

Holy Eucharist

August 4, 2024

Zoom link:

<https://us02web.zoom.us/j/85887946777?pwd=eig4MEdsMUh6clV6b2dUblFOQ3I2Zz09>

Meeting ID: 858 8794 6777

Passcode: 782611

Proper 13B, Pentecost 11

Prelude



All stand as they are able

Opening Hymn

WLP 761

All who hunger gather gladly



1. All who hun - ger gath - er glad - ly; ho - ly man - na
2. All who hun - ger, nev - er stran - gers, seek - er, be a
3. All who hun - ger, sing to - geth - er, Je - sus Christ is



is our bread. Come from wil - der - ness and wan - d'ring.
wel - come guest. Come from rest - less - ness and roam - ing.
liv - ing bread. Come from lone - li - ness and long - ing.



Here in truth we will be fed. You that yearn for
Here, in joy we keep the feast. We that once were
Here, in peace, we have been fed. Blest are those who



days of full - ness, all a - round us is our food.
lost and scat - tered in com - mun - ion's love have stood.
from this ta - ble live their days in grat - i - tude.



Taste and see that God is good.
Taste and see that God is good.
Taste and see that God is good.

Presider

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

People

And blessed be God's kingdom, now and for ever. Amen.

The Presider begins the Collect for Purity

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.**

**Glory to God in the highest,
and peace to God's 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.**

Collect of the Day

Presider The Lord be with you.
People **And also with you.**
Presider 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.**

All sit.

First Reading

Exodus 16:2-4, 9-15

A Reading from the book of Exodus.

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The 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."

⁴Then 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.”

⁹Then Moses said to Aaron, “Say to the whole congregation of the Israelites, ‘Draw near to the LORD, for he has heard your complaining.’” ¹⁰And 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. ¹¹The LORD spoke to Moses and said, ¹²“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.’”

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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.**

Remain seated

Psalm 78:23-29

to be prayed responsively

²³God commanded the clouds above *
and opened the doors of heaven.

²⁴**God rained down manna upon them to eat *
and gave them grain from heaven.**

²⁵So mortals ate the bread of angels; *
the Holy One provided for them food enough.

²⁶**The LORD caused the east wind to blow in the heavens *
and led out the south wind with might.**

²⁷God rained down flesh upon them like dust *
and wingéd birds like the sand of the sea.

²⁸**God let it fall in the midst of their camp *
and round about their dwellings.**

²⁹So they ate and were well filled, *
for the Holy One gave them what they craved.

Second Reading

Ephesians 4:1-16

A Reading from Paul's letter to the Church in Ephesus.

¹I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said, “When he ascended on high he made captivity itself a captive; he gave gifts to his people.”

⁹(When it says, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until 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. ¹⁴We 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. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from 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.**

All then stand as they are able.

Sequence Hymn

LEVAS 146

Break thou the bread of life

1. Break thou the bread of life, Dear Lord, to me,
 2. Bless thou the truth, dear Lord, To me, to me,

1. As thou didst break the loaves Be - side the sea;
 2. As thou didst bless the bread By Gal - i - lee;

1. Be - yond the sa - cred page I seek thee, Lord;
 2. Then shall all bond - age cease, All fet - ters fall,

1. My spir - it pants for thee, O liv - ing word!
 2. And I shall find my peace, My all in all.

Holy Gospel

John 6:24-35

Gospeller The Holy Gospel of our Savior Jesus Christ according to John.

People **Glory to you, Lord Christ.**

²⁴[On 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.

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” ²⁶Jesus 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. ²⁷Do 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.” ²⁸Then they said to him, “What must we do to perform the works of God?” ²⁹Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” ³⁰So 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? ³¹Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³²Then 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. ³³For the bread of God is that which comes down from heaven and gives life to the world.” ³⁴They said to him, “Sir, give us this bread always.”

³⁵Jesus 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.”



Gospeller The Gospel of the Lord.

People **Praise to you, Lord Christ.**

Sermon

Bill Stech

All then stand as they are able.

Nicene Creed

Presider Let us affirm the faith of the Church using the words of 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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**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],
who with the Father and the Son is worshiped and glorified,
who 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.**

All remain standing as they are able.

Prayers of the People

Presider Sisters and brothers, children of God, we are hungry for God's presence. Teach us, Holy One, to put our trust in you. Let us not forget the wonders you have shown us. You are the Bread of Life; give us this bread always.

Intercessor Your church is hungry for your presence. Give our leaders hearts for your truth and wisdom as they guide us. Empower us all to live the covenant we have made with you. You are the Bread of Life; **give us this bread always.**

Silence is kept.

