

The Episcopal Diocese of California

# St. Bede's Episcopal Church in Menlo Park



**Seventh Sunday of Easter: The Sunday after Ascension Day**

**10:15 a.m., May 17, 2026**

**Holy Eucharist, Rite II**

## **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.

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**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)**

**Prelude: Voluntary III**

John Stanley (1712-1786)

To celebrate the Easter season, we ring bells wherever "Alleluia" is sung or spoken. Please help yourself to a provided bell and ring joyfully!

**THE WORD OF GOD**

**Hymn 481: Rejoice, the Lord is King** - Please stand as you are able.

Hymnal 1982

Presider Alleluia. Christ is risen.

Book of Common Prayer (BCP), p. 355

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

Presider 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.**

**Hymn S280: Glory to God** - Sung by all

Hymnal 1982

1. Glo - ry to God in the high - est, and  
 peace to God's peo - ple on earth. 2. Lord God, heaven - ly  
 King, al - might - y God and Fa - ther, we wor - ship you, we  
 give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
 Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy

on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,  
 you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

**The Collect of the Day**

BCP, p. 224

Presider The Lord be with you.

All **And also with you.**

Presider Let us pray.

All **O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.**

**First Reading: Acts 1:6-14**

NRSV

Reader A reading from the Acts of the Apostles.

When the apostles had come together, they asked Jesus, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward

heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

The Word of the Lord.

All **Thanks be to God.**

***Psalm 68:1-10, 33-36*** - sung by choir

Psalter for the Christian People

- Choir
- 1 O God, arise, and let your enemies be scattered; \*  
let those who hate you flee before you.
  - 2 Let them vanish like smoke when the wind drives it away; \*  
as the wax melts at the fire, so let the wicked perish at the presence of  
God.
  - 3 But let the righteous be glad and rejoice before God; \*  
let them also be merry and joyful.
  - 4 Sing to God, sing praises to God's name;  
exalt the One who rides upon the heavens; \*  
the name of our God is the LORD; rejoice before the LORD!
  - 5 Defender of widows, shelter for orphans, \*  
God in heaven's holy habitation!
  - 6 God gives the solitary a home and brings forth  
prisoners into freedom; \*  
but the rebels shall live in dry places.
  - 7 O God, when you went forth before your people, \*  
when you marched through the wilderness,
  - 8 The earth shook, and the skies poured down rain,  
at the presence of God, the God of Sinai, \*  
at the presence of God, the God of Israel.
  - 9 You sent a gracious rain, O God, upon your inheritance; \*  
you refreshed the land when it was weary.
  - 10 Your people found their home in it; \*  
in your goodness, O God, you have made provision for the poor.

33 Sing to God, O realms of the earth; \*  
 sing praises to the Lord.

34 God rides in the heavens, the ancient heavens; \*  
 God's voice thunders forth, a mighty voice.

35 Ascribe power to God, \*  
 whose majesty is over Israel, whose strength is in the skies.

36 How wonderful is God in the holy places! \*  
 the God of Israel giving strength and power to the chosen people!  
 Blessed be God!

**Second Reading: 1 Peter 4:12-14; 5:6-11**

NRSV

Reader A reading from the first letter of Peter.

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

The Word of the Lord.

All **Thanks be to God.**

**Hymn 222: Rejoice, the Lord of life ascends** - Please stand as you are able.

Hymnal 1982

**The Gospel: John 17:1-11**

NRSV

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

All **Glorify to you, Lord Christ.**

Presider Jesus looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now,

Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."

The Gospel of the Lord.

All **Praise to you, Lord 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.

