

# The Hillside Messenger

## A Message from the Rector: An Exhortation to Attend Holy Communion

The introductory rubric to the rite for the Communion of the Sick in our Prayer Book stipulates:

The Ministers shall diligently from time to time, but especially in the time of pestilence, or other infectious sickness, exhort their parishioners to the often receiving of the Holy Communion of the Body and Blood of our Saviour Christ, when it shall be publicly administered in the Church; that so doing, they may in case of sudden visitation, have the less cause to be disquieted for lack of the same.

page 321,  
*The Book of  
Common Prayer,*  
1928

This rubric in no way implies that by frequently attending Holy Commun-

ion, a parishioner is more in danger of sickness or death than he would have been if he had stayed at home. Rather, he should come more frequently to Holy Communion so that he may be spiritually prepared in case of sudden sickness or death. The



rubric directs Ministers, especially during a time of pestilence or other infectious sickness, to encourage their parishioners to receive Holy Communion often. Should we conclude that those who composed this rubric were ignorant and unsci-

entific, not knowing about the possibilities for infection with a virus in a common worship space? I believe they had something better than science, and that is faith, faith that the Sacrament of Holy Communion, received in faith after self-

examination and repentance (see page 293, *Book of Common Prayer, 1928*), does not lead to sickness and death but to “the strengthening and refreshing of our souls by the Body and Blood of Christ” (page 293, *Book of Common Prayer, 1928*). Yet the Prayer Book Exhortations to Holy Communion (pages 85-89) clearly point out the need for proper examination of one’s life and behavior before coming to Holy Communion, including confession, repentance, and restitution, and they warn of the danger of increasing condemnation if one comes to Holy Communion without repentance. This  
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## *An Exhortation to Attend Holy Communion*

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all accords with *I Corinthians 11:27-32*, which warns the Christian not to partake of Holy Communion unworthily lest he could face untimely sickness and death resulting from God's judgment. It is never the elements of Holy Communion themselves in Scriptural teaching that cause or transmit sickness, but only the unworthy reception of them.

For too long in the past fifteen months here in the United States, churches have been constrained by county and state authorities to hold no indoor services for fear that people may catch or transmit the Covid-19 virus. However, no-one who is living a devout and holy life, as best he can should live in fear of anything or anyone except God Himself (*St. Luke 12:4-5*). One of the innumerable benefits of Christ's passion and death is deliverance of all believers from bondage to the fear of death (*Hebrews 2:15*). Holy Communion is one of the two principal Sacraments of the Church, in which we remember the sacrifice of our Lord Jesus Christ's death on the cross and our union with the Lord Jesus in His passion, death, and resurrection is strengthened. Consider the petitions made in this part of the Eucharistic Prayer:

...humbly beseeching Thee,

that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of Thy Son Jesus Christ, be filled with Thy grace and heavenly benediction, and made one body with Him, that He may dwell in us, and we in Him.

page 81,  
*Book of  
Common Prayer,*  
1928

If we believe these petitions prayed by the priest in the Eucharistic Prayer, then surely, only grace and heavenly blessing will come to us when we receive Holy Communion, not anything poisonous that would make us sick, like a virus.

We must never forget the egalitarian, science-dominated culture in which we live, in which some believe that all individuals, no matter whether they are Christian or not, if they are unvaccinated are believed to be possible sources of infection in society. No-one, it is believed, could receive a valid word from God that assures him of protection from Covid-19, along the lines of *Psalms 91:1-7*, even if he does not get vaccinated. Even in ancient Israel, the spiritual authority of prophets like Moses, Samuel, Elijah, and Elisha was acknowl-

edged. In the New Testament, apostles, prophets, presbyters, deacons, as well as evangelists, pastors, and teachers, had spiritual authority. Throughout the Middle Ages, Church leaders often had greater authority than secular leaders. However, in Western society today, religious leaders are viewed as having less authority than some secular political leaders and government officials. Instead of looking up to the leaders of the Church, Christians tend to allow their faith to be conditioned and influenced by secular leaders on account of such pressure to conform to the rules that they make, even when those rules and restrictions quickly and easily suspend the freedoms to which Americans are accustomed. We must always guard against those who, in the name of government authority, are trying to suppress Christian faith. *Romans 13* urges us to submit to authority, but prolonged submission to rules that restrict religious freedom to assemble and worship conflict with the call to obey God rather than men.

