



**Pentecost  
in a  
Time of  
Quarantine**

**Praying**

**Worshipping**

**Connecting**

**Church of the  
Holy Comforter  
Montgomery, AL**

# What we have to offer

According to Luke, the last thing Jesus did for his friends before he slipped away and was no longer present in a particular place or moment with them, was to bless them. To offer from God what empowered them to do and be what they had been intended for: to become the Body of Christ, ever present, ever moving through the world to help usher in God's Kingdom. We wear red on Pentecost, not just to remember that Christ was willing to give everything, even his life, for his friends. Red is the color of great love. And it is love even we are capable of giving that heals, that renews and restores and raises up all things to the fullness of life!

Today, here's what this eBooklet includes:

1. The readings from Exodus, Romans, the Psalm and the Gospel.
2. Links to live-streamed worship services for the Sundays after Pentecost. We will also include links you can turn to during the week for refreshment and prayer.
3. As always, at 8 tomorrow morning we will post a short video on Facebook and our webpage.

I miss and love you!

*Rosa+*

## *The Readings*

### **The Collect**

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### **The First Lesson**

#### **Exodus 19:2-8a**

The Israelites had journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain. Then Moses went up to God; the Lord called to him from the mountain, saying, "Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites." So Moses came, summoned the elders of the people, and set before them all these words that the Lord had commanded him. The people all answered as one: "Everything that the Lord has spoken we will do."

#### **Psalm 100**

- 1 Be joyful in the LORD, all you lands; \*  
serve the LORD with gladness  
and come before his presence with a song.
- 2 Know this: The LORD himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.
- 3 Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.
- 4 For the LORD is good;  
his mercy is everlasting; \*  
and his faithfulness endures from age to age.

## The New Testament

### Romans 5:1-8

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

## The Gospel



### Matthew 9:35-10:8

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the

crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest." Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him. These twelve Jesus sent out with the following instructions: "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, 'The kingdom of heaven has come near.' Cure the sick, raise

the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.



## ***Links***

Each year, we hear Jesus speak to the fear, distrust and grief with the kind of clarity and kindness that helps a shattered community begin to heal. What the post-resurrection visits from Jesus mean may be clearer if you read all the readings appointed for this Sunday in this eBooklet.

Click [here](#) for Washington National Cathedral's Sunday Holy Eucharist online, June 14 at 10:15 AM (cdt),

For Rosa's Sunday morning video, visit our Facebook page [here](#). Also available on our website, [here](#).

For daily meditations from Forward Day by Day, [click here](#). Or to listen to a prayer, [here](#).



## ***Activities***

Please be sure to join our Zoom gathering Sunday, June 14, at 11:30. The link to our gathering is:

Rosa Lindahl is inviting you to a scheduled Zoom meeting.

<https://us02web.zoom.us/j/84762612605?pwd=ZXBEYXZDY2ZVMlHhL1piMmhvVnZlZDz09>

Meeting ID: **847 6261 2605**

Password: **846329**

You can also call in to join the gathering by dialing **1 312 626 6799** and providing the above meeting ID and Password.

One way we describe the Holy Spirit is to say it is the breath of life. We don't usually pay a lot of attention to our own breath or even consider how our breathing might join with the graciousness of the Spirit's breath of life. Yet through the ages, breathing has been a way of becoming aware of the deep and everlasting connection between the triune God and us.

At least once a day, in this next week, find a quiet place where you can sit comfortably, perhaps even where you might have set up a small space for prayer. You may choose to close your eyes but that's not essential. Pay attention to your breathing and let it become slow and deep, in order to do a very different kind of prayer than perhaps you are used to. As you breathe in, imagine you are absorbing the pain, fear, sorrow and brokenness of this time in the world. Christ taught us that in accepting and carrying the sorrows of the world, he (and we) could open room for more grace to move about in peace and love. As you exhale, pray with these words or something similar, "I pray grace and healing, strength and hope that comes from God."

Is this some kind of magic incantation? Absolutely not. What we are offered in this kind of prayer is the opportunity to be more aware of the world as it is, and in this season of Pandemic, it is an aching world. We are also reminded that as we practice asking God's grace to move in the world, we ourselves often find we become more willing to be instruments of that grace and love. In blessing, we are blessed, in loving, we are loved.