

# The Eleventh Sunday after Pentecost

August 4, 2024

THE HOLY EUCHARIST (RITE II)

10:00 am



THE CHURCH OF THE HOLY SPIRIT (EPISCOPAL)

*204 Monument Road  
Orleans, Massachusetts 02653-3512  
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[www.holyspitorleans.org](http://www.holyspitorleans.org)

## The Word of God

### The Prelude

Prelude on *Deck Thyself, My Soul*

J.S. Bach

*Please stand as you are able as the bell is rung.*

### The Opening Hymn 527 Singing songs of expectation

*Ton-y-Botel*

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.  
*People* **And blessed be God's kingdom, now and forever. Amen.**

### 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.**

### 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.**

*Please be seated.*

### The Lessons

#### A reading from the book of 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.”

The Word of the Lord.  
*People* **Thanks be to God.**

**Psalm 78:23-29** (*Prayed responsively by half verse*)

- 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 the Letter of Paul to the 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.

The Word of the Lord.  
*People* **Thanks be to God.**

*Please stand as you are able for the sequence hymn and gospel.*

## **The Sequence Hymn 305 Come, risen Lord**

*Rosedale*

*People* The Holy Gospel of our Lord Jesus Christ according to John.  
**Glory to you, Lord Christ.**

### **John 6:24-35**

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."

*People* The Gospel of the Lord.  
**Praise to you, Lord Christ.**

## **The Sermon**

The Rev. Patrick C. Ward

*Please stand as you are able for the creed; you may sit, stand or kneel for the prayers  
as your personal piety guides you.*

## **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.

## The Prayers of the People

Let us pray for God's people throughout the world, for this gathering, and for all who minister in Christ's name.

*(Silence)*

Holy God, by your Spirit the whole body of your faithful people is upheld and sanctified. Receive our prayers, which we offer before you for all peoples of the earth, that in our different occupations and ministries we may serve you with reverence, integrity and delight.

God of love, **hear our prayer.**

Let us pray for the nations of the earth, for the well-being of all people, and for those in authority. We remember especially Russia and Ukraine, Israel, Gaza and the West Bank, Haiti and the Sudan.

*(Silence)*

God of compassion, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who govern the nations of the earth, that justice and peace may increase until the earth is filled with the knowledge of your love, and all live in safety.

God of love, **hear our prayer.**

Let us pray for the poor, the sick, the hungry, the anxious, the oppressed, prisoners, the unemployed, and those in any need.

*(Silence)*

Gracious God, the comfort of all who sorrow, the strength of all who suffer, we pray also for those who have asked for our prayers: Elizabeth Beattie, Robert Blanchet, Terese Brown, Carolyn Lawrence, Burl Newton, Jennifer Peters, Joan Payne, Joan Proctor, Henry Shepherd, Barbara and Philip Sousa, Linda Staab, Janet Winter, Brant, Carole, David, Kathy, Lauren, Maggie, Marcos, Pat. We remember all we name before you now. (Pause).

God of love, **hear our prayer.**

Let us pray for the mission of the Church and for the coming of God's reign among all nations and peoples.

*(Silence)*

Loving God, you have made all races and nations to be one family, and you sent Jesus Christ to proclaim the good news of salvation to all. Pour out your Spirit on all creation. We remember especially before you those named this week in our Diocesan Cycle of Prayer: St. Elizabeth's Church, Wilmington; Parish of the Epiphany, Winchester; St. John's Church, Winthrop; Trinity Church, Woburn; as well as parish historians and archivists. We remember before you also the staff and volunteers who care for our own buildings and grounds.  
God of love, **hear our prayer.**

Let us remember with thanksgiving before God those who have died.  
*(Silence)*

Life-giving God, grant to us, and to all who we name before you now, a share in the fulness of your joy. (Pause).  
God of love, **hear our prayer.**

### **The Concluding Collect**

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

### **The Confession**

*Celebrant* Let us confess our sins against God and our neighbor.

*Silence may be kept. You may remain standing or kneel.*

**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.

*People* **Amen.**

## The Peace

The peace of the Lord be always with you.  
*People:* **And also with you.**

## The Greeting and Announcements

### The Holy Communion

#### The Offertory

#### O Bread of Life

David Ashley White  
text: Latin hymn, tr. Philip Schaff

O bread of life from heaven,  
to saints and angels given;  
O manna from above.  
The souls that hunger, feed thou;  
the hearts that seek thee, lead thou,  
with thy sweet tender love.

*As the offering is presented, please stand as you are able.*

#### Hymn 380

*Old 100<sup>th</sup>*

1. From all that dwell below the skies let  
2. E - ter - nal are thy mer - cies, Lord, and  
3. Praise God, from whom all bless - ings flow; praise  
4 the Cre - a - tor's praise a - rise! Let the Re - deem - er's  
truth e - ter - nal is thy word: thy praise shall sound from  
God all crea - tures here be - low; praise God a - bove, ye  
8 Name be sung through ev - every land, by ev - every tongue!  
shore to shore till suns shall rise and set no more.  
heaven - ly host; praise Fa - ther, Christ, and Ho - ly Ghost.