Your world is hungry for peace. We pray for the leaders of all the nations, that their hearts are intent on the common good for all people. We pray for Joseph, our President, those who serve in local governments, and for the courts and Congress of our land.
You are the Bread of Life; **give us this bread always.**

Silence is kept.

Your world is hungry for relief from hardship. We pray for your people in all corners of the world who are in want of food and shelter; who suffer from oppression and war. Sustain them with your presence and lead us to come to their aid. You are the Bread of Life; **give us this bread always.**

Silence is kept.

Your generosity and abundant love surrounds us each day. We give you praise and thanks for all the blessings you give us [especially_____].

Your world is hungry for healing and compassion. We pray for those we hold dear to our hearts who suffer from any illness of body, mind or spirit [especially_____]. We pray also for those who have no one to pray for them. You are the Bread of Life; **give us this bread always.**

Your world is hungry for comfort and eager for new life. Enfold those who have died into your embrace. May they rest in your eternal presence. May we all come to know the life that is eternal. You are the Bread of Life; **Give us this bread always.**

Silence is kept

Presider 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 for ever.
Amen.

Confession of Sin

The Presider says to the people

Jesus said, "The first commandment is this: Hear, O Israel: The LORD our God is the only Lord. Love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

Let us confess our sins to God.

All remain standing, or kneel, as they are able.

Silence may be kept.

Minister 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.**

A Priest stands and says

Almighty God have mercy on you, † forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Prayers for those celebrating their birthdays and anniversaries

In August, we celebrate the birthdays of Anabelle, Mary V; the anniversary of Kevin & Jessica, and any others you wish to remember in prayer.

Prayer for a Birthday

BCP p.830

O God, our times are in your hand,
Look with favor, we pray, on your servants Anabelle, Mary V, ..., as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

Prayer for an Anniversary

BCP p.429

Eternal God, creator and preserver of all life, author of salvation, and giver of all grace: Look with favor upon the world you have made, and for which your Son gave his life, and especially upon Kevin & Jessica [and all couples]. Grant that their wills may be so knit together in your will, and their spirits in your Spirit, that they may continue to grow in love and peace with you and one another all the days of their lives. **Amen.**

All stand as they are able

Peace

Presider The peace of the LORD be always with you.

People **And also with you.**

The Ministers and the People may offer God's peace to one another in the name of the Lord.

The People then are seated.

Announcements

Holy Communion

Through Christ, let us continually offer to God the sacrifice of praise, that is, the fruit of lips that acknowledge God's Name. But do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. *Hebrews 13:15, 16*

Representatives of the congregation bring the people's offerings of bread and wine, and money or other gifts, to the Presider.

The people stand as they are able when the offerings are presented and placed on the Altar.

Offertory Hymn

Doxology

**Praise God, from Whom all blessings flow;
Praise God, all creatures here below;
Praise God above, you heav'nly host;
Praise Father, Son, and Holy Ghost.**

The people remain standing as they are able

The Great Thanksgiving

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

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

Presider Let us give thanks to the Lord our God.

People **It is right to offer thanks and praise.**

The Presider proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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 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 the one who comes in the name of the Lord.

Hosanna in the highest.

The people continue to stand, or kneel, as they are able.

The Presider continues

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.

The Presider continues

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.**

The Presider then continues

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,
forever and ever. Amen.**

Breaking of the Bread

A period of silence is kept.

The Presider says

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.

All are welcome to receive Holy Communion.

When all who desire have received, the Presider says

Let us pray.

Presider and People

**God of abundance,
you have fed us
with the bread of life and cup of salvation;
you have united us
with Christ and one another;
and you have made us one
with all your people in heaven and on earth.
Now send us forth
in the power of your Spirit,
that we may proclaim your redeeming love to the world
and continue for ever in the risen life of Christ our Savior.**

Blessing

A priest blesses the people, saying

Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road,
and the blessing of + God Almighty, the Father, the Son, and the Holy Spirit,
be among you, and remain with you always. **Amen.**

Concluding Hymn

Tune: *Abbot's Leigh, Hymnal 523*

Where is bread?

"Where is bread?" the great crowd mur-mured, thou- sands strong, yet
Where is bread? We know their yearn- ing; ever- y day, we
"Where is bread?" the call is ris- ing; mill- ions cry who
all in need. "Where is bread?" your peo- ple won- dered,
wish for more. God, in time, we're slow- ly learn- ing:
must be fed. God, your an- swer seems sur- pri- sing:
faced with such a crowd to feed. Who, Lord Je- sus, could have
All we own can make us poor. Our pos- ses- sions can pos-
"You, my Church, you give them bread." Bread to fill each hun- gry

gussed it? One small boy brought food to share. Tak- ing
 -sess us, leav- ing hun- ger deep in- side. Christ our
 spi- rit, bread for hun- gry sto- machs, too! Give us

What he gave, you blessed it; all were fed, with much to spare.
 Bread, come now and bless us; At your feast, we're sa- tis- fied.
 bread and help us share it. Rich- ly blest, may we serve you.