Now that Covid-19 restrictions are being phased out, let us take care that we are not hampered still by the emptiness of their mindset. Though Zoom meetings remain useful at times for

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## *An Exhortation to Attend Holy Communion*

*(Continued from page 2)* church meetings, this way of worship must give way to a return to meeting in our Chapel on Sundays to worship God and Christian fellowship afterwards. Our Chapel must become known as a place of worship and fellowship, life and activity, rather than as a building closed for the most part and showing few signs of life.

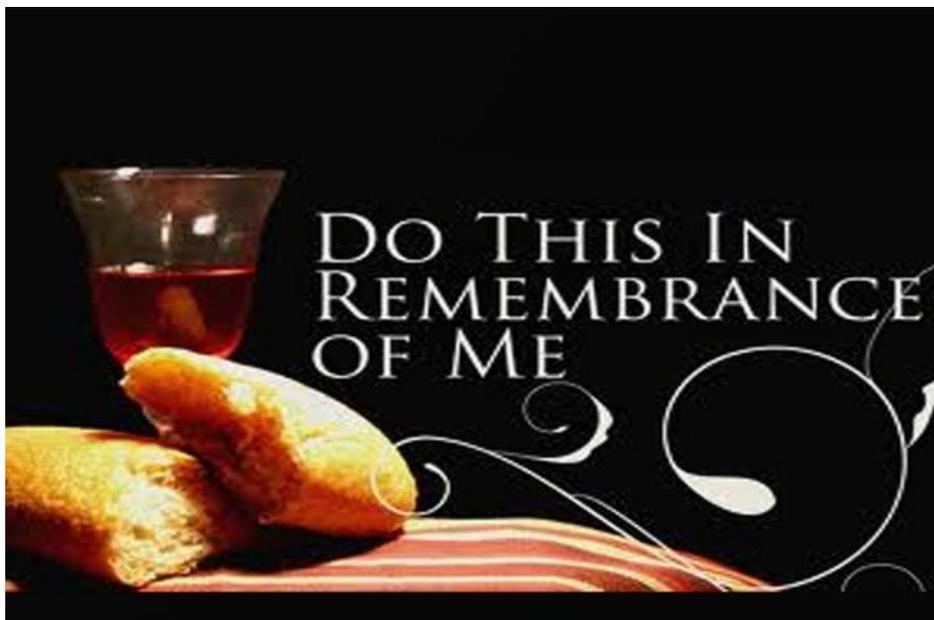
Beginning from July 4<sup>th</sup>, Independence Day, we shall return to our normal schedule of services: Holy Communion on the first, third, and fifth Sundays of the month (including Festivals that fall on Sundays and take precedence of a Sunday) and Morning Prayer on the second and fourth Sundays. We shall retain the Zoom livestreaming of these

services for those who cannot physically attend our services in the Chapel. I encourage you all to come out to these services!

Let us realize something more about our faith. In the Nicene Creed, we affirm our faith in “the Holy Ghost, the Lord, and Giver of Life”. The Holy Spirit is called the Giver of Life, the One who makes alive. This Holy Spirit is living in every Christian, we believe. Since the Holy Spirit gives life, if we are all doing our best to live lives pleasing to God, He will not cause us to get sick when we meet for worship. All of us must take care that our faith is not being weakened by the prevailing culture and thought patterns of society. People who are not Christians need to be able

to perceive that our faith in the Lord Jesus Christ has transformed our lives and changed us for the better. If they see us as people too afraid to meet in church or afraid to go out anywhere, then they will not be attracted to Christ by our example. Let us rather be strong in our faith, rejoicing in the Lord, and coming out on Sundays to worship Him, and frequently attending Holy Communion. We all want our congregation to grow, but it cannot grow without a healthy and strong faith in the Lord Jesus Christ and actions which are the fruit of such faith. This kind of faith we must nurture in our lives, so that God may be glorified by our witness to His Son and to the everlasting Gospel!

