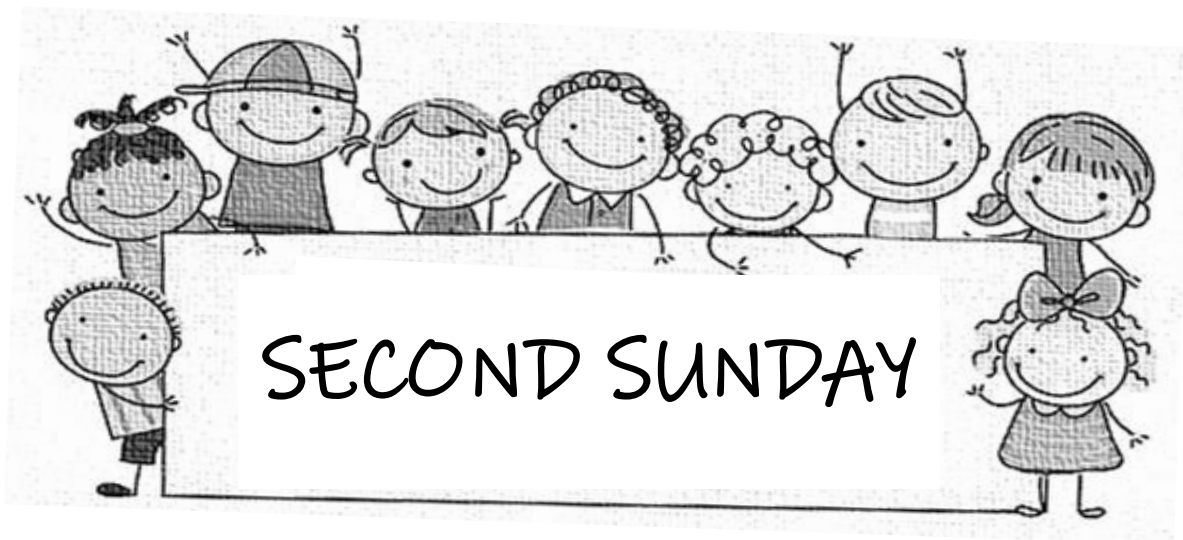


PROPER 14, YEAR B

SUNDAY, AUGUST 11, 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) 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, click "Donate").



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

If you need a gluten-free wafer at communion please let the priest know when you approach the altar for communion. You can also receive a blessing instead of bread by crossing your arms over your chest.

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](http://www.enrichingourworship.com) 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. How ever you feel comfortable doing that, God sees that it is good!

1 Je - sus loves me! this I know, for the bi - ble tells me so;
 2 Je - sus loves me! he who died, hea - ven's gate to o - pen wide;
 3 Je - sus take this heart of mine, make it pure and whol - ly thine;

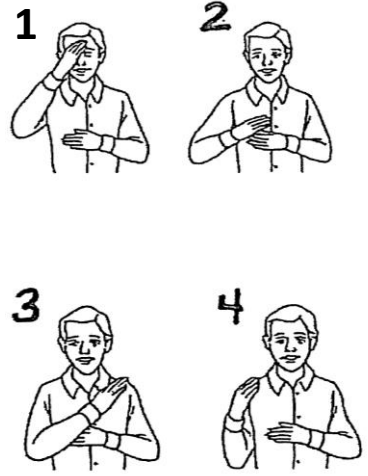
lit - tle ones to him be - long; they are weak but he is strong.
 he will wash a - way my sin, let his lit - tle child come in.
 on the cross you died for me, I will try to live for thee.

Yes, Je - sus loves me! Yes, Je - sus loves me!

Yes, Je - sus loves me! for the bi - ble tells me so.

THE OPENING ACCLAMATION

+ Blessed be the one, holy, and living God.
Glory to God for ever and ever.



Do you see people making cross signs on their chests?
You can too ---- Check out this dude!
Look for the + symbol as we follow along in the
bulletin for other places you might cross yourself!

SONG OF PRAISE *sung 2x*

This is the day

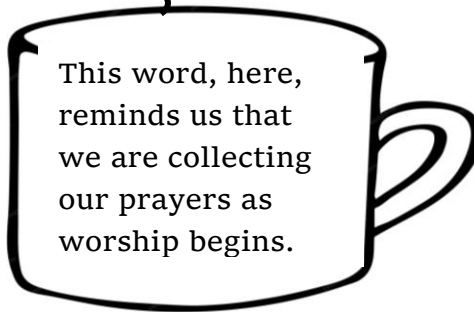
LEVAS 219

This is the day, this is the day
That the Lord hath made, that the Lord hath made,
We will rejoice, we will rejoice
and be glad in it, and be glad in it;

This is the day that the Lord hath made,
we will rejoice and be glad in it;
This is the day, this is the day
that the Lord hath made.

