



**St. Richard's
Episcopal Church**
5151 Lake Howell Rd.
Winter Park, FL 32792
407-671-4211
www.strichards.org

We are a church on a mission to discover God's grace, change our lives and change the whole world.

St. Richard's is an inclusive, open and affirming congregation that welcomes all people to participate fully in the sacraments of the church, no exceptions.

This order of service is from the *Book of Common Prayer* except where indicated. Donations can be made online at strichards.org.

MINISTERS SERVING TODAY

Preacher:
The Rev. Dr. Harry Coverston
Celebrant:
The Rev. Dr. Harry Coverston
Subdeacon: Deb Sponsler
Organist: Dr. Carl Maultsby
Cantor: Susan McConnell
Readers: Deb Sponsler,
JoJo McHaney
LEM: JoJo McHaney
Torch Bearers:
David Kellogg,
Jennifer Cooper
Crucifer: Lisa Nugent
Flowers: Kin Xuxa

Nineteenth Sunday after Pentecost

Holy Eucharist Rite II, Year C, Proper 24, Revised Common Lectionary
Sunday, October 19, 2025, 10:30 AM

PRELUDE "Andante Moderato" FELIX MENDELSSOHN

GREETINGS

Please stand if you are able. All sing.

OPENING HYMN 709 "O God of Bethel, by whose hand" (Dundee)



1 O God of Beth - el, by whose hand thy peo - ple still are fed;
2 Our vows, our prayers, we now pre - sent be - fore thy throne of grace;
3 Through each per - plex - ing path of life our wan - dering foot - steps guide;
4 O spread thy shel - tering wings a - round, till all our wan - derings cease,
5 Such bless - ings from thy gra - cious hand our hum - ble prayers im - plore;



1 who through this earth - ly pil - grim - age hast all thine Is - rael led;
2 O God of Is - rael, be the God of this suc - ceed - ing race.
3 give us each day our dai - ly bread, and rai - ment fit pro - vide.
4 and at our Fa - ther's loved a - bode our souls ar - rive in peace!
5 and thou shalt be our cov - enant God and por - tion ev - er - more.

LITURGY OF THE WORD

ACCLAMATION

Celebrant Blessed be God: Father, Son, and Holy Spirit.
People **And Blessed be his kingdom, now and forever. Amen.**

COLLECT FOR PURITY

Celebrant Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.
All **Amen.**

GLORIA IN EXCELSIS "Glory to God" (St. Luke Mass for Healing) CARL MAULTSBY

The Schola sings the Refrain. Then All sing the Refrain and Verses where indicated.

Allegro $\text{♩} = 132$

REFRAIN

(1st x - CANTOR, 2nd x - Unison Choir, 3rd x - Choir in parts)

Glo - ry, Glo - ry Glo-ry to God in the high - est,

VERSE 1

(Cantor or Congregation)

Lord God, heav-en - ly King, al-might-y God and Fa - ther, we

VERSE 2

(Cantor or Congregation)

Lord Je - sus Christ, on - ly Son of the Fa - ther. Lord God, Lamb of God, we

wor-ship you, we give you thanks, we praise you for your glo - ry. earth.

VERSE 3

(Cantor or Congregation)

Lord Je - sus Christ, on - ly Son of the Fa - ther. Lord God, Lamb of God, we

wor-ship you, we give you thanks, we praise you for your glo - ry. earth.

wor-ship you, we give you thanks, we praise you for your glo - ry. earth.

COLLECT OF THE DAY

Celebrant The Lord be with you.
People **And also with you.**

Celebrant Let us pray.
Almighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
All **Amen.**

The People sit.

THE FIRST READING Jeremiah 31:27-34

Reader A reading from Jeremiah.

The days are surely coming, says the Lord, when I will sow the house of Israel and the house of Judah with the seed of humans and the seed of animals. And just as I have watched over them to pluck up and break down, to overthrow, destroy, and bring evil, so I will watch over them to build and to plant, says the Lord. In those days they shall no longer say:

"The parents have eaten sour grapes,
and the children's teeth are set on edge."

