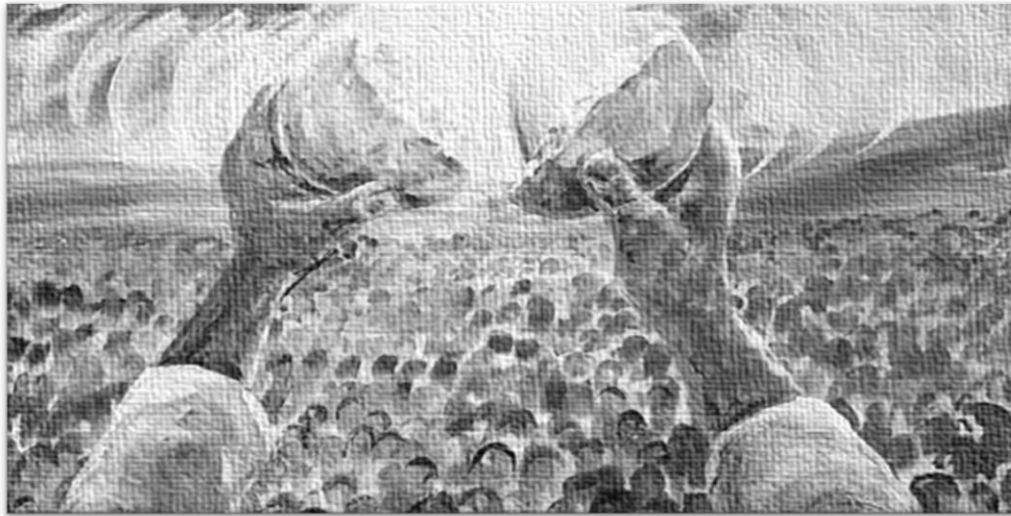


# PROPER 13, YEAR B

MORNING PRAYER: RITE II

SUNDAY, AUGUST 4, 2024



St. Alban's Episcopal Church  
Simsbury, CT  
*Celebrate. Inspire. Serve.*



Welcome to St. Alban's!

Your prayers and presence for today's worship are a gift to this community. We are grateful that you are here. We pray that you sense the love of Christ, the holy stirring of the Spirit, and God's presence here this morning.

### **Worshipping with children**

We invite you to visit our Playground in the rear balcony. Please feel free to bring books or an activity bag to your seats; or, sit in the balcony and allow your children to explore the space during worship. And please don't worry about wiggles, conversation, crying, laughing – all of it is welcome in this space and to the glory of God! If you need help finding the bathrooms, a changing table, or the water fountain, please ask an Usher.

### **Learning more about St. Alban's**

We invite you to fill out one of the "Welcome" cards you can find on the table in the rear of the Sanctuary. This allows you to receive mailed materials from St. Alban's and our weekly e-news. You can also visit our website ([stalbanssimsbury.org](http://stalbanssimsbury.org)) or find us on Facebook.

### **Donating to St. Alban's**

During our service today, Ushers will pass Offering plates. You are welcome to place cash or check donations directly into the plate. We also invite your donations through our website ([stalbanssimsbury.org](http://stalbanssimsbury.org), click "Donate").



You can find your way to that link with the QR code here and on the donation card in the Narthex.

As you settle in to worship today, take the time and the moments of quiet you need to make the transition from getting here, to being here.

*Our service comes from Enriching Our Worship and we make use of all hymnal resources approved by The Episcopal Church. Everything you need to worship fully today can be found in the bulletin.*

### **\*A note about standing, kneeling, sitting rubrics**

*One of the spaces that has received more attention during the pandemic is around ableism. Our society, in large part, functions as though everyone has nearly full use of their bodies. Where a "standing" rubric might have been added alone, we're adding "seated", as well, as an invitation for you to listen and respond to the needs of your own body. You are invited to remember that our bodies are created by God and intended for worship, just like our voices. However you feel comfortable doing that, God sees that it is good!*

WELCOME

PRELUDE

Mary DeLibero, Music Director and Organist

HYMN *standing or seated\**  
Descant

*Glorious things of thee are spoken*

H82 522

4 Blest in - hab - it - ants of Zi - on, washed in the Re -

1 Glo - rious things of thee are spo - ken, Zi - on, ci - ty  
 2 See! the streams of liv - ing wa - ters, spring - ing from e -  
 3 Round each ha - bi - ta - tion hov - ering, see the cloud and  
 4 Blest in - hab - it - ants of Zi - on, washed in the Re -

deem - er's blood! Whom their souls re -

of our God; he whose word can - not be  
 ter - nal love, well sup - ply thy sons and  
 fire ap - pear for a glo - ry and a  
 deem - er's blood! Je - sus, whom their souls re -

ly on, makes them kings and priests to God.

bro - ken formed thee for his own a - bode;  
 daugh - ters and all fear of want re - move.  
 cov - ering, show - ing that the Lord is near.  
 ly on, makes them kings and priests to God.