THE COLLECT OF THE DAY

God be with you.
And also with you.
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.

READING: *1 Kings 19:4-8*

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.” Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, “Get up and eat.” 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. 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.” 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.

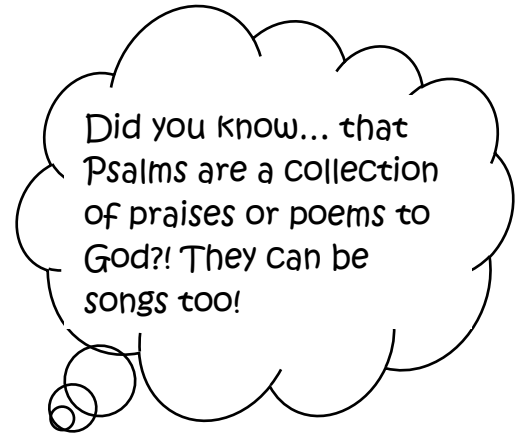
Hear what the Spirit is saying to God’s people.

Thanks be to God.

PSALM 34:1-8

Benedicam Dominum

- 1 I will bless the LORD at all times; *
his praise shall ever be in my mouth.
- 2 I will glory in the LORD; *
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the LORD; *
let us exalt his Name together.
- 4 I sought the LORD, and he answered me *
and delivered me out of all my terror.
- 5 Look upon him and be radiant, *
and let not your faces be ashamed.
- 6 I called in my affliction and the LORD heard me *
and saved me from all my troubles.
- 7 The angel of the LORD encompasses those who fear him, *
and he will deliver them.
- 8 Taste and see that the LORD is good; *
happy are they who trust in him!



HYMN *standing or seated**

This Little Light of Mine

LEVAS 221

1. This lit - tle light of mine, _____ I'm gon - na let it
 2. Ev - 'ry - where I go, _____ I'm gon - na let it
 3. Je - sus gave it to me, _____ I'm gon - na let it

Oh _____

1. shine, _____ This lit - tle light of mine,
 2. shine, _____ Ev - 'ry - where I go,
 3. shine, _____ Je - sus gave it to me,

Oh _____

1. I'm gon - na let it shine; _____ This lit - tle light of
 2. I'm gon - na let it shine; _____ Ev - 'ry - where I
 3. I'm gon - na let it shine; _____ Je - sus gave it to

Oh _____

1. mine, _____ I'm gon - na let it shine, _____ Let it
 2. go, _____ I'm gon - na let it shine, _____ Let it
 3. me, _____ I'm gon - na let it shine, _____ Let it

Oh _____

1. shine, let it shine, let it shine. _____
 2. shine, let it shine, let it shine. _____
 3. shine, let it shine, let it shine. _____

THE GOSPEL: *John 6:35, 41-51*

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

The Gospel readings
 are stories about
 Jesus's life on earth.

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."

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." 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?'" Jesus answered them, "Do not complain among yourselves. 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. 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. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. 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."

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

SERMON

The Rev. Judith Alexis

THE CHILDREN'S CREED

We believe in God above.
We believe in Jesus' love.
We believe God's Spirit, too,
comes to teach us what to do.

THE PRAYERS OF THE PEOPLE

In peace, we pray to you, Lord God.

Silence

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael Curry our Presiding Bishop; Sean Rowe, Presiding Bishop elect, and Jeff and Laura our Bishops; and for all bishops and other ministers;

For all who serve God in his Church.

For the special needs and concerns of this congregation. We pray especially for Steve, Karen, Britt, Gabriella and her children, Jocelyn, Danny, Jenny, the Malley family, and anyone you name now, silently or aloud. *(The People may add their own petitions).*

Silence

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life.

(The people may add their own thanksgivings)

Silence

We will exalt you, O God our King;

And praise your Name for ever and ever.

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

(The people may add their own petitions)

Lord, let your loving-kindness be upon them;

Who put their trust in you.

We pray to you also for the forgiveness of our sins.

Silence

Have mercy upon us, most merciful Father;

in your compassion forgive us our sins,

known and unknown,

things done and left undone;

and so uphold us by your Spirit

that we may live and serve you in newness of life,

to the honor and glory of your Name;

through Jesus Christ our Lord. Amen.

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.**

THE PEACE

The peace of the Christ be always with you.

And also with you.

