



# HOPE, HEALING AND RECOVERY

Second Sunday of Easter ♦ April 7, 2024

The Rt. Rev. Kevin Nichols Presiding

GRACE EPISCOPAL CHURCH ♦ DIOCESE OF BETHLEHEM

## Welcome to the Community of Grace Episcopal Church

Every service at Grace offers healing, reconciliation, and joyful worship. The first Sunday of each month, our worship explicitly includes 12-Step recovery prayers and practices. We welcome everyone into Healing, Hope and Recovery, and especially those who are suffering or recovering from grief, addiction, abuse, mental illness, and the hurts and sorrows of daily life. This morning finds us in the 4<sup>th</sup> month of the year, so we turn our attention to **Step 4**:

**Step 4: We make a searching and fearless moral inventory of ourselves.**

We gather in Worship to listen to the word of God in song, prayer, 12 Step literature and Holy Scripture. We listen to each other and to a message of comfort, healing, delight, and promise. We experience the presence of God, our higher power.

**All are welcome at God's table during Communion**  
where we offer consecrated bread, wine and grape juice.  
*Please note: Grape juice is served in the ceramic Chalice.*

Anonymity is a spiritual principle.  
What is shared here remains here.

**Welcome and Announcements**  
Brother Matthew Luke, Sr Warden

**Prelude *You are not Alone***  
John Adamson & David Lyons



## Opening Hymn ~ *Please stand as you are able.*



1 That Eas - ter day with joy was bright, the  
 2 His ris - en flesh with ra - diance glowed; his  
 3 O Je - sus, King of gen - tle - ness, do  
 4 O Lord of all, with us a - bide in  
 5 All praise, O ris - en Lord, we give to



1 sun shone out with fair - er light, when, to their long - ing  
 2 wound - ed hands and feet he showed; those scars their sol - emn  
 3 thou thy - self our hearts pos - sess that we may give thee  
 4 this our joy - ful Eas - ter - tide; from ev - ery wea - pon  
 5 thee, who, dead, a - gain dost live; to God the Fa - ther



1 eyes re - stored, the a - pos - tles saw their ris - en Lord.  
 2 wit - ness gave that Christ was ris - en from the grave.  
 3 all our days the will - ing tri - bute of our praise.  
 4 death can wield thine own re - deemed for ev - er shield.  
 5 e - qual praise, and God the Ho - ly Ghost, we raise.

## Opening Acclamation

*Bishop* Alleluia! Christ is risen.

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

*Bishop* There is one Body and one Spirit.

***People*** There is one hope in God's call to us;

*Bishop* One Lord, one Faith, one Baptism;

***People*** One God and Father of all.

*Bishop* Let us observe a moment of silence, followed by the Serenity Prayer.

***People*** God, grant us the serenity  
 to accept the things we cannot change,  
 the courage to change the things we can,  
 and the Wisdom to know the difference.

## Collect of the Day

*Bishop* The Lord be with you.

***People*** And also with you.

*Bishop* Let us pray:

Almighty and everlasting God, who in the Paschal mystery established the new covenant of reconciliation: Grant that all who have been reborn into the fellowship of Christ's Body may show forth in their lives what they profess by their faith; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

O blessed Lord, you ministered to all who came to you: Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love; through Jesus Christ our Lord. **Amen.**

## **We Hear God's Word**

*Please be seated for the readings.*

*Bishop* We gather to listen to the Word of God in song, prayer, 12-step literature and Holy Scripture. We listen to each other and to a message of delight, comfort, healing and promise. We listen for the very presence of God, our higher power.

## **Recovery Literature and Scripture**

*Reader: Step 4: We make a searching and fearless moral inventory of ourselves.*

“Examine yourselves to see if you are in the faith. Test yourselves. Do you not understand that God is in you?” (2 Corinthians 13:5-7)

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.” (Psalm 139:23-24)

Self-examination requires rigorous honesty. Redemption begins with an honest account of who we are. We need not be afraid, knowing that God is in us, and God will lead us in the way.

