

The Church of St. Paul, Cambria

Morning Prayer and Holy Eucharist

• Proper 10 A • July 16, 2023 •

Opening Hymn 686

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

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.**

Penitential Rite

Creator God, you desire rich soil for the seed of your word and an abundant harvest of justice and mercy from your people. Pour out your Spirit to nourish the dryness of our gardens and fertilize our thin soil with the richness of your grace. Help us to dig deeply and root out anything that might interfere with the hundredfold harvest of justice and peace of which we are capable, as we confess our shortcomings,

Silence may be kept. Minister and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

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.

Lord, open our lips
And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

Worship the Lord in the beauty of holiness:
O come, let us adore him.

Jubilate: Psalm 100

1 Be joyful in the LORD, all you lands; serve the LORD with gladness and come before his presence with a song.

2 Know this: The LORD himself is God; he himself has made us, and we are his; we are his people and the sheep of his pasture.

3 Enter his gates with thanksgiving; go into his courts with praise; give thanks to him and call upon his Name.

4 For the LORD is good; his mercy is everlasting; and his faithfulness endures from age to age.

Psalm 119:105-112

105 Your word is a lantern to my feet * and a light upon my path.

106 I have sworn and am determined * to keep your righteous judgments.

107 I am deeply troubled; * preserve my life, O LORD, according to your word.

108 Accept, O LORD, the willing tribute of my lips, * and teach me your judgments.

109 My life is always in my hand, * yet I do not forget your law.

110 O The wicked have set a trap for me, * but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; * truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes * for ever and to the end.

The Celebrant says to the people

The Lord be with you.

And also with you.

Let us pray.

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Lesson

The first lesson is from Genesis (25:19-34)

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the LORD for his wife, because she was barren; and the LORD granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she

said, "If it is to be this way, why do I live?" So she went to inquire of the LORD. And the LORD said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger." When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Hear what the Spirit is saying to the Church
Thanks be to God.

Canticle H: **A Song of Hosea** *Hosea 6:1-3*

Come, let us return to our God, * who has torn us
and will heal us.

God has struck us and will bind up our wounds, *
after two days revive us,

On the third day restore us, * that in God's presence
we may live.

Let us humble ourselves, let us strive to know the
Lord, * whose justice dawns like morning light, its
dawning as sure as the sunrise.

God's justice will come to us like a shower, * like
spring rains that water the earth.

Amen.

The **second lesson** is from the Letter of Paul to the
Romans (8:1-11)

There is no condemnation for those who are in
Christ Jesus. For the law of the Spirit of life in Christ
Jesus has set you free from the law of sin and of
death. For God has done what the law, weakened
by the flesh, could not do: by sending his own Son in
the likeness of sinful flesh, and to deal with sin, he
condemned sin in the flesh, so that the just
requirement of the law might be fulfilled in us, who
walk not according to the flesh but according to the
Spirit. For those who live according to the flesh set
their minds on the things of the flesh, but those
who live according to the Spirit set their minds on
the things of the Spirit. To set the mind on the flesh

is death, but to set the mind on the Spirit is life and
peace. For this reason the mind that is set on the
flesh is hostile to God; it does not submit to God's
law — indeed it cannot, and those who are in the
flesh cannot please God. But you are not in the
flesh; you are in the Spirit, since the Spirit of God
dwells in you. Anyone who does not have the Spirit
of Christ does not belong to him. But if Christ is in
you, though the body is dead because of sin, the
Spirit is life because of righteousness. If the Spirit of
him who raised Jesus from the dead dwells in you,
he who raised Christ from the dead will give life to
your mortal bodies also through his Spirit that
dwells in you.

Hear what the Spirit is saying to the Church
Thanks be to God.

Canticle A: A Song of Wisdom *10:15-19,20b-21*

Wisdom freed from a nation of oppressors * a holy
people and a blameless race.

She entered the soul of a servant of the Lord, *
withstood dread rulers with wonders and signs.

To the saints she gave the reward of their labors, *
and led them by a marvelous way;

She was their shelter by day * and a blaze of stars
by night.

She brought them across the Red Sea, * she led
them through mighty waters;

But their enemies she swallowed in the waves * and
spewed them out from the depths of the abyss.

And then, Lord, the righteous sang hymns to your
Name, * and praised with one voice your
protecting hand;

For Wisdom opened the mouths of the mute, * and
gave speech to the tongues of a new-born people.

Amen

Alleluia

The Holy Gospel of our Lord Jesus Christ according
to St. Matthew (13:1-9,18-23)

Glorify to you, Lord Christ.