– *The Reverend Christopher Parrish*



## How Much Power Is in One Simple Word?

**I** have been seriously looking at and studying the reactions of people during this time that we have been burdened with sheltering in place, not able to leave the house unless we properly follow the list of protocols. The rules have constantly changed, which has left us all confused as to what to do. We must wear one or two or more face masks depending on if we have or have not been vaccinated— paper or cloth, not sure which is the most effective; wash our hands for at least 20 seconds many times a day; use sanitizers; make sure to maintain social distancing; and get the vaccine as soon as possible.

I can't help but think that there is an additional part to this that is very crucial. It is important to address one word that I think is causing a serious issue. There is an underlying element for some people in power to force others to submit and comply. The word is *fear*.

This word holds a lot of control over people. It actually oppresses them. It is important not to let one word have so much power and control over us. It is important in times of trial to look to the Lord. I am reminded that the Lord says:

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness.

*Isaiah 41:10*

As we have been struggling through lockdowns, mask-wearing, lack of social interaction, and making sure to remain socially distant six feet or more, some of us have also struggled with depression or postponing a trip to the doctor for a medical issue that may or may not be time-sensitive for fear of contracting something at the doctor's office. This is in addition to dealing with the lack of supplies due to empty grocery shelves caused by hoarding because heaven forbid we not have 200 rolls of toilet paper on hand or we may run out. I

During this time, I have noticed that there is a definite and persistent separation from God. There is a force that is determined to keep God out of our lives and put Government and people in power instead of God as the central focus. In my observation, the Government made the decision, for the sake of our protection, to close churches and other places of worship. Congregations were not allowed to come together as a community for spiritual comfort and strength in this time of trial.

Personal emotions and fear tend to cause more anxiety that allow for the exaggeration of what the possible outcomes may or may not come to be. Fear is meant to scare, confuse, cause anxiety, and stop us from making any decision. It makes us unable to function and live.

A friend of mine mentioned to me that she has another friend who, even though we have opened up since the lockdown, refuses to leave her house. She won't leave her house because she is just afraid. This is



no way to live. think it is amazing that we have survived all this for more than a year and a half. It just shows how resilient we are.

I can't help but see that evil deeds have taken hold in part of our society. There is something very important that we need to remember: We need to hold onto the truth. Isn't the Lord the Truth and the Light? We are children of God, and He is our Father. He will not deceive us and will always protect us. We need to stand with the Lord. We need to have faith in Him.

no way to live.

In addition to the lockdowns, social-distancing and the fear of contracting a mysterious virus, we are also dealing with the rise in crime, lawlessness, and the lack of support for the men and women who enforce the law and defend us from chaos and evil. These are all ways to keep us fearful. We are now afraid to go outside for fear that we might be a victim of crime.

The freedom of speech has also been "cancelled" by  
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## How Much Power Is in One Simple Word?

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“bullies” who don’t agree with what is being said. If there is a difference of thought or opinion, the consequences of expressing oneself may be dire. One might end up being socially outcast or labeled as someone who is selfish, not respectful, or even unpatriotic. We have lost the ability to speak to one another civilly and have an open discussion with others who may have differences of opinion.

Fear is an intangible feeling that has power over us because we are afraid of what we don’t know and what may or may not happen.

I am reminded of a recent Gospel Lesson:

And the same day, when the even was come, He saith unto them, Let us pass over unto the other side. And when they had sent away the multitude, they took Him even as He was in the ship. And there were also with Him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And He was in the hinder part of the ship, asleep on a pillow: and they awake Him, and say unto Him, Master, carest Thou not that we perish?

And He arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

And He said unto them, Why are ye so fearful? How is it that ye have no faith?

