

In Celebration for the Life of
Helen Anne Vigness



April 20, 1923–August 15, 2022

Lutheran Church of the Reformation
Washington, DC

Tuesday, September 13th † 1:00pm

☪ ☪ ☪ **GATHERING** ☪ ☪ ☪

The Holy Spirit, the comforter, gathers us in worship.

Prelude

Jesu, Joy of Man's Desiring

Bach

Welcome

Hymn

Lift High the Cross

ELW 660

Please rise in body or spirit. Refer to the red hymnal in the pew in front of you. Note that hymns are located in the back 2/3rds of the hymnal (the hymn number is not the page number).

Greeting and Prayer of the Day

Grace to you, and peace from God our Father and the Lord Jesus Christ.

O God of grace and glory, we remember before you today our sister, Helen. We thank you for giving her to us to know and to love as a companion in our pilgrimage on earth. In your boundless compassion, console us who mourn. Give us faith to see that death has been swallowed up in the victory of our Lord Jesus Christ, so that we may live in confidence and hope until, by your call, we are gathered to our heavenly home in the company of all your saints; through Jesus Christ, our Savior and Lord. **Amen.**

Please be seated.

☪ ☪ ☪ **WORD** ☪ ☪ ☪

God speaks to us in scriptures read, sung and preached.

First Reading

I'm Free by Anne Lindgren Davison

Don't grieve for me for now I'm free,
I'm following the path God laid for me
I took his hand when I heard him call,
I turned my back and left it all
I could not stay another day,
To laugh, to love, to work or play
Tasks left undone must stay that way,
I've found that peace at the close of day
If my parting has left a void,
Then fill it with remembered joy
A friendship shared, a laugh, a kiss,
Ah yes, these things I too will miss
Be not burdened with times of sorrow,
I wish for you the sunshine of tomorrow
My life's been full, I've savored much,
Good friends, good times, my loved one's touch
If my time seemed all too brief,
Don't lengthen it now with undue grief
Lift up your heart, rejoice with me,
God wanted me now, He set me free.



Psalm 23

¹The LORD is my shepherd, I shall not want.

²He makes me lie down in green pastures;
he leads me beside still waters;

³he restores my soul.

He leads me in right paths for his name's sake.

⁴Even though I walk through the darkest valley,
I fear no evil;

for you are with me;

your rod and your staff — they comfort me.

⁵You prepare a table before me
in the presence of my enemies;

you anoint my head with oil; my cup overflows.

⁶Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the LORD
my whole life long.

Second Reading

1 Corinthians 15:42-44, 49-52

⁴²So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. ⁴³It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. ⁴⁴It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body.

⁴⁹Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

⁵⁰What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. ⁵¹Listen, I will tell you a mystery! We will not all die, but we will all be changed, ⁵²in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed.

Word of God, Word of life.

Thanks be to God.

Holy Gospel

John 14:1-6

Please rise in body or spirit to greet Christ in the Gospel.

The Holy Gospel according to John.

Glory to you, O Lord.

¹Do not let your hearts be troubled. Believe in God, believe also in me. ²In 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? ³And 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. ⁴And you know the way to the place where I am going." ⁵Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" ⁶Jesus said to him, "I am the way, and the truth, and the life."

The Gospel of the Lord.

Praise to you, O Christ.

Please be seated.

Sermon

Hymn

For All The Saints

ELW 422

Verses 1, 2, 6, 7

Please rise in body or spirit. Remain standing for Prayers of Intercession.

Prayers of Intercession

Each prayer petition ends with a brief silence and the following words:

God of mercy,
hear our prayer.

Hymn

Amazing Grace

ELW 779

Please rise in body or spirit.

Commendation

Let us commend Helen to the mercy of God, our maker and redeemer.

Silent prayer.

Into your hands, holy God,
we commend our sister Helen.
In this life, through the waters of baptism, you embraced her
with your tender love;
now bid her to enter eternal rest.
Welcome her into your paradise,
where there will be no more sorrow,
no weeping or pain,
but where she will enjoy the fullness
of peace and joy in your presence,
forever and ever.

Amen.

**Helen, our companion in faith,
we entrust you to God.
Go forth from this world
in the love of God who created you,
in the mercy of Jesus who died for you,
in the power of the Holy Spirit
who receives and protects you.
Rest in peace and rise in glory,
where pain and grief are banished,
and life and joy are yours forever.**

The Lord bless her and keep her.
The Lord's face shine on her with grace and mercy.
The Lord look upon her with favor and give her † peace.
Amen.

Prayer

Blessing

The God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, make you complete in everything good so that you may do God's will, working among you that which is well-pleasing in God's sight; through Jesus Christ, to whom be glory forever and ever. **Amen.**

Hymn

A Mighty Fortress Is Our God

ELW 504

Please rise in body or spirit.

☩ ☩ ☩ **SENDING** ☩ ☩ ☩

God blesses us and sends us in peace.

Dismissal

Postlude

Prelude in C Major, BWV 547

Bach

The family of Helen Vigness deeply appreciates your many prayers and love during this time. There will be internment at Ft. Lincoln Cemetery following the service.

Presiding Minister: Pastor Andrea Walker

Organist: Paul Leavitt

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Helen Anne Vigness

Helen was born on April 20, 1923 in St. Paul, Minnesota to Joseph A. Vigness and Anne Frenning Vigness. Beloved aunt of Margaret (Ray) Chicca and Paul (Faye) Harris, great aunt to Jennifer (Ronnie) Sites and Kirsten (Frank) Schmidt, and great great aunt to Brody, Blake, and Brynlee Sites; Tanner, and Quinn Schmidt. Helen is predeceased by her sister Jane V. Harris.

The Vigness family moved from Minnesota to the Washington, DC area in 1936. Helen attended McKinley Tech High School class of 1941, then attended George Washington University: BA in 1951 and MA in 1956 at night school. Helen started her career with the Central Intelligence Agency in 1947 and retired in 1979, becoming the first female analyst during her career. Helen was an avid traveler, visiting all the continents including Antarctica. Helen was a member of the Norwegian society, Fairland pool water aerobics, and the Silver Spring Recorder Club.

