



Morning Prayer and Holy Eucharist at the Church of St. Paul, Cambria

• Proper 10 B • July 14, 2024 •

Opening Hymn 525

Blessed be God, Father, Son, and Holy Spirit.
And Blessed be God's 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.**

Remove from before our eyes, O God, the veil that hides your splendor, and flood us with the light of your Holy Spirit, that we may recognize your glory shining in the humiliation of your Christ and experience even in our own human weakness the sufficiency of your grace and surpassing power of Christ's resurrection. Now help us peel back our blindness to our failings as we confess our sins against God and our neighbor.

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 forever. Amen.

Venite: Psalm 95:1-7

Come, let us sing to the Lord; let us shout
for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms.
For the Lord is a great God, and a great King above
all gods.

In his hand are the caverns of the earth, and the heights of the hills are his also.
The sea is his, for he made it, and his hands have molded the dry land.
Come, let us bow down, and bend the knee, and kneel before the Lord our Maker.
For he is our God, and we are the people of his pasture and the sheep of his hand.
Oh, that today you would hearken to his voice!

Psalm 24

- 1 The earth is the LORD'S and all that is in it, * the world and all who dwell therein.
- 2 For it is he who founded it upon the seas * and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the LORD? " * and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, * who have not pledged themselves to falsehood, nor sworn by what is a fraud.
- 5 They shall receive a blessing from the LORD * and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, * of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates; lift them high, O everlasting doors; * and the King of glory shall come in.
- 8 "Who is this King of glory?" * "The LORD, strong and mighty, the LORD, mighty in battle."
- 9 Lift up your heads, O gates; lift them high, O everlasting doors; * and the King of glory shall come in.
- 10 "Who is he, this King of glory?" "The LORD of hosts, he is the King of glory."

The Lord be with you.
And also with you.
Let us pray.

Collect 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.**

The **first lesson** is from the **Second Book of Samuel** (6:1-5,12-19)

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to

bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. David danced before the LORD with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet. As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart. They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

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

Canticle 15: The Song of Mary

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; * for he has looked with favor on his lowly servant.
From this day all generations will call me blessed: * the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm, * he has scattered the proud in their conceit.
He has cast down the mighty from their thrones, * and has lifted up the lowly.
He has filled the hungry with good things, * and the rich he has sent away empty.
He has come to the help of his servant Israel, * for he has remembered his promise of mercy,
The promise he made to our fathers, * to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is now and ever will be. Amen.

The **Second lesson** is from **the Letter of Paul to the Ephesians (1:3-14)** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

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.

The Holy Gospel of our Lord Jesus Christ according to **St. Mark (6:14-29)**

Glory to you, Lord Christ.

King Herod heard of the deeds of power, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound

him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Gospel of the Lord.

Praise to you, Lord Christ.

The Sermon

Sermon Music

Let us affirm our faith:

We believe in God the Father, infinite in wisdom, power and love, whose mercy is over all his works, and whose will is ever directed to his children's good.

We believe in Jesus Christ, Son of God and Son of man, the gift of the Father's unfailing grace, the ground of our hope, and the promise of our deliverance from sin and death.

We believe in the Holy Spirit as the divine presence in our lives, whereby we are kept in perpetual remembrance of the truth of Christ, and find strength and help in time of need.

We believe that this faith should manifest itself in the service of love as set forth in the example of our blessed Lord, to the end that the kingdom of God may come upon the earth.

Amen.

The Prayers of the People

As one people called by God, let us pray, saying:
Hear us, good Lord.

(As you feel called, please take turns reading one or more of the petitions. Please observe a short silence at the indicated times.)

We say we are not prophets, Lord, nor the children of prophets; yet we are your witnesses. That we may be faithful witnesses, (silence) we pray: **Hear us, good Lord.**

You have called us and joined us into one body, the church, to hear the cries of the world and to read the signs of our time, to speak where silence needs breaking, to comfort when terror threatens, to support where courage falters, to risk when fear controls. That you may work in us the prophet's vision and power, (silence) we pray: **Hear us, good Lord.**

The world waits in need, O God. When peace seems within grasp, it somehow slips away. When crops in one nation flourish, famine reigns in another. When technology masters a new frontier, old problems rise to plague it. When chemicals serve our human needs, the environment suffers pollution. While medicines cure the gravest ills, diseases still destroy us. That you will help us in our need, (silence) we pray: **Hear us, good Lord.**

Help us to understand the complexity of life. Help us to learn from the forces we seek to overcome. Help us trust you. That you will bring our waiting to an end, (silence) we pray: **Hear us, good Lord.**

Eternal God, you send us on a journey, as you have sent others before us, to anoint, to heal, to comfort, to cast our demons. For each person in need this day, we pray for the gentle touch of another's caring hand. Lavish the riches of your grace upon them, as you have promised. To you, O Healer, (silence) we pray: **Hear us, good Lord.**

We send the best of our young adults to the far corners of the world to protect freedom. Some die. Others are wounded in body and spirit. Keep them all in your loving care. That we may share the pain of loss, and trust in your goodness for their ultimate safety, (silence) we pray: **Hear us, good Lord.**

Our Communion family is often divided, sometimes ignorant, often spineless and dithering. You have called through your grace Michael to be our new Presiding Bishop. Give him wisdom and make him worthy of your calling, we pray: **Hear us, good Lord.**

You, our God, have created us as a great diversity of peoples, cultures, and religions. That we may learn to respect, love, and honor each other, (silence) we pray: **Hear us, good Lord.**

(Here other intercessions may be offered.)

Creator of the world, sustainer of the church, hear our prayers, accept the praise and thanks of our worship, and grant us that which makes us whole, through Jesus Christ our Lord. **Amen.**

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

Offertory Hymn 529

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 A)

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 God 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;

For you are the source of light and life; you made us in your image, and called us to new life in Jesus Christ our Lord.

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, full of your glory. Hosanna in the highest. Blest is he who comes in the name of the Lord. Hosanna in the highest.

Holy and gracious Father: In your infinite love you made us for yourself...

Therefore we proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father,...

All this we ask through your Son Jesus Christ. 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

Alleluia. Christ our Passover is sacrificed for us; **Therefore let us keep the feast. Alleluia.**

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, is risen, alleluia! and feed on him in your hearts by faith, with thanksgiving. Blessed are those who are called to the banquet of the Lamb.

Communion of the People

After Communion, the Celebrant says

Eternal God, you have fed us at the table of your grace. Deliver us from all spiritual pride, and give us a quiet confidence in your mercy.

Let us pray. **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.**

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 spiritual and grounded in faith. Therefore, we commit ourselves to the spiritual reality that Christ is present with us wherever we are. **Amen.**

Blessing:

The peace of God, which passes all understanding, keep your hearts and minds in the love and knowledge of Jesus Christ our Lord; and the blessing of God Almighty, Father, Son, and Holy Spirit be with you always. **Amen.**

The Peace

The peace of the Lord be always with you. **And also with you.** *Greet one another in the Lord's name.*

Announcements

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 522

Dismissal:

Sent in the name of Christ, whose compassion embraces all, go in peace to love and serve the Lord.

Thanks be to God.