And they feared exceedingly, and said one to another, What manner of Man is this, that even the wind and the sea obey Him?

*St. Mark 4:35-41*

It is important to keep steadfast in our Faith and keep God First. As He is the Way, the Truth, and the Life. We all need to stay vigilant. This is one of my favorite quotes:

blessings given to us by God, and the blessings our Country has given us as well. We can be reminded of this when we recite the Pledge of Allegiance with pride and/or sing the National Anthem with gusto. It is important to not rely on men who are craving power over the rest of us by invoking fear. Trust in the Lord, for He will set you free and never keep you down.

Keep the **FAITH**, not **FEAR**.

– Julia McNeely



“The only thing necessary for evil to triumph is for good men to do nothing... when bad men combine, the good must associate; else they will fall, one by one, an unpitied sacrifice in a contemptible struggle.”

Edmund Burke,  
1770

It is important that we as a Nation get back to our Judeo-Christian values. Put God first. Respect the police. Be kind to one another. Help each other. Remember all the

## Book Review: Life in the Spirit Study Bible, KJV

*I'd* like to share *Life in the Spirit Study Bible, KJV*, with our Chapel Family. I have found it most helpful in my Bible studies. This is a sample lesson on faith and grace:

**O**ur Salvation comes as a gift of God's grace and is appropriated by the response of faith. To understand the process of salvation, we must understand these words: Saving Faith and Grace.

### Saving Faith

Faith in Jesus Christ is God's requirement for receiving His free gift of salvation. Faith is what we believe about Christ and our heart's response of trust that causes us to follow Him as Lord and Savior (*St. Matthew 4:19, 16:24; St. Luke 9:23-25; St. John 10:4, 27, 12:26; Revelation 14:4*).

A. The New Testament conception of faith includes four main elements:

1. Faith means firmly believing and trusting in the crucified and risen Christ as our personal Lord and Savior (*Romans 1:17; Ephesians 6:6; Hebrews 10:22*), yielding

up our wills and committing our total selves to Jesus Christ as He is revealed in the New Testament.

2. Faith involves repentance, that is, in true sorrow turning from sin (*Acts 17:30; II Corinthians 7:10*) and turning to God through Christ. Saving faith is always a repentant faith (*Acts 2:37-38; St. Matthew 3:2*).
3. Faith includes obedience to Jesus Christ and His Word as a way of life inspired by our faith, by our gratitude to God, and by the regenerating work of the Holy Spirit (*St. John 3:3-6, 14:15, 21-24; Hebrews 5:8-9*). It is an "obedience to the faith" (*Romans 1:5*). Therefore, faith and obedience belong inseparably together (*Romans 16:26*). Saving

faith without the commitment to sanctification is impossible.

4. Faith includes a heartfelt personal devotion and attachment to Jesus Christ that expresses itself in trust, love, gratitude, and loyalty. Faith in an ultimate sense cannot properly be distinguished from love. It is a personal activity of trust and loving self-giving directed toward Christ (*St. Matthew 22:37; St. John 21:15-17; Acts 8:37; Romans 6:17; Galatians 2:20; Ephesians 6:6; I St. Peter 1:8*).
- B. Faith in Jesus as Lord and Savior is both the act of a single moment and a continuing attitude that must grow and be strengthened (*St. John 1:12*). Because we have faith in a specific Person who died
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## Book Review: Life in the Spirit Study Bible, KJV

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for us (**Romans 4:25, 8:32; I Thessalonians 5:9-10**), our faith should become greater (**Romans 4:20; II Thessalonians 1:3; I St. Peter 1: 3-9**).

Trust and obedience develop into loyalty and devotion (**Romans 14: 8; II Corinthians 5:15**); loyalty and devotion develop into an intense feeling of personal attachment to and love for the Lord Jesus Christ (**Philippians 1:21, 3:8-10; St. John 15:4; Galatians 2:20**).

