

The Episcopal Diocese of California

# St. Bede's Episcopal Church in Menlo Park



**Sixth Sunday of Easter**

**8:00 a.m., May 10, 2026**

**Holy Eucharist, Rite I**

## **Easter**

We are an Easter people, and our identity as those walking in the way of Jesus is wrapped up in the life-giving love of God exemplified in this holy day. This Eastertide season is our opportunity to give thanks and praise to the One whose kindness and compassion for us has overcome all obstacles to bring us from the darkness we may face in life and into God's glorious light where peace and joy abound. Wherever you are on your spiritual journey, you are welcome here.

---

**THE EPISCOPAL DIOCESE OF CALIFORNIA**

**The Rt. Rev. Austin Keith Rios, Bishop | The Rev. Dan Spors, Rector**

**2650 Sand Hill Road, Menlo Park, CA 94025 | (650) 854-6555 | [stbedesmenlopark.org](http://stbedesmenlopark.org)**

## THE WORD OF GOD

*Please stand as you are able.*

Presider Alleluia. Christ is risen. Book of Common Prayer (BCP), p.323

All **The Lord is risen indeed. Alleluia.**

Presider 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.**

### ***Pascha Nostrum***

BCP, p. 46

All **Alleluia.**  
**Christ our Passover is sacrificed for us;**  
**therefore let us keep the feast,**  
**Not with old leaven,**  
**neither with the leaven of malice and wickedness,**  
**but with the unleavened bread of sincerity and truth. Alleluia.**

**Christ being raised from the dead dieth no more;**  
**death hath no more dominion over him.**  
**For in that he died, he died unto sin once;**  
**but in that he liveth, he liveth unto God.**  
**Likewise reckon ye also yourselves to be dead indeed unto sin,**  
**but alive unto God through Jesus Christ our Lord. Alleluia.**

**Christ is risen from the dead,**  
**and become the first fruits of them that slept.**  
**For since by man came death,**  
**by man came also the resurrection of the dead.**  
**For as in Adam all die,**  
**even so in Christ shall all be made alive. Alleluia.**

### ***The Collect of the Day***

BCP, p. 170

Presider The Lord be with you.

All **And with thy spirit.**

Presider Let us pray.

All **O God, who hast prepared for those who love thee such good things as pass man's understanding: Pour into our hearts such love toward thee, that we,**

**loving thee in all things and above all things, may obtain thy promises, which exceed all that we can desire; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.**

**First Reading: Acts 17:22-31**

NRSV

Reader A reading from the Acts of the Apostles.

Paul stood in front of the Areopagus and said, "Athenians, I see how extremely religious you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, 'To an unknown god.' What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For 'In him we live and move and have our being'; as even some of your own poets have said, 'For we too are his offspring.'

Since we are God's offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead."

The Word of the Lord.

ALL **Thanks be to God.**

**Psalm 66:7-18**

Psalter for the Christian People

ALL **7 Bless our God, you peoples; \*  
          make the voice of praise to be heard.  
8 God holds our souls in life, \*  
          and will not allow our feet to slip.  
9 For you, O God, have proved us; \*  
          you have tried us just as silver is tried.  
10 You brought us into the snare; \*  
          you laid heavy burdens upon our backs.**

- 11 You let enemies ride over our heads; we went through fire and water; \*  
but you brought us out into a place of refreshment.**
- 12 I will enter your house with burnt-offerings and will pay you my vows, \*  
which I promised with my lips  
and spoke with my mouth when I was in trouble.**
- 13 I will offer you sacrifices of fat beasts with the smoke of rams; \*  
I will give you oxen and goats.**
- 14 Come and listen, all you who fear God, \*  
and I will tell you what God has done for me.**
- 15 I cried out with my mouth, \*  
and God's praise was on my tongue.**
- 16 If I had found evil in my heart, \*  
the Lord would not have heard me;**
- 17 But in truth God has heard me \*  
and attended to the voice of my prayer.**
- 18 Blessed be God, who has not rejected my prayer, \*  
nor withheld steadfast love from me.**

***Second Reading: 1 Peter 3:13-22***

NRSV

Reader A reading from the first letter of Peter.

