# Pentecost 12 / Proper 14

Sunday, August 11, 2024 \* 10:00 am

Celebrant/Preacher: The Rev. Jason Shelby

Deacon: The Rev. Celeste Stump Guest Organist: Rebecca Ogle



We warmly welcome you if you are here with us for the first time today. We joyfully welcome all people into our community without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here. Please join us for coffee and fellowship after the service.

Flowers on the altar are given to the glory of God by Gayle Taylor in gratitude for friends and family and by Diane Diekman in loving memory of her son, Jeffery Long.

Please take a moment to silence your cellphone. Thank you.

# What's Happening!

**IMPORTANT: Parish Small Group Meetings in August** 

Details in the back of this bulletin.

Annual Rummage Sale – August 23-24

Save the date. Donations are now being accepted.

#### Healing & Reconciliation Holy Eucharist – Wednesdays at noon in the Chapel

# Ongoing

**Good Grief Loss Support Group:** Alternating Wednesday mornings (11 am to noon) and evenings (5 pm to 6 pm) in the St. Francis Library.

Men's Corner: Monthly for dinner at Corner Bakery. Contact Ed Hinz (kn6jn@yahoo.com).

**Quilting and Knitting Group:** Thursdays at 1 pm in the Board Room. Contact: Anna Eakins (annatkozaki@gmail.com).

**SAGES** (Senior Adult Group of Episcopalians): Outings, social gatherings, guest speakers, and more.

**St. Anne's Guild:** Meets on the 4th Monday of Sept-June at 6pm. Join us for fellowship, plan church events (like the Rummage Sale and Antiques Show), potluck dinners, and our Christmas charity event! Contact Anna Eakins for questions.

**St. Teresa's Guild:** Meet a few times a year to raise money for charities that support women and children through dues and our famous Chinese New Year event. Contact Robin Pano for questions.

Friars: Meets as needed to cook meals for Parish events (e.g. Lenten Suppers). Contact Dick Briggs.

**Yoga:** All Levels Hatha Yoga for Strength and Mobility: Mondays, 11 am to 12:30 pm. All Levels Gentle Yoga for Vital Mobility and Balance: Wednesdays, 9am to 10:30 am. Contact: Jill Lynch (jillfenskelynch@gmail.com).

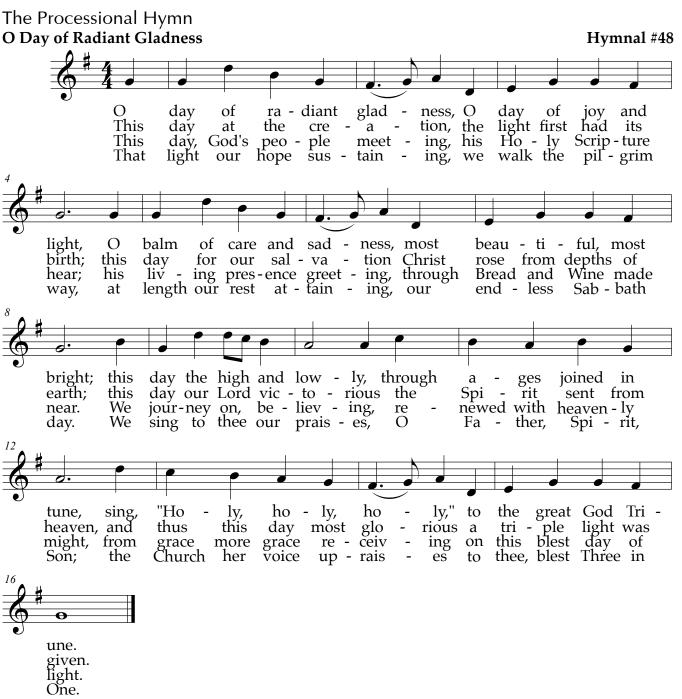
**Alcoholics Anonymous** Thursdays and Sundays, 7:30 pm.

