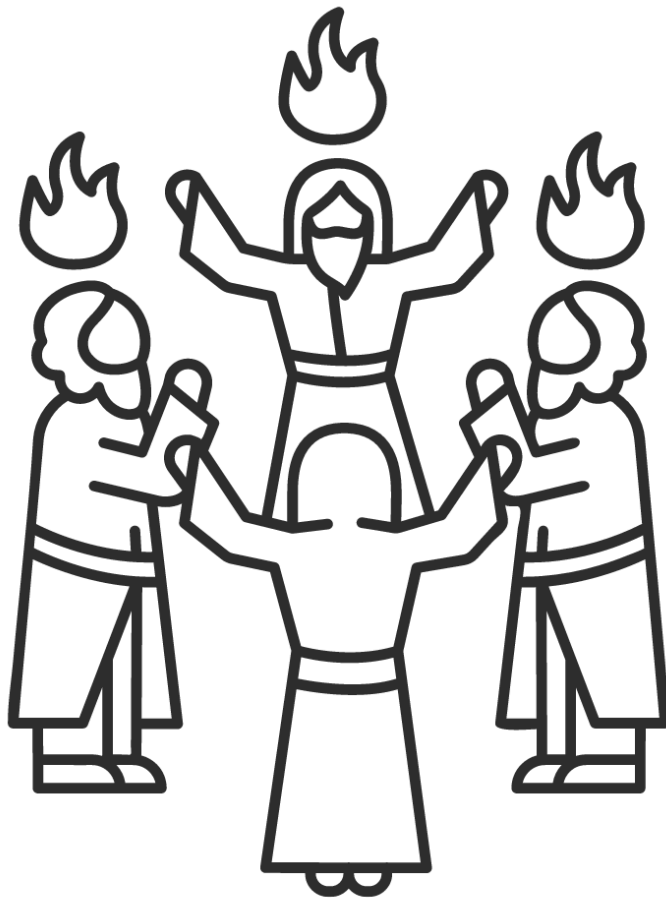


The Nineteenth Sunday after Pentecost



September 29, 2024

St. Mark's and St. John's Episcopal Church

Welcome to St. Mark's and St. John's!

Name tags are available. We'd love to make one for you if you do not have one already.

Help yourself to coffee in the "cafe," and feel free to bring it to your pew. We're casual.

We invite children to make themselves at home at our children's table, where there are weekly activity bulletins and crayons.

Our live YouTube broadcast begins at 9:15 am.

Our YouTube channel link is available on our website, stmarksandstjohns.org.

We appreciate your financial generosity to support our mission and ministry. Though we do not pass the offering plate during service, you can find it at the entrance of the church or contribute online at stmarksandstjohns.org/give.

PRELUDE

OPENING MUSIC

“All Who Hunger Gather Gladly”



1. All who hun - ger gath - er glad - ly; ho - ly man - na
2. All who hun - ger, nev - er stran - gers, seek - er, be a



is our bread. Come from wil - der - ness and wan - d'ring.
wel - come guest. Come from rest - less - ness and roam - ing.



Here in truth we will be fed. You that yearn for
Here, in joy we keep the feast. We that once were



days of full - ness, all a - round us is our food.
lost and scat - tered in com - mun - ion's love have stood.



Taste and see the grace e - ter - nal.
Taste and see the grace e - ter - nal.



Taste and see that God is good.
Taste and see that God is good.

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.**

THE COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

O God, you declare your almighty power chiefly in showing mercy and pity: Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST LESSON

Numbers 11:4-6,10-16,24-29

A reading from the book of Numbers, the eleventh chapter...

The rabble among them had a strong craving; and the Israelites also wept again, and said, "If only we had meat to eat! We remember the fish we used to eat in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at all but this manna to look at."

Moses heard the people weeping throughout their families, all at the entrances of their tents. Then the Lord became very angry, and Moses was displeased. So Moses said to the Lord, "Why have you treated your servant so badly? Why have I not found favor in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give birth to them, that you should say to me, 'Carry them in your bosom, as a nurse carries a sucking child,' to the land that you promised on oath to their ancestors? Where am I to get meat to give to all this people? For they come weeping to me and say, 'Give us meat to eat!' I am not able to carry all this people alone, for they are too heavy for me. If this is the way you are going to treat me, put me

to death at once – if I have found favor in your sight – and do not let me see my misery.”

So the Lord said to Moses, “Gather for me seventy of the elders of Israel, whom you know to be the elders of the people and officers over them; bring them to the tent of meeting, and have them take their place there with you.”