Dismissal

Minister And now, my sisters and brothers in Christ, I bid you go out as did St Barnabas, the Encourager. Go out with a good heart, full of peace and joy, to love and serve our Lord.

People **Thanks be to God. Alleluia, alleluia!**

Postlude

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This week in prayer

Please remember these persons and congregations in your prayers this week:

Our Bishops Bonnie, Michael, Sean, Justin, Moises (TEC); Elizabeth, Donald and Craig (ELCA) **and for** all priests, deacons, Ministry Teams, and those in formation

Anglican Cycle of Prayer:

August 4 The Anglican Church of Kenya

Diocese of Michigan Cycle of Prayer:

July 28 Christ United, DeWitt; Cathedral of the Epiphany, Santiago, DR

St Barnabas Cycle of Prayer: Rob, Joan, Patricia

and our continuing prayers for: Jim M, Mardi, Pat, Robert, Selenah

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Faith in Action is in need of our continuing help. You may bring your donations to FIA, or to Nancy who will see that they get there. **If you bring food directly to FIA**, please let Nancy know, so she can continue to keep our records of donation. If you write a check, please make it to *Faith In Action*, with “St Barnabas” on the memo line. The **next Food Drive is Sunday, August 18**. In the Spirit of Christ our Bread, please contribute as generously as you can.

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Upcoming Commemorations

- August 04 Joseph of Arimathea
- 05 Albrecht Dürer, 1528, Matthias Grünewald, 1529, and Lucas Cranach the Elder, 1553: Artists
- 06 The Transfiguration of our Lord Jesus Christ
- 07 John Mason Neale, Priest and Hymnographer, 1866; and, Catherine Winkworth: Poet, 1878
- 08 Dominic, Priest and Friar, 1221
- 09 Herman of Alaska: Missionary to the Aleut, 1837
- 10 Laurence of Rome, Deacon and Martyr, 258

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Proper 13B August 4, 2024

Ephesians 4:1-16

This is difficult advice that Paul gives when he encourages the Ephesians to “[bear] with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace.” What does this mean in the world

in which we live today, where conversations of race and equality are abounding? I am always afraid that the interpretation might give some power to those that marginalize and oppress, but a closer look at the text tells me that is not the case. If we do bear all people in love, if we treat all people as our beloved family members, perhaps we could more easily see where they are coming from and give them a lot more grace than we might a stranger. Perhaps the gift that the church needs right now is someone that will radically love all people, but especially those that have been historically kept away from our doors, who have not been part of our church unity, those in whose face we have shut the door in the past. The greatest gift that we can share with others is love.

- What does it mean to bear someone in love?
- Do you recognize your own gifts for the world and for the church?

John 6:24-35

Jesus sometimes seems to be mysterious on purpose. Of course, communication is always on two levels with him, a human level and an eternal level. He seems to answer the questions people ask him, but in a way that makes things so much more complicated. A thesis might be needed to unpack all of it! I find myself sometimes not understanding intellectually what Jesus says because I am not a scholar, but then I close my eyes and think about Jesus saying, “I am

the bread of life.” In a mysterious way, that somehow makes sense. My heart, seeking Jesus and closeness to God, understands what the mind does not. In the intimate space between God and me, my intellectual shortcomings matter less, because I can understand what it means to be nourished and connected without having the words to explain it.