Jesus went out of the house and sat beside the
sea. Such great crowds gathered around him that
he got into a boat and sat there, while the whole
crowd stood on the beach. And he told them many
things in parables, saying: "Listen! A sower went out
to sow. And as he sowed, some seeds fell on the
path, and the birds came and ate them up. Other
seeds fell on rocky ground, where they did not have
much soil, and they sprang up quickly, since they
had no depth of soil. But when the sun rose, they
were scorched; and since they had no root, they
withered away. Other seeds fell among thorns, and
the thorns grew up and choked them. Other seeds
fell on good soil and brought forth grain, some a
hundredfold, some sixty, some thirty. Let anyone
with ears listen!" "Hear then the parable of the
sower. When anyone hears the word of the

kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”

The Gospel of the Lord.

Praise to you, Lord Christ.

The Sermon

Here follows the Nicene Creed, all standing

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

Lest the Word of God return empty to the heavens, let us turn our hearts to the needs of others and plant the seeds of justice, saying: In mercy, hear us.

(As you are moved by the Spirit, take turns reading the following petitions.)

For the Christian churches throughout the world, that together we may harvest compassion in an abundance of mercy, we pray: **In mercy, hear us.**

That leaders of government refuse to worship Mars, the god of war, but rather attend to Christ's call of peace, we pray: **In mercy, hear us.**

For farmers, harvesters, and migrant workers, and for an end of injustice toward those who work the land, we pray: **In mercy, hear us.**

That people of the earth may honor and respect the natural resources of the planet, and for an end to the consumerism that encourages ravage, we pray: **In mercy, hear us.**

For the students of the Spirit in our communities, that fertile in faith they may be a soil rich in receptivity, we pray: **In mercy, hear us.**

For all the sick, especially those on our prayer list, and for all the oppressed, that the reign of God will hold sway in all human life, we pray: **In mercy, hear us.**

For those in harm's way, especially those who serve in the armed forces, that their sacrifices may be honored and their efforts bring lasting peace, we pray: **In mercy, hear us.**

We Pray for Jennifer. Lord, **in your mercy, hear our prayer.**

(Here other intercessions may be offered.)

Blessed and praised are you, O God, for the word of your mouth. In your mercy, listen to all who call to you in faith. Let your word find root in our lives. We pray in the name of your child Jesus, who lives with you in the power of the Spirit, forever. **Amen.**

The Peace

All stand. The Celebrant says to the people

The peace of the Lord be always with you.

And also with you.

Then all may greet one another in the name of the Lord.

The Celebrant may begin the Offertory with the following sentence

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

Offertory Hymn 711

Prayer over the gifts: Father, your word creates in us a yearning for your kingdom. Receive all we offer you this day, and keep us in your peace; for the sake of Jesus Christ the Lord **Amen.**

The Great Thanksgiving (EP B)

The Lord be with you.

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. In fulfillment of his true promise, the Holy Spirit came down [on this day] from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations.

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:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The people stand or kneel.

We give thanks to you, O God,

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

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 taught us, we are bold to pray (*sung*):

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 forever. Amen.

The Breaking of the Bread

Then may be sung or said

We break this bread to share in the body of Christ.

We, being many, are one body, for we all share in the one bread.

Then the celebrant and people pray together.

We do not presume to come to your holy table, merciful Lord, trusting in our own righteousness, but in your great mercy. We are not worthy even to gather the crumbs from under your table. But you are the same Lord whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the body of your dear Son, Jesus Christ, and to drink his blood, that we may evermore dwell in him and he in us. Amen.

Facing the people, the Celebrant says the following Invitation or other suitable words.

Behold the gifts prepared by the Teacher who ate with sinners: draw near to the banquet of mercy, partake of the feast of forgiveness.

Communion of the People

After Communion, the Celebrant says

Almighty God, guide and protect your people who share in this sacred mystery, and keep us always in your love.

Let us pray. **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

Knowing that all of our community cannot share the Eucharist in person, we affirm that the true mystical communion of Christ and His Church is a bond of spirit and heart, grounded in faith. Therefore, we commit ourselves to this deep bond of the Spirit in union with Christ our Lord. **Amen.**

Blessing: The God of all grace who called you to eternal glory in Christ Jesus, restore establish and strengthen you in the faith, and the blessing of God almighty, Father, Son and Holy Spirit be with you and remain with you for ever. **Amen.**

The Peace

The peace of the Lord be always with you.

And also with you.

Announcements

Anniversary/Thanksgiving Prayer

We give you thanks, O God, for your many blessings: for our days of celebration, for the love that surrounds us, for your healing presence in our lives. Keep us in your care, we pray, and help us to live as truly thankful people. **Amen.**

Closing hymn 693

As disciples of the kingdom, good soil bearing fruit in abundance, go in peace to love and serve the Lord.

Thanks be to God.