But all shall die for their own sins; the teeth of everyone who eats sour grapes shall be set on edge.

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt-- a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

(Silence)

Reader The Word of the Lord.
People **Thanks be to God.**

- 97 Oh, how I love your law! *
all the day long it is in my mind.
- 98 Your commandment has made me wiser than my enemies, *
and it is always with me.
- 99 I have more understanding than all my teachers, *
for your decrees are my study.
- 100 I am wiser than the elders, *
because I observe your commandments.
- 101 I restrain my feet from every evil way, *
that I may keep your word.
- 102 I do not shrink from your judgments, *
because you yourself have taught me.
- 103 How sweet are your words to my taste! *
they are sweeter than honey to my mouth.
- 104 Through your commandments I gain understanding; *
therefore I hate every lying way.

THE SECOND READING 2 Timothy 3:14-4:5

Reader A reading from Second Timothy.

As for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favorable or unfavorable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Please stand as you are able. All sing.

SEQUENCE HYMN "It's Me, O Lord" Traditional

It's me, it's me, O Lord, Stand-in' in the need of prayer; It's me, it's me, O Lord, Stand-in' in the need of prayer. **Fine**

1. Not my broth - er, not my sis - ter, but it's me, O Lord, Stand-in' in the need of prayer, Not my broth - er, not my sis - ter, but it's
 2. Not the preach - er, not the dea - con, but it's me, O Lord, Stand-in' in the need of prayer, Not the preach - er, not the dea - con, but it's
 3. Not my fa - ther, not my moth - er, but it's me, O Lord, Stand-in' in the need of prayer, Not my fa - ther, not my moth - er, but it's
 4. Not the stran - ger, not my neigh - bor, but it's me, O Lord, Stand-in' in the need of prayer, Not the stran - ger, not my neigh - bor, but it's

1. me, O Lord, Stand - in' in the need of prayer. D.C.
 2. me, O Lord, Stand - in' in the need of prayer.
 3. me, O Lord, Stand - in' in the need of prayer.
 4. me, O Lord, Stand - in' in the need of prayer.

Words: Traditional; Music: Negro Spiritual; arr. Carl Haywood, from *The Haywood Collection of Negro Spirituals*, Copyright © 1992. Used by permission.

THE HOLY GOSPEL Luke 18:1-8

Gospeller The Holy Gospel of our Lord Jesus Christ according to Luke.
People **Glory to you, Lord Christ.**

Jesus told his disciples a parable about their need to pray always and not to lose heart. He said, "In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?"

Gospeller The Gospel of the Lord.
People **Praise to you, Lord Christ.**

The People sit.

SERMON

Please stand as you are able.

NICENE CREED

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: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.

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 and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The People stand or kneel.

PRAYERS OF THE PEOPLE Form VI

The Celebrant bids the prayers. The Leader and People pray responsively.

Leader In peace, we pray to you, Lord God.
(Silence)

Leader For all people in their daily life and work;
People **For our families, friends, and neighbors, and for those who are alone.**
(Silence)

Leader For this community, the nation, and the world;
People **For all who work for justice, freedom, and peace.**
(Silence)

Leader For the just and proper use of your creation;
People **For the victims of hunger, fear, injustice, and oppression.**
(Silence)

Leader For all who are in danger, sorrow, or any kind of trouble;
People **For those who minister to the sick, the friendless, and the needy.**
(Silence)

Leader For the peace and unity of the Church of God;
People **For all who proclaim the Gospel, and all who seek the Truth.**
(Silence)

Leader For our Presiding Bishop, and our Bishop(s); and for all bishops and other ministers;
People **For all who serve God in his Church.**
(Silence)

Leader For the special needs and concerns of this congregation.
(Silence)

We pray at this time for the whole St. Richard's Community, especially for our rector, Alison, and for the other clergy, the vestry, the staff, and volunteers.

We pray for Seminarian Philip Siniscalco, Bette W., Stuart, Kathy F., Kathy, Seamone, and Priscilla. For our members who are unable to attend in-person worship: Faith, Hazel, Ruth, Val, Bill, Tom, Sandra, Tom, Serena, and Ruth.

