

Important Covid Safety Reminders

In accordance with LA County Public Health requirements, Bishop Taylor has requested that although social distancing is no longer required, masks must be worn at all times indoors, regardless of vaccination status.

Welcome to St. Francis Church

We are glad you are here.

It is our parish custom to observe silence in the Church prior to the start of the Eucharist.

Consider making a donation of altar flowers in honor of a special occasion or in memory of someone you love. The suggested donation is \$50. To arrange, please contact Mary in the Church Office: 310-375-4617 or mary.sanchez@stfrancispalosverdes.org.

PLEASE REMEMBER TO SILENCE YOUR CELL PHONES. THANK YOU.

8:00 A.M. - THE HOLY EUCHARIST: RITE I

Celebrant/Preacher: The Rev. Jerry Sather

Deacon: The Rev. Celeste Stump

The Opening Acclamation..... Book of Common Prayer, p. 323
(this and all similar page refs. refer to Book of Common Prayer)

The Collect of the Day p. 180

The First Lesson 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 flesh-pots 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 Response: Psalm 78:23-29, *Attendite, popule* p. 696

The Second Lesson..... 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 Holy Gospel..... 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."

The Sermon The Rev. Jerry Sather

The Nicene Creed p. 327

The Prayers of the People p. 328

The Confession of Sin..... p. 331

Welcome and Announcements

Offertory Prayer All things come of thee O Lord, and of thine own have we given thee

The Great Thanksgiving p. 333

The clergy will carry the Sacrament to anyone in the congregation who is unable to come forward for Holy Communion. Please inform one of the ushers if you would like to be served at your seat.

Gluten-free Communion wafers are now carried alongside regular wafers at Holy Communion.

If you require one of these, simply ask at the Altar rail.

Post Communion Prayer p. 339

Blessing and Dismissal p. 339

PRAYERS THIS WEEK

All those who serve in the armed and foreign services, and for their families: Drew Deley, Michael Herredia, Mark Kappelmann, Maia and Tom Lainis, Will Piepenbring, Scott Ruston, Michael Strong, Jonathan Zimmerman and Steve.

All those who are sick or in need of any kind: Andrea, Barbara, Bob and Jane Africano, Claudia, Nancy Christianson, Mark Duley, Pauline Duley, Darlene Endquist, Ceri Falk, Ann Godfrey, Frances Hailwood, Ashley Hawn, Sally Hill, David Iida, Jake Madrid, Shelby Martyniak, Michael, Joy Merrill, Mike Mohuchi, Molly, Marjorie Morris, Karla Nicole, Lisa Rieger, Annie Ross, Bruce Schaefer, Jane Sharp, Sue, Ted Wong, Joan Youd, and Jennifer Zimmerman.