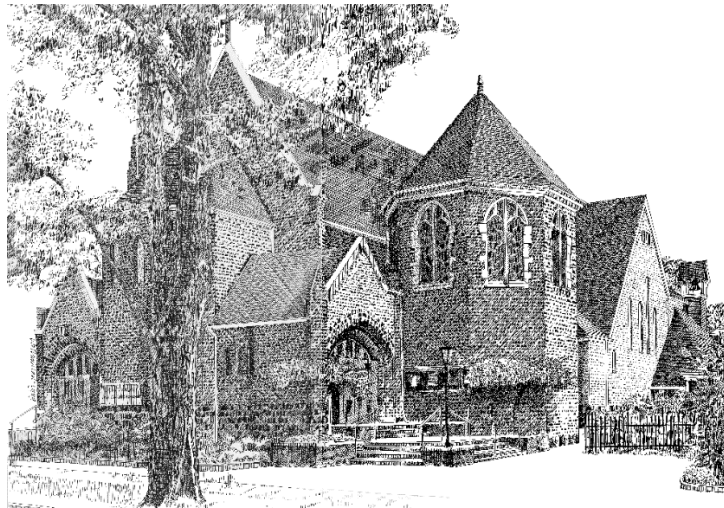




The Tenth Sunday After Trinity
Sunday, August 8, 2021

Sung Eucharist at 9:30 am



Celebrant & Homilist: Fr. Humphrey
Cantor: David Yung
Reader: Ronwen Guest
Organist: Elizabeth Anderson

MUSIC OF THE MASS – New Plainsong Mass, *David Hurd*

PRELUDE: Allein Gott in der Höh' sei Ehr', BWV 675, *J.S. Bach*

GREETING

Celebrant: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People: *And also with you.*

COLLECT FOR PURITY

Celebrant: Almighty God,

People: *To you all hearts are open, all desires known, and from you no secrets are hidden. 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.*

GLORIA IN EXCELSIS DEO

Celebrant: 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 us pray.

Almighty God, you sent your Holy Spirit to be the life and light of your Church. Open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love, joy, and peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

FIRST READING: 1 Kings 19.4-8

But Elijah himself went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked that he might die, saying, "It is enough; now, O LORD, take away my life; for I am no better than my fathers." And he lay down and slept under a broom tree; and behold, an angel touched him, and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank, and lay down again. And the angel of the LORD came again a second time, and touched him, and said, "Arise and eat, else the journey will be too great for you." And he arose, and ate and drank, and went in the strength of that food forty days and forty nights to Horeb the mount of God.

The word of the Lord
R / *Thanks be to God*

PSALM: 34.1-8

- 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!

SECOND READING: Ephesians 4.25 – 5.2

Therefore, putting away falsehood, let every one speak the truth with his neighbour, for we are members one of another. Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labour, doing honest work with his hands, so that he may be able to give to those in need. Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

The word of the Lord
R / *Thanks be to God*

GOSPEL ACCLAMATION

Alleluia. Alleluia. I am the living bread which came down from heaven, says the Lord; anyone who eats this bread will live for ever. Alleluia.

THE HOLY GOSPEL: John 6.35, 41-51

V / The Lord be with you.

R / *And also with you.*

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

R / *Glory to you, Lord Jesus Christ.*

Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. The Jews then murmured at him, because he said, "I am the bread which came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" Jesus answered them, "Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, 'And they shall all be taught by God.' Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

The Gospel of Christ

R / *Praise to you, Lord Jesus Christ*

SERMON

THE NICENE CREED

Celebrant: Let us confess our faith, as we say,

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. With the Father and the Son he is worshipped 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.

INTERCESSIONS

Celebrant: Dear friends in Christ, let us pray for the church and for the world.

silence

Lord, in your mercy,
R / **Hear our prayer.**

Intercessor: I ask your prayers for the church universal throughout the world; for Andrew our bishop, and for all who serve and minister to God's people.

silence

Lord, in your mercy,
R / **Hear our prayer.**

Intercessor: I ask your prayers for the Queen and for all in authority in our nation, province, and city. May God guide us in the ways of justice and peace; that we may honour one another and serve the common good.

silence

Lord, in your mercy,
R / **Hear our prayer.**

Intercessor: I ask your prayers for all those in need, for the sick_____, and all those suffering from the coronavirus, for elders in isolation, for prisoners, for refugees and migrants, for the oppressed, for those who mourn, and for all for whom our prayers are asked_____, that they will be comforted by the ever-present love of our Lord.

silence

Lord, in your mercy,
R / **Hear our prayer.**

Intercessor: I ask your prayers for the souls of the departed, especially_____ who have died in recent days, and on their year's mind for_____, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom.

silence

Lord, in your mercy,
R / **Hear our prayer.**

Celebrant: Gracious God, you have heard the prayers of your people; you know our needs before we ask, and our ignorance in asking. Grant our requests as may be best for us. This we ask in the name of your Son Jesus Christ our Lord. **Amen.**

INVITATION, CONFESSION, ABSOLUTION

Celebrant: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

A Silence is kept.