'Tis his love his peo - ple raise o - ver  
 on the Rock of A - ges found - ed, what can shake thy  
 Who can faint, when such a riv - er ev - er will their  
 Thus de - riv - ing from their ban - ner, light by night, and  
 'Tis his love his peo - ple rais - es o - ver self to

self to reign and as priests, his  
 sure re - pose? With sal - va - tion's walls sur -  
 thirst as - suage? Grace which, like the Lord, the  
 shade by day, safe they feed up - on the  
 reign as kings: and as priests, his sol - emn

sol - emn prais - es each an of - fering brings.  
 round - ed, thou may'st smile at all thy foes.  
 giv - er nev - er fails from age to age.  
 man - na which he gives them when they pray.  
 prais - es each for a thank - of - fering brings.

Grace to you and peace from God the Father and the Lord Jesus Christ.

*Philippians 1:2*

THE CONFESSION OF SIN *standing, seated or kneeling\**

*The Officiant says*

Let us confess our sins against God and our neighbor.

*Officiant 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.**

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

*Officiant* Lord, open our lips.  
**And our mouth shall proclaim your praise.**

*Officiant and People*  
**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. Alleluia!**

The earth is the Lord's, for he made it: **Come let us adore him.**

VENITE

S35



va - tion. — 2. Let us come be - fore his pres - ence with thanks - giv - ing —  
— and raise a loud shout to him with psalms. — 3. For the  
Lord is a great God, — and a great King a - bove all  
gods. — 4. In his hand are the cav - erns of the earth, —  
— and the heights of the hills are his al - so. — 5. The  
sea is his, for he made it, — and his hands have  
mold - ed the dry land. — 6. Come, let us bow down, and bend the  
knee, — and kneel be - fore the Lord our Ma - ker. — 7. For  
he is our God, — and we are the peo - ple of his  
pas - ture — and the sheep of his hand. —  
— Oh, that to - day you would heark - en to his voice! —

*Attendite, popule*

- 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.

**Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.**

READING: *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 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."

Here ends the Lesson.

CANTICLE 8 The Song of Moses *Cantemus Domino*  
*Exodus 15:1-6, 11-13, 17-18*

I will sing to the Lord, for he is lofty and uplifted; \*  
the horse and its rider has he hurled into the sea.  
The Lord is my strength and my refuge; \*  
the Lord has become my Savior.  
This is my God and I will praise him, \*  
the God of my people and I will exalt him.  
The Lord is a mighty warrior; \*  
Yahweh is his Name.  
The chariots of Pharaoh and his army has he hurled into the sea; \*  
the finest of those who bear armor have been  
drowned in the Red Sea.  
The fathomless deep has overwhelmed them; \*  
they sank into the depths like a stone.  
Your right hand, O Lord, is glorious in might; \*  
your right hand, O Lord, has overthrown the enemy.  
Who can be compared with you, O Lord, among the gods? \*  
who is like you, glorious in holiness,  
awesome in renown, and worker of wonders?  
You stretched forth your right hand; \*  
the earth swallowed them up.  
With your constant love you led the people you redeemed; \*  
with your might you brought them in safety to  
your holy dwelling.  
You will bring them in and plant them \*  
on the mount of your possession,  
The resting-place you have made for yourself, O Lord, \*  
the sanctuary, O Lord, that your hand has established.  
The Lord shall reign \*  
for ever and for ever.



**Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.**

READING: *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.

Here ends the Lesson.

CANTICLE 16 The Song of Zechariah *Benedictus Dominus Deus*  
*Luke 1:68:79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.

He promised to show mercy to our fathers \*  
and to remember his holy covenant.

This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.

**Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.**

THE 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."

Here ends the Lesson.

REFLECTION

*Geoff Mather*

THE APOSTLE'S CREED *standing or seated*

*Officiant and People*

**I believe in God, the Father almighty,  
creator of heaven and earth;  
I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit,  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated on the right hand of the Father.  
He will come again to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

THE PRAYERS

*Officiant* The Lord be with you.  
**And also with you.**  
Let us pray.

