

A Celebration of Life
for
Penny Milam

St. John's Episcopal Church
January 20, 2024
11:00 am



Obituary of Penny Wade Milam

Born in New York: November 25, 1949

Died at her home in Chula Vista: January 3, 2024

Penny was a kind, compassionate woman who filled her life with things that brought her joy. Chocolates, butterflies, flowers, music, her faith (which was central to her) and family are a few examples. She was passionate, independent, strong-willed and an amazing friend to so many.

She was raised with her mother, Priscilla, her two brothers Dave and Bob, and her cousin Debbie who was truly like a sister to her. She moved to California where she met Bob and had two daughters, Deborah and Katherine. She was also able to connect as an adult with her sister Jacquie, a relationship that endured until her last breath.

After her daughter Debbie's death in 2020 the family started a monarch garden in the front yard. You will see butterflies today in remembrance not only of Penny and Debbie Milam, but also a symbol of beauty and joy that is found in this life.



Prelude

Amazing Grace

Baptismal Remembrance

Sprinkling of Holy Water and Placing of Pall

Entrance Procession

There's a Wideness in God's Mercy

Hymnal #470

1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
2 There is no place where earth's sor - rows are more felt than up in heaven;
3 For the love of God is broad - er than the mea - sure of the mind;

there's a kind - ness in his jus - tice, which is more than lib - er - ty.
there is no place where earth's fail - ings have such kind - ly judg - ment given.
and the heart of the E - ter - nal is most won - der - ful - ly kind.

There is wel - come for the sin - ner, and more gra - ces for the good;
There is plen - ti - ful re - demp - tion in the blood that has been shed;
If our love were but more faith - ful, we should take him at his word;

there is mer - cy with the Sa - vior; there is heal - ing in his blood.
there is joy for all the mem - bers in the sor - rows of the Head.
and our life would be thanks - giv - ing for the good - ness of the Lord.

The Collect

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

O God of grace and glory,

We remember before you this day our sister Penny. We thank you for giving her to us, her family, and friends, to know and to love as a companion on our earthly pilgrimage.

In your boundless compassion, console us who mourn. Give us faith to see in death the gate of eternal life, so that in quiet confidence we may continue our course on earth, until, by your call, we are reunited with those have gone before us, through Jesus Christ our Lord.

People **Amen.**

Most merciful God, whose wisdom is beyond our understanding: Deal graciously with Penny's family and friends 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.

People **Amen.**

The Lessons

A Reading from the Book of Lamentations

Lamentations 3:22-26, 31-33

Cathy Holmes

The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. "The LORD is my portion," says my soul, "therefore I will hope in him." The LORD is good to those who wait for him, to the soul that seeks him. It is good that one should wait quietly for the salvation of the LORD.

For the Lord will not reject forever. Although he causes grief, he will have compassion according to the abundance of his steadfast love; for he does not willingly afflict or grieve anyone.

Reader The Word of the Lord

People ***Thanks be to God***

Psalm 121

Levavi oculos

Leslie Parker

I lift up my eyes to the hills;
from where is my help to come?

My help comes from the LORD,
the maker of heaven and earth.

He will not let your foot be moved
and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel
shall neither slumber nor sleep;

The LORD himself watches over you;
the LORD is your shade at your right hand,

So that the sun shall not strike you by day,
nor the moon by night.

The LORD shall preserve you from all evil;
it is he who shall keep you safe.

The LORD shall watch over your going out and your coming in,
from this time forth for evermore.

In fact Christ has been raised from the dead, the first fruits of those who have died. For since death came through a human being, the resurrection of the dead has also come through a human being; for as all die in Adam, so all will be made alive in Christ. But each in his own order: Christ the first fruits, then at his coming those who belong to Christ. Then comes the end, when he hands over the kingdom to God the Father, after he has destroyed every ruler and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death.

But someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body.

For this perishable body must put on imperishability, and this mortal body must put on immortality. When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

"Death has been swallowed up in victory."

"Where, O death, is your victory?

Where, O death, is your sting?"

The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain.

Reader The Word of the Lord

People ***Thanks be to God***

Seek ye first the king - dom of God

and its right-eous - ness, and all these things shall be

add - ed un - to you; Al - le - lu, al - le - lu - ia!

Refrain

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

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

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

The Gospel

John 11:21-27

Priest The Holy Gospel of our Lord Jesus Christ according to John

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

Martha said to Jesus, "Lord, if you had been here, my brother, Lazarus, would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

Priest The Gospel of the Lord.