Now who will harm you if you are eager to do what is good? But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, but in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The Word of the Lord.

All                   **Thanks be to God.**

***The Alleluia***

*Please stand as you are able.*

Presider           Alleluia.

All                   **The Lord has anointed me to preach good news to the poor,  
and to set at liberty those who are oppressed. Alleluia.**

***The Gospel: John 14:15-21***

NRSV

Presider           The Holy Gospel of our Lord Jesus Christ according to John.

All                   **Glory be to thee, O Lord.**

Presider           Jesus said, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

"I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them."

The Gospel of the Lord.

All                   **Praise be to thee, O Christ.**

***The Sermon - Please be seated.***

***Nicene Creed - Please stand as you are able.***

Enriching Our Worship 1 (EOW) p. 53

All                   **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,  
     was incarnate of the Holy Spirit and the Virgin Mary,  
     and became truly human.  
 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,  
     who with the Father and the Son is worshiped and glorified,  
     who 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: Rite I***

BCP, p. 328

Intercessor     Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make  
 prayers, and supplications, and to give thanks for all people: Receive these our  
 prayers which we offer unto thy divine Majesty, beseeching thee to inspire  
 continually the Universal Church with the spirit of truth, unity, and concord; and  
 grant that all those who do confess thy holy Name may agree in the truth of thy  
 holy Word, and live in unity and Godly love.

Lord in thy mercy,  
 All           **Hear our prayer.**

Intercessor     Give grace, O heavenly Father, to all bishops and other ministers, especially for  
 Sarah, Archbishop of Canterbury, Austin, our Bishop, Dan, our Rector; and Jane,  
 our Priest Associate, that they may, both by their life and doctrine, set forth thy  
 true and lively Word, and rightly and duly administer thy holy Sacraments.

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Donald our President and Gavin our Governor, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Lord in thy mercy,  
All **Hear our prayer.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, and for those we now name...

*The submissions for intercessions are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor For the victims of violence and oppression throughout the world.

*The submissions for victims of violence are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor We ask your prayers for those celebrating birthdays this week, and those celebrating anniversaries, especially John H.. and Sara B., and we thank you for all the blessings of this life.

*The submissions for thanksgivings are now read. The People may add their own petitions.*

All Lord in thy mercy,  
**Hear our prayer.**

Intercessor And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of the Venerable Bede and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

*The names submitted for the departed are now read. The People may add their own petitions.*

All Lord in thy mercy,  
**Hear our prayer.**

Intercessor Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.

All **Amen.**

### ***The Peace***

Presider The peace of the Lord be always with you.

All **And with thy spirit.**

## **THE HOLY COMMUNION**

Presider Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty. For everything in heaven and on earth is yours. Yours, O Lord, is the kingdom, and you are exalted as head over all. *1 Chronicles 29:11*

*You may be seated for the setting of the Altar for Communion.*

***The Great Thanksgiving: Eucharistic Prayer II*** - Please stand as you are able.

BCP, p. 340

Presider The Lord be with you.

All **And with thy spirit.**

Presider Lift up your hearts.

All **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

All **It is meet and right so to do.**

Presider 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; but chiefly are we bound to praise thee for the glorious resurrection of thy Son Jesus Christ our Lord; for he is the very Paschal Lamb, who was sacrificed for us, and hath taken away the sin of the world; who by his death hath destroyed death, and by his rising to life again hath won for us everlasting life. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

All **Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.**

*The congregation may stand, kneel, or sit.*

Presider All glory be to thee, Almighty God, our heavenly Father, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption.

He made there a full and perfect sacrifice for 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 to thee, he broke 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 this, all of you; for this is my Blood of the New Covenant, 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, we thy people do celebrate and make, 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; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving; whereby we offer and present unto thee, O Lord, our selves, our souls and bodies.

Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

Presider And now, as our Savior Christ hath 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.**

### **The Breaking of the Bread**

BCP, p. 337

*The Presider breaks the consecrated Bread.*

*A period of silence is kept.*

Presider Alleluia, Christ our Passover is sacrificed for us;

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

Presider The Gifts of God for the People of God.

