

Affirmation of Life for
Allison Ann Cowan
(June 7, 1970 - December 21, 2023)



Saturday, April 20, 2024
11 a.m.



The Episcopal Church of
St. John the Baptist

125 Canterbury Drive Aptos, CA 95003

A Word to Our Guests

To our Christian guests who are not Episcopalians: The Episcopal Church recognizes all baptized Christians as part of the one, holy, catholic and apostolic Church, and we encourage you to participate fully in this service (including receiving communion) as a sign of our Christian unity.

To our guests who are not Christians: We welcome you in the name of God and encourage you to participate in the service to whatever degree you feel comfortable. You are not required to say any of the responses or prayers along with us if you are not comfortable doing so. You are welcome amongst us as one of God's beloved children no matter what your level of participation in the worship service.

MEMORIAL SERVICE

Rite II from the Book of Common Prayer (1979)

Ringing of the Bell (53 times)

The church bell is rung once for each year of the life of the deceased. This is a long-established custom of reflection on the life of the beloved, and is referred to in these words of 17th century English poet and priest John Donne: "Any man's death diminishes me, because I am involved in mankind. And therefore never send to know for whom the bell tolls; it tolls for thee."

Opening Anthems

BCP 491-492

Presider I am Resurrection and I am Life, says the Lord. Whoever has faith in me shall have life, even though he die. And everyone who has life, and has committed himself to me in faith, shall not die for ever. *John 11:25-26*

As for me, I know that my Redeemer lives and that at the last he will stand upon the earth. After my awaking, he will raise me up; and in my body I shall see God. I myself shall see, and my eyes behold him who is my friend and not a stranger. *Job 19:25-27*

For none of us has life in himself, and none becomes his own master when he dies. For if we have life, we are alive in the Lord, and if we die, we die in the Lord. So, then, whether we live or die, we are the Lord's possession. *Romans 14:7-8*

Happy from now on are those who die in the Lord! So it is, says the Spirit, for they rest from their labors. *Revelation 14:13*

Burial Collects

BCP 493

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

O God, whose mercies cannot be numbered: Accept our prayers on behalf of your servant Allison, and grant her an entrance into the land of light and joy, in the fellowship of your saints; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Most merciful God, whose wisdom is beyond our understanding, deal graciously with Allison's family in their grief. Surround them with your love, that they may not be overwhelmed by their loss, but have confidence in your goodness, and strength to meet the days to come; through Jesus Christ our Lord. **Amen.**

† The Liturgy of the Word †

First Reading: Isaiah 25:6-9

New Revised Standard Version

On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wines, of rich food filled with marrow, of well-aged wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death forever. Then the Lord GOD will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the LORD has spoken. It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the LORD for whom we have waited; let us be glad and rejoice in his salvation.

Lector The Word of the Lord.

People **Thanks be to God.**

Psalm 23

- 1 The LORD is my shepherd; *
I shall not want.
- 2 He maketh me to lie down in green pastures *
he leadeth me beside the still waters.
- 3 He restoreth my soul; *
he leadeth me in the paths of righteousness for his Name's sake.
- 4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil; *
for thou art with me; thy rod and thy staff, they comfort me.
- 5 Thou preparest a table before me in the presence of mine enemies; *
thou anointest my head with oil; my cup runneth over.
- 6 Surely goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the Lord for ever.

Second Reading: Romans 8:14-19,34-35,37-39

New Revised Standard Version

All who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him. I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Lector The Word of the Lord.


People Thanks be to God.

Gospel Hymn: You who Dwell in the Shelter of the Lord

GATHER #433

Verse 1

1. You who dwell in the shel-ter of the Lord, who a -
bide in his shad-ow for life, say to the Lord: "My
ref - uge, my rock in whom I trust!"

Refrain 

And he will raise you up on ea - gle's wings, bear you on the
breath of dawn, make you to shine like the sun, and

Last time to coda ⊕ *To verses*

hold you in the palm of his hand. 2. The

Verse 2

snare of the fowl-er will nev-er cap-ture you, and

fam-ine will bring you no fear: un-der his wings your

D.S.

ref-uge, his faith-ful-ness your shield.

Verse 3

3. You need not fear the ter-ror of the night, nor the

ar-row that flies by day; though thou-sands fall a-

D.S.

bout you, near you it shall not come.

Verse 4

4. For to his an-gels he's giv-en a com-mand to

guard you in all of your ways; up-on their hands they will

D.S.

bear you up, lest you dash your foot a-gainst a stone.

⊕ Coda

And hold you, hold you in the palm of his hand.

Gospel Reading: John 14:1-6

New Revised Standard Version

Priest The Holy Gospel of our Lord Jesus Christ, according to Matthew.

People Glory to you, O Lord.

Jesus said to his disciples, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”

Priest The Gospel of the Lord.

People Praise to you, Lord Christ.