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

Ask, and it shall be giv - en un - to you,
 seek, and ye shall find, knock, and the door shall be
 o - pened un - to you; Al - le - lu, al - le - lu - ia!

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

Homily

Remembrances

Jacqueline Skay
 Katherine Milam

Anthem

Peace Like a River

*This song was played for Penny and recorded by the hospice musician while she listened.
 She enjoyed playing it a lot and it brought her an immense amount of peace at the end of her life.*

I've got peace like a river, I've got peace like a river, I've got peace like a river in my soul.
 I've got peace like a river, I've got peace like a river, I've got peace like a river in my soul.

I've got joy like a fountain, I've got joy like a fountain, I've got joy like a fountain in my soul.
 I've got joy like a fountain, I've got joy like a fountain, I've got joy like a fountain in my soul.

I've got love like an ocean, I've got love like an ocean, I've got love like an ocean in my soul.
 I've got love like an ocean, I've got love like an ocean, I've got love like an ocean in my soul.

Love like the ocean in my soul.

The Apostles Creed *(please stand as you are able)*

Celebrant 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

For our sister Penny, 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 Penny, and dry the tears of those who weep.

Hear us, Lord.

You wept at the grave of Lazarus, your friend; comfort us in our sorrow.

Hear us, Lord.

You raised the dead to life; give to our sister eternal life.

Hear us, Lord.

You promised paradise to the thief who repented; bring our sister to the joys of heaven.

Hear us, Lord.

Our sister was washed in Baptism and anointed with the Holy Spirit; give her fellowship with all your saints.

Hear us, Lord.

She was nourished with your Body and Blood; grant her a place at the table in your heavenly kingdom.

Hear us, Lord.

Comfort us in our sorrows at the death of our sister; let our faith be our consolation, and eternal life our hope.

Silence may be kept

Celebrant Lord Jesus Christ, we commend to you our sister, Penny, who was reborn by water and the Spirit in Holy Baptism. Grant that her death may recall to us your victory over death, and be an occasion for us to renew our trust in your Father's love. Give us, we pray, the faith to follow where you have led the way; and where you live and reign with the Father and the Holy Spirit, to the ages of ages. **Amen.**

The Peace

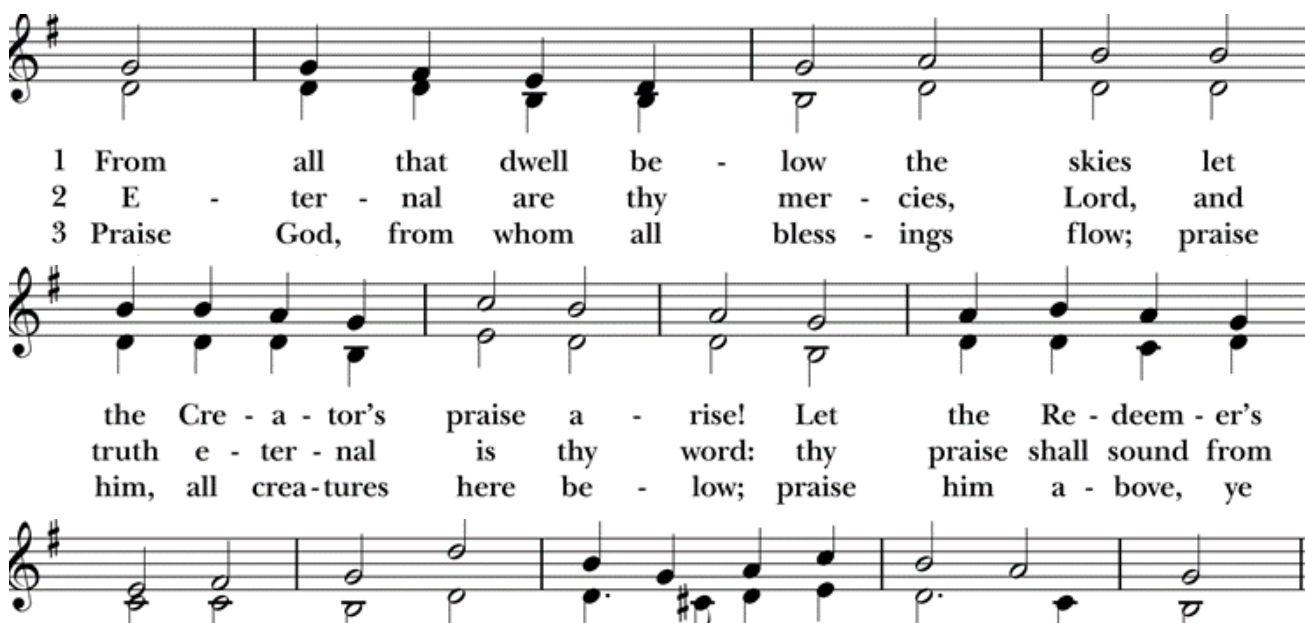
Celebrant The peace of the Lord be always with you.

