



## THE ELEVENTH SUNDAY AFTER PENTECOST

August 4, 2024, Proper 13

8 am & 10 am

Holy Eucharist, Rite II

### *Welcome to St. Thomas'!*

*For your convenience and use, the Book of Common Prayer (BCP) is the red book in your pew racks, the Hymnal 1982 is the blue book, "S" numbers (for service music) appear in the beginning of the Hymnal 1982.*

*Wonder Love and Praise (WLP) is the green book. Music is from Hymnal 1982 unless otherwise noted.*

*\* indicates 10 am service only.*

VOLUNTARY	"Prelude on <i>Caithness</i> "	<i>Healey Willan</i>
*HYMN 704	"O thou who camest from above"	<i>Hereford</i>
COLLECT OF PURITY		BCP 355
THE GLORIA		BCP 356 / S-280
COLLECT OF THE DAY		BCP 231
FIRST LESSON		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."

The Word of the Lord. **Thanks be to God.**

PSALM 78: 23-29 BCP 696

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.

## SECOND LESSON

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.

The Word of the Lord. **Thanks be to God.**

\*HYMN 398

"I sing the almighty power of God"

*Forest Green*

GOSPEL

John 6: 24-35

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

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

SERMON

The Rev. Ryan Whitley

NICENE CREED

BCP 358

PRAYERS OF THE PEOPLE: FORM VI

BCP 392

*Please stand or kneel. The Leader and People pray responsively*

In peace, we pray to you, Lord God.

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, our Presiding Bishop, Sean our Presiding Bishop-elect, and Douglas our Bishop; and for all bishops and other ministers;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation.

*Silence. The People may add their own petitions.*

Hear us, Lord;

**For your mercy is great.**

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

*Silence. The People may add their own thanksgivings.*

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.

*Silence. The People may add their own petitions.*

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

*Celebrant*

Rejoicing in the risen presence of our Lord, we commend all for whom we pray and ourselves to Christ, to whom we give laud and praise now and forever. **Amen.**

CONFESSION AND ABSOLUTION		BCP 360
PEACE		BCP 360
*OFFERTORY ANTHEM	"Bread of Life"	<i>Lee G. Barrow</i>
*HYMN 380, stanza 3		
HOLY EUCHARIST, PRAYER A		BCP 361
*SANCTUS AND BENEDICTUS		S-125
LORD'S PRAYER		BCP 364
BREAKING OF THE BREAD		BCP 364
*FRACTION ANTHEM		S-161
COMMUNION		
*HYMN 335	"I am the bread of life"	<i>I am the bread of life</i>
POST-COMMUNION PRAYER		BCP 365
BLESSING		
*HYMN 444	"Blessed be the God of Israel"	<i>Thornbury</i>
DISMISSAL		BCP 366
*VOLUNTARY	"Toccata Eroica"	<i>Craig A. Penfield</i>

**Prayer List:** Dona, Geoff, Sharon Joanne, John, Howard, Marcia, Don, Barbara, Ethan, Allison, Michael, Chris, Yvonne, Brenda, Carrie, the Irwin Family, and Terry.

*Thanks to those who are serving today:* **Acolytes:** Luke Evanoff, Jace Viera, Luke Evanoff. **Altar Guild:** Pat Bernfeld, Laura Vrooman. **Camera Operator/Digital Commentary:** Everett Jennings, Russ Martin. **Coffee Hosts:** Charlotte and Don Higgins. **Flower Guild:** Linda Sordan, Laura Vrooman. **Healing:** Liz Stiles. **Lay Eucharistic Minister:** Tom Shevlin. **Lector 8am:** Mike Bice. **Lectors 10am:** Kay Mahoney, Jack Day. **Oblations:** Graham and Christine Stineman. **Prayers of the People 8am:** Mike Bice. **Prayers of the People 10am:** Liz Stiles. **Ushers:** George Burkhart, Bill Thomas.

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The Rev. Ryan Whitley, *Rector* • The Rev. Martha Goodwill, *Deacon*  
Jordan Markham, *Organist and Choir Master* • Russ Martin, *Parish Administrator*  
Joe Master, *Director of Finance* • Jon Ward, *Sexton*



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Making a difference for others, because God is making a difference for us.