Scripture Reflection: The Rev. Eliza Linley

Anthem: Hallelujah

Leonard Cohen, words adapted by Andrew Carter

Performed by Andrew Carter

I've heard there was a secret chord	Your love was true your friendship such
David played and it pleased the Lord	You'd heal our pain with a simple touch,
And I know how much music meant to ya.	The power of the spirit ran right through ya.
It goes like this, the fourth, the fifth	You never lived a day in vain,
The minor fall, the major lift	Your love and light with us remain,
The baffled king composing Hallelujah.	Your spirit soars in all our Hallelujahs.

So now we're gathered here to say goodbye,

To shed a tear and pray

We knew this time would come, but we're not ready.

The legacy you leave is strong

You'll stand before the Lord in Song

And raise your voice in humble Hallelujah.

Hallelujah, Hallelujah, Hallelujah, Hallelujah

Remembering Allison: Alexa Termini, Wendy Stevens, Kelly Farris

The Apostle's Creed

BCP 496

All In the assurance of eternal life given at Baptism, let us
proclaim our faith and say,
I believe in God, the Father almighty,
creator of heaven and earth.

I 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.
 I 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. Amen.

Prayers of the People

BCP 497

- Presider* For our sister Allison, let us pray to our Lord Jesus Christ who said, “ I am Resurrection and I am Life.”
- Lord, you consoled Martha and Mary in their distress; draw near to us who mourn for Allison, and dry the tears of those who weep.
- People* **Hear us, Lord**
- Intercessor* You wept at the grave of Lazarus, your friend; comfort us in our sorrow.
- People* **Hear us, Lord**
- Intercessor* You raised the dead to life; give to our sister eternal life.
- People* **Hear us, Lord**
- Intercessor* You promised paradise to the thief who repented; bring our sister to the joys of heaven.
- People* **Hear us, Lord**
- Intercessor* Our sister was washed in Baptism and anointed with the Holy Spirit; give her fellowship with all your saints.
- People* **Hear us, Lord**
- Intercessor* She was nourished with your Body and Blood; grant her a place at the table in your heavenly kingdom.
- People* **Hear us, Lord**
- Intercessor* Comfort us in our sorrows at the death of our sister; let our faith be our consolation, and eternal life our hope.
- People* **Hear us, Lord**

Presider Father of all, we pray to you for Allison, and for all those whom we love but see no longer. Grant to them eternal rest. Let light perpetual shine upon them. May her soul and the souls of all the departed, through the mercy of God, rest in peace. **Amen.**

The Peace

Presider The peace of Christ be always with you.

People **And also with you.**

Because the sharing of the peace symbolizes being reconciled with one another before receiving communion, it is particularly appropriate to seek out anyone with whom you may have had a conflict recently and offer a sign of peace at this time.

† The Holy Communion †

The Offertory Sentence

During the offertory portion of the service, we offer our gifts to God. "Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God." *Ephesians 5:2*

Offertory Anthem: Sing Me to Heaven

Daniel E. Gawthrop

Performed by St. John's Choir

In my heart's sequestered chambers lie truths stripped of poets gloss.
Words alone are vain and vacant, and my heart is mute.
In response to aching silence, memory summons half-heard voices, and my
soul finds primal eloquence and wraps me in song. Wraps me in song.
If you would comfort me, sing me a lullaby.
If you would win my heart, sing me a love song.
If you would mourn me and bring me to God, sing me a requiem.
Sing me to heaven.
Touch in me all love and passion.
Pain & pleasure, touch.
Touch in me grief and comfort, love & passion, pain & pleasure.
Sing me a lullaby, a love song, a requiem.
Love me. Comfort me. Bring me to God.
Sing me a love song. Sing me to heaven.

Eucharistic Prayer C

BCP 367

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

People **It is right to give God thanks and praise.**

Presider God of all power, Ruler of the Universe, you are worthy of glory and praise.

People **Glory to you for ever and ever.**

Presider At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People **By your will they were created and have their being.**

Presider From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People **Have mercy, Lord, for we are sinners in your sight.**

Presider Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

People **By his blood, he reconciled us.**

By his wounds, we are healed.

Presider And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Santo, Santo Santo

WLP #785

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly. Lord.

8

Presider And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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.”

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

Memorial Acclamation

Hymnal 1982 #140

We praise you, we bless you, we give thanks
to you, and we pray to you, Lord our God.

The image shows two staves of musical notation in G-clef. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The notes are simple, with some slurs and rests.

Presider Lord God of our Fathers and Mothers; God of Abraham and Sarah, Isaac and Rebekah, Jacob and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People: Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

Great Amen

Hymnal 1982 #146

A - men. A - men. A - men.

The image shows a single staff of musical notation in G-clef with a key signature of one sharp (F#). The melody consists of three phrases, each starting with a dotted quarter note followed by a half note, and ending with a quarter note. The words 'A - men.' are written below the notes.

The Lord's Prayer

BCP 364

Presider: As our Savior Christ has taught us, we now pray,

All

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 for ever. Amen.

The Fraction Anthem

Hymnal 1982 #164

As the bread is broken, the Fraction Anthem is sung.