Celebrant: Most merciful God,

All: 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 neighbours 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.

Celebrant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. *Amen.*

THE PEACE

V / The peace of the Lord be always with you.

R / *And also with you.*

Please stand for the hymn during the Offertory, sung by the Cantor alone

OFFERTORY HYMN – All my hope on God is founded

- 1 All my hope on God is founded;
He doth still my trust renew.
Me through change and chance he guideth,
Only good and only true.
God unknown,
He alone
Calls my heart to be his own.
- 2 Human pride and earthly glory,
Sword and crown betray his trust;
What with care and toil he buildeth,
Tower and temple, fall to dust.
But God's power,
Hour by hour,
Is my temple and my tower.
- 3 God's great goodness aye endureth,
Deep his wisdom, passing thought:
Splendour, light, and life attend him,
Beauty springeth out of naught.
Evermore
From his store
New-born worlds rise and adore.

- 4 Daily doth th' Almighty giver
 Bounteous gifts on us bestow;
 His desire our soul delighteth,
 Pleasure leads us where we go.
 Love doth stand
 At his hand;
 Joy doth wait on his command.
- 5 Still from earth to God eternal
 Sacrifice of praise be done,
 High above all praises praising
 For the gift of Christ his Son.
 Christ doth call
 One and all:
 Ye who follow shall not fall.

MICHAEL

Robert Bridges, 1844-1930, based on the German of J. Neander, 1650-80

Herbert Howells, 1892-1983

PRAYER OVER THE GIFTS

Father, receive all we offer you this day, and grant that in this eucharist we may be enriched by the gifts of the Spirit. We ask this in the name of Jesus Christ our Lord. *Amen.*

THE GREAT THANKSGIVING

V / The Lord be with you.

R / And also with you.

V / Lift up your hearts.

R / We lift them to the Lord.

V / Let us give thanks to the Lord our God.

R / It is right to give our thanks and praise.

Blessed are you, gracious God, creator of heaven and earth; by water and the Holy Spirit you have made us a holy people in Jesus Christ our Lord; you renew that mystery in bread and wine and nourish us, to show forth your glory in all the world. Therefore with angels and archangels, and with all the holy people who have served you in every age, we raise our voices to proclaim the glory of your Name.

SANCTUS & BENEDICTUS

*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.

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling 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 Saviour 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 he was handed over to suffering and death, a death he freely accepted, 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."

Celebrant: Therefore, Father, according to his command:

People: ***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, 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, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all 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 whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. ***Amen.***

THE LORD'S PRAYER

Celebrant: As our Saviour taught us, let us pray:

All: 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

Celebrant: "I am the bread of life," says the Lord.
"Whoever comes to me will never be hungry;
whoever believes in me will never thirst."

***All: Taste and see that the Lord is good;
Happy are they who trust in him!***

HOLY COMMUNION

Celebrant: The gifts of God for the people of God.

All: Thanks be to God.

The Cantor sings:

AGNUS DEI

Lamb of God, you take away the sins of the world; have mercy on us.

Lamb of God, you take away the sins of the world; have mercy on us.

Lamb of God, you take away the sins of the world; grant us peace.

**AN ACT OF SPIRITUAL COMMUNION
WHICH MAY BE SAID BY THOSE NOT RECEIVING**

My Jesus, I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesu, hear me.

Within thy wounds hide me.

Suffer me not to be separated from thee.

From the malicious enemy defend me.

In the hour of my death call me.

And bid me come to thee,

That with thy saints I may praise thee,

For ever and ever. Amen.

PRAYER AFTER COMMUNION

Celebrant: Let us pray.

Eternal God, grant to your Church the unity and peace that we have tasted in this eucharist, the fruit of your life-giving Spirit. We ask this in the name of Jesus Christ the Lord. *Amen.*

BLESSING AND DISMISSAL

The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. *Amen.*

Celebrant: Go in peace to love and serve the Lord.

People: ***Thanks be to God.***

The Cantor alone sings:

CONCLUDING HYMN 235 – Lord, enthroned in heavenly splendour

- 1 Lord, enthroned in heavenly splendour
First-begotten from the dead,
Thou alone, our strong defender,
Liftest up thy people's head.
Alleluia, alleluia,
Jesu, true and living bread.
- 2 Here our humblest homage pay we,
Here in loving reverence bow;
Here for faith's discernment pray we,
Lest we fail to know thee now.
Alleluia,
Thou art here, we ask not how.
- 3 Though the lowliest form doth veil thee
As of old in Bethlehem,
Here as there thine angels hail thee,
Branch and flower of Jesse's stem.
Alleluia,
We in worship join with them.
- 4 Paschal Lamb, thine offering, finished
Once for all when thou wast slain,
In its fullness undiminished
Shall for evermore remain,
Alleluia,
Cleansing souls from every stain.
- 5 Life-imparting heavenly manna,
Stricken rock with streaming side,
Heaven and earth with loud Hosanna
Worship thee, the Lamb who died,
Alleluia,
Risen, ascended, glorified!

ST OSMUND
Canon G.H. Bourne, 1874

Healey Willan, 1927-