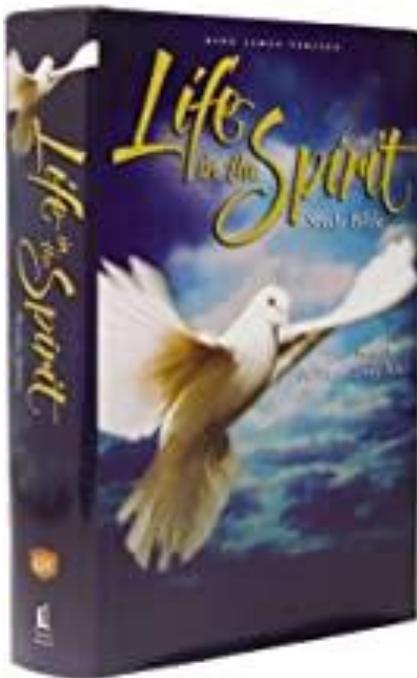
This faith in Christ brings us into a new relationship with God and exempts us from His wrath (**Romans 1:18, 8:1**); through that new relationship we become dead to sin (**Romans 6:1-18**) and indwelt by the Holy Spirit (**Galatians 3:5, 4:6**).

### Grace

In the Old Testament, God revealed Himself as a God of grace who showed love to His peo-

ple, not because they deserved it but because of His own desire to be faithful to the covenant promises made to Abraham, Isaac, and Jacob (**Exodus 6:9**).

Justice is getting what we deserve; mercy is being spared what we deserve; grace is being given what we do not deserve. The New Testament emphasizes the theme of God's grace in the giving



of His Son on behalf of undeserving sinners.

God's grace is multiplied to believers by the Holy Spirit, imparting forgiveness, acceptance, and the power to do God's will (**St. John 3:16; I Corinthians 15:10; Philippians 2:13; I St. Timothy 1:15-16**). The whole movement of the Christian life from beginning to end is dependent on God's

grace.

- A. God gives a measure of grace as a gift (**I Corinthians 1:4**) to unbelievers so that they may be able to believe in the Lord Jesus Christ (**Ephesians 2:8-9; St. Titus 2:11, 3:4**).
- B. God gives grace to believers to be "made free from sin" (**Romans 6:20, 22**), "to will and to do of His good pleasure" (**Philippians 2:13; St. Titus 2:11-12; St. Matthew 7:2**, note on obedience as a gift of God's grace), to pray (**Zechariah 12:10**), to grow in Christ (**II St. Peter 3:18**), and to witness for Christ (**Acts 4:33, 11:23**).
- C. God's grace must be diligently desired and sought (**Hebrews 4:16**). Some of the ways (that is, means of grace) by which God's grace is received are: humbling ourselves before God (**St. James 4: 6,10**); studying and obeying scripture (**St. John 15:1-11**,

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## Book Review: Life in the Spirit Study Bible, KJV

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20:31; **II St. Timothy 3:15**); hearing the proclamation of the Gospel (**St. Luke 24:47; Acts 1:8; Romans 1:16; I Corinthians 1:17-18**); praying (**Hebrews 4:16; St. Jude 20**); fasting (**St. Mat-**

**thew 4:2, 6:16**); worshipping Christ (**Colossians 3:16**); being continually filled with the Holy Spirit (**Ephesians 5:18**); and participating in the Lord's Supper (**Acts 2:42; Ephesians 2:9**, note on how grace works).

D. God's grace can be resisted (**Hebrews 12:15**), received in vain (**II Corinthians 6:1**), put out (**I Thessalonians 5:19**), set aside (**Galatians 2:21**), and abandoned by the believer (**Galatians 5:4**).  
– Bridgitte Parrish

## Our Chapel Family Prayer List

**O** God, the Creator and Preserver of all mankind, we humbly beseech Thee for all sorts and conditions of men; that Thou wouldest be pleased to make Thy ways known unto them, Thy saving health unto all nations. More especially we pray for Thy holy Church universal; that it may be so guided and governed by Thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to Thy fatherly goodness:

