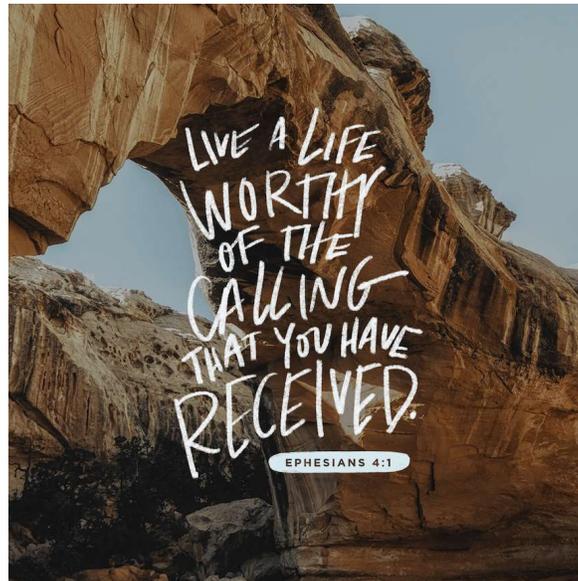


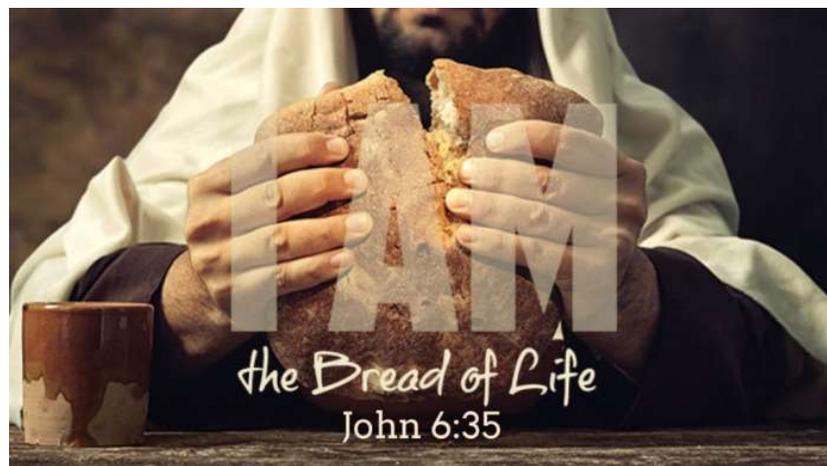
St. Paul's Episcopal Church

The Tenth Sunday After Pentecost

August 1, 2021



"I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called,"



"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 Holy Eucharist: Rite II

Prelude

Announcements

Hymn 527 (V:All)

"Singing songs of expectation"



1 Sing - ing songs of ex - pec - ta - tion, on - ward
2 One the light of God's own pres - ence, o'er his
3 One the strain the lips of thou - sands lift as



goes the pil - grim band, through the night of
ran - somed peo - ple shed, chas - ing far the
from the heart of one; one the con - flict,



doubt and sor - row, march - ing to the prom - ised land.
gloom and ter - ror, bright - ening all the path we tread:
one the per - il, one the march in God be - gun:



Clear be - fore us through the dark - ness gleams and
one the ob - ject of our jour - ney, one the
one the glad - ness of re - joic - ing on the



burns the guid - ing light: trust - ing God we
faith which nev - er tires, one the ear - nest
far e - ter - nal shore, where the one al -



march to - geth - er step - ping fear - less through the night.
look - ing for - ward, one the hope our God in - spires.
might - y Fa - ther reigns in love for ev - er - more.

The Salutation and Collect for Purity

Blessed be God: Father, Son, and Holy Spirit.

**And blessed be God's kingdom, now and forever.
Amen.**

Let us pray.

**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.**

Gloria in Excelsis

**Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,**

**we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:**

**have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,**

**Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

The Collect of the Day

The Lord be with you.

And also with you.

Let us pray. 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 Readings

Exodus 16:2-4,9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.' "And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat."

Hear what the Spirit is saying to God's people.

Thanks be to God.

Psalm 78:23-29, *Attendite, popule* (Unison)

**So he commanded the clouds above *
and opened the doors of heaven.**

**He rained down manna upon them to eat *
and gave them grain from heaven.**

**So mortals ate the bread of angels; *
he provided for them food enough.**

**He caused the east wind to blow in the heavens *
and led out the south wind by his might.**

**He rained down flesh upon them like dust *
and winged birds like the sand of the sea.**

**He let it fall in the midst of their camp *
and round about their dwellings.**

**So they ate and were well filled, *
for he gave them what they craved.**

**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 Gospel

John 6:24-35

The Holy Gospel of our Lord Jesus Christ according to John.
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.

Hymn 690 (V:All) "Guide me, O thou great Jehovah"



1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun-tain, whence the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious



bar - ren land; I am weak, but thou art might - y;
stream doth flow; let the fire and cloud - y pil - lar
fears sub - side; death of death, and hell's de - struc - tion,



hold me with thy power - ful hand; bread of hea - ven,
lead me all my jour - ney through; strong de - liv - erer,
land me safe on Ca - naan's side; songs of prais - es,



bread of hea - ven, feed me now and ev - er -
strong de - liv - erer, be thou still my strength and
songs of prais - es, I will ev - er give to



more, feed me now and ev - er - more.
shield, be thou still my strength and shield.
thee, I will ev - er give to thee.

The Nicene Creed

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.**

Through him all things were made.

For us and for our salvation

**he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven**

and is seated at the right hand of the Father.

