



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

• Proper 13 B • August 4th, 2024 •

Opening Hymn 797 WLP

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.**

To our stewardship, O God, you have entrusted the vast resources of your creation. Let there be no lack of bread at the tables of any of your children, and stir up within us also a longing for your word, that we may be able to satisfy that hunger for truth that you have placed within every human heart. Break every barrier in us to your truth, and open us to be fed through you Son, as we confess our sins against you 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 51:1-13

- 1 Have mercy on me, O God, according to your loving-kindness; * in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness * and cleanse me from my sin.
- 3 For I know my transgressions, * and my sin is ever before me.
- 4 Against you only have I sinned * and done what is evil in your sight.
- 5 And so you are justified when you speak * and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, * a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, * and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; * wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, * that the body you have broken may rejoice.
- 10 Hide your face from my sins * and blot out all my iniquities.
- 11 Create in me a clean heart, O God, * and renew a right spirit within me.
- 12 Cast me not away from your presence * and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again * and sustain me with your bountiful Spirit.

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

Collect 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** is from **Second Book of Samuel** (11:26-12:13a)

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the LORD, and the LORD sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the LORD lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You are the man! Thus says the LORD, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the LORD: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the LORD."

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

Canticle 19: The Song of the Redeemed

O ruler of the universe, Lord God, great deeds are they that you have done, * surpassing human understanding.

Your ways are ways of righteousness and truth, * O King of all the ages.

Who can fail to do you homage, Lord, and sing the praises of your Name? * for you only are the Holy One.

All nations will draw near and fall down before you, * because your just and holy works have been revealed.

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 (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.

Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle I: **A Song of Jonah** *Jonah 2:2-7,9*

I called to you, O God, out of my distress, and you answered me; * out of the belly of Sheol I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas, * and the flood surrounded me; all your waves and billows passed over me.

Then I said, "I am driven away from your sight; * how shall I ever look again upon your holy temple?"

The waters closed in over me, the deep was round about me; * weeds were wrapped around my head at the roots of the mountains.

I went down to the land beneath the earth, * yet you brought up my life from the depths, O God. As my life was ebbing away, I remembered you, O God, * and my prayer came to you, into your holy temple.

With the voice of thanksgiving, I will sacrifice to you; * what I have vowed I will pay, for deliverance belongs to the Lord!

The Holy Gospel of our Lord Jesus Christ according to **St. John (6:24-35)**

Glory to you, Lord Christ.

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.

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

Gathered in the name of Jesus, united by the power of the Holy Spirit let us pray, saying: O Lord, bread of heaven, have mercy upon us.

(As you feel called, please take turns reading one or more of the petitions.)

You are the bread of life, O God. You feed us with manna, and you satisfy our needs with your word. For the food that never perishes, we thank you. Gather us up with all your needy people, that none may be lost. (Silence) O Lord, **bread of heaven, have mercy upon us..**

You call us, O God, to be renewed, to put on a new nature, to conform our lives to your will. Form the church into a source of life which feeds a needy world. (Silence) O Lord, **true bread from heaven, have mercy upon us..**

In a hungry world, O God, we do not know how to feed one another. Hear the cries of the poor. Strengthen us to answer their need, to dry the tears of those who mourn, to care for the children, to preserve the land, to honor all your people. (Silence) O Lord, **source of manna in the wilderness, have mercy upon us..**

We long to embrace you, O God. We rejoice in your invitation to life. Urge us gently into the arms of our sisters and brothers, that we may find you there. (Silence) O Lord, **font of life, have mercy upon us..**

Our world is full of conflict and death. We ask for your care and protection for of all our young men and women who serve in the military and all who seek to make peace.(Silence) O Lord, **Prince of peace, have mercy upon us..**

You, our God, have created us as a great diversity of peoples, cultures, and religions. May we learn to respect, love, and honor each other, despite our differences. (Silence) O Lord, **font of all wisdom, have mercy upon us..**

(Here other intercessions may be offered.)

All these things we have spoken, and those which we name in the silence of our hearts, we pray in the name of Jesus Christ our Lord who with you

and the Holy Spirit are one God, forever and ever.

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 791

Prayer over the gifts: God our sustainer, accept all we offer you this day, and feed us continually with that bread which satisfies all hunger, you Son our Savior Jesus Christ. **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

"I am the bread which has come down from heaven," says the Lord.

Give us this bread for ever.

"I am the vine, you are the branches."

May we dwell in him, as he lives in us.

Behold the living bread come down from heaven: Those who eat of it will never die. Behold the cup of eternal life: Those who drink of it will live forever.

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:

May the God of all consolation bless you in every way and grant you peace all the days of your life. May he free you from all anxiety and strengthen your hearts in his love. May he enrich you with his gifts of faith, hope, and love, so that what you do in this life will bring you to the happiness of everlasting life. May almighty God bless you, Father, Son and Holy Spirit now and forever.

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 810 WLP

Dismissal:

In the strength of the living bread that Christ has given us, go in peace to love and serve the Lord.

Thanks be to God.