Archbishop Foley Beach;  
Bishop Richard Lipka;  
Canon Michael Penfield;  
Father Chris Parrish;  
Deacon Peter Vogel; and  
Deacon Linda Bracken;  
also all those who serve

as Thy ministers in governing our nation and state, particularly:

President Joe Biden; and  
Governor  
Gavin Newsom;

as well as all those who are any ways afflicted, or distressed, in mind, body, or estate; especially those for whom our prayers are desired:

the soldiers, sailors, marines, airmen, coasties, guardians, police officers, firefighters, and pilots who protect us every day;  
our persecuted Christian brothers and sisters throughout the world;  
all refugees;

all who are suffering from the coronavirus, all medical personnel treating them, and all those who work with the public;

the nine victims of the VTA railyard shooting in San Jose on Wednesday, May 26th,

and their families and colleagues;

Jim and Edna Davis;

Joya de Rossett;

Debbie;

Scott;

Brittany;

Tanya Theiler;

Dale Quinn;

Brian Quinn;

Mark Quinn;

Lisa;

Ben;

Marion;

Flo;

Max;

Dan and Kendra Pack;

the Stanko family;

Yoshihiko and Hideko Ikegami;

Ali Hemphill;

Lori Hemphill;

Pennel Magaw;

Tracy Magaw;

Mary Frances Reeves;

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***This prayer list was current as of June 29th, and the people of St. Luke's will pray for each need until we are notified that it has been met. Please contact Father Parrish to add or remove names. Thank you!***

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## *Our Chapel Family Prayer List*

*(Continued from page 8)*

Mrs. Kitt;	Barbara Busch;
Jon Carter;	Libby Codd;
Marilyn;	Maria Fernandez;
Frank Capone;	Patricia Bowers;
Rose Handwerker;	Moe Martinez;
Ann and Frank MacVoy;	Victoria Grace;
Bishop Ilgenfritz;	Sharon Veach;
Dave Shuman;	Theo Frensch; and
	Diane Ahlport;

that it may please Thee to comfort and relieve them, according to their several necessities; giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ's sake. Amen.

## *A Prayer for Our Congregation*

**O** GOD, Holy Ghost, Sanctifier of the faithful, visit, we pray Thee, the Congregation of St. Luke's Chapel in the Hills with Thy love and favour; enlighten our minds more and more with the light of the everlasting Gospel; graft in our hearts a love of the truth; increase in us true religion; nourish us with all goodness; and of Thy great mercy keep us in the same, O blessed Spirit, whom, with the Father and the Son together, we worship and glorify as one God, world without end. Amen.

## *In Times of Great Sickness and Mortality*

**O** MOST mighty and merciful God, in this time of grievous sickness, we flee unto Thee for succour. Deliver us, we beseech Thee, from our peril; give strength and skill to all those who minister to the sick; prosper the means made use of for their cure; and grant that, perceiving how frail and uncertain our life is, we may apply our hearts unto that heavenly wisdom which leadeth to eternal life; through Jesus Christ our Lord. Amen.



## *A Prayer for Daily Use*

**Dear** Lord, may we love You with all our hearts, souls, minds, and strength. Yea, Lord, may we love others like ourselves. Lord, send the light of Your steadfast love and truth upon all mankind, and may they guide and continually bless us at all times and in every way. Lord, when we come before Your throne of grace in prayer, may we receive mercy to help us in our times of need. Lord, may we delight ourselves in You and stand firm in the faith. Lord, may all that we do be done in love, may we do unto others as we would have others do unto us, and Lord, may we walk in a manner that is worthy of the calling to which You have called us. With all humility, gentleness, patience, and love may we uplift, encourage, and bless others in Your strength and grace; and Lord, put a hedge of protection around us and our entire families, keeping us safe in Your loving care. In Your name we pray. Amen.

*Submitted by Bridgitte Parrish*

## Parish Postings

**P**raise the Lord, Covid-19 restrictions are easing! With this happy news, St. Luke's will return to a more normalized schedule of worship services. Please note that all services will continue to be available on Zoom so that those who, for whatever reason, are unable to attend services at the Chapel may still worship with us. Should you need help preparing to attend a Zoom service, please contact Senior Warden Clark Patteson.