**Al-Anon** Thursdays, 7 pm.

Visit our website calendar for more events, dates and times: stfrancispalosverdes.org

# The Word of God

Please stand as able and join in singing.



Words: Sts. 1-2, Christopher Wordsworth (1807-1885), alt.; st. 3, Charles P. Price (b. 1920); © 1982, Charles P. Price; st. 4, "Hymnal 1982". Music: "Es flog ein kleins Waldvoegelein," German folk song; harm. George Ratcliffe Woodward (1848-1934).

### The Opening Acclamation

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

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

#### The Collect for Purity

Celebrant Almighty God,

People 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.

Please remain standing as able and join in singing.

#### The Gloria



# The Collect of the Day

Celebrant The Lord be with you.People And also with you.

Celebrant Let us pray.

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 for the Lessons.

The First Lesson: 1 Kings 19:4-8

Reader A Reading from the Second book of Kings.

<sup>4</sup>Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." <sup>5</sup>Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." <sup>6</sup>He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. <sup>7</sup>The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." <sup>8</sup>He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

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

The Response: Psalm 34:1-8

Reader Let us read from Psalm 34 responsively (the People reading the text in bold).



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<sup>1</sup>I will bless the LORD at all times;

his praise shall ever be in my mouth.

<sup>2</sup>I will glory in the LORD;

let the humble hear and rejoice.

<sup>3</sup>Proclaim with me the greatness of the LORD;

let us exalt his Name together.

<sup>4</sup>I sought the LORD, and he answered me

and delivered me out of all my terror.

Refrain

5Look upon him and be radiant,

and let not your faces be ashamed.

<sup>6</sup>I called in my affliction, and the LORD heard me

and saved me from all my troubles.

The angel of the LORD encompasses those who fear him,

and he will deliver them.

<sup>8</sup>Taste and see that the LORD is good;

happy are they who trust in him!

Refrain

The Second Lesson: Ephesians 4:25–5:2

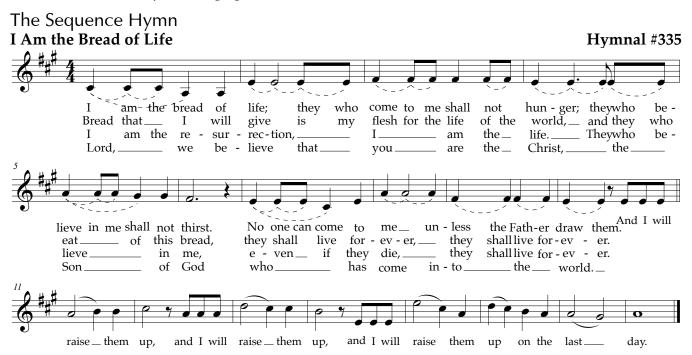
Reader A Reading from Paul's letter to the Church in Ephesus.

<sup>25</sup>So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. <sup>26</sup>Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not make room for the devil. <sup>28</sup>Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. <sup>29</sup>Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God,

with which you were marked with a seal for the day of redemption. <sup>31</sup>Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, <sup>32</sup>and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. <sup>51</sup>Therefore be imitators of God, as beloved children, <sup>2</sup>and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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

Please stand as able and join in singing.



Words: Suzanne Toolan (b. 1927); adapt. of John 6. Copyright © 1971 G.I.A. Publications, Inc. Music: "I Am the Bread of Life," Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928)

Please remain standing as able.

The Gospel: John 6:35, 41-51

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

People Glory to you, Lord Christ.

<sup>35</sup>Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. <sup>41</sup>Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." <sup>42</sup>They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" <sup>43</sup>Jesus answered them, "Do not complain among yourselves. <sup>44</sup>No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. <sup>45</sup>It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. <sup>46</sup>Not that anyone has seen the Father except the one who is from God; he has seen the Father. <sup>47</sup>Very truly, I tell you, whoever believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup>I

am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

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

Please be seated.