And family and friends, Sarah, Rachel, Emma, Lucian, Zaida, Mary Kathryn, Eric and Blake.

(The prayer list is edited the first Sunday of each month. Please let the church office know if you would like to add people to our Family and Friends list, drucila@strichards.org)

The People may add their own petitions.

Leader Hear us, Lord;

People **For your mercy is great.**

Leader We thank you, Lord, for all the blessings of this life.
(Silence)

The People may add their own thanksgivings.

Leader We will exalt you, O God our King;
People **And praise your Name for ever and ever.**

Leader We pray for all who have died, that they may have a place in your
(Silence) eternal kingdom.

The People may add their own petitions.

Leader Lord, let your loving kindness be upon them;
People **Who put their trust in you.**

Leader We pray to you also for the forgiveness of our sins.
(Silence)

All **Have mercy upon us, most merciful Father; in your compassion
forgive us our sins, known and unknown, things done and left
undone; and so uphold us by your Spirit that we may live and serve
you in newness of life, to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

Celebrant Almighty God have mercy on you, forgive you all your sins through our Lord
Jesus Christ, strengthen you in all goodness, and by the power of the Holy
Spirit keep you in eternal life.

All **Amen.**

Please stand as you are able.

PEACE

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

The Ministers and People greet one another in the name of the Lord.

WELCOME AND ANNOUNCEMENTS

THE HOLY COMMUNION

OFFERTORY ANTHEM "He watching over Israel" from *Elijah* FELIX MENDELSSOHN

Please stand as you are able. All sing.

PRESENTATION HYMN "Lord, we thank you" CARL MAULTSBY

Piano

Lord, we thank you for your man-y bless - ings. Lord, we
thank you for the bless - ings of this life. Lord, we thank you for your man-y bless -
ings. O, hum - bly we of - fer our sac - ri - fice. O, hum - bly we
of - fer our sac - ri - fice. O, hum - bly we of - fer our sac - ri - fice.

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Please stand as you are able.

EUCCHARISTIC PRAYER A

SURSUM CORDA

Celebrant The Lord be with you.
People **And also with you.**

Celebrant Lift up your hearts.
People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.
People **It is right to give him thanks and praise.**

Celebrant It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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

SANCTUS ET BENEDICTUS

"Holy, holy, holy Lord" (*St. Luke Mass for Healing*) CARL MAULTSBY All sing.

The musical score is written for a single voice part in 6/8 time, with a key signature of two flats (B-flat and E-flat). It consists of five staves of music. The lyrics are: "Ho - ly, ho ly, ho ly Lord, God of pow - er and might, heav - en and earth are full of your glo - ry. Ho - san - na in the high - est. Blessed is the one who comes in the name of the Lord. Ho - san - na in the high - est." The score includes dynamic markings: "Piano" at the beginning and "piano" above the fourth staff. The music features a mix of eighth and quarter notes, with some rests and ties. The final note of the piece is a half note G-flat.

Ho - ly, ho ly, ho ly Lord, God of
pow - er and might, heav - en and earth are
full of your glo - ry. Ho - san - na in the high - est.
Blessed is the one who comes in the name of the Lord.
Ho - san - na in the high - est.

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Then the Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

MEMORIAL ACCLAMATION

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

Celebrant We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him.
Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

All **Amen.**

Celebrant As our Savior Christ has taught us, we now pray,

THE LORD'S PRAYER

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.**

BREAKING OF THE BREAD

Celebrant Alleluia. Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast. Alleluia.**

FRACTION ANTHEM "This is the true bread" (St. Luke Mass for Healing) CARL MAULTSBY

1st time-Schola women, 2nd time-All.

piano

This is the true bread which comes down from hea - ven.

Who eats this bread shall live for - ev - er.

1. 2.

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INVITATION TO COMMUNION

Celebrant The Gifts of God for the People of God.