**He will come again in glory to judge the living and
the dead,
and his kingdom will have no end.**

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People

Father, we pray for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

For Justin, Archbishop of Canterbury, Michael, our Presiding Bishop, and John and Diane, our Bishops, and for all bishops, priests, pastors, and deacons;

That they may be faithful ministers of your Word and Sacraments.

For Joe, our President, and Gavin, our Governor, and for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

Give to the departed, eternal rest;

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

We pray for all those listed on St. Paul's Prayer List, and for ourselves, and those whose names we hold in our hearts.

Ever-present God, be with us in our isolation, be close to us in our distancing, be healing in our sickness, be joy in our sadness, be light in our darkness, be wisdom in our confusion, be all that is familiar when so much is unfamiliar. You are the Great Healer and we fervently ask that you bring to all people a sense of caring and compassion in the sacrifices we make for the sake of all around us; that you will bring healing and recovery to those who are ill, knowledge to our scientists, and ultimately an end to this pandemic. We ask it in Jesus' name. Amen.

(A period of Silence is kept. Please add your petition and thanksgivings, silently or aloud.)

O Lord our God, accept the fervent prayers of your people, in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and forever. **Amen.**

Let us 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.

The Peace

The peace of the Lord be always with you.

And also with you.

We acknowledge God's Peace with non-contact gestures.

The Offertory

Through Christ let us continually offer to God the sacrifice of praise, that is, the fruit of lips that acknowledge his name. But do not neglect to do good and to share what you have, for such sacrifices are well pleasing to God.

Hymn 335 (V:All)

"I am the Bread of Life"



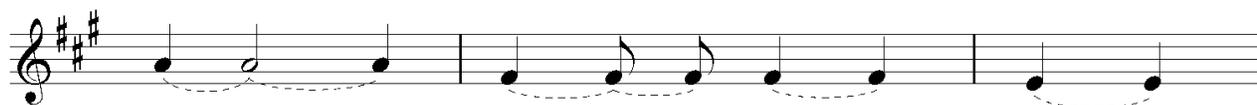
1 I am the bread of life; they who
2 (The) Bread that I will give is my
3 (Un-) less you eat of the
4 I am the re - sur - rec - tion,
5 (Yes,) Lord, we be - lieve that



1 come to me shall not hun - ger; they who be -
2 Flesh for the life of the world, and they who
3 Flesh of the Son of Man and
4 I am the life. They who be -
5 you are the Christ, the



1 lieve in me shall not thirst. No one can come to
2 eat of this bread, they shall live for
3 drink of his Blood, you shall not have life with -
4 lieve in me, e - ven if they
5 Son of God who has



1 me un - less the Fa - ther draw them.
2 ev - er. they shall live for ev - er.
3 in you. you shall not have life with - in you.
4 die, they shall live for ev - er.
5 come in - to the world.

Continued on next page.

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. 5 Yes, day.

last day. 2 The
3 Un- day.
4 —
5 Yes, day.

Final Ending

The descant may be sung after stanzas 4 and 5.

The Great Thanksgiving

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; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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 of your glory.**

Hosanna in the highest.

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

Hosanna in the highest.

The Consecration Prayer

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature,

to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

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, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity,

constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

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 Christ has taught us, we are bold to say,

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those
who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

Alleluia. Christ our Passover is sacrificed for us;
Therefore let us keep the feast. Alleluia.

These are the Gifts of God for the People of God.

At the 10:30 am service only:

The Prayer of Spiritual Communion (for those who are watching at home)

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

(From The United States Military Prayerbook)

Prayer of Thanksgiving

Let us pray.

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

And now, May the Peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God and of his son Jesus Christ, our Lord. And

the Blessing of Almighty God, the Father, the Son, and the Holy Spirit be upon you this day and always. **Amen.**

Hymn 522 (V:All)

"Glorious things of thee are spoken"

Descant

4 Blest in - hab - it - ants of Zi - on, washed in the Re -

1 Glo - rious things of thee are spo - ken, Zi - on, ci - ty
 2 See! the streams of liv - ing wa - ters, spring - ing from e -
 3 Round each ha - bi - ta - tion hov - ering, see the cloud and
 4 Blest in - hab - it - ants of Zi - on, washed in the Re -

deem - er's blood! Whom their souls re -

of our God; he whose word can - not be
 ter - nal love, well sup - ply thy sons and
 fire ap - pear for a glo - ry and a
 deem - er's blood! Je - sus, whom their souls re -

ly on, makes them kings and priests to God.

bro - ken formed thee for his own a - bode;
 daugh - ters and all fear of want re - move.
 cov - ering, show - ing that the Lord is near.
 ly on, makes them kings and priests to God.

Continued on next page.

'Tis his love his peo - ple raise o - ver
 on the Rock of A - ges found - ed, what can shake thy
 Who can faint, when such a riv - er ev - er will their
 Thus de - riv - ing from their ban - ner, light by night, and
 'Tis his love his peo - ple rais - es o - ver self to

self to reign and as priests, his
 sure re - pose? With sal - va - tion's walls sur -
 thirst as - suage? Grace which, like the Lord, the
 shade by day, safe they feed up - on the
 reign as kings: and as priests, his sol - emn

sol - emn prais - es each an of - fering brings.
 round - ed, thou may'st smile at all thy foes.
 giv - er nev - er fails from age to age.
 man - na which he gives them when they pray.
 prais - es each for a thank - of - fering brings.

Go in peace to love and serve the Lord.
Thanks be to God.

Postlude