



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

• Proper 11B • July 21, 2024 •

### Opening Hymn 617

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.**

Make firm, Lord God, the faith of your Christian people, that success may not fill us with worldly pride nor the storms of life lay us low. Rather, whatever may befall, teach us to recognize your quiet but calming presence and to count on you as the unseen companion who faithfully accompanies us throughout life's journey. As we prepare to continue our journey with you, let us 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.**

### Psalm 63:1-8 Deus, Deus meus

O God, you are my God; eagerly I seek you;  
my soul thirsts for you, my flesh faints for  
you, as in a barren and dry land where  
there is no water.

Therefore I have gazed upon you in your  
holy place, that I might behold your

power and your glory.  
For your loving-kindness is better than life  
itself; my lips shall give you praise.  
So will I bless you as long as I live and lift up  
my hands in your Name.  
My soul is content, as with marrow and  
fatness, and my mouth praises you with  
joyful lips, When I remember you upo  
my bed, and meditate on you in the night  
watches.  
For you have been my helper, and under  
the shadow of your wings I will rejoice.  
My soul clings to you; your right hand holds  
me fast.

### Psalm 89:20-37

20 I have found David my servant; \* with my holy  
oil have I anointed him.  
21 My hand will hold him fast \* and my arm will  
make him strong.  
22 No enemy shall deceive him, \* nor any wicked  
man bring him down.  
23 I will crush his foes before him \* and strike  
down those who hate him.  
24 My faithfulness and love shall be with him, \*  
and he shall be victorious through my Name.  
25 I shall make his dominion extend \* from the  
Great Sea to the River.  
26 He will say to me, 'You are my Father, \* my  
God, and the rock of my salvation.'  
27 I will make him my firstborn \* and higher than  
the kings of the earth.  
28 I will keep my love for him for ever, \* and my  
covenant will stand firm for him.  
29 I will establish his line for ever \* and his throne  
as the days of heaven."  
30 "If his children forsake my law \* and do not  
walk according to my judgments;  
31 If they break my statutes \* and do not keep my  
commandments;  
32 I will punish their transgressions with a rod \*  
and their iniquities with the lash;  
33 But I will not take my love from him, \* nor let  
my faithfulness prove false.  
34 I will not break my covenant, \* nor change what  
has gone out of my lips.  
35 Once for all I have sworn by my holiness: \* 'I  
will not lie to David.  
36 His line shall endure for ever \* and his throne  
as the sun before me;  
37 It shall stand fast for evermore like the moon, \*  
the abiding witness in the sky.' "

The Lord be with you.

**And also with you.**

Let us pray.

**Collect** Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son 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 **Second Book of Samuel (7:1-14a)**

Now when the king was settled in his house, and the LORD had given him rest from all his enemies around him, the king said to the prophet Nathan, "See now, I am living in a house of cedar, but the ark of God stays in a tent." Nathan said to the king, "Go, do all that you have in mind; for the LORD is with you." But that same night the word of the LORD came to Nathan: Go and tell my servant David: Thus says the LORD: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, "Why have you not built me a house of cedar?" Now therefore thus you shall say to my servant David: Thus says the LORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover the LORD declares to you that the LORD will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom forever. I will be a father to him, and he shall be a son to me.

Hear what the Spirit is saying to the Church

**Thanks be to God.**

**Canticle 13: A Song of Praise**

Glory to you, Lord God of our fathers: \* you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name; \* we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; \* on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim; \* we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; \* in the high vault of heaven, glory to you.

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

The **second lesson** is from **Letter of Paul to the Ephesians (2:11-22)**

Remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" — a physical circumcision made in the flesh by human hands — remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

Hear what the Spirit is saying to the Church

**Thanks be to God.**

**Canticle 17: The Song of Simeon**

Lord, you now have set your servant free \* to go in peace as you have promised:

For these eyes of mine have seen the Savior, \* whom you have prepared for all the world to see: A light to enlighten the nations, \* and the glory of your people Israel.

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 Holy Gospel of our Lord Jesus Christ according to **St. Mark (6:30-34,53-56)**

**Glory to you, Lord Christ.**

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

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

With all our heart and with all our mind, let us pray to the Lord, saying, "Lord, have mercy."

For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord. **Lord, have mercy.**

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord. **Lord, have mercy.**

For our President Biden, for the leaders of the nations, and for all in authority, let us pray to the Lord. **Lord, have mercy.**

For this city Cambria, for every city and community, and for those who live in them, let us pray to the Lord. **Lord, have mercy.**

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

**Lord, have mercy.**

For the good earth, which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord. **Lord, have mercy.**

For those who travel on land, on water, in the air, or in earth orbit, let us pray to the Lord.

**Lord, have mercy.**

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord. **Lord, have mercy..**

For our sisters and brothers at Wellsprings, let us pray to the Lord. **Lord, have mercy.**

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord. **Lord, have mercy.**

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord. **Lord, have mercy.**

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord. **Lord, have mercy.**

For the absolution and remission of our sins and offenses, let us pray to the Lord. **Lord, have mercy.**

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord. **Lord, have mercy.**

Defend us, deliver us, and in thy compassion protect us, O Lord, by thy grace. **Lord, have mercy.**

In the communion of St. Paul, and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

**To thee, O Lord our God.**

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

**Offertory Hymn 663**

**Prayer over the gifts:** Eternal God, you have made our Savior Jesus Christ the head of all creation. Receive all we offer you this day and renew us in his risen life, in the name 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**

### **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 this deep bond of the Spirit in union with Christ our Lord. **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 690**

### **Dismissal:**

Children of God, joint heirs with Christ and led by the Spirit, go in peace to love and serve the Lord.

**Thanks be to God.**