COMMUNION HYMNS *All sing.*

308 "O Food to pilgrims given" (*Psalm 6*)

Unison or harmony

1 O Food to pil - grims giv - en, O Bread of
 2 O stream of love past tell - ing, O pur - est
 3 O Je - sus, by thee bid - den, we here a -

life from hea - ven, O Man - na from on high!
 foun - tain, well - ing from out the Sa - vior's side!
 dore thee, hid - den in forms of bread and wine.

We hun - ger; Lord, sup - ply us, nor thy de -
 We faint with thirst; re - vive us, of thine a -
 Grant when the veil is riv - en, we may be -

lights de - ny us, whose hearts to thee draw nigh.
 bun - dance give us, and all we need pro - vide.
 hold, in hea - ven, thy coun - te - nance di - vine.

Words: Latin 1661; tr. John Athelstan Laurie Riley (1858-1945), alt. Copyright © by permission of Oxford University Press. All rights reserved.
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"There Is Power in the Blood" Lewis E. Jones

The hymn is found on pages 14-15.

POST COMMUNION PRAYER

Celebrant Let us pray.

All Holy One, you feed us with bread from heaven and the gifts of mother earth. In this communion, you have drawn us into your embrace and you call us to friendship with one another. You have given us the gift of reconciliation. May we who have tasted that gift from you, offer ourselves in peace and humility to one another. And may you always walk among us as friend. Amen.

BLESSING

Celebrant The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

All Amen.

Please stand as you are able. All sing.

CLOSING HYMN 530 "Spread, O spread, thou mighty word" (*Gott sei Dank*)

1 Spread, O spread, thou might - y word, spread the king - dom of the Lord,
2 word of how the Fa - ther's will made the world, and keeps it, still;
3 word of how the Sa - vior's love earth's sore bur - den doth re - move;
4 word of how the Spi - rit came bring - ing peace in Je - sus' name;
5 Word of life, most pure and strong, word for which the na - tions long,
1 that to earth's re - mot - est bound all may heed the joy - ful sound;
2 how his on - ly Son he gave, earth from sin and death to save;
3 how for - ev - er, in its need, through his death the world is freed;
4 how his nev - er - fail - ing love guides us on to heaven a - bove.
5 spread a - broad, un - til from night all the world a - wakes to light.

Words: Jonathan Friedrich Bahnmaier (1774-1841); tr. Arthur William Farlander (1898-1952) and Charles Winfred Douglas (1867-1944), alt. St. 4, F. Bland Tucker (1895-1984) Copyright © The Church Pension Fund. All rights reserved. Used with permission. Music: *Gott sei Dank*, melody from *Geistreiches Gesangbuch*, 1704; adapt. and harm. William Henry Havergal (1793-1870)

DISMISSAL

Celebrant Let us go forth into the world, rejoicing in the power of the Spirit.
People Thanks be to God.

POSTLUDE "Allegro vivace" FELIX MENDELSSOHN, arr. EDMONDSTOUNE DUNCAN/ROBERT GLOVER

"There Is Power in the Blood"

1. Would you be free from the bur - den of sin? There's
 2. Would you be free from your pas - sion and pride? There's
 3. Would you be whit - er, yes bright - er than snow? There's
 4. Would you do serv - ice for Je - sus, your King? There's

pow'r in the blood, pow'r in the blood;
 pow'r in the blood, pow'r in the blood;
 pow'r in the blood, pow'r in the blood;
 pow'r in the blood, pow'r in the blood;

Would you o'er e - vil a vic - to - ry win? There's
 Come for a cleans - ing to Cal - va - ry's tide— There's
 Sin - stains are lost in its life - giv - ing flow— There's
 Would you live dai - ly His prais - es to sing? There's

won - der - ful pow'r in the blood.

There is pow'r, pow'r, won-der-work-ing pow'r In the
there is pow'r,

blood of the Lamb; There is
In the blood of the Lamb; There is

pow'r, pow'r, won-der-work-ing pow'r In the
pow'r, there is pow'r,

pre-cious blood of the Lamb.

Text: Lewis E. Jones, 1865–1936
Tune: POWER IN THE BLOOD, 10 9 10 8 with refrain; Lewis E. Jones, 1865–1936

The service continues with the Post-Communion Prayer on page 13.

