



## THE TENTH SUNDAY AFTER PENTECOST

St. Mark's Episcopal Church, Raleigh, NC

August 1, 2021 – 10:00 a.m.

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### THE GATHERING

#### Voluntary

#### Opening Sentences

Behold, you O Lord, look for truth deep within me,  
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure;  
wash me, and I shall be clean indeed.

Make me hear of joy and gladness,  
that the body you have broken may rejoice.

Hide your face from my sins  
and blot out all my iniquities.

**Create in me a clean heart, O God,  
and renew a right spirit within me.**

**Cast me not away from your presence  
and take not your holy Spirit from me.**

**Give me the joy of your saving help again  
and sustain me with your bountiful Spirit.**

I shall teach your ways to the wicked,  
and sinners shall return to you.

**Deliver me from death, O God,  
and my tongue shall sing of your righteousness,  
O God of my salvation.**

**Open my lips, O Lord,  
and my mouth shall proclaim your praise. (Psalm 51:7-11)**

Presider Blessed be the one, holy and living God.  
People **Glory to God forever and ever. Amen.**

Almighty God, 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.**

### The Gloria

**Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.**

### 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.**

## THE WORD OF GOD

### 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 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.

Hear what the Spirit is saying to the Churches. **Thanks be to God.**

**Psalm 78:23-29** (Prayed responsively)

So he commanded the clouds above  
and opened the doors of heaven.  
He rained down manna upon them to eat  
and gave them grain from heaven.  
So mortals ate the bread of angels;  
he provided for them food enough.

**He caused the east wind to blow in the heavens  
and led out the south wind by his might.  
He rained down flesh upon them like dust  
and wingèd birds like the sand of the sea.**

He let it fall in the midst of their camp  
and round about their dwellings.

**So they ate and were well filled,  
for he gave them what they craved.**

**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.

Hear what the Spirit is saying to the Churches. **Thanks be to God.**

✦ **The Holy Gospel John 6:24-35**

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

People **Glory to you, Lord Christ.**

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.

Deacon The Gospel of the Lord.

People **Praise to you Lord Christ.**

**The Homily** A marked period of silence follows the Homily.

**Musical Interlude**

**The Nicene Creed**

**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 and the Son.  
With the Father and the Son he is worshiped and glorified.  
He 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.

### The Prayers of the People

*Gathered in the name of Jesus, united by the power of the Holy Spirit let us pray, saying: O Lord, bread of life, have mercy upon us.*

You are the bread of life, O God. You feed us with manna, and you satisfy our needs with your word. For the food that never perishes, we thank you. Gather us up with all your needy people, that none may be lost. O Lord, bread of life, **have mercy upon us.**

You call us, O God, to be renewed, to put on a new nature, to conform our lives to your will. Form the church into a source of life which feeds a needy world. O Lord, true bread from heaven, **have mercy upon us.**

In a hungry world, O God, we do not know how to feed one another. Hear the cries of the poor. Strengthen us to answer their need, to dry the tears of those who mourn, to care for the children, to preserve the land, to honor all your people. We especially pray for **Rudolph McEwan, David Myher, Elayne Karickoff, Barbara O'Neal, Betty Jo Jacobs, Lee Witcher, Audrey Witcher, Deanna Hill, Sophia Vaughan Morning, Marilyn Adams, Mary Mainwaring, Katie Critcher, Denise Davis, Carmen Reeve, Beauty Munawa, Ramsey Zengbean, Terry Mumford, James Barber, Ginny Barber, Betty Johnson, Nancy Halbert, William Nail, and Celia Nail**, O Lord, source of manna in the wilderness, **have mercy upon us.**

We long to embrace you, O God. We rejoice in your invitation to life. Urge us gently unto the arms of our sisters and brothers, that we may find you there. O Lord, font of life, **have mercy upon us.**

We give you thanks for all who are given the gift of another year of life and for those who celebrate birthdays this week including, **Burt** Beames, **Gordon** Rutherford (5<sup>th</sup>). O Lord, bread of life, **have mercy upon us.**

We give you thanks for Fr. Tyrone and his fourth year among us as rector of St. Mark's. Continually grant him grace and strength to guide your people in the way of the Gospel. O Lord, the living bread, **have mercy upon us.**

For our own needs. [*Here other intercessions may be offered ending with:*], O Lord, the living bread, **have mercy upon us.**

For the 4.2 million global citizens who have died from COVID-19 and for those areas where the virus initiates a new spike in cases. O Lord, the living bread, **have mercy upon us.**

For all who have died in the peace of Christ. [*Silence is kept*], O Lord, the living bread, **have mercy upon us.**

Deacon For confidence in God's forgiveness and that we may be filled with the power to amend our lives and to repair the breach with those we've wronged, let us confess our sins to God.

The People may kneel or bow.

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

The Presider announces the Absolution of Sin

## **The Exchange of Peace**

The peace of Christ be always with you. **And also with you.**

Here, the people may reverently bow or wave in acknowledgment of others; avoiding handshakes and hugs.

# THE HOLY COMMUNION

## The Gathering of Tithes and Offerings

## The Great Thanksgiving

Presider: All things come from you, O God.

People: **And of your own have we given you.**

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 our thanks and praise.**

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

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

***Hosanna in the highest. Blessed is the one who comes in the name of the Lord.***

***Hosanna in the highest.***

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me." After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me." And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

**Dying, you destroyed our death. Rising, you restored our life. Christ Jesus, come in glory!**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope,

justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with [blessed \_ , and] all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

**Blessed are you now and for ever. Amen.**

### **The Lord's Prayer**

**Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

### **The Breaking of the Bread**

The Presider breaks the consecrated bread also known as 'The Fraction'.

**Alleluia. Christ our Passover is sacrificed for us. Therefore, let us keep the feast. Alleluia!**

Please remain masked during the distribution of Communion. You may wish to hold your communion bread/wafer until the end of distribution, so we may all commune together.

### **Prayer after Communion**

The people stand.

**God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

## **THE SENDING**

### **The Blessing**

### **The Dismissal**

Deacon        Alleluia, Alleluia. Let us go forth into the world, rejoicing in the power of the Spirit.  
People        **Thanks be to God. Alleluia, Alleluia.**

### **Voluntary**

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**The Rev. Tyrone Fowlkes, Presider**



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