



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

• Proper 15B • August 18th, 2024 •

### Opening Hymn 398

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.**

On this holy day, O God of life, you have made us your friends and have invited us to be guests at your table. Behold your church assembled here, and hear us who sing to you on our journey through this life the psalms and hymns and spiritual songs that proclaim our blessed hope of resurrection in the life to come. Confirm our trust that we will share one day in the banquet of your eternal kingdom. Let us confess our sins against God and our neighbors that we might then sing to you with a clean heart and mind:

**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 67:1-5 Deus misereatur

O God, be merciful to us and bless us,  
show us the light of your countenance and come to us.  
Let your ways be known upon earth,

your saving health among all nations.  
Let the peoples praise you, O God; let all the peoples praise you.  
Let the nations be glad and sing for joy, for you judge the peoples with equity and guide all the nations upon earth.  
Let the peoples praise you, O God; let all the peoples praise you.

### Psalm 111

- 1 Hallelujah! I will give thanks to the LORD with my whole heart, \* in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the LORD! \* they are studied by all who delight in them.
- 3 His work is full of majesty and splendor, \* and his righteousness endures for ever.
- 4 He makes his marvelous works to be remembered; \* the LORD is gracious and full of compassion.
- 5 He gives food to those who fear him; \* he is ever mindful of his covenant.
- 6 He has shown his people the power of his works \* in giving them the lands of the nations.
- 7 The works of his hands are faithfulness and justice; \* all his commandments are sure.
- 8 They stand fast for ever and ever, \* because they are done in truth and equity.
- 9 He sent redemption to his people; he commanded his covenant for ever; \* holy and awesome is his Name.
- 10 The fear of the LORD is the beginning of wisdom; \* those who act accordingly have a good understanding; his praise endures for ever.

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

**Collect** Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**The first lesson is from First Book of Kings (2:10-12,3:3-14)**

Then David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the LORD, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the LORD appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O LORD my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?" It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

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 Letter of Paul to the Ephesians (5:15-20)**

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Hear what the Spirit is saying to the Church

**Thanks be to God.**

**Canticle 18 A Song to the Lamb 4:11;5:9-10,13**

Splendor and honor and royal power \* are yours by right, O God Most High,  
For you created everything that is, \* and by your will they were created and have their being;  
And yours by right, O Lamb that was slain, \* for with your blood you have redeemed for God,  
From every family, language, people, and nation, \* a royal priesthood to serve our God.  
And so, to the One who sits upon the throne, \* and to Christ the Lamb,  
Be worship and praise, dominion and splendor, \* for ever and for evermore.

The Holy Gospel of our Lord Jesus Christ according to **St. John (6:51-58)**

**Glory to you, Lord Christ.**

I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink.

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”

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 a mother setting food before her hungry children, God satisfies our most basic needs and our deepest longings. Confident that we have a solicitous God, we pray now for our church and our world, saying: Lord, hear our prayer.

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

Because we need to be nourished by your word and sacrament, we pray for our church that we might both be willing to eat of your food and drink of your wine and in turn be food and drink for one another. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because we live in evil days and often act like fools, we pray that our world may not continue in ignorance but discern what is truly good and just. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because we are prone to be competitive and unconcerned about one another, we pray for all political leaders that we might find in them examples of generous service and self-forgetfulness. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because there are so many poor and hungry people in our world, we pray that we may be generous in giving, compassionate in serving, and sensitive in understanding the needs of others. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because our world is pervaded by a spirit of skepticism and mistrust, we pray for unbelievers that they may find us to be confident people who know that God does indeed have a plan for our world. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because our world is still a place of violence and confusion, we pray for our young men and women in the military, that their efforts might bring about peace and good order. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

Because this is a world of intolerance and bigotry, we pray for all people of good faith, especially our Jewish and Muslim brothers and sisters, that we may all learn that we are part of the family of God. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

*(Here other intercessions may be offered.)*

Because we have often been nourished and supported by many relatives and friends who have preceded us in death, we pray that they may live in peace and be mindful of us who still struggle to live the Christian life. (Silence) In faith we pray to you, O God. **Lord, hear our prayer.**

All loving God, the source of all good gifts, we praise and thank you for your provident care. Hear the prayers we have made in faith. As a gracious mother, feed us with the bread of life so we might abide with you forever. We make this prayer as always 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 335**

**Prayer over the gifts :** Loving God and Father, you have adopted us to be your heirs. Accept all we offer you this day and give us grace to live as faithful children. We ask this in the name of Jesus Christ our 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 the spiritual reality that Christ is present with us wherever we are. **Amen.**

### **Blessing:**

Christ who has nourished us with himself, the living bread, make you one in praise and love, and raise you up at the last day, and the blessing of God almighty, Father, Son and Holy Spirit, be with you are remain with your for ever. **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 492**

### **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.**