So Moses went out and told the people the words of the Lord; and he gathered seventy elders of the people, and placed them all around the tent. Then the Lord came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, “Eldad and Medad are prophesying in the camp.” And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, “My lord Moses, stop them!” But Moses said to him, “Are you jealous for my sake? Would that all the Lord’s people were prophets, and that the Lord would put his spirit on them!”

Lector: Hear what the Spirit is saying

People: **Thanks be to God.**

PSALM 19:7-14

The law of the Lord is perfect and revives the soul; *
the testimony of the Lord is sure and gives wisdom to the innocent.

**The statutes of the Lord are just and rejoice the heart; *
the commandment of the Lord is clear and gives light to the eyes.**

The fear of the Lord is clean and endures for ever; *
the judgments of the Lord are true and righteous altogether.

**More to be desired are they than gold, more than much fine gold,
*sweeter far than honey, than honey in the comb.**

By them also is your servant enlightened, *
and in keeping them there is great reward.

**Who can tell how often he offends? *
cleanse me from my secret faults.**

Above all, keep your servant from presumptuous sins; let them not get
dominion over me; *
then shall I be whole and sound, and innocent of a great offense.

**Let the words of my mouth and the meditation of my heart be
acceptable in your sight, *
O Lord, my strength and my redeemer.**

SECOND LESSON

James 5:13-20

A reading from the book of James, the fifth chapter...

Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. Elijah was a human being like us, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and the heaven gave rain and the earth yielded its harvest.

My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins.

Lector: Hear what the Spirit is saying

People: **Thanks be to God.**

GOSPEL ACCLAMATION (2x)

Hal - le, hal - le, hal - le - lu - jah!

Hal - le, hal - le, hal - le - lu - jah!

Hal - le, hal - le, hal - le - lu - jah!

Hal - le - lu - jah! Hal - le - lu - jah!

Setting: Caribbean traditional; arr. Mark Sedio © 1995 Augsburg Fortress.
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GOSPEL

Mark 9:38-50

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

Glory to you, Lord Christ.

John said to Jesus, "Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us." But Jesus said, "Do not stop him; for no one who does a deed of power in my name will be able soon afterward to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

“If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.

“For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.

The Gospel of the Lord
Praise to you, Lord Christ

SERMON

The Rev'd Cindy Rasmussen

AFFIRMATION OF FAITH

We believe in God above us,

Creator of all things, sustainer of all life.

We believe in Christ beside us,

companion and friend,

redeemer of all the broken pieces of our universe.

We believe in Spirit deep within us,

Advocate and guide, who lives with us eternally.

**We believe in God's resurrection created world
where all things are fixed,
and all creation fits together in vibrant harmonies.**

**We believe in God above, beside, within,
God yesterday, today and forever,
the three in one, the one in three.**

SPECIAL MUSIC FOR PRAYER AND MEDITATION *Please be seated*

You're invited to light a candle at our prayer table and write your prayer intentions on one of the Prayer Boards during the music.

PRAYERS OF THE PEOPLE

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

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 your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We especially pray for...

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

Celebrant: O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever.

THE PEACE

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

And also with you.

Let us offer a sign of God's peace to one another.

After the Passing of the Peace

Celebrant: Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

DOXOLOGY

"Guide My Feet Lord"

Eucharistic Ministers bring the Communion elements to the altar during the music.

1. Guide my feet Lord, while I run this race.
2. Hold my hand Lord, while I run this race.

Guide my feet Lord, while I run this race.
Hold my hand Lord, while I run this race.

Guide my feet Lord, while I run this race, 'cause I
Hold my hand Lord, while I run this race. 'cause I

don't want to run this race in vain. _____
don't want to run this race in vain. _____

MUSIC

"Crowded Table"

*by Brandi Carlile, Natalie Hemby, and Lori McKenna
Text adapted for worship*

Refrain: I want a church with a crowded table

And a place at the altar for everyone

Let us take on the world while we're fed and able

And bring us back together when the day is done

Verse: If we want a garden we're gonna have to sow the seed

Plant a little happiness - let the roots run deep

If it's love that we give - then it's love that we reap

If we want a garden we're gonna have to sow the seed

HOLY EUCHARIST

The Lord be with you.

And also with you.

Lift-up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; Now we join hands around your table, and with all creation we say together,

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the One who comes in the name of the Lord.

Hosanna in the highest.