## **A reading from the Episcopal Blog ‘Through the Red Door’**

Step 4 took me by surprise. I was a bewildered addict, but I was willing to follow directions. I was terrified and heart-broken at the thought of actually taking my inventory. I began a list of resentments and fears, and with the help of another person, I learned my own patterns of evasion and blaming. We read in The 12 Steps and 12 Traditions (p. 88):

“The spiritual axiom —*every time I am disturbed, no matter what the cause, there is something wrong with me*”... Regardless of what is happening around me, I will always have the prerogative, and the responsibility, of choosing what happens within me.”

With practice, I became aware of my character defects as they were happening. When I asked for God's help I heard ‘*pause and listen*’. I was surprised to find myself on a path of profound change and deepening spirituality - the kind of spirituality that I thought could never be mine. Before, my Higher Power had been invisible to me; now I am enveloped in God.

Join me in the 4<sup>th</sup> Step Prayer:

**People** In the comfort of Your love, we lay before You  
 the memories that haunt us,  
 the anxieties that perplex us,  
 the despair that frightens us.  
 Help us discover Your forgiveness and know Your peace.  
 God, Heal us and fill us with Your light and Your hope. Amen.

### 1<sup>st</sup> Lesson: Acts 4:32-35

*Reader:* A Reading from the Book of Acts:

Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need. *Here ends the reading.*

**People: Amen.**

### Psalm 133: selected verses

*Leader and People alternate verses.*

Oh, how good and pleasant it is,  
 when brethren live together in unity!

**It is like fine oil upon the head  
 that runs down upon the beard,**

Upon the beard of Aaron,  
 and runs down upon the collar of his robe.

**It is like the dew of Hermon  
 that falls upon the hills of Zion.**

For there the LORD has ordained the blessing:  
 life for evermore.

### 2<sup>nd</sup> Lesson: 1 John 1:1-2:2

*Reader:* A reading from the 1<sup>st</sup> Letter of John:

We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life-- this life was revealed, and we have seen it and testify to it, and declare to you the eternal life that was with the Father and was revealed to us-- we declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ. We are writing these things so that our joy may be complete.


This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all. If we say that we have fellowship with him while we are walking in

darkness, we lie and do not do what is true; but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us.


My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.

### Sequence Hymn *Please stand as you are able.*


*Antiphon (at the beginning)*




Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!



1 O sons and daught - ers, let us sing!  
2 That night the a - pos - tles met in fear;  
3 When Thom - as first the tid - ings heard,  
4 "My pierc - ed side, O Thom - as, see;  
5 No long - er Thom - as then de - nied,  
6 How blest are they who have not seen,




1 The King of heaven, the glo - rious King,  
2 a - midst them came their Lord most dear,  
3 how they had seen the ris - en Lord,  
4 my hands, my feet, I show to thee;  
5 he saw the feet, the hands, the side;  
6 and yet whose faith has con - stant been,



1 o'er death and hell rose tri - umph - ing. Al - le - lu - ia!  
2 and said, "My peace be on all here." Al - le - lu - ia!  
3 he doubt - ed the dis - ci - ples' word. Al - le - lu - ia!  
4 not faith - less, but be - liev - ing be." Al - le - lu - ia!  
5 "Thou art my Lord and God," he cried. Al - le - lu - ia!  
6 for they e - ter - nal life shall win. Al - le - lu - ia! [Ant.]

*Antiphon (at the end)*



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

## A Reading from the Gospel According to John 20:19-31

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

*People* **Glory to you, Lord Christ.**

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name. *The Gospel of the Lord.*

*People* **Praise to you, Lord Christ.**

## We Listen and Share

*Please be seated.*

**Homily** - The Rt. Rev. Kevin Nichols

*A period of silence for reflection follows the sermon.*



*After the silence, Bishop issues the invitation to share:*

*Bishop:* We invite you to share your thoughts on the Sermon, the Readings, Step 4, or however the Spirit moves you. We also welcome the silences. A chime will mark the end of sharing.