*We celebrate everyone in this space today. We welcome you to share in the Sacrament of Communion by approaching the altar when invited by an usher. If you would like to instead receive a blessing, you may come forward and cross your arms over your chest to signal your intention.*

**Postcommunion Prayer** - *Please stand as you are able.*

BCP, p. 339

Let us pray,

All **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 Announcements** - *Please be seated.*

*Those with birthdays and anniversaries are invited to come forward to receive a blessing (BCP, p. 830).*

**The Blessing** - *Please stand as you are able.*

Book of Occasional Services, 2022, p. 14

Presider      The God of peace, who brought again from the dead our Lord Jesus Christ, the great Shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

**Dismissal**

BCP, p. 340

Presider      Go in peace to love and serve the Lord. Alleluia, Alleluia.

All            **Thanks be to God. Alleluia, Alleluia.**



**Flowers today are given to the glory of God and in thanksgiving for the birthday of Elizabeth Poulson, daughter of Ann Poulson.**



## THANK YOU TO THOSE SERVING TODAY

**Presider:** The Rev. Dan Spors

**First Reading:** Megan Sell

**Second Reading:** Joan Sanders

**Usher:** Open

**Intercessor:** John Maulbetsch

**Altar Server:** Jim Fisher

**Godly Play:** Jane McDougle

**Altar Guild:** Sue Sartor; Flowers: Anne Vitullo  
& Joan Sanders

**Coffee Hour Host:** Kathy Thompson

## ST. BEDE'S EPISCOPAL CHURCH IN MENLO PARK

### Church Staff

**Rector:** The Rev. Dan Spors

**Priest Associate:** The Rev. Jane McDougle

**Parish Administrator:** Lauren D'Ambrosio

**Music Director:** Vic De La Cruz

**Organist:** Eric Kinsley

**Bookkeeper:** Angela Sherry

### St. Bede's Choir

**Sopranos:** Jimi Cuevas, Nola Moore, Amy  
Spencer (*Section Leader*),

**Altos:** Dora Ho, Cathleen Josaitis, Holly  
Patch

**Tenors:** Chris Brown, Alex Hurley (*Section  
Leader*), Matthias Zuniga

**Basses:** David Elliott, Joey Krohlow (*Section  
Leader*), Ian Asetline

**Vestry:** Chris Bellanca, David Elliott, John Hickson, David Mahal, John Maulbetsch, Tanya  
Luhmann, Jon Poe, Kathleen Thompson

**Altar Guild:** Elizabeth Bellock, Elaine Kriegh, Ann Poulson (*Emerita*), Sue Sartor (*Captain*); Anne Vitullo  
and Joan Sanders (*Flowers*)

**Buildings and Grounds:** Mike Sartor, Dick Zeren, Jon Backlund

**Community Outreach Steering Committee:** Julie Backlund, Elizabeth Bellock, John Hickson, John  
Maulbetsch, Sue Sartor, Anne Vitullo, Becky Zeren

**Finance:** Julie Backlund (*Treasurer*), Randy Kriegh, Hal Louchheim, Jon Poe, Angela Sherry,  
Michelle Swenson (*Assistant Treasurer*)

**Hospitality:** Kathleen Thompson and Anne Vitullo (*Captains*)

Special thanks to John Hickson for recently delivering to Ecumenical Hunger Program a portable  
stroller and other child care equipment we had in storage. We're delighted that a family in need can  
use these items!

## Announcements for May 10, 2026

### **Fundraising for the Seccombe Fund for Outreach**

We hope you will be able to make it to the annual Parish Picnic on **Sunday, May 17th** to enjoy a delicious picnic lunch, enjoy games and time with fellow parishioners and support our fundraiser for the Seccombe Outreach Fund. The Marketplace has a variety of events (like the ever popular Chicago-style deep dish pizza dinner with Reverend Dan), wines, and unique party games to offer. If you can't make it to the picnic and would like to make a donation, you can write a check to St. Bede's and mark it for the Seccombe Fund and send it to the church office. Thanks for supporting St. Bede's Outreach programs!