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

To you indeed be glory, almighty God, on the night before he died, your Son, Jesus Christ, took bread; when he had given you thanks, he broke it, gave it to his disciples, and said:

Take, eat, this is my body which is given for you; do this in remembrance of me.

After supper he took the cup; when he had given you thanks, he gave it to them and said:

This cup is the new covenant in my blood poured out for you; do this in remembrance of me.

And so, remembering all that was done for us: his life and ministry, the cross, the tomb, and the resurrection longing for Christ's coming in glory, we present these gifts to you that your earth has formed and human hands have made, we acclaim you, O Christ:

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory!

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Giver of Life, draw us together in the Body of Christ, and in the fullness of time, gather us with all your whole creation into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit. Blessed are you now and forever. Amen.

THE LORD'S PRAYER

As our Savior Christ has taught us, we are bold to pray,

**Our Father in Heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those
who sin against us.**

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen**

THE BREAKING OF THE BREAD

We break this bread to share in the Body of Christ.

We who are many are one body, for we share in this one bread.

The gifts of God for the people of God take them in remembrance of Christ's life, death, and resurrection and feed on him in your hearts by faith with thanksgiving.

WELCOME TO THE TABLE

All are welcome to receive communion.

COMMUNION MUSIC

"Here I Am, Lord"



1. I, the Lord of sea and sky, I have heard my
2. I, the Lord of snow and rain, I have borne my
3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in deep - est sin My hand will
peo - ple's pain. I have wept for love of them, They turn a -
poor and lame. I will set a feast for them, My hand will



save. I who made the stars of night,
way. I will break their hearts of stone,
save. Fin - est bread I will pro - vide

I will make their dark - ness bright. Who will bear my
 Give them hearts for love a - lone. I will speak my
 Till their hearts be sat - is - fied. I will give my

light to them? Whom shall I send? _____
 word to them. Whom shall I send? _____
 life to them. Whom shall I send? _____

piano
 Here I am, Lord. _____ Is it I, Lord? _____ I have

heard you call - ing in the night. _____ I will go, Lord, _____

_____ if you lead me, _____ I will hold your peo - ple in my

heart. _____ heart. _____

POST COMMUNION PRAYER

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth, that we may proclaim your redeeming love to the world as we live out your call to love and serve. Amen.

"THE BLESSING" (Aotearoa)

*adapted for SMSJ liturgy - original music and words by
Chris Brown, Cody Carnes, Kari Jobe, Steven Furtick*

The Lord bless you and keep you,
make Her face shine upon you and be gracious to you.
The Lord turn Her face toward you and give you peace. (2x)

Amen, amen, amen.

Amen, amen, amen.

May Her favor be upon you and a thousand generations
And your family and your children and their children,
and their children. (2x)

Amen, amen, amen.

Amen, amen, amen.

FINAL BLESSING

May the God of all peace bless you and keep you.
And the wisdom, love and grace of God strengthen you to be God's
hands and heart in this world. And the blessing of God Almighty,
Creator, Redeemer, and Sustainer be with you today and remain with
you always. **Amen.**

DISMISSAL

Deacon: Alleluia. Alleluia. Go forth in the peace of Christ. Tend our
neighborhood.

Thanks be to God. Alleluia. Alleluia.

Worship Leaders for September-November (*Lectors*)

Date	First Lesson & Psalm	Second Lesson & Usher	Prayers of the People & Greeter
9/29	Heather G.	Terri C.	Terri C.
10/6	Joe C.	Michele H.	Tom F.
10/13	Theresa H.	Steve F.	Sharon K.
10/20	Mike F.	Nancy W.	Deb S.
10/27	Deb S.	Joe C.	Michele H.
11/3	Tom F.	Theresa H.	Steve F.
11/10	Sharon K.	Mike F.	Mary E.
11/17	Michele H.	Deb S.	Heather G.
11/24	Terri C.	Mary E.	Joe C.

Worship Leaders for September-November *(Eucharistic Ministers)*

Date	Common Cup	Single Cup Tray	Collect Cups
9/29	Nancy W.	Michele H.	Joe C.
10/6	Sharon K.	Terri C.	Heather G.
10/13	Bob C.	Dave E.	Mary E.
10/20	Mary E.	Mike F.	Deb S.
10/27	Theresa H.	Tom F.	Michele H.
11/3	Joe C.	Deb S.	Terri C.
11/10	Heather G.	Bob C.	Dave E.
11/17	Dave E.	Nancy W.	Mike F.
11/24	Sharon K.	Theresa H.	Tom F.

