Pentecost 13 / Proper 15

Sunday, August 18, 2024 * 10:00 am

Celebrant/Preacher: The Rev. Jason Shelby

Deacon: The Rev. Celeste Stump



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 the Iida Family (Sue, Liz and Margaret) in memory of David Iida, beloved husband and father. And by Anna Eakins in loving memory of her mother, Mioko Kozaki, and her Jewish godmother Ruth, and her Polish godmother Tillie.

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

What's Happening!

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).

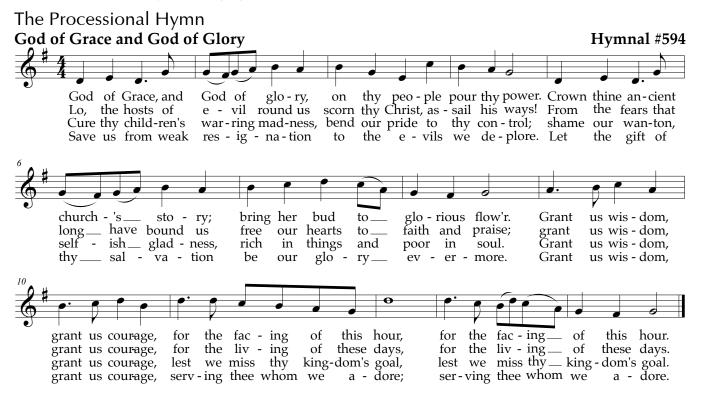
Alcoholics Anonymous Thursdays and Sundays, 7:30 pm.

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: Harry Emerson Fosdick (1878-1969), alt.; By permission of the author. Music: "Cum Rhondda," John Hughes (1873-1932).

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.

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*.

Please be seated for the Lessons.

The First Lesson: Proverbs 9:1-6

Reader A Reading from the book of Proverbs.

Wisdom has built her house,

she has hewn her seven pillars.

²She has slaughtered her animals, she has mixed her wine, she has also set her table.

She has sent out her servant-girls, she calls

from the highest places in the town, 4"You that are simple, turn in here!"

To those without sense she says,

5"Come, eat of my bread

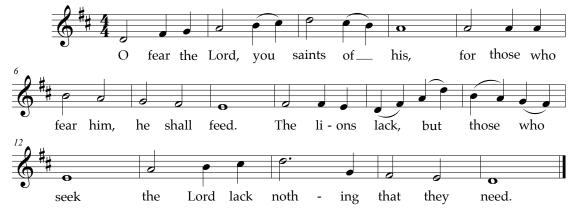
and drink of the wine I have mixed.

⁶Lay aside immaturity, and live, and walk in the way of insight."

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

The Response: Psalm 34:9-14

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



Words: Christopher L. Webber, para. of Psalm 34; Copyright © 1986. Used by Permssion. Music: "Duke Street," John Hatton (d. 1793).

⁹Fear the LORD, you that are his saints, *

for those who fear him lack nothing.

¹⁰The young lions lack and suffer hunger, *

but those who seek the LORD lack nothing that is good.

¹¹Come, children, and listen to me; *

I will teach you the fear of the LORD.

Refrain

¹²Who among you loves life *

and desires long life to enjoy prosperity?

¹³Keep your tongue from evil-speaking *

and your lips from lying words.

¹⁴Turn from evil and do good; * seek peace and pursue it.

Refrain

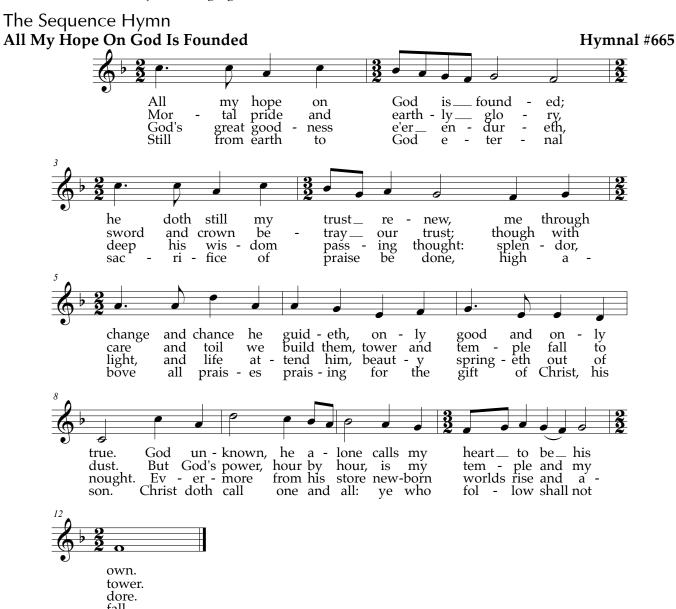
The Second Lesson: Ephesians 5:15-20

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

¹⁵Be careful then how you live, not as unwise people but as wise, ¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

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

Please stand as able and join in singing.



Please remain standing as able.

The Gospel: John 6:51-58

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

People Glory to you, Lord Christ.

Jesus said, 51"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."