## **Presentation and Examination of the Candidates** *Please stand as you are able.*

*The Bishop says:* The Candidates will now be presented.

*Priest:* I present Todd Stine for Confirmation, and David Lyons and Luke Ciaccio to be Received into this Communion, and Pam Adamson and David Moyer who desire to reaffirm their baptismal vows.

*Bishop asks the candidates* Do you reaffirm your renunciation of evil?

*Candidates* We do.

*Bishop* Do you renew your commitment to Jesus Christ?

*Candidates* We do, and with God's grace we will follow him as our Savior and Lord.

*The Bishop addresses the congregation, saying:*

Will you who witness these vows do all in your power to support Todd, David, Luke, Pam and David in their life in Christ?

**People** We will.

*The Bishop then says*

Let us join with Todd, David, Luke, Pam and David who are committing themselves to Christ, and renew our own baptismal vows.

### **The Baptismal Covenant**

*Bishop* Do you believe in God the Father?

**People** We believe in God, the Father almighty, creator of heaven and earth.

*Bishop* Do you believe in Jesus Christ, the Son of God?

**People** We believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.

He suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended to the dead. On the third day he rose again.

He ascended into heaven,  
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

*Bishop* Do you believe in God the Holy Spirit?

**People** We believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

*Bishop* Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

***People* We will, with God's help.**

*Bishop* Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

***People* We will, with God's help.**

*Bishop* Will you proclaim by word and example the Good News of God in Christ?

***People* We will, with God's help.**

*Bishop* Will you seek and serve Christ in all persons, loving your neighbor as yourself?

***People* We will, with God's help.**

*Bishop* Will you strive for justice and peace among all people, and respect the dignity of every human being?

***People* We will, with God's help.**

*The Bishop then says to the congregation:*

Let us now pray for Todd, David, Luke, Pam and David who have renewed their commitment to Christ.

*A period of silence follows.*

**Prayers of the People** *Intercessor and People pray responsively.*

*Reader:* Let us pray for healing and redemption, for God is steadfast in love and mercy. Alleluia!

We admit we are powerless over our short comings and addictions and believe only Your Grace can restore us.

***People:* Healer, hear our prayer.**

We decide to turn our will and our lives over to your care.

***People:* Abba, hear our prayer.**

Help us to make searching and fearless moral inventories so we learn to recognize the exact nature of our wrongs. With your Grace, we become entirely ready to have you remove our defects of character.

***People:* Hear our prayer, Merciful One.**

We pray for courage to take stock when we cause harm to others, and courage to make amends.

***People:* Good Shepherd, hear our prayer.**

We ask You to be with us during our daily reflections, so we continue to take personal inventory and when we are wrong, promptly admit it.

***People:* Redeemer, hear our prayer.**



We seek through prayer and meditation to improve our conscious contact with You, precious God of our understanding, praying only for knowledge of Your will and the power to carry that out.

**People: Hear our prayer, Comforter.**

Having had a spiritual awakening as the result of these steps, we carry this message to others and practice these principles in all our affairs. Grant us grace, and opportunity to share the blessings we have received.

**People: Light of the World, hear our prayer.**

For whom and what else shall we pray?