The Sermon The Rev. Jason Shelby

There will be a moment of silence for reflection following the sermon.

Please stand as able and join in saying the Nicene Creed.

#### The Nicene Creed

A11

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, who with the Father and the Son he 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.

Please remain standing as able.

The Prayers of the People (the People read the responses in **bold**)

Reader 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.

Silence

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

Reader Guide the people of this land, and of all the nations, in the ways of justice and

peace; that we may honor one another and serve the common good.

Silence

Reader Lord, in your mercy People Hear our prayer.

Reader 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.

Silence

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

Reader 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.

Silence

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

Reader 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.

Silence

Reader Lord, in your mercy People Hear our prayer.

Reader We commend to your mercy all who have died, that your will for them may be

fulfilled; and we pray that we may share with all your saints in your eternal

kingdom.

Silence

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

Celebrant Almighty God, to whom our needs are known before we ask: Help us to ask only

what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord.

Amen.

Please kneel or sit as able.

#### The Confession of Sin

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

All 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.

#### The Absolution

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.** 

Please stand as able.

#### The Peace

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

People And also with you.

Ministers and People exchange signs of peace in the name of the Lord.

Please be seated.

#### The Welcome and Announcements

Anyone who has a birthday or anniversary in the next week is invited to come forward for a blessing:

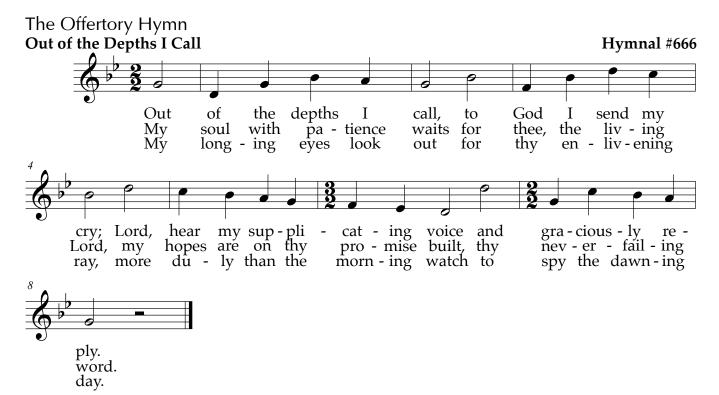
All

Watch over your child(ren), O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace which passes all understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

# The Holy Communion

The Offertory Beautiful Savior

Charles W. Ore



Words: "A Supplement to the New Version of the Psalms," 1698, alt.; para. of Psalm 130. Music: "St. Bride," Samuel Howard (1710-1782).

Please stand as able.

### The Great Thanksgiving

CelebrantThe Lord be with you.PeopleAnd also with you.CelebrantLift up your hearts.

*People* We lift them to the Lord.

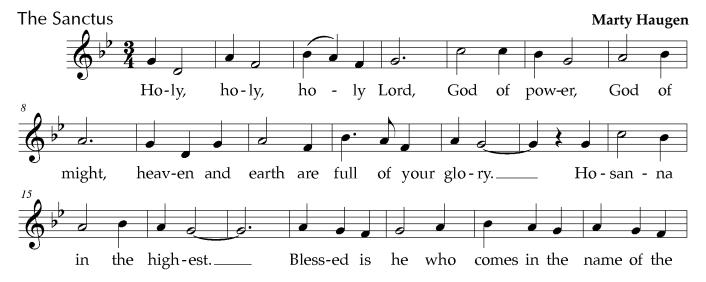
Celebrant Let us give thanks to the Lord our God.

People It is right to give our thanks and praise.

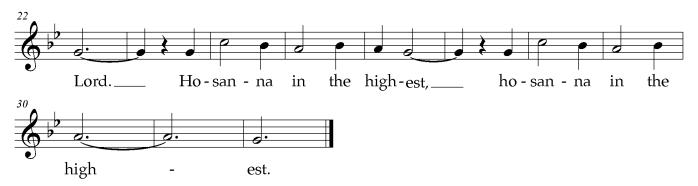
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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 sing this hymn to proclaim the glory of your Name:



Hymn continues on next page.