Beginning July 4th, the schedule of worship services will be:

### First, Third, and Fifth Sundays

*Holy Communion*

at the Chapel  
and via Zoom  
10:00 AM

### Second and Fourth Sundays

*Morning Prayer*

at the Chapel  
and via Zoom  
10:00 AM



**T**he Vestry will meet on Sunday, July 25th, to conduct the business of the parish. The time and location of the meeting have yet to be determined, but details will be

shared through the Sunday bulletin as soon as they are finalized. Any interested member of the parish may attend this meeting.



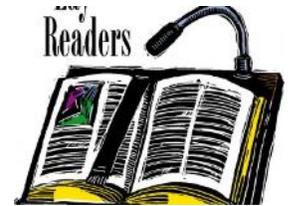
**P**lease remember the hungry in our community when you do your grocery shopping and pick up some non-perishable foodstuffs to add to the Chapel's collection basket for distribution to the Downtown Palo Alto Emergency Food Closet. Thank you!



**T**here are still many opportunities for those who would like to offer flowers to adorn the altar. Please consult the Altar Flower chart in the Narthex and select a date to make your offering. Please also remember to share your dedication with Father Parrish a week beforehand so that he may include it in the bulletin. Thank you!



**I**s Christ calling you to serve His Church? Father Parrish is seeking Lay Readers, and the Vestry is in need of a Junior Warden. Please see Father Parrish for more information. Thank you!



**D**o you shop online? Did you know you can contribute to St. Luke's **at no cost to yourself** when you do? There are two websites which will donate a portion of your shopping dollar to the charity of your choice (and we hope you'll choose to support St. Luke's).

**smile.amazon.com**  
where we are listed as  
*St. Lukes Chapel  
in the Hills  
Anglican Church*  
(no apostrophe)  
and

**iGive.com**  
where we are known as  
*St. Luke's  
Chapel in the Hills  
Anglican Church*  
(with the apostrophe)

All you need do is visit these sites and sign up, then shop as you ordinarily would. Thank you!



## *Upcoming Events*

### **Sunday, July 4th**

The Fifth Sunday after Trinity  
Independence Day

*Holy Communion*  
in the Chapel and via Zoom  
10:00 AM

### **Sunday, July 11th**

The Sixth Sunday after Trinity

*Office of Morning Prayer*  
in the Chapel and via Zoom  
10:00 AM

### **Sunday, July 18th**

The Seventh Sunday after Trinity

*Holy Communion*  
in the Chapel and via Zoom  
10:00 AM

### **Sunday, July 25th**

The Festival of St. James the Apostle  
The Eighth Sunday after Trinity

*Office of Morning Prayer*  
in the Chapel and via Zoom  
10:00 AM

*Vestry Meeting*  
time and location to be determined

### **Sunday, August 1st**

The Ninth Sunday after Trinity

*Holy Communion*  
in the Chapel and via Zoom  
10:00 AM





# The Hillside Messenger

A PUBLICATION OF  
ST. LUKE'S CHAPEL IN THE HILLS  
ANGLICAN CHURCH

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A PARISH OF  
THE CONVOCATION OF THE WEST,  
PART OF THE  
MISSIONARY DIOCESE OF  
ALL SAINTS IN  
THE ANGLICAN CHURCH  
IN NORTH AMERICA

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«AddressBlock»

## Worship Schedule

***“A place  
where the Bible is taught.”***



*Biblical in teaching.  
Liturgical in worship.  
Loving in practice.*

# St.

Luke's Chapel in the Hills is a traditional Anglican parish which uses the 1928 edition ***Book of Common Prayer***. We invite you to join us for worship and fellowship soon!

**First, third, and fifth Sundays of each month**

Holy Communion  
10:00 AM

**Second and fourth Sundays each month**

Office of Daily Morning Prayer  
10:00 AM

Please note that all worship services are also available via Zoom for those who are unable to join us in the Chapel.