



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

• Proper 20 B • September 22, 2024 •

Opening Hymn 370

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.**

Penitential Rite

By your will, O God, revealed in Christ, whoever wants to be first must become last of all, and you have made a little child the measure of your kingdom. Give us the wisdom from above, that we may welcome the word of your Son and come to understand that in your sight the greatest of all is the one who becomes servant of all. Teach us humility through your mercy, 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.

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 1

1 Happy are they who have not walked in the
counsel of the wicked, * nor lingered in the way of
sinners, nor sat in the seats of the scornful!

2 Their delight is in the law of the LORD, * and
they meditate on his law day and night.

3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not
wither; * everything they do shall prosper.

4 It is not so with the wicked; * they are like chaff
which the wind blows away.

5 Therefore the wicked shall not stand upright
when judgment comes, * nor the sinner in the
council of the righteous.

6 For the LORD knows the way of the righteous, *
but the way of the wicked is doomed.

The Lord be with you.

And also with you.

Let us pray.

Collect Grant us, Lord, not to be anxious about
earthly things, but to love things heavenly; and
even now, while we are placed among things that
are passing away, to hold fast to those that shall
endure; 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 **Proverbs (31:10-31)** A
capable wife who can find? She is far more
precious than jewels. The heart of her husband
trusts in her, and he will have no lack of gain. She
does him good, and not harm, all the days of her
life. She seeks wool and flax, and works with
willing hands. She is like the ships of the merchant,

she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant-girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates, taking his seat among the elders of the land. She makes linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

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

Canticle N: A Song of God's Love *1 John 4:7-11*
Beloved, let us love one another, * for love is of God.

Whoever does not love does not know God, * for God is Love.

In this the love of God was revealed among us, * that God sent his only Son into the world, so that we might live through Jesus Christ.

In this is love, not that we loved God but that God loved us * and sent his Son that sins might be forgiven.

Beloved, since God loved us so much, * we ought also to love one another.

For if we love one another, God abides in us, * and God's love will be perfected in us.

The **second lesson** is from **Letter of James (3:13-4:3, 7-8a)**

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a

trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

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

Canticle L: A Song of Christ's Humility *Philippians 2:6-11*

Though in the form of God, * Christ Jesus did not cling to equality with God,

But emptied himself, taking the form of a servant, * and was born in human likeness.

Being found in human form, he humbled himself * and became obedient to death, even death on a cross.

Therefore, God has highly exalted him * and given him the name above every name,

That at the name of Jesus, every knee shall bow, * in heaven and on earth and under the earth,

And every tongue confess that Jesus Christ is Lord, * to the glory of God the Father.

The Holy Gospel of our Lord Jesus Christ according to **St. Mark (9:30-37)**

Glory to you, Lord Christ.

They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him. Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

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

Jesus calls us to a life of peace and humility. Let us pray for strength to live this baptized life, saying: Lord, have mercy.

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

For all the baptized people of God, that having been called by our Lord we may gladly wait on those in need, (Silence) let us pray to the Lord. **Lord, have mercy**

For all in authority in nation and church, that they may learn humility, (Silence) let us pray to the Lord. **Lord, have mercy**

For all countries at war, that the peace of Christ may come among them, and for all who suffer the ravages of wartime, that they may find comfort and refuge, (Silence) let us pray to the Lord. **Lord, have mercy**

For all who minister in this and in every Christian community, that they may find strength for their tasks, (Silence) let us pray to the Lord. **Lord, have mercy**

For all children, that they may be fed and housed and may grow with self-confidence and joy, (Silence) let us pray to the Lord. **Lord, have mercy**

For all in any need, the sick, the suffering, the oppressed; for those who serve others against their own will; and for all who have asked for our

prayers, (Silence) let us pray to the Lord. **Lord, have mercy**

For our young people near and far who serve in the military, that they be kept safe and serve with honor and compassion, (Silence) let us pray to the Lord. **Lord, have mercy**

For our Jewish and Muslim companions on a mutual spiritual journey, that we honor our similarities, and respect our differences, (Silence) let us pray to the Lord. **Lord, have mercy**
(Here other intercessions may be offered.)

For all the saints who have willingly served others, we praise our Servant God. That we may join them in a life of service, (Silence) let us pray to the Lord. **Lord, have mercy**

Receive us, O God, as you received the child in Capernaum, for we yearn for your mercy, through your Son, 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 658

Prayer over the gifts: God of power, the glory of your works fills us with wonder and awe. Accept our offering this day, and help us to live in peace and harmony with all your creation, for the sake of Jesus Christ our Lord. **Amen.**

The Great Thanksgiving (EP C)

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 him thanks and praise.

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent you only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

***We celebrate his death and resurrection,
as we await the day of his coming.***

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen.**

And now, as our Savior Christ has taught us, we are bold to say,

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 the Father direct your path to himself, showing you how to walk each day in love and peace, 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 609

Dismissal:

Seeking to follow the Teacher who came not to be served but to serve, go in peace to love and serve the Lord.

Thanks be to God.