People **And also with you.**

Offertory Hymn

Praise God From Whom All Blessings Flow

Hymnal #380



1 From all that dwell be - low the skies let
2 E - ter - nal are thy mer - cies, Lord, and
3 Praise God, from whom all bless - ings flow; praise
the Cre - a - tor's praise a - rise! Let the Re - deem - er's
truth e - ter - nal is thy word: thy praise shall sound from
him, all crea - tures here be - low; praise him a - bove, ye
Name be sung through ev - ery land, by ev - ery tongue!
shore to shore till suns shall rise and set no more.
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

The Great Thanksgiving

(please respond where bold)

Celebrant

The Lord be with you.

People

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

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 rose victorious from the dead, and comforts us with the blessed hope of everlasting life. For to your faithful people, O Lord, life is changed, not ended; and when our mortal body lies in death, there is prepared for us a dwelling place eternal in the heavens.

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:

The musical score is written for a single melodic line on a treble clef staff. It consists of five lines of music, each with a corresponding line of lyrics underneath. The lyrics are: "Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, heaven and earth are full of your glo - ry. Ho - san - na in the high - est. Ho - san - na in the high - est. Blessed is he who comes in the name of the Lord. Ho - san - na in the high - est. Ho - san - na in the high - est." The music features various note values including quarter, eighth, and half notes, as well as rests. There are several slurs and ties used to connect notes across measures. The final measure of the fifth line ends with a double bar line.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world.

In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

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

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

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. John and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. ***Amen.***

And now, as our Savior Christ has taught us, we are bold to say,

***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.***

The Breaking of the Bread

Celebrant Christ our Passover has been sacrificed for us;
People ***therefore let us keep the feast.***

Celebrant The Gifts of God for the People of God.

Communion

You are invited to come forward to receive Holy Communion. We offer Holy Communion under both forms of bread and wine by intinction (dipping the bread into the wine). Please indicate, with a nod of your head, yes or no, if you desire communion under both forms. If you do not want to receive Holy Communion, you are invited to come forward for a blessing, indicated by crossing your arms over your chest.

Communion Hymn

Just As I Am

Hymnal # 691



Just as I am, with - out one plea, but that thy
Just as I am, though tossed a - bout with man - y a
Just as I am: thou wilt re - ceive; wilt wel - come,
Just as I am, thy love un - known has bro - ken
blood was shed for me, and that thou bidd'st me
con - flict, man - y a doubt; fight - ings and fears with -
par - don, cleanse, re - lieve, be - cause thy prom - ise
ev - ery bar - rier down; now to be thine, yea,
come to thee, O Lamb of God, I come, I come.
in, with - out, O Lamb of God, I come, I come.
I be - lieve, O Lamb of God, I come, I come.
thine a - lone, O Lamb of God, I come, I come.

Prayer after Communion

(Please stand as you are able)

Celebrant Let us pray

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 Commendation

Celebrant Give rest, O Christ, to your servant with your saints,
People **where sorrow and pain are no more,
neither sighing, but life everlasting.**

Celebrant You only are immortal, the creator and maker of mankind;
and we are mortal, formed of the earth, and to earth shall we return.
For so did you ordain when you created me, saying,
“You are dust, and to dust you shall return.”
All of us go down to the dust; yet even at the grave we make our song:
Alleluia, alleluia, alleluia.

People **Give rest, O Christ, to your servant with your saints,
where sorrow and pain are no more,
neither sighing, but life everlasting.**

Celebrant Into your hands, O merciful Savior, we commend your servant, Penny.
Acknowledge, we humbly beseech you, a sheep of your own fold,
a lamb of your own flock, a sinner of your own redeeming.
Receive her into the arms of your mercy, into the blessed rest of everlasting
peace, and into the glorious company of the saints in light.