WELCOME AND ANNOUNCEMENTS

The mission and ministry of St. Alban's depends on the financial and prayerful generosity and gifts of members of our congregation and community. We welcome your one-time or ongoing donation today. Please place cash or checks in the Offering Plate; or use the QR code on the cards found in the rear of the Sanctuary, in the Narthex, or on page 2 of this bulletin to make an online donation. We are grateful that you've chosen to share your gifts with us today.

OFFERTORY HYMN *Standing or seated.** *He's got the whole world* LEVAS 217

1. He's got the whole world in His hand, He's got the

whole world in His hand, He's got the whole world

in His hand, He's got the whole world in His hand.

- 2. He's got you and me sister, etc.
- 3. He's got you and me brother, etc.

- 4. He's got the pretty little baby, etc.
- 5. He's got everybody here, etc.



THE HOLY COMMUNION

THE GREAT THANKSGIVING

The Lord be with you.



And also with you.


Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

If you're having any trouble hearing  or seeing  or you just want to get closer, **come right up to the altar!**

And, if you want,  **you can copy the priest's movements** as she prays the Eucharistic Prayer!

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moons, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a parent cares for children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

Celebrant and people

**Holy, holy, holy Lord, God of Power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The Celebrant continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for

you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with Alban and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **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.**

FRACTION ANTHEM

God of promise, you have prepared a banquet for us.
Happy are those who are called to the Supper of the Lamb.

THE INVITATION

THE COMMUNION OF THE PEOPLE

Anyone of any age and tradition is invited to receive Holy Communion, and no one who comes to the altar with outstretched hands will be turned away. To receive a blessing instead of the sacrament, approach the altar and cross your arms over your chest.

To receive Holy Communion, you may stand or kneel at the altar rail; or stand in the space between the altar rails, in front of the altar. If you need the sacrament brought to you, please let someone know and we will be honored to bring it to you. If you need a gluten-free wafer, please let the priest know at the altar.

Remember, that communion "in one kind" (bread only) is a sufficient manifestation of the sacrament. If you'd like, you can simply hold the cup while the chalice bearer offers the words of reception, without drinking from the chalice.

POSTCOMMUNION PRAYER

Let us pray.

Celebrant and people

**Loving God,
We give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth a people,
forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior.
Amen.**

THE BLESSING

God's Blessing be with you,
Christ's peace be with you,
the Spirit's outpouring be with you,
now and always. **Amen.**

HYMN *standing or seated*

We are marching in the light of God

WLP 787

The musical score is written for a hymn in 4/4 time with a key signature of one sharp (F#). It consists of two staves: a treble clef staff for the vocal line and a bass clef staff for the piano accompaniment. The melody begins with a quarter note G4, followed by a quarter note A4, and then a half note B4. The piano accompaniment starts with a quarter note G3, followed by a quarter note A3, and then a half note B3. The score includes lyrics in English and Spanish. There are triplets in both the vocal and piano parts. The lyrics are: 'We are march - ing in the light of God, we are Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya - Mar - cha - re - mos en la luz de Dios, Mar - cha -'.

march - ing in the light of God, ——— We are march - ing in the
hamb' e - ku - kha - nyen' kwen - khos'. ——— *Si - ya - hamb' e - ku - kha -*
re - mos en la luz de Dios. ——— *Mar - cha - re - mos en la*

light of God, we are march - ing in the light of, the
nyen' kwen - khos', si - ya - hamb' e - ku - kha - nyen' kwen, kha -
luz de Dios mar - cha - re - mos en la luz de, la

light of God. We are march - ing, march - ing, we are
nyen' kwen - khos'. Si - ya - ham - ba, ham - ba, si - ya -
luz de Dios. Mar - cha - re - mos re - mos mar - cha -

— Oo ——— we are march - ing in the light of God —
 — Oo ——— *si - ya - hamb' e - ku - kha - nyen' kwen - khos' —*
 — Oo ——— *mar - cha - re - mos en la luz de Dios. —*

march - ing, march - ing, we are march - ing in the light of, the
ham - ba, ham - ba, si - ya - hamb' e - ku - kha - nyen' kwen, kha -
re - mos re - mos mar - cha - re - mos en la luz de la

light of God. We are march - ing, march - ing, we are
 nyen' kwen - khos'. Si - ya - ham - ba, ham - ba, si - ya -
 luz de Dios. Mar - cha - re - mos re - mos mar - cha -

— Oo —
 — Oo —
 — Oo —

march - ing, march - ing, we are march - ing in the light of God. —
 ham - ba, ham - ba, si - ya - hamb' e - ku - kha - nyen' kwen - khos'. —
 re - mos re - mos mar - cha - re - mos en la luz do Dios. —

THE DISMISSAL

Go in peace to love and serve the Lord.
Thanks be to God.