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## **The Eleventh Sunday after Pentecost Proper 13**

**August 5, 2018**

### **The Liturgy of The Holy Eucharist II**

#### **Gathering Music**

Lord, I Lift Your Name on High

Lord, I lift your name on high;  
Lord, I love to sing your praises;  
I'm so glad you're in my life;  
I'm so glad you came to save us.

You came from heaven to earth to show the way,  
From the earth to the cross, my debt to pay;  
From the cross to the grave,  
From the grave to the sky;  
Lord, I lift your name on high.

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#### **Procession to the Altar Hymn #690**

*Guide me, O thou great Jehovah*

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

**People** **And blessed be his kingdom, now and for ever. Amen.**

**Celebrant**

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, *said* at 8am

Sing Halleluia, *sung* at 10am

*(Printed on the Green Pew Sheet)*

**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**

**Celebrant** The Lord be with you.

**People** **And also with you**

**Celebrant** 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.**

## A Reading from 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."

*Reader*     The Word of the Lord.

*People*     **Thanks be to God.**

## Psalm 78:23-29

(Read in unison after the first asterisk)

- 23     So he commanded the clouds above \* **and opened the doors of heaven.**
- 24     **He rained down manna upon them to eat \* and gave them grain from heaven.**
- 25     **So mortals ate the bread of angels; \* he provided for them food enough.**

- 26     **He caused the east wind to blow in the heavens \* and led out the south wind by his might.**
- 27     **He rained down flesh upon them like dust \* and winged birds like the sand of the sea.**
- 28     **He let it fall in the midst of their camp \* and round about their dwellings.**
- 29     **So they ate and were well filled, \* for he gave them what they craved.**

## A Reading from Ephesians

(4:1-16)

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things. The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reader The Word of the Lord  
People Thanks be to God

**Gradual Hymn #644 vss. 1-3**

*How sweet the Name of Jesus sounds*

**The Holy Gospel of our Lord Jesus Christ  
According to John** (6:24-35)

**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.**

**Gradual Hymn #644 vss. 4-5**

*How sweet the Name of Jesus sounds*

**The Sermon** Father Haynes

*Silence for reflection*

**The Nicene Creed** (Standing, as able.)

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.**

**Prayers of the People**

Let us pray for the Church and for the world.

Grant, Almighty God that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. We pray for the Anglican Communion, especially for the Dioceses of Enugu - (Niger, Nigeria), Europe - (II, The Episcopal Church), Evo - (Niger Delta, Nigeria), Etche - (Niger Delta, Nigeria), Etsako - (Bendel, Nigeria), Exeter - (Canterbury, England), Exeter - Crediton - (Canterbury, England), Exeter - Plymouth - (Canterbury, England), Ezo - (Minye, South Sudan), and The Scottish Episcopal Church; our diocese, especially for Underhill House; St. James Family Center, Cathlamet; and Annie Wright School, Tacoma; and for our parish, especially for our parishioners Liz and Katie Franz; Lorina Goodjoint; and Sandy Goretti.

Lord, in your mercy,  
**Hear our prayer**

Guide the people of this land, and of all the nations, especially Donald our President, in the ways of justice and peace; that we may honor one another and serve the common good. We pray for our armed forces, their families, and those who are deployed, especially for those we now name;

Lord, in your mercy,  
**Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy,  
**Hear our prayer.**

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. We thank you for all the blessings of this life, especially for those we now name.

Lord, in your mercy,  
**Hear our prayer**

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We pray for those on our prayer list and those in our hearts, praying especially for Lyn, Areewa, Brenda, Marisa, Sandy, Justin, Patricia, Paulette, Erica, Allen, George, Sjon, Nick, Rico, Steven, Thatcher, Frank, Craig, Ken, Jan, Blake, Randy, Andy, Arren, Marissa, Anna, Sue, Elizabeth, Agueda, Caden, Eric, David, Lori, Jenny, John and for those we now name;

Lord, in your mercy,  
**Hear our prayer.**

We commend to your mercy all who have died, that your will for them may be fulfilled. We pray that we may share with all your saints in your eternal kingdom.

Lord, in your mercy,  
**Hear our prayer.**

Let us confess our sins against God and our neighbor.

*Leader and People*

**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.**

*Celebrant*

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**

*Celebrant* The Peace of the Lord be always with you.

*People* **And also with you.**

## **Announcements, Birthdays, Anniversaries**

### **Offertory**

#### Taste and See

Antiphon: Taste and see the goodness of the Lord,  
Let us taste the goodness of the Lord.  
**(repeat)**

1. I will bless the Lord, his praise be ever in my mouth.  
Let my soul glory in the Lord,  
The lowly will hear and be glad.
2. Glorify the Lord with me, together we'll praise his name.  
I sought the Lord and he answered me,  
Deliver me from all my fears.
3. Look to him and be radiant with joy,  
And your face will not blush with shame.  
Afflicted men call out to him,  
From all his distress he is saved.

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# The Great Thanksgiving C

[Please see Book of Common Prayer, pg. 369]

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Lift up your hearts.

*People* **We lift them to the Lord.**

*Celebrant* Let us give thanks to the Lord our God.

*People* **It is right to give him thanks and praise.**

*The Celebrant proceeds*

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 your 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:

*Celebrant and People*

**Sanctus**

*(Said at 8:00; sung at 10:00)*

*(Printed on the Green Pew Sheet)*

**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 people stand or kneel. The Celebrant continues*

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.**

**Lord's Prayer** *said at 8 am & sung at 10 am*  
*(Printed on the Green Pew Sheet)*

*Celebrant* As our Savior Christ has taught us, we now pray,

**Our father in heaven  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us this day 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 and  
Holy Communion**

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

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

*The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.*

*This is our Lord's Table, and He is our host. All persons are invited to receive Holy Communion. Those who have yet to be baptized are encouraged to speak with the clergy after the service about becoming baptized into Christ's Body. Gluten-free hosts and alcohol-free wine are available upon request at the rail.*

## Communion Music

Hymn #312      *Strengthen for service, Lord*

Hymn #318      *Here, O my Lord*

### COMMISSIONING OF LAY EUCHARISTIC VISITORS

*Celebrant:* In the name of this congregation we send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

*Celebrant and People:* ***We who are many are one body because we all share one bread, one cup.***

## The Post Communion Prayer

*Celebrant:* Let us pray:

*Celebrant and People*

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.**

## The Blessing

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 God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

## Procession to the Neighborhood

**Hymn #335**

*I am the bread of life*

## St. Matthew Mission Statement

*St. Matthew Church:* **To be a church that passionately embraces and values all people, growing in the love of Christ through word and action.**

*Celebrant:* Let us go forth into the world, rejoicing in the power of the Spirit.

*People*      **Thanks be to God.**

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