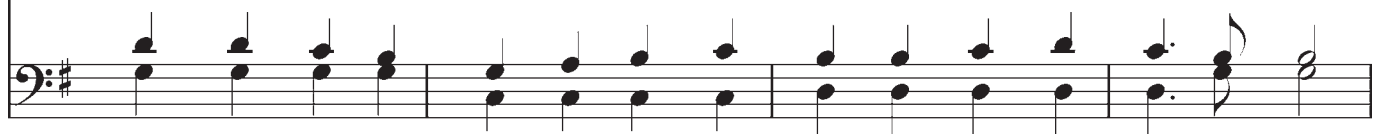
POSTLUDE



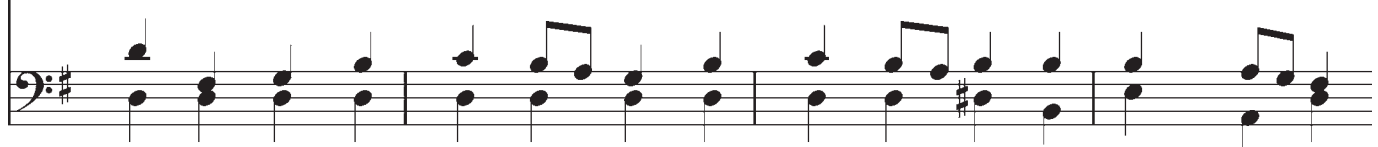
1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,



hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.
stars and an - gels sing a - round thee, cen - ter of un - bro - ken praise.
well - spring of the joy of liv - ing, o - cean - depth of hap - py rest!



Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
Field and for - est, vale and moun - tain, bloom - ing mea - dow, flash - ing sea,
Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;



giv - er of im - mor - tal glad - ness, fill us with the light of day.
chant - ing bird and flow - ing foun - tain, call us to re - joice in thee.
teach — us how to love each o - ther, lift us to the joy di - vine.



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."



THE WAY OF LOVE *Practices for Jesus-Centered Life*

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 Praying at iam.ec/ewol.

IF YOU WOULD LIKE TO



Give us a ring, drop a line, scroll through our social media or visit our website...
it's all listed below for your convenience.
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