*People add their petitions.*

*Bishop:* Accept the prayers of your people, O Lord. And look with compassion on us and all who turn to you for help. **Amen.**

*A period of silence follows.*

*Then the Bishop says*

Almighty God, we thank you that by the death and resurrection of your Son Jesus Christ you have overcome sin and brought us to yourself, and that by the sealing of your Holy Spirit you have bound us to your service. Renew in these your servants the covenant you have made with them at their Baptism. Send them forth in the power of that Spirit to perform the service you set before them; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

***For Confirmation***

*The Bishop lays hands upon Todd says:*

Strengthen, O Lord, your servant Todd with your Holy Spirit; empower him for your service; and sustain him all the days of his life. **Amen.**

***For Reception***

*David / Luke,* we recognize you as members of the one holy catholic and apostolic Church, and we receive you into the fellowship of this Communion. God, the Father, Son, and Holy Spirit, bless, preserve, and keep you. **Amen.**

***For Reaffirmation***

*Pam / David,* may the Holy Spirit, who has begun a good work in you, direct and uphold you in the service of Christ and his kingdom. **Amen.**

*The Bishop concludes with this prayer:*

Almighty and everlasting God, let your fatherly hand ever be over these your servants; let your Holy Spirit ever be with them; and so lead them in the knowledge and obedience of your Word, that they may serve you in this life, and dwell with you in the life to come, through Jesus Christ our Lord. **Amen.**

**We Share God’s Peace**

*We exchange God’s Peace with one another.*

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

**We Celebrate Holy Communion**

**Offertory: We Give of Ourselves** *Please be seated.*

*Bishop* God has entrusted to us all that we have and all that we are. We share from these gifts to support God’s work.

Having listened to the Word of God, affirmed our faith, and shared in the peace, we prepare ourselves for Holy Communion. At the offertory, we show our gratitude for the gifts God has given us for sustaining our life, for blessing our church, and for sharing in the Sacrament of Holy Communion.

*Donation Plates are passed for those who wish to donate money. You can also contribute by praying for the ministries of Grace Church. The Presider receives the people’s offerings and concludes with a prayer of Thanksgiving:*

**The Great Thanksgiving** *Please stand as you are able.*

*Bishop* The Lord be with you.  
**People** And also with you.  
*Bishop* Lift up your hearts.  
**People** We lift them to the Lord.  
*Bishop* Let us give thanks to the Lord our God.  
**People** It is right to give him thanks and praise.

*The Bishop continues:* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

But chiefly are we bound to praise you for the glorious resurrection of your Son Jesus Christ our Lord; for he is the true Paschal Lamb, who was sacrificed for us, and has taken away the sin of the world. By his death he has destroyed death, and by his rising to life again he has won for us everlasting life.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
 might, hea - ven and earth are full of your

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

Bless - ed is he who comes in the name of the Lord.

Ho - san - na in the high-est.

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

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**All: We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*The Bishop continues:* And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country, where with the ever-blessed Virgin Mary, the Mother of God, with blessed Joseph, her spouse, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, now and forever. **Amen.**

## The Lord's Prayer

*Bishop* As our Savior Christ has taught us, we now pray,

*People* **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 forever. Amen.**

## We Break and Share the Bread

Lamb of God \_\_\_\_\_ you take a-way the sins of the

world: have mer-cy on us. Lamb of

God \_\_\_\_\_ you take a-way the sins of the world:

have mer-cy on us. Lamb of God \_\_\_\_\_ you

take a-way the sins of the world: grant us peace.

*All are welcome at God's table during Communion, where we offer consecrated bread, wine, and grape juice.*

***Grape juice is served in the ceramic chalice.*** *To receive a blessing (instead of communion) cross your arms over your chest when the Bishop approaches you.*

*Bishop* 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.

**Taizé Chant** *All sing during communion and continue while we return to our seats.*

Sing prais - es, all you peo - ples, sing prais - es to the Lord. Sing  
 prais - es, all you peo - ples, sing prais - es to the Lord! Sing

**Prayer after Communion**

*Bishop*

Let us pray:

*People*

**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.**

**We Are Sent** *The Bishop offers a blessing for All.*

The peace of God, which surpasses all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**



## Closing Hymn

1. Have thine own way, Lord! Have thine own way! \_\_\_\_\_  
 2. Have thine own way, Lord! Have thine own way! \_\_\_\_\_  
 3. Have thine own way, Lord! Have thine own way! \_\_\_\_\_  
 4. Have thine own way, Lord! Have thine own way! \_\_\_\_\_