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"Glory to God," "Lord, We Thank You," "Holy, holy, Holy Lord" and "This is the true bread" from *St. Luke Mass for Healing* ©2007 Carl MaultsBy & Malted Milk Music. All rights reserved.

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"Andante Moderato" Felix Mendelssohn

"O God of Bethel, by whose hand" (*Dundee*)

Anglican Chant Music: William Crotch

"He watching over Israel" from *Elijah* Felix Mendelssohn

"O Food to pilgrims given" (*Psalms 6*)

"Spread, O spread, thou mighty word" (*Gott sei Dank*)

"There Is Power in the Blood," Lewis E. Jones

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"It's Me, O Lord," Words: Traditional; Music: Negro Spiritual, arr. Carl Haywood, from *The Haywood Collection of Negro Spirituals*, Copyright © 1992

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"Allegro vivace" Felix Mendelssohn, arr. Edmondstone Duncan/Robert Glover



Tell Out My Soul



Questions for Reflection:

How do you pass down stories from one person or generation to another in your cultural context?



The Rev. Yuriria (Yuri) Rodríguez, is a priest from the Episcopal Diocese of Indianapolis, currently serving as curate at Church of the Nativity in Lawrence. She is a native Costa Rican singer, artist, and educator, who specializes in Latin American music and culture.



THE EPISCOPAL
NETWORK FOR
STEWARDSHIP

Incarnational Transformation

An Interview By the Very Rev. Julia McCray Goldsmith

I chose “Tell Out My Soul” as a hymn for my ordination two years ago. It’s such an important biblical text and prayer, and it has a special meaning for me as a Latina. In Latin America we are devoted to Mary but don’t necessarily pray the Magnificat so much. It’s such a statement of hope, abundance and strength, though. Mary strengthens me.

While I was in formation for the priesthood, I used to pray to God to stop me if I was taking the wrong path. Ordination felt like a radical transformation: it required a lot of trust, just like being the mother of God was an act of trust for Mary. Growing up in Costa Rica, a nun in my Catholic school said Mary always brings us to places and then takes us away from places. She moved in faith, and so have I.

I came to the US to study music at Indiana University. When I was finishing my bachelor’s degree I found myself pregnant. I couldn’t go back to CR because I would have been subjected to so much shame. But even though it was really hard to continue, people surrounded me and became family to me and my daughter. I experienced more of the same love and solidarity at Christ Church Cathedral in Indianapolis, which was my very first professional job as a musician.

Music has the power to transform our communities. I’m pretty sure that whatever Good News I bring has to do with Latin American music. Latino people have a gift to share culture and spirituality. It’s an incarnated spirituality that takes the form of hospitality, sharing meals, motherhood, community, and solidarity. It’s different from European music in that it’s an oral tradition learned by ear. That’s incarnational, too: the music is told through our voices and learned through our ears. tens.org

You're Invited! Join Our Group Experience to Process Recent Distress

You are invited to take part in a group experience designed to help you address your current feelings surrounding the recent distressing events we are experiencing at St Richards. This group will be led by JoJo McHaney, who is a licensed Mental Health Counselor who specializes in the treatment of traumatic experiences.

About the Group: The "Group Traumatic Episode Protocol" (GTEP) is designed to help reduce the distressful feelings associated with what we are experiencing and to increase our capacity to tolerate what is happening. While we acknowledge the painful realities we face, this group offers a way to address those feelings with a greater sense of control and less overwhelm.

A unique aspect of this protocol is that participants will not share the specifics of their painful experiences. Instead, the focus will be on processing their upsetting emotions without sharing the distressing details. Participants will share positive experiences. They say, "feelings are contagious", so NOT sharing the yuck prevents cross contamination of misery, and sharing the positive can be equally positively infectious)

GTEP is an evidence-based, highly researched, and structured procedure that will guide participants through steps toward greater emotional resolution.

Saturday, October 25th, 10:00 AM to 12:00 PM
Location: Conference Room

Registration: Please sign up by contacting Drucila Mundo at the church office (phone: 407-671-4211 ex. 3; or drucila@strichards.org) Space is limited to 12 participants. If there is sufficient interest, we will schedule additional groups at different times.

