



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

• Proper 17B • September 1, 2024 •

### Opening Hymn 493

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.**

Behold, O God, your Christian people, gathered together on this day of the Lord. Let the praise on our lips resound in the depths of our hearts, the word you have sown, the word that has taken root within us to sanctify and renew our entire lives. That we may grow ever toward you, Holy One, let us now 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 45:1-2, 7-10

1 My heart is stirring with a noble song; let me  
recite what I have fashioned for the king; \* my  
tongue shall be the pen of a skilled writer.  
2 You are the fairest of men; \* grace flows from  
your lips, because God has blessed you for ever.  
7 Your throne, O God, endures for ever and ever,  
\* a scepter of righteousness is the scepter of your  
kingdom; you love righteousness and hate iniquity.  
8 Therefore God, your God, has anointed you \*  
with the oil of gladness above your fellows.  
9 All your garments are fragrant with myrrh,  
aloes, and cassia, \* and the music of strings from  
ivory palaces makes you glad.  
10 Kings' daughters stand among the ladies of the  
court; \* on your right hand is the queen, adorned  
with the gold of Ophir.

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

**Collect** Lord of all power and might, the author and  
giver of all good things: Graft in our hearts the love of  
your Name; increase in us true religion; nourish us with  
all goodness; and bring forth in us the fruit of good  
works; 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 **Song of Solomon (2:8-13)**  
The voice of my beloved! Look, he comes, leaping  
upon the mountains, bounding over the hills. My  
beloved is like a gazelle or a young stag. Look, there  
he stands behind our wall, gazing in at the  
windows, looking through the lattice. My beloved  
speaks and says to me: "Arise, my love, my fair  
one, and come away; for now the winter is past,  
the rain is over and gone. The flowers appear on

the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.

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

**Canticle C: The Song of Hannah** *1 Samuel 2:1-8*

My heart exults in you, O God; \* my triumph song is lifted in you.

My mouth derides my enemies, \* for I rejoice in your salvation.

There is none holy like you, \* nor any rock to be compared to you, our God.

Do not heap up prideful words or speak in arrogance; \* Only God is knowing and weighs all actions.

The bows of the mighty are broken, \* but the weak are clothed in strength.

Those once full now labor for bread, \* those who hungered now are well fed.

The childless woman has borne sevenfold, \* while the mother of many is forlorn.

God destroys and brings to life, casts down and raises up; \* gives wealth or takes it away, humbles and dignifies.

God raises the poor from the dust; \* and lifts the needy from the ash heap

To make them sit with the rulers \* and inherit a place of honor.

For the pillars of the earth are God's \* on which the whole earth is founded.

The **second lesson** is from **Letter of James (1:17-27)**

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers

who forget but doers who act — they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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 (7:1-8, 14-15, 21-23)**

**Glory to you, Lord Christ.**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

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

Knowing that God hears our prayers when they are made in sincerity and humility, we pray for our church and our world in our time of need, saying: Hear us, good Lord.

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

Those who live justly will live in the presence of God. We pray for our church that its structures promote justice, its laws foster integrity of heart, and its ministry model compassion. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray for our world that we will be freed from that hypocrisy which lurks in our hearts, when we seek the assurance of external observance without the commitment of faith. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray for those who make and enforce laws that they may challenge us in our waywardness and be compassionate toward our weakness. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray for those who teach the word of God that they may embrace the justice of God in their own hearts as they call us into the life of God.

(Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray that we may be delivered from all the wicked designs in the deep recesses of our hearts and so live justly with God and one another. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray for our young men and women in the military, that their service will promote justice and peace and their hearts remain pure. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

Those who live justly will live in the presence of God. We pray for our Jewish and Muslim brothers and sisters that their hearts, with ours, will be open to God's love and compassion, and we reflect this in our dealings with each other. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**  
*(Here other intercessions may be offered.)*

Those who live justly will live in the presence of God. We pray for those who have died that they may dwell with the saints and remember us who struggle to live in justice and peace. (Silence) To your we pray, O Gracious God: **Hear us, good Lord.**

All just and merciful God, you know our wants, and you know our true needs. May you attend to our prayers, direct our hearts in the way of justice and mercy, and enlighten our minds that we may know your holy will. We ask this through the just one, Jesus Christ, your servant and our Lord, who lives and reigns with you in the power of the Holy Spirit, 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 325**

**Prayer over the gifts:** Merciful God, receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. 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.**

As teacher and healer, Jesus came to us from God. Now for the world's salvation and God's glory, we pray as Jesus taught us:

**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.**

Behold the Lamb of God, who takes away the sin of the world. Blessed are those who are called to the banquet of the Lamb.

### **Communion of the People**

*After Communion, the Celebrant says*

Almighty God, you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other.

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 your faith be strengthened with proofs of Christ's love so that you will persevere in good works, 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.** *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 398**

### **Dismissal:**

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

**Thanks be to God.**