1. Thou art the pot - ter, I am the clay! \_\_\_\_\_  
 2. Search me and try me, Mas - ter, to - day! \_\_\_\_\_  
 3. Wound - ed and wea - ry, Help me, I pray! \_\_\_\_\_  
 4. Hold o'er my be - ing Ab - so - lute sway! \_\_\_\_\_

1. Mold me and make me Aft - er thy will, \_\_\_\_\_  
 2. Pur - er than snow, Lord, Wash me just now, \_\_\_\_\_  
 3. Pow - er all pow - er Sure - ly is thine! \_\_\_\_\_  
 4. Fill with thy Spir - it 'Til all shall see \_\_\_\_\_

1. While I am wait - ing, Yield - ed and still. \_\_\_\_\_  
 2. As in thy pres - ence Hum - bly I bow. \_\_\_\_\_  
 3. Touch me and heal me, Sav - ior di - vine! \_\_\_\_\_  
 4. Christ on - ly, al - ways, Liv - ing in me! \_\_\_\_\_

## Dismissal

*Bishop* Let us go forth into the world,  
 rejoicing in the power of the Spirit. Alleluia. Alleluia.

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

## Music for Reflection

## ANNOUNCEMENTS

Day	Upcoming Worship	Celebrant / Worship Leader
Apr 14 10:00am	Liturgy of the Word	John and Pam Adamson
Apr 21 10:00am	Holy Eucharist	Fr. Jonathan Mayo
Apr 28 10:00am	Liturgy of the Word	David Moyer
May 5 10:00am	Recovery Liturgy with Eucharist	Fr. Jonathan Mayo

**Vestry** meets on April 14, following Coffee and Conversation. All are welcome.

**Recovery Forum** will meet on April 28, following Coffee and Conversation.

**2nd quarter service schedule** for May, June and July is being compiled by David Moyer. If you know you will not be available to serve on certain dates, please let David know as soon as possible.

**Registration for Gather 24 on May 4, 2024, is now open.**



There are 21 sessions to choose from at Gather 24, and the day includes lunch, hearing from Bishops, worship, and lots of other fun and fellowship opportunities. The \$25 registration fee helps offset the event site cost, meals and snacks, prizes, and other event costs (scholarships are available for those with need). Preview the session descriptions before registering: <https://diobeth.org/gather24.sessions>

*Gather* is the Diocese of Bethlehem's annual formation event; this year at PNC Field (just south of Scranton), home of the [RailRiders](#), a Triple-A baseball team.

### Recovery Notes:

Over 400 years ago, St. Ignatius taught the practice of daily self-examination, which was later adopted by the founders of Alcoholics Anonymous. The instructions below are adapted from <https://www.jesuits.org/spirituality/the-ignatian-examen/>

**Daily Examen** - The Examen is a technique of prayerful reflection on the events of the day in order to experience God's presence and to discern his direction for us.

**1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

**2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them?

**3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? God will most likely show you some ways that you fell short. Make note of these faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you to consider a new direction in some area? Are you concerned about a friend? Perhaps you should reach out to her in some way.

**4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that seems particularly important. What feeling emerges? It may be a significant encounter with another person or a vivid moment of pleasure or peace. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart.

**5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance.

### **Study sheds light on ripple effects of overdose deaths.**

From Pro-A (Pennsylvania Recovery Organization Alliance)

When someone overdoses and dies, surviving loved ones can feel as if they've been thrown into a crater of grief. Since 2000, 1.1 million people have fatally overdosed in the United States, and a new study helps quantify the profound depth of suffering. According to a nationally representative survey conducted by the RAND Corporation, 42 percent of U.S. adults said they have **known someone who died from drug overdose**. That amounts to an estimated 125 million Americans.