***The Prayers of the People: Easter VII***

Adapted from Ormond Plater

- Intercessor In our joys and our sufferings let us give glory to God. And let us offer prayers for all persons in the world, to keep them in God's name.
- All For this holy gathering and for those who enter our circle of faith.  
**Glory and praise to you, O living God.**
- Intercessor For the newly baptized illumined by the light of Christ.  
All **Glory and praise to you, O living God.**
- Intercessor For our leaders, and all the holy people of God in every place.  
All **Glory and praise to you, O living God.**
- Intercessor For the leaders of the nations and peace in the world.  
All **Glory and praise to you, O living God.**
- Intercessor For those celebrating birthdays this week, especially Kirk F., Chris B., John W., and for those celebrating anniversaries.  
All **Glory and praise to you, O living God.**
- Intercessor For this city and the community around us, remembering...

*An usher reads the names submitted for intercessions.*

- Intercessor We pray to you, O Lord.  
All **Glory and praise to you, O living God.**
- Intercessor For all in any pain, all who sorrow, and victims of violence in the world, remembering...

*An usher reads the submitted victims of violence.*

Intercessor We pray to you, O Lord.  
All **Glory and praise to you, O living God.**

Intercessor For ourselves, our families, and those we love, remembering...

*An usher reads the names submitted for thanksgivings.*

Intercessor We pray to you, O Lord.  
All **Glory and praise to you, O living God.**

Intercessor For the sick, the dying, and the dead, remembering...

*An usher reads the names submitted for the departed.*

Intercessor We pray to you, O Lord.  
All **Glory and praise to you, O living God**

Intercessor Remembering the Blessed Virgin Mary and all the saints, let us offer ourselves and one another to the living God through Christ.

All **To you, O Lord.**

*The Presider adds the following collect.*

Presider Blessed are you, Lord of heaven and earth, who gives us confidence and hope through the resurrection of Jesus Christ. In your tender love, hear our prayers for all the world and grant us the power of your abundant and life-giving Spirit; through Jesus Christ our Lord. **Amen.**

### ***The Peace***

Presider The peace of the Lord be always with you.  
All **And also with you.**

***The Announcements*** - *Please be seated.*

## **THE HOLY COMMUNION**

Presider Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. *Hebrews 13:15, 16*

**Anthem: Hark, I Hear the Harp's Eternal**

arr. Alice Parker (1925-2023)

*Hark, I hear the harps eternal ringing on the  
farther shore,  
As I near those swollen waters with their deep  
and solemn roar.  
And my soul, tho' stain'd with sorrow, fading as  
the light of day,  
Passes swiftly o'er those waters, to the city far  
away.*

*Souls have cross'd before me, saintly, to that  
land of perfect rest;  
And I hear them singing faintly in the mansions  
of the blest.  
Refrain:  
Hallelujah, hallelujah, hallelujah, praise the  
lamb!  
Hallelujah, hallelujah, glory to the great I AM*

**The Great Thanksgiving: Seventh Sunday of Easter** - Please stand as you are able.

Presider The Lord be with you. Eucharistic Prayers, p. 160

All **And also with you.**

Presider Lift up your hearts.

All **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

All **It is right to give God thanks and praise.**

Presider Glorious God, in Moses, the prophets, and the psalms you showed your purpose for your people and your love for your world. In Jesus you fulfilled your promises and opened to us your heart. In his passion and death we saw the consequences of our rejection and the depth of your yearning. Yet you raised Jesus from the tomb. In his resurrection you invite us into the company of your eternal joy, and in his ascension on high you seal as complete his work among us. So with angels and archangels and all the company of heaven, we praise you forever, singing:

**Hymn S125: Holy, Holy, Holy**

Hymnal 1982



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,



heaven and earth are full of your glo - ry. Ho -



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

Blest is the one who comes in the name of the Lord. Ho -  
 san - na in the high-est. Ho - san - na in the high-est.

Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

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

Presider Gracious God, your Son at his ascension promised the disciples they would be clothed with power from on high. Send now your Holy Spirit, that we may know the presence of your Son among us, and that bread broken, and wine outpoured, may be for us the body and blood of your Son Jesus Christ; who, at supper with his disciples, took bread, gave you thanks, broke the bread, and gave it to them, saying, "Take, eat: this is my body which is given for you; do this in remembrance of me." After supper he took the cup. Again he gave you thanks, and gave it to his disciples, saying, "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. Do this, as often as you drink it, in remembrance of me."