Music: "Mass of Creation; Marty Haugen (b. 1950) © 1984, GIA Publications, Inc. All rights reserved. Used by permission.

Please kneel or stand as able as the Celebrant continues.

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,

All 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 Francis and 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 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.

Celebrant

And now, as Savior Christ has taught us, we are bold to say,

All

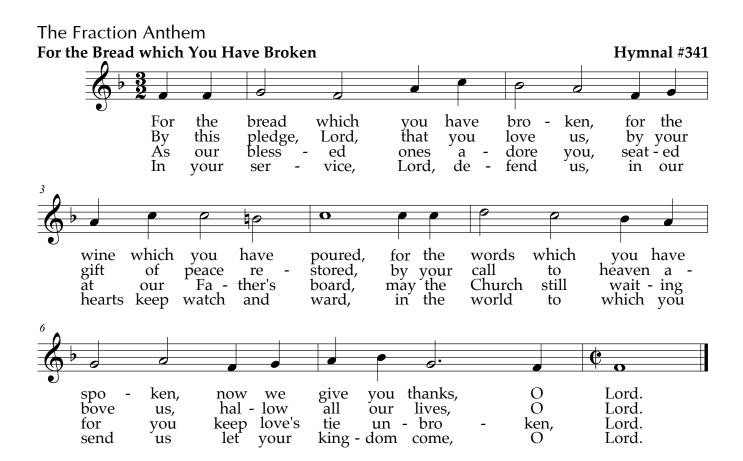
Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

# The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

Celebrant Alleluia, Christ our Passover is sacrificed for us;

People Therefore let us keep the feast, Alleluia.



Words: Louis F. Benson (1855-1930), alt. Music: "Omni die," melody from "Gross Catolisch Gesangbuch," 1631; harm. William Smith Rockstro (1823-1895).

#### The Invitation

*Celebrant* The gifts of God for the people of God, Holy gifts, for Holy people.

For our online community: an invitation to pray together the spiritual communion prayer from the National Cathedral. A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

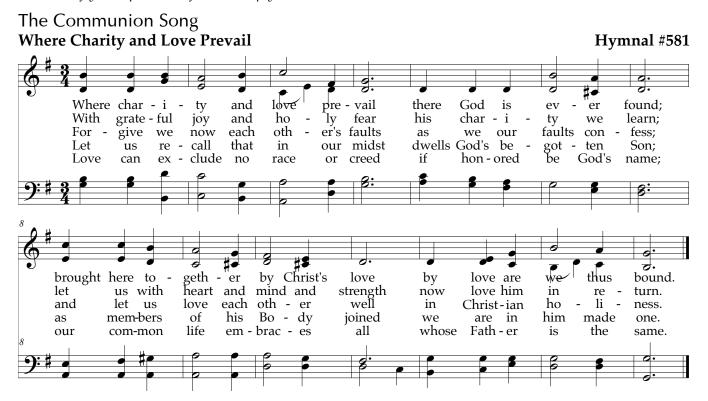
My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where you may light a candle and, if you wish, someone will be available to pray with you.

#### The Communion of the People

All are invited to receive Holy Communion. Please follow the directions of the ushers. If you do not wish to receive, we encourage you to come forward to receive a blessing. Simply fold your hands across your chest when you come forward. The clergy will carry Communion to anyone in the congregation who is unable to come forward. Please notify an usher if you wish Communion to be brought to you. Gluten-free Communion wafers are available. If you require one of these, simply ask.



Words: Latin; tr. J. Clifford Evers (b. 1916); By permission of Oxford University Press. Music: "St. Agnes," melody by John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876); Copyright © 1985, G.I.A Publications.