*Officiant and People*

**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.

SUFFRAGES A    *V* = *versicle* (Officiant); *R* = *response* (People)

- V.* Show us your mercy, O Lord;  
**R.** And grant us your salvation.  
*V.* Clothe your ministers with righteousness;  
**R.** Let your people sing with joy.  
*V.* Give peace, O Lord, in all the world;  
**R.** For only in you can we live in safety.  
*V.* Lord, keep this nation under your care;  
**R.** And guide us in the way of justice and truth.  
*V.* Let your way be known upon earth;  
**R.** Your saving health among all nations.  
*V.* Let not the needy, O Lord, be forgotten;  
**R.** Nor the hope of the poor be taken away.  
*V.* Create in us clean hearts, O God;  
**R.** And sustain us with your Holy Spirit.

#### THE COLLECT OF THE DAY

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.**

#### A COLLECT FOR SUNDAYS

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations

into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

We offer our prayers this morning on behalf of those people who have asked for them: Steve, Britt, Jocelyn, Danny, Jenny, the Malley family, and anyone we name now silently or aloud. (*At this time, we invite your intercessions and thanksgivings silently or out loud.*)

ANNOUNCEMENTS

OFFERTORY HYMN *standing or seated\**

*Break thou the bread of life*

*VF 73*

1 Break thou the bread of life, dear Lord, to me,  
 2 Bless thou the truth, dear Lord, to me, to me,  
 3 Teach me to live, dear Lord, on - ly for thee,

as thou didst break the loaves be - side the sea;  
 as thou didst bless the bread by Gal - i - lee;  
 as thy dis - ci - ples lived in Gal - i - lee;

be - yond the sa - cred page I seek thee, Lord;  
 then shall all bond-age cease, all fet - ters fall,  
 then, all my strug - gles o'er, then, vic - t'ry won,

my spi - rit pants for thee, O liv - ing word!  
 and I shall find my peace, my all in all.  
 I shall be - hold thee, Lord, the liv - ing one.

## THE GENERAL THANKSGIVING

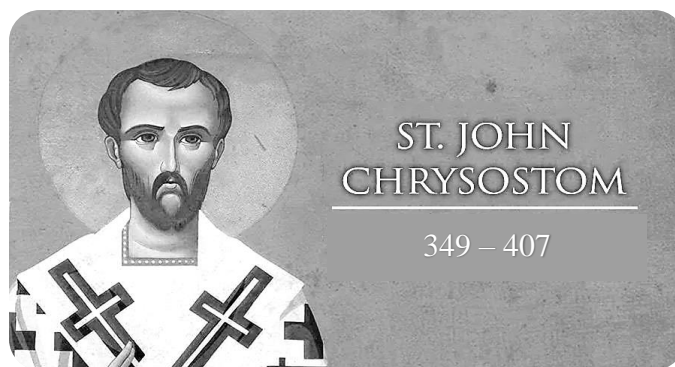
*Officiant and People*

**Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.**

## A PRAYER OF ST. CHRYSOSTOM

*Officiant and People*

**Almighty God, you have given us grace at this time with one accord to make  
our common supplication to you; and you have promised through your well-  
beloved Son that when two or three are gathered together in his Name you  
will be in the midst of them: Fulfill now, O Lord, our desires and petitions as  
may be best for us; granting us in this world knowledge of your truth, and in  
the age to come life everlasting. Amen.**



“Saint John Chrysostom was born as John of Antioch in modern-day Turkey. “Chrysostom” is a title given to him, meaning “Golden Mouth,” to emphasize his powerful preaching and writings.”

1 Let us tal - ents and tongues em - ploy, reach - ing out with a shout of joy:  
 2 Christ is a - ble to make us one, at his ta - ble he sets the tone,  
 3 Je - sus calls us in, sends us out bear - ing fruit in a world of doubt,

bread is brok - en, the wine is poured, Christ is spok - en and seen and heard:  
 teach - ing peo - ple to live to bless, love in word - en and in deed ex - press:  
 gives us love to tell, bread to share: God Em - man - u - el ev - ery - where:

Je - sus lives a - gain, earth can breathe a - gain, pass the word a - round: loaves a - bound.

*Officiant* Let us bless the Lord.  
**Thanks be to God.**

*Officiant*  
 May the God of hope fill us with all joy and peace in believing through the power of  
 the Holy Spirit. **Amen.** *Romans 15:13*