*~ Community Outreach Steering Committee*

### **Community Resources in San Mateo and Santa Clara Counties**

There are a number of resources in our community for those who need help, including food programs, housing assistance, health care and legal services. San Mateo and Santa Clara Counties each publish a comprehensive guide to these and other community services in their respective counties. We have stocked the brochure racks in each narthex and Lehman Hall with copies of these county resource guides so that they're available when someone comes to St. Bede's needing help. Should you know someone needing help, please pick up one of these resource guides to share with them.

*– Anne Vitullo for the Community Outreach Steering Committee*

### **Sign up to Serve Dinner at LifeMoves!**

Please help us to prepare and serve a healthy meal to clients at the LifeMoves Navigation Center in Redwood City. We'll be doing food prep and cooking in our Lehman Hall kitchen on **Sunday, June 7th** following coffee hour. Later in the afternoon, we will transport our food to the Navigation Center, set the buffet tables and serve dinner to the clients. If you'd like to contribute from your home kitchen, you may drop off your favorite muffins or cornbread on Sunday morning. Use the signup link in the eNews or on the St. Bede's website, under "Announcements".

### **Pizza Theology**

Join us on **Thursday, May 21st** for a Pizza Theology session, the final session until September. New discussion topics at every meeting! Come enjoy the fellowship and the pepperoni, with vegetarian options available. Bring a friend, bring a side dish, and bring yourself!

### **Can you Share a Can a Week?**

Rising food prices are most affecting those in our community who can afford it the least. Local nonprofits like Ecumenical Hunger Program see this first-hand as demand for their services increases dramatically. Please help by donating nonperishable food items to our ongoing food drive for EHP. You can pick up a copy of our suggested shopping list in the church narthex, and gifts can be left in the adjacent donation baskets any Sunday. Consider making this a regular gift to EHP by bringing a can a week. Together we can help stock the pantry for someone in need.

## Announcements for May 10, 2026

### Easter Lilies in Jarrow Garden

After Easter each year, the Easter lilies that grace the sanctuary during our Easter services are planted in Jarrow Garden. While this year's lilies will not bloom again until next year, there are several clusters of Easter lilies that we've planted in past years now popping up again in Jarrow. Look for them to bloom later this spring, bringing with them their gentle message of resurrection.

— Anne Vitullo for the Altar Guild Flower team

### Volunteer for Worship in May and June

Scan the QR code to volunteer for worship weekends in May and June. We are in need of readers, ushers, and intercessors to help at services. We appreciate any kind offer of your time. If you are interested in serving as an acolyte, please contact Rev. Dan. Please add your name and input your availability! This link is also available online.



### Soulwork

SoulWork meets on **Sunday between our services at 9:10 a.m.** Discussions at present focus on "The Promises Made at Baptism", where we will discuss the 5 promises made when we reaffirm our faith in the Baptismal Covenant.

### Nursery and Godly Play

Our Sunday children's programs meet in Wyatt Hall (the building to the left as you go through the north exit of the Sanctuary). Children ages 3 and up are welcome to **join us at 10:00 a.m.** for Sunday school in our beautifully equipped Godly Play room.

### Bloom and Grow!

We are always looking for new sponsors for floral arrangements in the Sanctuary. If you are interested in honoring a loved one, or sharing your deep-rooted love of flowers with the parish, please follow the steps below:

1. Plant your name on the poster in the courtyard narthex. Sign-ups are accepted on a first-come, first-served basis, so sign up to-daisy! *We accept one sponsorship per week, except at Christmas and Easter when we accept multiple donors and dedications.*
2. Pick up a donation envelope from the basket near the sign-up poster for your gift (cash or checks accepted). *On the envelope please indicate if your flowers are in celebration of a special event, such as a birthday or anniversary, or in memory of someone who is Deceased.*
3. "Leaf" your donation envelope in the offertory plate on Sunday or in the Parish Admin folder in the office during the week. We request a donation of \$60 to underwrite the cost of one week's floral arrangements. *Donations will be noted in the bulletin unless made anonymously. Any donations gathered during Lent are used for Easter flowers, while those reaped during Advent are used for Christmas flowers and greens.*

### **Announcements for May 10, 2026**

4. If making an online or check donation, please include "For St. Bede's flowers" and your requested date in the memo..

We can't wait to thank the "scent"-sational donors who rose to the occasion!