We hope you can join us for this meaningful experience!

Composting—Turning Scraps into Garden Gold! ☐

Give your leftovers a second life! Toss in your greens—fruit and veggie scraps, crushed eggshells, coffee grounds and filters, and even old houseplants. They'll break down into rich, happy soil our garden will love! ☐

Bring your compostable greens to St. Richard's Community Garden and help us grow something beautiful together! ☐

Black composter is in the back of the paved parking lot opposite the Community Garden



Christian Education

Sunday Adult Education

Sunday Mornings at 9:30 am in the Parish Hall.

Children's Education

Sunday Mornings at 9:30 am in the Conference Room.

Tuesday Night Bible Study, 6:30 pm

"The Little Letters." We will cover Galatians, 1 and 2 Thessalonians, 1 and 2 Timothy, Titus, Philemon, 1, 2, 3 John, and Jude. We meet in person at the church office and online via Zoom. Meeting ID 987 9473 5512 Passcode: 031992

Tuesday Night Bible Study is cancelled on September 23 and 30. The study will begin again on October 7.

Wednesday Morning Bible Classes

Wednesday Morning Bible Class!

10 AM in the Conference Room

Taught by Rev. Dr. Dale Truscott, Adjunct Professor of World Religion, Philosophy and Ethics, Valencia College and assisting clergy at St. Richard's since 2011.

WWW.ZOOM.US Meeting ID: 815 7637 3662

Passcode: 567266

Sacred Time, Contemplative Prayer

Tuesdays, 10:30 a.m. in the Lady Chapel at St. Richard's. An hour of contemplative prayer practice and silence.



Schola St. Richard's

If you are interested in praising God in song and would like to share your musical gift, please see Dr. Maultsby after the service or send him an email at organist@strichards.org. In the email subject box, write "Here I am, yes I will."

Divine Dinners

Cocina 214

151 E. Welbourne Ave., Winter Park, FL 32789

Sunday, 6 o'clock RSVP call or Text
October 19, 2025 | Tim Maurer 321-297-1847



St. Richard's has long supported Family Promise of Greater Orlando (www.fporlandofl.org) in the non-profit's mission to create a future in Central Florida where all families have

stable housing and no child experiences homelessness. Our church community provides volunteers to spend time with the families, deliver dinners, and stay overnight at the Family Promise facility in Winter Park. Our next host week is November 2 - 9. Volunteers can sign up at the red booth after the October 12 and 19 Sunday services. If you have questions, need more information, or want to be an awesome volunteer, please email Debbie Sponsler (sponslerdel@gmail.com).

HANDBELLS

Rehearsal for the handbell choir will be Monday, October 20 at 6:30 p.m. in the church office. Anyone interested in ringing bells is invited to attend.

SUNDAY, OCTOBER 19, 2025

8:00 AM Holy Eucharist Rite I (Church)
9:00 AM Childcare available in the Nursery
9:30 AM Children's Bible Class (Conf. Rm.)
9:30 AM Adult Education in the Parish Hall
10:30 AM Holy Eucharist Rite II (Church/Online)
12:00 PM Vestry Meeting
5:00 PM *Evening Prayer*
6:00 PM Divine Diners

MONDAY, OCTOBER 20, 2025

9:00 AM Morning Prayer (Facebook Live)
9:30 AM Orlando Bridge Club - Private (Parish Hall)
10:00 AM Staff Meeting
6:30 PM Handbell Choir Rehearsal (Office)

TUESDAY, OCTOBER 21, 2025

9:00 AM Morning Prayer (Facebook Live)
9:30 AM Orlando Bridge Club - Private (Parish Hall)
10:30 AM Sacred Time (Lady Chapel)

WEDNESDAY, OCTOBER 22, 2025

9:00 AM Morning Prayer (Facebook Live)
9-11:00 AM Food Pantry Open
10:00 AM Wednesday Morning Bible Study (Conf. Rm.)
11:00 AM Orlando Bridge Club - Private (Parish Hall)
11:00 AM Pastoral Counseling By Appointment
11:30 AM ACA (St. Richard's Rm.)
3:00 PM Violin Lessons (Conf. Rm.)

