



SAINT MARK'S
EPISCOPAL CATHEDRAL

THE HOLY EUCHARIST

THE ELEVENTH SUNDAY AFTER PENTECOST

August 5, 2018

8:00 AM



THE LITURGY OF THE WORD

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 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."

Reader Hear what the Spirit is saying to God's people.

Assembly **Thanks be to God.**

PSALM

Psalm 78:23-29 ♦ read by all in unison

Attendite, popule

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. ♦

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.

Reader Hear what the Spirit is saying to God's people.

Assembly **Thanks be to God.**

All rise as able.

THE HOLY GOSPEL *John 6:24-35*

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

Assembly **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."

Presider The Gospel of the Lord.

Assembly Praise to you, Lord Christ.

SERMON

The Very Reverend Steven L. Thomason

All rise as able.

THE NICENE CREED

Book of Common Prayer, p. 358

**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.**

PRAYERS OF THE ASSEMBLY

After each petition:

Intercessor Lord, in your mercy,

Assembly Hear our prayer.

The Presider concludes the prayers with a collect. All respond: Amen.

CONFESSION

Presider Let us confess our sins against God and our neighbor.

You are invited to stand or kneel for the confession.

Presider 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 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.

The Presider pronounces God's forgiveness of our sins. All respond: Amen.

THE PEACE

Presider The peace of the Lord be always with you.

Assembly **And also with you.**

All greet one another in the name of the Lord.

THE LITURGY OF THE TABLE

All rise as able as the bread, wine, and money we offer to God are brought forward and presented at the altar table.

THE GREAT THANKSGIVING *Eucharistic Prayer B*

Book of Common Prayer, p. 367

Presider The Lord be with you.

Assembly **And also with you.**

Presider Lift up your hearts.

Assembly **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

Assembly **It is right to give God thanks and praise.**

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

All 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.

Presider We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of 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 Savior 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 before he died for us, 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."

Therefore, according to his command, O Father,

**All We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

Presider And we offer our sacrifice of praise and thanksgiving to you, O 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 may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of 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 him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

All AMEN.

THE LORD'S PRAYER

**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

Presider Christ our passover is sacrificed for us.
Assembly Therefore let us keep the feast.

INVITATION TO COMMUNION

Presider The gifts of God for the people of God.

All seeking God are welcome at Christ's Table.

If you need communion brought to your seat, please let any of the liturgical ministers know.

Rice wafers for those who do not eat wheat are available; simply ask for one at the time of communion.

- ♦ *Hold out your hand to receive the bread and then eat. Guide the chalice of wine to your mouth and then drink.*
- ♦ *Or you may leave the bread in your hand for the chalice bearer to dip in the wine and feed you.*
- ♦ *To receive a blessing instead of communion, simply cross your arms over your chest.*

COMMUNION VOLUNTARY *Organ Improvisation*

All rise as able.

PRAYER AFTER COMMUNION

Book of Common Prayer, p. 365

Presider Eternal God,

All heavenly Father,

**you have graciously accepted us
as living members**

**of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.**

**Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.**

BLESSING *The Presider asks God's blessing on the Assembly. All respond: Amen.*

HYMN 690 *Guide me, O thou great Jehovah* ♦ *The Hymnal 1982 #690*
stanzas 1 & 2

TUNE: *Cwm Rhondda*

DISMISSAL

Presider Let us go forth in the name of Christ.

Assembly **Thanks be to God.**

VOLUNTARY *Allegro Maestoso from Symphony No. 3*

Vierne

PRESIDER & PREACHER

The Very Reverend Steven L. Thomason

ASSISTING LAY MINISTER

Mary Dickinson

READER

John Weintraub

ALTAR GUILD

Sue Tait

EUCCHARISTIC MINISTER

George Cleve Haynes

INTERCESSOR

Mary Dickinson

ORGANIST

John Stuntebeck