People **Amen.**

The Blessing

Celebrant 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 everlasting covenant:
Make you perfect in every good work to do his will,
working in you that which is well pleasing in his sight;
through Jesus Christ, to whom be glory forever and ever. **Amen.**

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit,
be upon you and remain with you always. **Amen.**

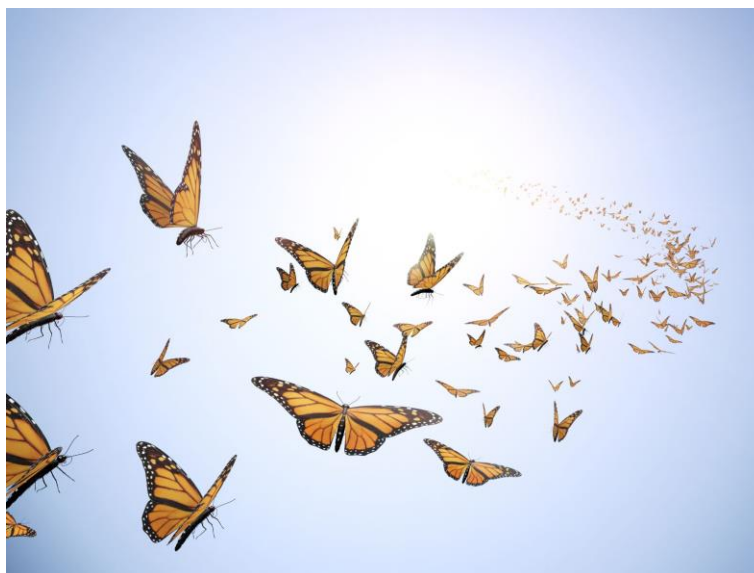
Dismissal

Celebrant Let us go in peace to love and serve the Lord.
People **Thanks be to God.**

1 My faith looks up to thee, thou Lamb of Cal - va - ry,
2 May thy rich grace im - part strength to my faint - ing heart,
3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
my zeal in - spire; as thou hast died for me, O may my
be thou my guide; bid dark-ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
love to thee pure, warm, and change-less be, a liv - ing fire.
tears a - way, nor let me ev - er stray from thee a - side.



Orinoco Flow by Enya is the only song Penny specifically requested to be played at her funeral. It was played at her daughter Debbie's funeral and speaks of sailing away, which Penny has now done with Debbie, as they adventure together.

Sail away, sail away, sail away
Sail away, sail away, sail away

From Bissau to Palau, in the shade of Avalon, from Fiji to Tyree and the Isles of Ebony
From Peru to Cebu, hear the power of Babylon, from Bali to Cali, far beneath the Coral Sea

Turn it up, turn it up, turn it up, up, adieu, ooh, ooh
Turn it up, turn it up, turn it up, up, adieu, ooh, ooh

Sail away, sail away, sail away
Sail away, sail away, sail away

From the North to the South, Ebudæ unto Khartoum
From the deep Sea of Clouds to the Island of the Moon
Carry me on the waves to the lands I've never been
Carry me on the waves to the lands I've never seen

We can sail, we can sail with the Orinoco Flow
We can sail, we can sail (Sail away, sail away, sail away)

We can steer, we can near With Rob Dickins at the wheel
We can sigh, say goodbye Ross and his dependency
We can sail, we can sail (Sail away, sail away, sail away)

We can reach, we can beach on the shores of Tripoli
We can sail, we can sail (Sail away, sail away, sail away)

From Bali to Cali, far beneath the Coral Sea
We can sail, we can sail (Sail away, sail away, sail away)

From Bissau to Palau, in the shade of Avalon
We can sail, we can sail (Sail away, sail away, sail away)

We can reach, we can beach
Far beyond the Yellow Sea
We can sail, we can sail (Sail away, sail away, sail away)

From Peru to Cebu, hear the power of Babylon
We can sail, we can sail (Sail away, sail away, sail away)
We can sail, we can sail

Sail away, sail away, sail away
Sail away, sail away, sail away

You are invited to join the family for a reception in Nale Hall

The family requests that memorial donations be made in Penny's memory to:

South Bay Community Services

or

New Start Blankets

(please make your check out to St. John's and write "New Start Blankets" in the memo line)

Liturgical Ministers

Celebrant/Preacher	The Rev. Roger Haenke
Assisting Priest	The Rev. Cathey Dowdle
Readers	Cathy Holmes, Leslie Parker, Kathy Wagner
Remembrances	Katherine Milam, Jacqueline Skay
Organist	Cheryl Seppala
Choir	Members of St. John's Choir
Acolytes	Malia Attaway, Marge Moore, Lynn Naranjo
Livestream	Cliff Berkowitz

St. John's Mission Statement

St. John's is a Christian community that intentionally gathers to experience God's love through Episcopal worship, education, fellowship, and ministry to the wider community.



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