⁵²The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" ⁵³So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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

All

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

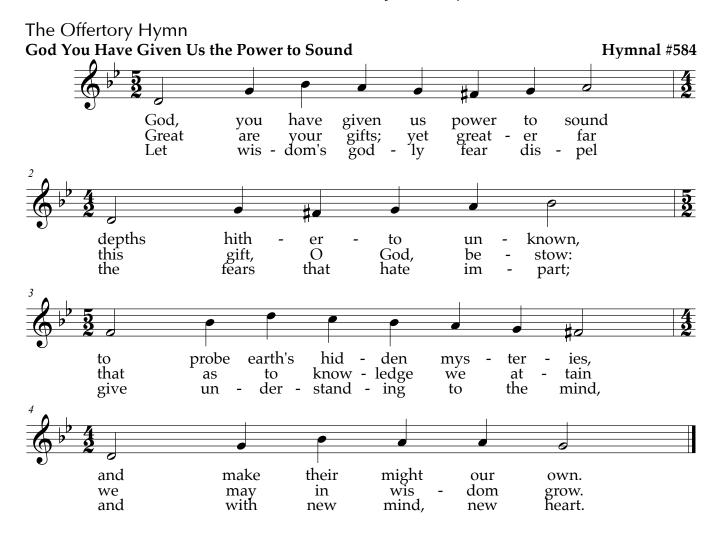
Watch over your child(ren), O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace which passes all understanding abide all the days of their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

The Holy Communion

The Offertory *Amazing Grace*

adapt. & att. Edwin Othello Excell

Susie Zimmerman and Joy Bacon, sopranos



Words: George Wallace Briggs (1875-1959), alt. Music: "Culross," melody from "The Psalmes of David in Prose and Meeter," 1635.

Please stand as able.

The Great Thanksgiving

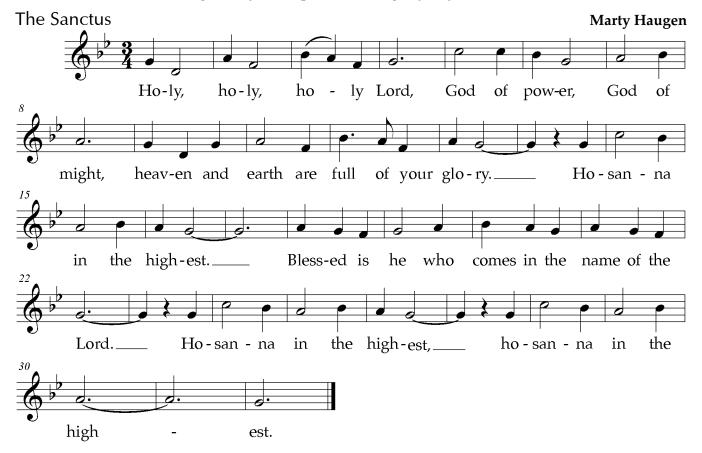
Celebrant The Lord be with you.
People And also with you.
Celebrant Lift up your hearts.
People We lift them to the Lord.

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, 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:



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

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 All And now, as 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.

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: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hall (1860-1935). Music: "Slane," Irish ballad melody; adapt. "The Church Hymnary," 1927, harm. David Evans (1874-1948); By permission of Oxford University Press.

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)

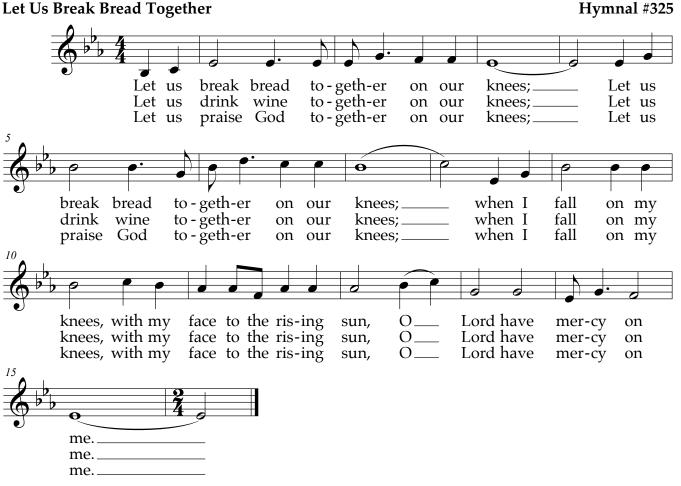
If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where you may light a candle and, if you wish, someone will be available to pray with you.

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.

The Communion Song

Hymnal #325



Words: Afro-American spiritual. Music: "Let Us Break Bread," Afro-American spiritual; arr. and harm. David Hurd (b. 1950)

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.

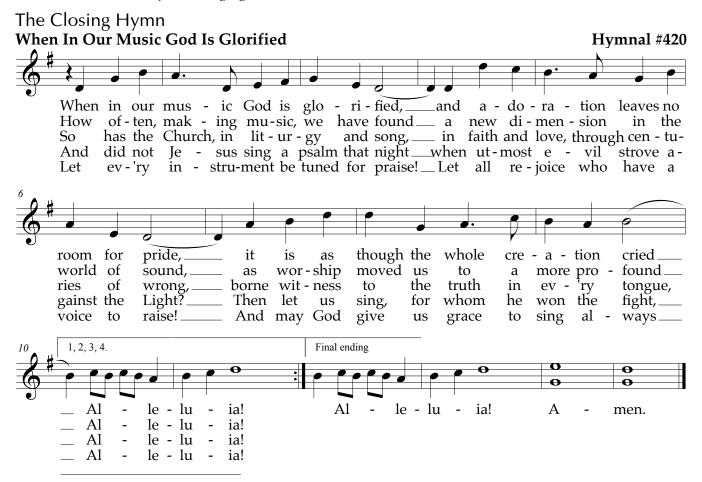
All Amen.

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: Fred Pratt Green (b. 1903); Copyright 1972 by Hope Publishing Company. All Rights Reserved. Used by Permission. Music: "Engelberg," Charles Villiers Stanford (1852-1924).

The Postlude

O Clap Your Hands

John Rutter

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, John Dingee, 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.

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