The study, published in the American Journal of Public Health this week, serves as an urgent call to action for addressing the ripple effects of overdose deaths within communities. Alison Athey, the study's lead author, called for more attention to the reality of overdose bereavement, and said that policymakers and health care providers should do more to reach people struggling with it.

— *Laura Santhanam, health reporter and coordinating producer for policy analysis.*

## **ACKNOWLEDGEMENTS**

### **Today's Service:**

Celebrant: The Rt. Rev. Kevin Nichols  
 Supply Priest: The Rev. Jonathan Mayo  
 Music Director / Organist: John Adamson  
 Vocals and Guitar: David Lyons  
 Verger: David K. Moyer  
 Acolytes: Kelly Cannon, Br. Matthew Luke, Lisa Figueroa  
 Alter Guild: David K. Moyer

Greeters: Kathy Young and Melissa Dixon

### **Lectors:**

Recovery Reading - David Lyons  
 1<sup>st</sup> Lesson: Acts 4:32-35 - Melissa Dixon  
 Psalm 133 - Vanessa Wood  
 2<sup>nd</sup> Lesson: 1 John - Kelly Cannon  
 Intercessor - Hillie Cousart or Visitor

**ART:** The Quill (page 1) symbolizes the work of writing a Fourth Step, and the Dove (page 13) reminds us that God's Grace is freely given to all. Both were designed by Jasmine Adamson for the Grace Recovery Ministry.



**READINGS:** Episcopal Blog: **Through the Red Door.** Anonymous.  
<https://www.episcopalrecovery.org/resources/through-the-red-door-blog>

**4<sup>th</sup> Step Prayer:** Adapted from Co-dependence Recovery Prayer, Co-Dependence Anonymous CoDA Resource Publishing; Publication date. July 15, 1995.

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*You are not Alone*, Glenn Frey (1948 – 2016) written in 2007. Used with permission.

*That Easter day with joy was bright*, #193 from *The Hymnal 1982* — Words: Latin, 5th cent.; ver. *Hymnal 1940*.  
 Copyright © The Church Pension Fund. Music: *Puer nobis*, melody from Trier MS., 15th cent.; adapt. Michael Praetorius (1571-1621); harm. *Hymns Ancient and Modern, Revised*, 1950; alt. acc. John F. Erickson (b. 1938).

*O sons and daughters, let us sing*, #206 from *The Hymnal 1982* — Words: Att. Jean Tisserand (15th cent.); tr. John Mason Neale (1818-1866). Music: *O filii et filiae*, melody from *Airs sur les hymnes sacrez, odes et noëls*, 1623; acc. Richard Proulx (b. 1937).

*Holy, holy, holy Lord: Sanctus*, #43 from *Enriching Our Music* — Music: Carl Maltby, from *The Saint Mary Mass*.  
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*Fraction Anthem: Lamb of God: Agnus Dei*, #45 from *Enriching Our Music* — Music: Carl Maltby, from *The Saint Mary Mass*. Setting: Copyright © 1989 Malted Milk Music. Used by permission. All rights reserved.

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*Have Thine Own Way, Lord!*, #145 from *Lift Every Voice and Sing II* — Words: Adelaide A. Pollard (1862-1934).  
 Music: George C. Stebbins (1846-1945).

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 to advance social justice as an outward sign of our spirituality.**

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We invite you to give and share in the ministries of Grace Church. Everyone who comes through these doors contributes as we share in worship and community. We welcome your time, skills and ideas. Please let us know if you are interested in membership. You can approach any member for more information. New Member's booklets are available on the table near refreshments.

Members contribute through service and/or financially. To give financially, you can place cash or checks in the plates during worship, give online at <https://graceallentown.org/contact-us/> or checks can be mailed to the church office (address below).

Please consider including a charitable gift for Grace Church in your Will or Estate Plan. Those who came before us helped to ensure our future with their gifts. You can do the same by including Grace in your Will. For more information, contact David Lyons at [dlyons@ptd.net](mailto:dlyons@ptd.net).

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