*Celebrant* All things come of thee, O Lord.  
*People* **And of thine own have we given thee. Amen.**

## The Great Thanksgiving Eucharistic Prayer B

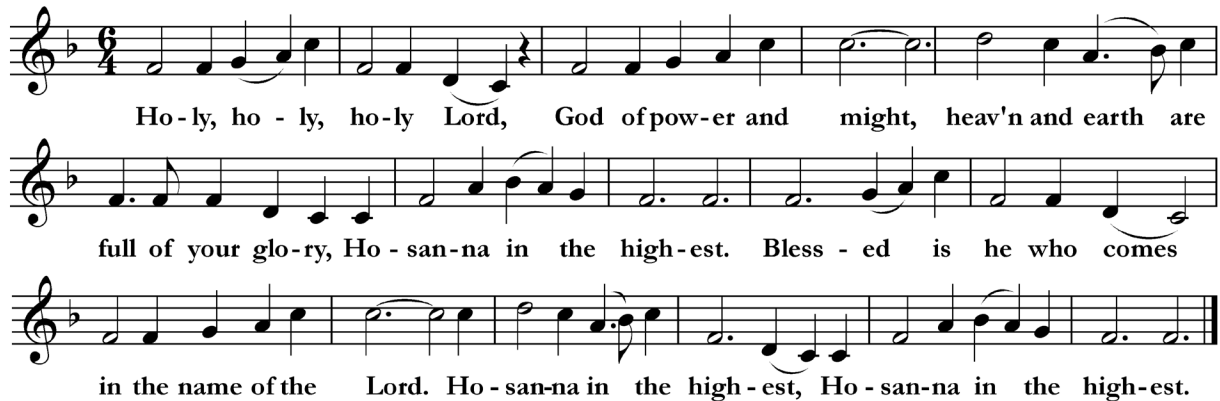
*Celebrant* The Lord be with you.  
*People* **And also with you.**  
*Celebrant* Lift up your hearts.  
*People* **We lift them to the Lord.**  
*Celebrant* Let us give thanks to the Lord our God.  
*People* **It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, God 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:

### Sanctus WLP 858

*Land of Rest*



Ho-ly, ho - ly, ho-ly Lord, God of pow-er and might, heav'n and earth are  
full of your glo-ry, Ho - san-na in the high-est. Bless - ed is he who comes  
in the name of the Lord. Ho - san-na in the high - est, Ho - san-na in the high-est.

*You may remain standing, sit or kneel for the continuation of the Eucharistic prayer*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and forever. **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**

## My flesh is food indeed

Ray W. Urwin

The musical score is written on a single treble clef staff. It begins with a rest followed by a double bar line with repeat dots. The melody consists of quarter and eighth notes. The lyrics are: "My flesh is food in - deed, and my blood is drink in - deed, says the Lord. My Lord. Those who eat my flesh and drink my blood dwell in me and I in them. My flesh is food in - deed, and my blood is drink in - deed, says the Lord." There are two first endings: the first is marked "1 All" and the second is marked "2 Cantor or Choir". The word "All" also appears above the final measure of the second ending.

The bread which we break is a sharing in the body of Christ.

**We being many are one body, for we all share in the one bread and the one cup.**

The gifts of God for the people of God. Take them in remembrance that Christ lived, died and rose for you, and feed on him in your hearts by faith, with thanksgiving.

## The Prayer for Spiritual Communion

**Holy Jesus, Redeemer of the World, we believe that you are present in the Blessed Sacrament of this altar. Even while some of us are unable to receive you in the elements of bread and wine, we invite you to enter our hearts and be our companion along the way. Awaiting in hope, we know that you are present in every moment of our lives and will never leave us comfortless. For all good things come from you O Lord, and from that goodness, lead us to the love of others. For you live with the Father and the Holy Spirit now and forever. Amen.**

*All are welcome to receive the bread and/or the wine. You may stand or kneel to receive. Gluten-free wafers and grape juice are also available; simply make your needs known to the person serving you. If you wish a blessing instead of the elements, cross your arms over your chest as the priest approaches you.*

## The Communion Hymns

Hymn 343 Shepherd of souls

*St. Agnes*

Hymn LEVAS 146 Break thou the bread of life

A. Pollard, G. C. Stebbins

## The Prayer after Communion

God of all, we give you thanks and praise, that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.

## The Sending *(when lay eucharistic visitors are scheduled to make home or hospital visits)*

Celebrant In the name of this congregation, I 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.

People **We who are many are one body, for we all share in the one bread and the one cup.**

## The Blessing

Go forth into the world in peace. Hold fast to that which is good. Render to no one evil for evil. Strengthen the faint-hearted. Support the weak. Help those in need. Comfort the afflicted. Honor everyone. Love and serve the Lord, rejoicing in the power of the Spirit. And may God's blessing be upon you this day and remain with you always. **Amen.**

## The Closing Hymn 690 Guide me, O thou great Jehovah

*Cwm Rhondda*

## The Dismissal

*Celebrant* Go in peace to love and serve the Lord

*People* **Thanks be to God.**

## The Postlude

*Allegro* from Fantasia in G

J.S. Bach

<i>Celebrant and Preacher</i>	The Rev. Patrick C. Ward
<i>Minister of Music</i>	Joan Kirchner
<i>Organist</i>	Michael Simpson
<i>Eucharistic Ministers</i>	Priscilla Isner, Celia Calhoun
<i>Readers</i>	Jean Collins, Doug Fromm, Kate Paradise
<i>Ushers</i>	Sally Dewing, Dick Koeppen
<i>Altar Guild</i>	Jean Gatzkiewicz
<i>Altar Flower Guild</i>	Cris Harter
<i>Audio/Video</i>	Jen Marlin
<i>The Terraces</i>	Brenda Ridgeway

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