THURSDAY, OCTOBER 23, 2025

9:00 AM Morning Prayer (Facebook Live)
10:00 AM Tai Chi (Parish Hall)
11:00 AM Orlando Bridge Club - Private (Parish Hall)
12:00 PM AA (St. Richard's Rm.)
2:00 PM Organist in the Church
6:00 PM Scouts (Conf. Rm.)
7:00 PM Schola Rehearsal (Church)

FRIDAY, OCTOBER 24, 2025

8:30 AM Home of Bright Choices (Conf. Rm.)
9:00 AM Morning Prayer (Facebook Live)
11:00 AM Orlando Bridge Club - Private (Parish Hall)
2:00 PM Betty Fisher Funeral

SATURDAY, OCTOBER 25, 2025

9:00 AM Altar Guild (Church)
9:00 AM OA (St. Richard's Rm.)
10:00 AM Eating Disorder Anonymous (St. Richard's Rm.)
12:00 PM ACoA (St. Richard's Rm.)
2:00 PM Organist in the Church
2:30 PM Richard Wilson Funeral

SUNDAY, OCTOBER 26, 2025

8:00 AM Holy Eucharist Rite I (Church)
9:00 AM Childcare available in the Nursery
9:30 AM Children's Bible Class (Conf. Rm.)
9:30 AM Adult Education in the Parish Hall
10:30 AM Holy Eucharist Rite II (Church/Online)
5:00 PM *Taize*



We are seeking to put a roster together of substitute pianists for the Taize service, which meets at 5 pm the fourth Sunday of every month. Kim Wheeler is the regular pianist, and occasionally needs a substitute. This should, hopefully, not be necessary at all before January of 2026. The music is simple, and she can provide copies for you. You could also attend one of the services to hear and see the music, if you have doubts.

There would be plenty of advance notice for this. If you would be willing to be part of this, please either email her at Kim_Wheeler@whatsys.com, or text her at 508-525-6646 with your contact information.

TAI CHI, COMMUNITY, WELLNESS, AND GENTLE MOVEMENTS

Join us for an enriching experience at St. Richard's as we invite you to our Tai Chi class every Thursday at 10:00 a.m. in the welcoming Parish Hall. This gentle movement class, led by the talented Carol Alves, is designed for individuals of all backgrounds and fitness levels.



MEMBER MINISTRIES

STRICHARDS.ORG

For Seasons Ministries

"Our mission is to serve the community in Jesus' name through a community food pantry and other community outreach efforts." Open Wednesdays, 9 AM – 11 AM www.forseasonsministries.org

Music Lessons with Willie Rast

For information on percussion lessons at St. Richard's, contact J. Willis Music, Willie Rast, Owner, willie.rast@gmail.com, or call 407-928-1270.

Children's Violin Studio with Andrea Williams

407-670-4557

The Orlando Bridge Club

offers ACBL Sanctioned games everyday, Monday through Friday at 12:00 noon. Please come and learn or play this fun and mentally stimulating game and bring a friend. We also offer beginner bridge lessons.

Pet Academy Training & Behavior Modification

Lisa Lovell 321-396-7900 | email@petacademyllc.com

Artist: Drucila Mundo Ferrer

Access Dru's online store to see and buy her paintings. A limited number of her paintings are available at the Church office.

mundoavantgarde.com Instagram/Facebook: @mundoavantgarde

Artist and Iconographer: Sayaka Kamakari

Talented icon writer and professional artist. You can see many of her gorgeous icons around St. Richard's. A limited number of her paintings and prints are for sale in St. Richard's church office. Available for commissions.

Website: sayacons.com Instagram: www.instagram.com/sayakareyes

Facebook: www.facebook.com/sayasartstudio

Email: sayakareyes@gmail.com

Bulletin Announcement Reminder

Please submit all announcements for the bulletin to drucila@strichards.org no later than Tuesdays at 4:00 p.m.



