

The Episcopal Diocese of California

# St. Bede's Episcopal Church in Menlo Park



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

**8:00 a.m., May 17, 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.

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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)**

## 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, the King of glory, who hast exalted thine only Son Jesus Christ with great triumph unto thy kingdom in heaven: We beseech thee, leave us not**

**comfortless, but send to us thine Holy Ghost to comfort us, and exalt us unto the same place whither our Savior Christ is gone before; who liveth and reigneth with thee and the same Holy Ghost, one God, world without end. 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**

Psalter for the Christian People

All **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.**

### ***The Alleluia***

*Please stand as you are able.*

Presider Alleluia.

All **Show me your ways, O Lord: lead me in your truth and teach me. Alleluia.**

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

NRSV

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

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

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 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 we thank you for all the blessings of this life.

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

Lord in thy mercy,  
All **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.*

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

*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.*

**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 loving memory of  
Gloria Thompson.**



## THANK YOU TO THOSE SERVING TODAY

**Presider:** The Rev. Dan Spors

**First Reading:** Joan Sanders

**Second Reading:** Open

**Usher:** Open

**Intercessor:** John Maulbetsch

**Altar Server:** Jim Fisher

**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, 2026**

### **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

## Announcements for May 17, 2026

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.*
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!