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

The musical score consists of four systems, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#), and the time signature is 4/4. The lyrics are written below the vocal lines. The first system is for the first line of lyrics, the second for the second line, the third for the third line, and the fourth for the final line. The piano accompaniment provides harmonic support with chords and moving lines.

Invitation to Communion

Presider The Gifts of God for the People of God.

Receiving communion is an act of renewing one's commitment to Christ and receiving grace to continue to follow him. Please join us in the circle, even if you choose not to receive communion, which you can indicate by crossing your arms over your chest as the servers come by. If you choose not to receive, the priest will say a blessing over you instead.

Distribution of Communion

The bread is distributed first. Please hold out your hands to indicate your desire to receive; the priest will place the bread in your hand. Gluten-free wafers are available if needed; they are in a separate gold container on the paten (plate) with the bread.

The wine will be served in the common cup (chalice) and from a flagon (pitcher) that is not shared with others. To receive from the non-shared flagon, you must have brought a cup from home; hold out that cup as the servers come around so they can see that you would like to receive from the flagon instead of the chalice. At this time we are not allowing intinction, dipping the bread into the wine chalice. If you would like to abstain from the wine entirely, cross your arms over your chest when the wine comes by.

Communion Hymn: In Remembrance of Me

LEVAS #149

1. In re - mem - brance of me,
2. (In re -)mem - brance of me,

1. eat this bread. In re - mem - brance of me, drink this wine. In re -
2. heal the sick. In re - mem - brance of me, feed the poor. In re -

1. mem - brance of me, pray for the time when God's own will is
2. mem - brance of me, o - pen the door and let your broth - er

1. done. In re -
2. in, Let him in.

Take, eat, and be com - fort - ed; drink and re - mem - ber

too. That this in my bod - y and pre - cious blood shed for

you, shed for you. In re - mem - brance of me

search for truth. In re - mem - brance of me al - ways love. In re -

mem - brance of me, don't look a - bove, but in your heart

— look for God. Do this in re - mem - brance of me.

Communion Hymn: Ubi Caritas

GATHER #301

U - bi ca - ri - tas et a - mor,
 Live in char - i - ty and stead - fast love,

u - bi ca - ri - tas De - us i - bi est.
 live in char - i - ty; God will dwell with you.

Post-Communion Prayer

BCP 498

Presider

Let us pray.

All Almighty God, we thank you that in your great love you have fed us with the spiritual food and drink of the Body and Blood of your Son Jesus Christ, and have given us a foretaste of your heavenly banquet. Grant that this Sacrament may be to us a comfort in affliction, and a pledge of our inheritance in that kingdom where there is no death, neither sorrow nor crying, but the fullness of joy with all your saints; through Jesus Christ our Savior. **Amen.**

The Blessing

BCP 503

Presider

The God of peace, who brought again from the dead our Lord Jesus Christ, the great Shepherd of the sheep, through the blood of the eternal covenant: Make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; and the blessing of God Almighty: the Father, the Son, and the Holy Spirit, be upon you and remain with you always. **Amen.**

Final Hymn: I Am the Bread of Life

Hymnal 1982 #335

1 I am the bread of life; they who
 2 (The) Bread that I will give is my
 3 (Un-) less you eat of the
 4 I am the re - sur - rec - tion,
 5 (Yes,) Lord, we be - lieve that

1 come to me shall not hun - ger; they who be -
 2 Flesh for the life of the world, and they who
 3 Flesh of the Son of Man and
 4 I am the life. They who be -
 5 you are the Christ, the

1 lieve in me shall not thirst. No one can come to
 2 eat of this bread, they shall live for
 3 drink of his Blood, you shall not have life with -
 4 lieve in me, e - ven if they
 5 Son of God who has

1 me un - less the Fa - ther draw them.
 2 ev - er. they shall live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, they shall live for ev - er.
 5 come in - to the world.

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

1-4

Final Ending

last day.

2 The
 3 Un- day.
 4 —
 5 Yes,

The Dismissal

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

Priest Let us go forth in the name of Christ.
People **Thanks be to God.**

Please join us for a reception immediately following the service.
There will be an opportunity to remember Allison and share stories at the reception.

Serving Today

<i>Presider & Preacher:</i>	The Rev. Eliza Linley, Interim Pastor
<i>Assisting Clergy:</i>	The Rev. John Duncan, the Rev. Joan Anderson, Deacon
<i>Music Leader:</i>	Andrew Carter, Director of Music Ministries
<i>Acolyte:</i>	Brian Raney
<i>First Reading:</i>	Bill Kell
<i>Second Reading:</i>	Karen Greenleaf
<i>Intercessor:</i>	Rick Becton
<i>Ushers:</i>	Jon Showalter
<i>Altar Guild:</i>	Andrew Pudan

Many thanks to Loris Gielczik
for coordinating the reception and
to Andrew Pudan for arranging flowers.

Memorial gifts may be made to Housing Matters

115B Coral St, Santa Cruz, CA 95060

or to

Save a Fox Rescue

3955 Millersburg Rd., Faribault, MN 55021.

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