October Birthdays & Anniversaries

Are we missing your information? Let us know so we can add it and celebrate!

Birthdays	Anniversaries
Walt S. - October 11	Pastor Cindy & Mary Ellen - Oct. 30
Mary Ellen F. - October 11	
Serenity N. - October 17	
Krista C. - October 18	

Announcements

Pastor Cindy will be out of town Oct. 3-12! Please contact Maria with any pastoral concerns.

Our **Vestry Meeting** schedule for the Fall - October 20th, November 17th, and December 15th after Worship.

Episcopal 101 - Reboot - Bishop Kara will be visiting SMSJ in December. During her visit we will celebrate Confirmations and Receptions into the Episcopal Church. Moving forward our Episcopal 101 classes will be offered after church - October 27th and November 10th. Please note the change in dates.



Save the Date for **Empty Bowls 2024!** This yearly fundraiser will take place on **Friday, October 25**. Tickets are on sale now at bit.ly/SMSJEmptyBowls2024 or by scanning the QR code.

Want to make a soup? Let Terri C. know. Able to bake? Let Theresa H. know. Have a raffle prize to donate? Let Ginnie S. know.

This Fall consider making a **2025 Pledge to St. Mark's & St. John's**.. Our goal is to be able to cover half of our expenses through our pledges, which means a total increase in giving of over fifteen thousand dollars. It is a big ask. Consider pledging for the first time (any amount is terrific) or if you have pledged before consider increasing your pledge for 2025. **"Tithing, which is giving 10% of your income, has been a transformational spiritual discipline for me over the last fifteen years,"**says Pastor Cindy. Keep an eye on our weekly Newsletters, Social Media, and Bulletin Announcements to learn more about how giving to SMSJ makes our neighborhood stronger by providing food and connection 365 days of the year. *To pledge just go to stmarksandstjohns.org - "Get Connected" - "2025 Pledge Card" and submit an electronic pledge card.*

Our final **Community Garden Work Day** will be Saturday, October 19 at 10 am in the EDEN Church Garden!

Maria is continuing to serve a few Sundays a month at Church of the Epiphany in Gates, which fulfills the requirement of "field education" as a **Postulant for Holy Orders**. She is shadowing the Rector, preaching, and learning from a different setting. When she's not there, she will be here for Worship!

Diocesan News

2024 Convention 93 will be held on Saturday, **October 26th** at Hobart and William Smith Colleges. Our delegates (Clergy & Lay) are required to pre-register by September 9th. The pre-Convention Meeting will be held on Zoom, **Tuesday, October 1st 5:30 pm-6:30 pm**. The agenda will include reviewing the Diocesan Proposed 2025 Budget (inc. Apportionment), meeting the Nominees for Elective Office, and learning about Convention logistics.

SMSJ Weekly Calendar

September 30 - October 6

Monday, 9/30	Hosting St. Paul's Staff Retreat
Tuesday, 10/1	5 p.m. - Gardening at EDEN Parsells 5:30 p.m. - Pre-Convention Meeting for Delegates (Zoom)
Wednesday, 10/2	9 a.m. - Gardening at EDEN Church 10:30 a.m. - Food Shelf (<i>VOLUNTEERS NEEDED!</i>)
Thursday, 10/3	9:15 a.m. - Webster Thomas High School Garden Work Day 6 p.m. - Blessing of the Animals (Church Garden)
Friday, 10/4	9 a.m. - SMSJ Project Morning
Saturday, 10/5	10 a.m. - APO @ University of Rochester Garden Volunteer Day (Parsells Garden)
Sunday, 10/6	9:15 a.m. - Sunday Worship with Eucharist



St. Mark's & St. John's Staff

Rector

The Rev'd Cynthia Rasmussen, Ph.D.
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Operations and Missions Director

Maria Hartz, M.Div.
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Deacon

The Rev'd Patti Blaine, M.A., BCC
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Musician

Andy Lacey

Audio and Video Producer

Robert Thornton

Deacon Emeritus

The Rev'd Mike Finn

St. Mark's & St. John's Vestry

Co-Wardens

Walt Snyder &
Sharon Kowalski

Vestry Members

Bob Caruso (Clerk)
Heather Gilfoy
Ella Gruel

Diocesan Delegates

Ella Gruel
Nancy Ramsay
Deb Snyder

Treasurer

Michele Holmes

Theresa Harte
Nancy Ramsay
Ginnie Schindler
Nancy Willer

Beechwood Neighborhood Coalition Representative

Terri Censak