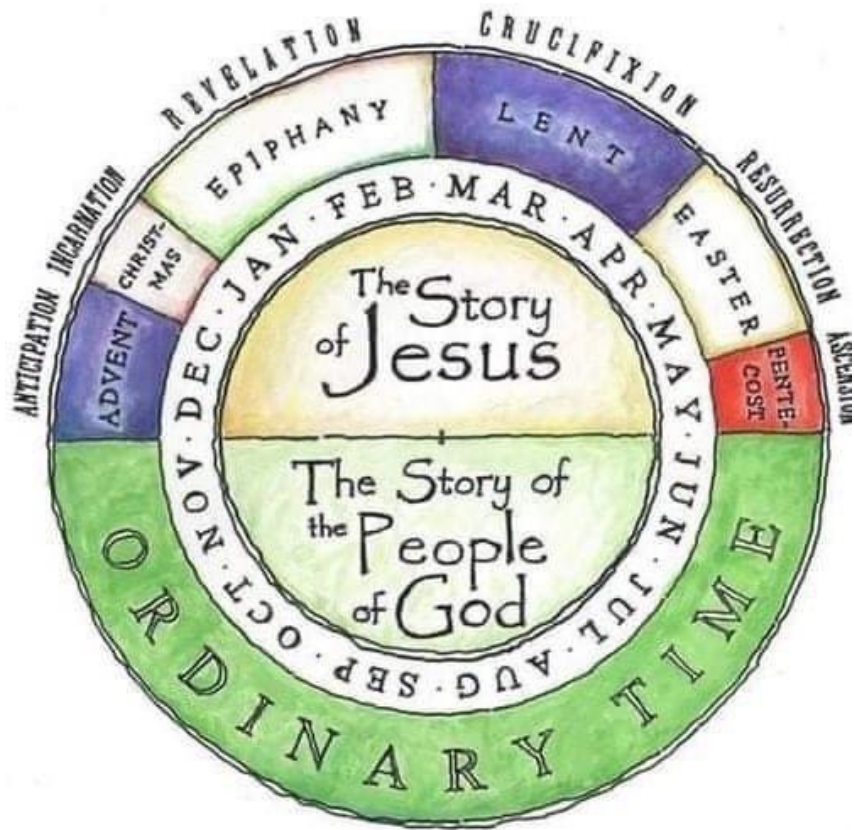
- What are some spiritual things that nourish and sustain you in your day-to-day life?
- What spiritual practices are the ones you feel bring you closest to God?

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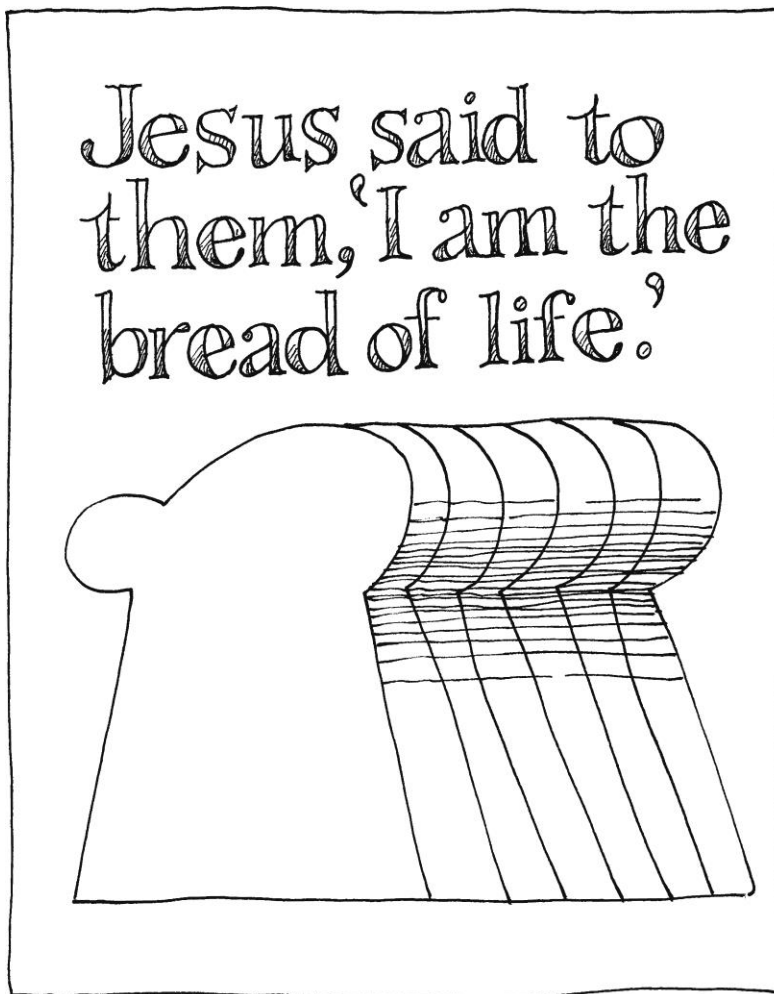
Closing Hymn text copyright © 2000 by Carolyn Winfrey Gillette. All rights reserved; used by permission; **tune** *Abbot's Leigh*, found in *Hymnal* #523.

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Our Mission:

We seek to grow as diverse disciples of Jesus Christ, and to serve Jesus by serving others in the world, guided by the values of Ancient Rites, Open Minds, and Affirming Hearts.



St Barnabas Episcopal Church

A Community of Ministers

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