St Richard's
Episcopal Church

Staff:

The Rev. Alison P. Harrity,
Rector
rector@strichards.org

The Rev. Dr. Thomas A. Downs,
Rector Emeritus

The Rev. Dr. Dale Truscott,
The Rev. Dr. Harry Coverston,
Assisting Clergy

Dr. Carl Maultsby
Director of Music / Organist
organist@strichards.org

Drucila Mundo,
Parish Administrator
drucila@strichards.org

David Kellogg,
Assistant to the Administrator
david@strichards.org

Scott Schuerman
Sexton

The Rev. Alison P. Harrity
5151 Lake Howell Road,
Winter Park, FL 32792-1095
www.strichards.org

(407) 671-4211 - Office

Office Hours: Mon-Thurs
9:00 am - 4:00 pm

Prayer REQUEST

— we want to stand with you —

For the special needs and concerns of this congregation: We pray for Maria Fernanda, Charlie and Paul Wilson, Phil Fox, Bette Weaver, Julie Earls, Stuart Lilie, Kathy F., Mary, Kathy, Seamone, and Priscilla.

For our members who are unable to attend in-person worship: Faith, Hazel, Ruth, Val, Bill, Tom, Sandra, Tom, Serena, and Ruth C.

And family and friends, Rick Greenleaf, Deborah, Greg, Kevin, Haley, Ashley, Penny, Barry and John, Sarah, Rachel, Emma, Lucian, Zaida, Mary Kathryn and Blake.

Birthdays: Ruth Vaisey 10/5, Erin Duffy 10/5, Susan Brown 10/7, Burr Anderson 10/8, Kayden Proctor 10/9, Sandy North 10/11, Geri Zarolinski 10/12, Dustin Stacy 10/15, Gerad Flynn 10/16, Wendy Allison 10/19, Dean Coppolella 10/21, Connie Deverall 10/28, Beth Rudloff 10/28



Anniversaries: Stan & Geri Zarolinski 10/3, Steve & Susan McConnell 10/11, Michael & Jill Edwards 10/17, Hector Reyes & Sayaka Kamakari 10/29

Pastoral Care Counseling Office

Gail Hencken, RN, LMHC, will be in the Pastoral Care Counseling Office from 11:00 am- 3:00 pm on Wednesdays to provide consultation for individuals, couples, families or groups of any age/ stage of life, by appointment only. For further information please contact Gail directly.

phone/text 407-718-9128 email wehgh44@yahoo.com



Flower Dedications

For just \$75, you can dedicate stunning flowers that will not only brighten our worship space but also carry a heartfelt message of love and remembrance. Each dedication will be printed in our weekly Bulletin and will receive a special mention during our Online Sunday worship service.

Making a flower dedication is easy! You can simply visit our website and click on the Give Online button to submit your dedication and payment securely. Alternatively, you are welcome to mail a check along with your dedication or drop it off at the church office.

SEPTEMBER FINANCIAL REPORT

Plate and Pledge in September:
\$16,584.00

Total Revenues: \$54,100.09

Total Expenses: \$46,096.07

Ending September Cash Flow:
\$8,004.02

Year-to-date Cash Flow:
\$29,378.28

Sunday 5:00 p.m. Worship Schedule

Second Sunday of the Month:

Contemplative Eucharist in the Celtic Tradition, the Rev. Timothy Hoppe.

Third Sunday of the Month:

Evening Prayer

Fourth Sunday of the Month:

Taizé, the Rev. Dr. Harry Coverston.

Taize is a contemplative service with prayers & chanting.

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

DEUTERONOMY 31:8-9

Southern Living



#strichardsepiscopalchurch



StRichardsWinterPark



GUEST

Password: Access5151



Scan the QR Code to
Give Online or visit
strichards.org

"...for God loves a cheerful giver." 2 Corinthians 9:7

zelle

treasurer@strichards.org

We are a church on a mission to discover God's grace, change our lives and change the world. Whoever you are, and wherever you may be on the journey of the Spirit, St. Richard's Episcopal Church welcomes you.