

The Eleventh Sunday after Pentecost
August 4, 2024

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Hymns are found in the blue *Hymnal 1982* (the 'S' numbers are in the front!) or the red and black *Lift Every Voice and Sing II* which can be found in your pew. The service begins in quiet and prayer.

Prelude: *The Crucifixion, Op. 29, no. 5 (Hermit Songs)* Samuel Barber (1910-1981)
Deborah Malamud, Mezzo-Soprano

At the cry of the first bird They began to crucify Thee, O Swan! Never shall lament cease because of that. It was like the parting of day from night. Ah, sore was the suffering born by the body of Mary's Son, but sorer to him was the grief which for his sake came upon his Mother.

THE WORD OF GOD

Processional Hymn 523: *Glorious Things*

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be God's kingdom, now and for ever. Amen.**

People **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. Amen.**

Gloria, Hymn S-280: *Glory to God*

(10:00 am only)

People **Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray. Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The First Lesson: *Exodus 16:2-4, 9-15*

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat."

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 78:23-29

²³ So he commanded the clouds above *
and opened the doors of heaven.

²⁴ He rained down manna upon them to eat *
and gave them grain from heaven.

²⁵ So mortals ate the bread of angels; *
he provided for them food enough.

²⁶ He caused the east wind to blow in the heavens *
and led out the south wind by his might.

²⁷ He rained down flesh upon them like dust *
and winged birds like the sand of the sea.

²⁸ He let it fall in the midst of their camp *
and round about their dwellings.

²⁹ So they ate and were well filled, *
for he gave them what they craved.

The Second Lesson: *Ephesians 4:1-16*

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reader The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn 343: *Shepherd of Souls*

Reader The Holy Gospel of our Lord Jesus Christ according to John.

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

The Gospel: *John 6:24-35*

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Reader The Gospel of the Lord.

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

The Sermon

The 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 Prayers of the People

Please stand or kneel

God of love and mercy, you provide manna in the wilderness and invite us to feast on the bread of life: receive our prayers for ourselves and your world. *A brief silence* Eternal God, you give meaning to our days, to our struggles and strivings and to our joys and blessings. We give you thanks for your love which surrounds us on every side, and for the strength to face life with hope and courage.

People **God of love and mercy, hear our prayer.**

Loving God, we give you thanks for the church, this parish family, and for the opportunities and challenges that you provide for us. Help us to do the good work you have given us to do. Guide our hearts and minds as we seek to serve your children throughout this community and the world. **God of love and mercy, hear our prayer.**

God of creation, we thank you for making the earth fruitful, so that it might produce our daily bread. Bless the farmers and all who work in the fields. Make us mindful of the hard work done by many hands to provide us with the food we eat. In the midst of our abundance, guide us as we work to feed those who are hungry in our community and around the world. **God of love and mercy, hear our prayer.**

O God, send your Spirit on all the peoples of the earth. Heal our sins of racism, hatred, and violence. Help us work for healing and reconciliation, that true peace may reign on earth. Let there be peace, and let it begin within our own hearts. **God of love and mercy, hear our prayer.**

Healing God, we pray for the poor and the sick, the weak and the vulnerable. Be their protector, healer, and vindicator, easing the sufferings of body, mind, and spirit. Have compassion on those who suffer from any grief or trouble, including those on our prayer list and all those whose suffering is known to you alone. *Silence* Give them a sense of your healing presence, and restore them to the wholeness and peace that only you can provide. **God of love and mercy, hear our prayer.**

In a moment of silence, let us pray for those who are dear to us. *Silence* Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them and love one another as he loves us. **God of love and mercy, hear our prayer.**

Living God, we commend to your mercy all who have died, remembering especially Mona East and Sharon MacBride, in whose memory the flowers are given this week, and all those we love but see no longer. *Silence* We thank you for giving them to us, their family and friends, to know and to love as companions on our earthly pilgrimage. Surround them with your presence, give to them eternal rest, and let light perpetual shine upon them. **God of love and mercy, hear our prayer.**

Support us all the day long, until the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and all our work is done. Then, in your mercy, give us a safe lodging, and a holy rest, and peace at the last. **Amen.**

We pray to you also for the forgiveness of our sins. *Silence* **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. **Amen.**

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

Offertory Anthem: *No Way is Hard, Op. 5, no. 1 (Three Odes of Solomon)*

Alan Hovhaness (1911-2000)

Deborah Malamud, Mezzo-Soprano

No way is hard where there is a simple heart, nor is there any wound where the thoughts are upright; Nor is there any storm in the depth of the illuminated thought. Where one is surrounded on every side by beauty there is nothing that is divided, the likeness of what is below is that which is above, for everything is above. What is below is nothing but the imagination of those that are without knowledge. Alleluia.

Offertory Hymn 339: *Deck Thyself*

THE GREAT THANKSGIVING Eucharistic Prayer A

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 our thanks and praise.**

The Celebrant offers our thanks to God for the grace and mercy made available to us in Christ.

Sanctus: *Holy, Holy, Holy Lord*

Ho - ly, ho - ly, ho - ly Lord, God of power and might,
heaven and earth are full of your glo - ry. Ho - san - na in the
high - est. Bless - ed 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 people stand or kneel as the Celebrant gives thanks for the reconciling work of Christ through his passion and resurrection and prays over the bread and wine.

Celebrant Therefore we proclaim the mystery of faith.

People **Christ has died. Christ is risen. Christ will come again.**

The Celebrant continues with the Eucharistic prayer.

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

Celebrant As our Savior Christ has taught us, we now pray,
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 Celebrant breaks the consecrated Bread. A period of silence is kept.

Fraction Anthem

Celebrant Alleluia. Christ our Passover is sacrificed for us;

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

Please come forward and stand or kneel at the rail. The priest will place the bread in your outstretched palm (Consecrated rice wafers are available for those with wheat allergies - simply ask the priest). You may dip (intinct) the bread in the wine in the small cup held by the Eucharistic minister. Alternatively, you may indicate your desire to drink from the common chalice by consuming the bread and remaining at the rail after the Eucharistic minister passes; another Eucharistic minister will bring the large chalice over for you to drink from directly. Please know that Christ is fully present in both the bread and the wine - there is no requirement to receive both. If you do not wish to receive communion, you may come forward, cross your hands over your chest, and receive a blessing.

Communion Anthem: *The Lamb (Ten Blake Sounds for Voice and Oboe)*

Ralph Vaughan Williams (1872-1958)

Deborah Malamud, Mezzo-Soprano

Little Lamb, who made thee? Dost thou know who made thee? Gave thee life and bid thee feed, By the stream and o'er the mead; Gave thee clothing of delight, Softest clothing woolly bright; Gave thee such a tender voice, Making all the vales rejoice? Little Lamb, who made thee? Dost thou know who made thee?

Little lamb, I'll tell thee, Little Lamb, I'll tell thee: He is called by thy name, For he calls himself a Lamb. He is meek and he is mild: He became a little child. I a child and thou a lamb, We are called by his name. Little Lamb God bless thee! Little Lamb God bless thee!

Communion Hymn, LEVAS 146: *Break Thou the Bread*

When Lay Eucharistic Visitors are taking Holy Communion to those unable to be with us in person, we say the following

Celebrant In the name of this congregation, we send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

People **We who are many are one body, because we all share one bread, one cup.**

Post-Communion Thanksgiving

Celebrant Let us pray.

People **Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

The Blessing

Closing Hymn 335: *I am the Bread of Life*

The young people are invited to come forward during the hymn to participate in the dismissal.

Young people Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude: *Dawn Hymn*

Alan Hovhaness