Please kneel or stand as able as able.

# The Post-Communion Prayer

Celebrant

Let us pray.

All

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

# The Blessing

Celebrant

Go forth into the world in peace. Be of good courage, hold fast to that which is good. Render to no one evil for evil. Strengthen the fainthearted, support the weak, help the afflicted. Honor all persons. Love and serve the Lord, rejoicing in the power of the Spirit. And, the blessing of God Almighty, The Father, The Son, and The Holy Spirit be with you always.

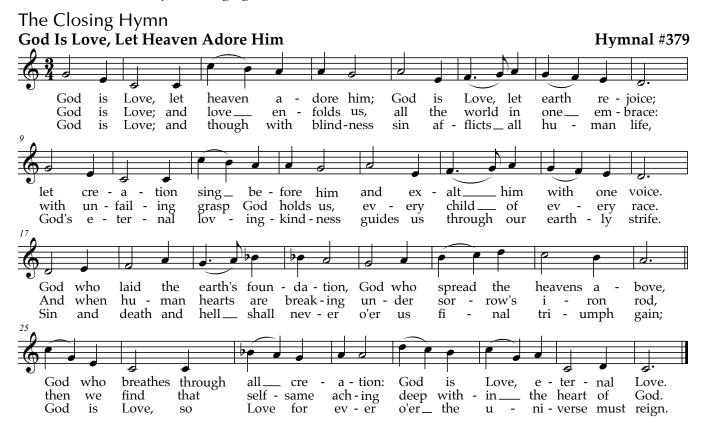
All Amen.

## The Sending Forth

Deacon Let us go forth in the name of Christ. Alleluia, alleluia!

All Thanks be to God. Alleluia, alleluia!

Please stand as able and join in singing.



Words: Timothy Rees (1874-1939), alt.; © Held by A. R. Mowbray & Co. Music: "Abbott's Leigh," Cyril Vincent Taylor (1907-1991); Copyright © 1942, Renewed 1970 by Hope Publishing Company. all Rights Reserved. Used by Permission.

The Postlude Tuba Tune C. S. Lang

# You serve the best doing what you love most

Fr. Jason has invited the Vestry to host a series of small group meetings with our parish family. This is an opportunity for us to come together and explore what we love that brings us joy in church and our daily lives and to understand how it can further the Kingdom of God in our community.



The gatherings will be in July and August for 8-10 members per group. Sessions will be held in the church library following the 8 am and 10 am Sunday services or at other times in the home of a Vestry member. (See the list of dates, times, and places below). Sessions will last approximately one hour or as long as needed so that everyone is able to participate.

You are invited to talk with any Vestry person to ask questions. These discussions are intended to help deepen our relationship with God and each other as we share our experiences, joy, and love.

Please don't miss out on this chance to grow together. Select a date and time that works for you. Call the church office at 310-375-4617 to reserve your spot or email Jessica Salazar at jessica.salazar@stfrancispalosverdes.org.

We will also have a signup sheet after the 8 am and 10 am services for the next several weeks.

#### **Meeting times:**

- Sunday, August 11 9:00 am and 11:30 am church boardroom
- Wednesday, August 15 6:00 pm Cronin Residence (PVE between La Venta and Malaga Library)

## Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble: Andrea, Bruce Schaefer, Ceri Falk, Chris, Chris Goldsmith, Colette Furbush, Daniel Drayling, Erica, Gail Winters, George Ginis, Hector Gutierrez, Jane Sharp, Jean Dicus, Judy Morgan, Kristen, Loren, Patt Parker, Roxanne Wall, Russell, Sally Hill, Sandy, Stephen, Tommy, Tony Lowe, and William Zak Sr., and for the people of the Middle East, and victims of violence everywhere.

We pray for all who have died that they may have a place in your eternal kingdom.

#### Our Staff

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#### Children and Families

Kristina Pelá

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# Our Clergy

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