Great is the mystery of faith:

All **Christ has died; Christ is risen; Christ will come again.**

Presider Generous God, your Son told his disciples to stay in the city until they were clothed by the Spirit. Give courage to those whom you call to stay in places of danger and confusion when their hearts are full of doubt and disillusion. Your Son withdrew from the disciples when they did not know what the future would hold. Be close to all who face an uncertain future and deeply know their need of you. Your Son's disciples were continually in the temple praising you. Give your church a fresh outpouring of your Spirit and make it a blessing to all the children of your earth; until the completion of your Son's ministry becomes the completion of your whole creation, and you are all in all, one God, Father, Son, and Holy Spirit. **AMEN.**

Presider And as our Savior Christ has taught us, we now pray,

All **Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as 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

BCP, p. 364

The Presider breaks the consecrated Bread.

A period of silence is kept.

### Fraction Anthem S154: Christ our Passover

Hymnal 1982

*This setting is not used in Lent.*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.  
Christ our Pass - o - ver is sac - ri - ficed for us;  
there - fore let us keep the feast.  
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Presider 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.

*Everyone is welcome to join us in the Sacrament of Communion today. In addition to the traditional bread and wine, gluten-free and non-alcoholic options are available from the priest and chalice bearers. You can indicate your preference at the altar rail. If you would like to receive a blessing in place of taking communion, you may come forward and cross your arms over your chest to signal your intention.*

### Organ Anthem: Sonata in F, Adagio

Wolfgang Amadeus Mozart (1756 - 1791)

### Hymn 635: If thou but trust in God to guide thee

Hymnal 1982

### Sending Forth the Communion [as needed]

Presider N., in the name of Christ's Church and of our congregation at St. Bede's, I send you forth bearing these holy gifts to N., so that *he/she/they* may share with us in the communion of Christ's body and blood.

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

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

BCP, p. 365

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***

Book of Occasional Services, 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.**

***Hymn 461: Alleluia! sing to Jesus!***

Hymnal 1982

***Dismissal***

BCP, p. 366

Presider      Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia, Alleluia.  
All              **Thanks be to God. Alleluia, Alleluia.**

***Postlude: Sonata in G major, Allegro con brio***

Joseph Haydn (1732-1809)

*(Liturgical Source Acknowledgements: Liturgy is from the 1979 Book of Common Prayer. Hymns are from Hymnal 1982. Our music license is provided by One License # A-724585.*



**Flowers today are given to the glory of God and in loving memory of  
Gloria Thompson.**



## THANK YOU TO THOSE SERVING TODAY

**Presider:** The Rev. Dan Spors

**First Reading:** Helen Greenwood

**Second Reading:** Tanya Luhrmann

**Usher:** Jon Backlund

**Intercessor:** Tanya Luhrmann

**Altar Servers:** Open

**Godly Play:** Jane McDougale

**Altar Guild:** Elaine Kriegh, Flowers: Anne Vitullo & Joan Sanders

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

### Church Staff

**Rector:** The Rev. Dan Spors

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

**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 Luhrmann, 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*)

## Announcements for May 17, 2025

### Parish Picnic today!

Join us TODAY in the lower yard after the second service for our Annual Parish Picnic. There will be no coffee hour service or SoulWork today.

### Resources for Our Immigrant Neighbors

While immigrant raids may have faded from the national news in recent weeks, they are still a very real threat to our immigrant neighbors. We are making available at St. Bede's a supply of simple information kits that can be shared with those who may need them. Each kit includes "Know Your Constitutional Rights" cards, sample documents for warrants and subpoenas, instructions on how to respond if given a warrant, a whistle and instructions for sending community resistance whistle alerts. All information is available in English and Spanish. Kits are available in the south (parking lot) narthex. Please take a kit to share with a friend or neighbor.

### 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!

### 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".

### 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

### 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

## Announcements for May 17, 2025

### 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.*
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!