



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

• Proper 9B • July 7, 2024 •

Opening Hymn 47

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.**

Remove from before our eyes, O God, the veil that hides your splendor, and flood us with the light of your Holy Spirit, that we may recognize your glory shining in the humiliation of your Christ and experience even in our own human weakness the sufficiency of your grace and surpassing power of Christ's resurrection. Now help us peel back our blindness to our failings as we 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 upon
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 48

- 1 Great is the LORD, and highly to be praised; * in the city of our God is his holy hill.
- 2 Beautiful and lofty, the joy of all the earth, is the hill of Zion, * the very center of the world and the city of the great King.
- 3 God is in her citadels; * he is known to be her sure refuge.
- 4 Behold, the kings of the earth assembled * and marched forward together.
- 5 They looked and were astounded; * they retreated and fled in terror.
- 6 Trembling seized them there; * they writhed like a woman in childbirth, like ships of the sea when the east wind shatters them.
- 7 As we have heard, so have we seen, in the city of the LORD of hosts, in the city of our God; * God has established her for ever.
- 8 We have waited in silence on your loving-kindness, O God, * in the midst of your temple.
- 9 Your praise, like your Name, O God, reaches to the world's end; * your right hand is full of justice.
- 10 Let Mount Zion be glad and the cities of Judah rejoice, * because of your judgments.
- 11 Make the circuit of Zion; walk round about her; * count the number of her towers.
- 12 Consider well her bulwarks; examine her strongholds; * that you may tell those who come after.
- 13 This God is our God for ever and ever; * he shall be our guide for evermore.

The Lord be with you.

And also with you.

Let us pray.

Collect O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another

with pure affection; 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 the Second Book of Samuel (5:1-5,9-10)

All the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The LORD said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the LORD, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years. David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inward. And David became greater and greater, for the LORD, the God of hosts, was with him.

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 the Second Letter of Paul to the Corinthians (12:2-10)

I know a person in Christ who fourteen years ago was caught up to the third heaven — whether in the body or out of the body I do not know; God knows. And I know that such a person — whether in the body or out of the body I do not know; God knows — was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of

the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

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

Canticle B: A Song of Pilgrimage *Priusquam errarem Ecclesiasticus 51:13-16,20b-22*

Before I ventured forth, even while I was very young, * I sought wisdom openly in my prayer.
In the forecourts of the temple I asked for her, * and I will seek her to the end.
From first blossom to early fruit, * she has been the delight of my heart.
My foot has kept firmly to the true path, * diligently from my youth have I pursued her.
I inclined my ear a little and received her; * I found for myself much wisdom and became adept in her.
To the one who gives me wisdom will I give glory, * for I have resolved to live according to her way.
From the beginning I gained courage from her, * therefore I will not be forsaken.
In my inmost being I have been stirred to seek her, * therefore have I gained a good possession.
As my reward the Almighty has given me the gift of language, * and with it will I offer praise to God.

The Holy Gospel of our Lord Jesus Christ according to **St. Mark (6:1-13)**

Glory to you, Lord Christ.

Jesus came to his hometown, and his disciples followed him. On the Sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began

to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

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 people of faith, we are called to be prophets. Let us open our hearts and call upon our God, saying: O God, hear our prayer.

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

That our wounded and numbed hearts may be given hope, and that in our weakness we may be empowered by God's guiding hand, (Silence) let us pray, saying: **O God, hear our prayer.**

That each of us may open the door to the one who knocks, (Silence) let us pray, saying: **O God, hear our prayer.**

That as the sea transforms rocks to sand, God may transform our weakness to strength, (Silence) let us pray, saying: **O God, hear our prayer.**

That we may be instrumental in alleviating the pains of oppression by reaching out to the poor, the homeless, and neglected, (Silence) let us pray, saying: **O God, hear our prayer.**

That we and all in the church may recognize the prophets in our own midst, (Silence) let us pray, saying: **O God, hear our prayer.**

That Sea Rowe, our Presiding Bishop elect, be granted wisdom and strength to lead our communion with grace and wit, let us pray, saying: **O God, hear our prayer.**

That all in any need may receive God's mercy, (Silence) let us pray, saying: **O God, hear our prayer.**

That we never forget that wherever we go we are under your watchful eye. Guard, guide, direct and protect us in our many journeys, and especially those in our military service, (Silence) let us pray, saying: **O God, hear our prayer.**

That we may have eyes to see through our diversity of race, culture and religion to comprehend our common humanity, and with one voice, bless your holy Name, (Silence) let us pray, saying: **O God, hear our prayer.**

(Here other intercessions may be offered.)

Compassionate God, we come to you, aware that the prophet within each of us shrinks from your call. Give us the courage to speak and live the word of your Son, in whose name we pray. **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 474

Prayer over the gifts God of heaven and earth, receive our sacrifice of praise, and strengthen us for the perfect freedom of your service, through 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 and forever. Amen

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 Eucharistic gifts 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:

The God of all grace who called you to eternal glory in Christ Jesus, restore establish and strengthen you in the faith, 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 390

Dismissal:

As disciples of the kingdom, urged on by the love of Christ, go in peace to love and serve the Lord.

Thanks be to God.