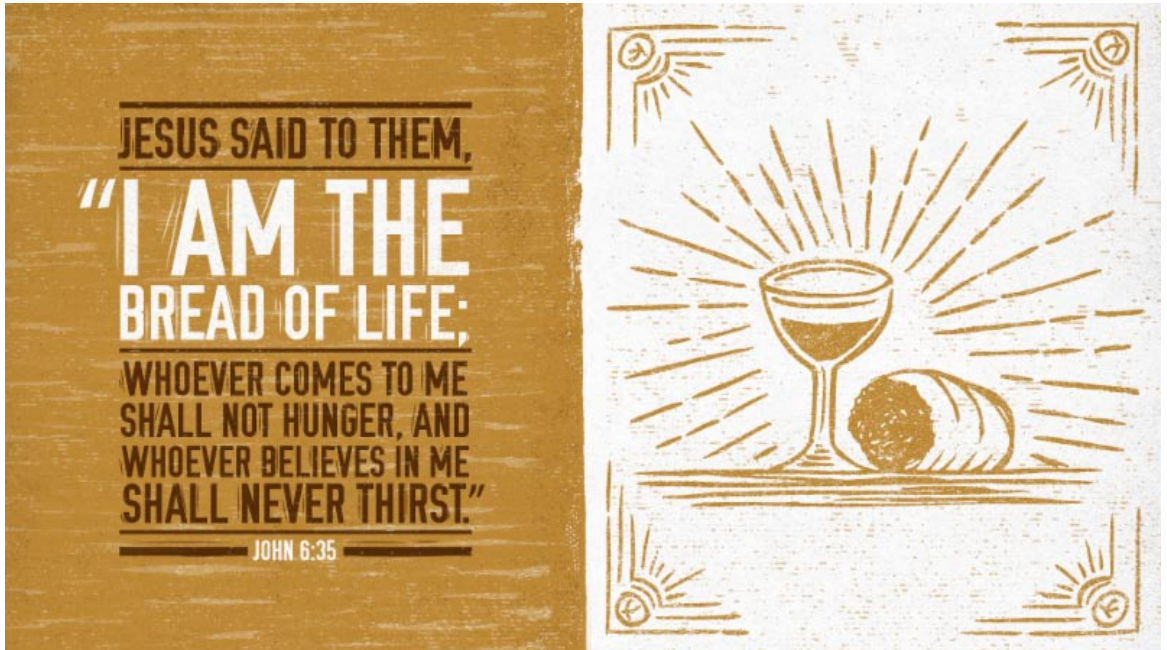


SAINT PAUL'S EPISCOPAL CHURCH

*We believe that God is healing and restoring the world,
and that we are recipients of and participants in that healing and restoration.*



SUNDAY, AUGUST 1, 2021

THE TENTH SUNDAY AFTER PENTECOST

415 SOUTH 18TH ST., MOUNT VERNON WA 98274-4658
360-424-1822

E-MAIL: STPAULMV@COMCAST.NET

WEBSITE: WWW.STPAULSMV.ORG

The Holy Eucharist - Rite II

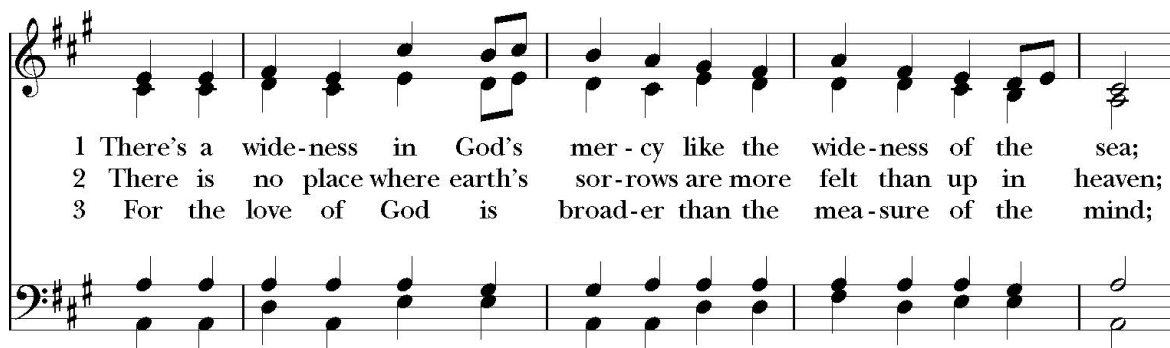
Welcome and Announcements

Please stand as able.

Opening Hymn

There's a Wideness in God's Mercy

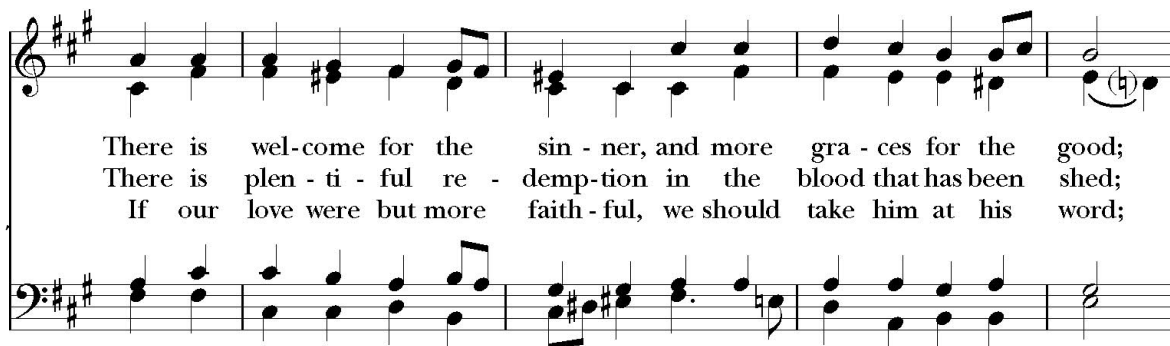
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1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
2 There is no place where earth's sor - rows are more felt than up in heaven;
3 For the love of God is broad-er than the mea - sure of the mind;



there's a kind-ness in his jus - tice, which is more than lib - er - ty.
there is no place where earth's fail - ings have such kind - ly judg - ment given.
and the heart of the E - ter - nal is most won - der - ful - ly kind.



There is wel - come for the sin - ner, and more gra - ces for the good;
There is plen - ti - ful re - demp - tion in the blood that has been shed;
If our love were but more faith - ful, we should take him at his word;

there is mer - cy with the Sa - vior; there is heal - ing in his blood.
 there is joy for all the mem - bers in the sor - rows of the Head.
 and our life would be thanks - giv - ing for the good - ness of the Lord.

Presider: Blessed be God, Earth Maker, Pain Bearer, Life Giver.

People: And blessed be God's kingdom, now and for ever. Amen.

The Collect for Purity

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.

Gloria Hymn S280

Here & next page.

1. Glo - ry to God in the high - est, and
 peace to his peo - ple on earth. 2. Lord God, heaven - ly
 King, al - might - y God and Fa - ther, we wor - ship you, we
 give you thanks, we praise you for your glo - ry. 3. Lord Je - sus

Gloria

cont'd.

Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa-ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. you a - lone are the Most
High, Je - sus Christ, with the Ho - ly Spi - rit, in the
glo - ry of God the Fa - ther. A - men.

The Collect of the Day

Presider: God be with you.

People: And also with you.

Presider: Let us pray together.

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 Liturgy of the Word

Please be seated.

A Reading from 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."

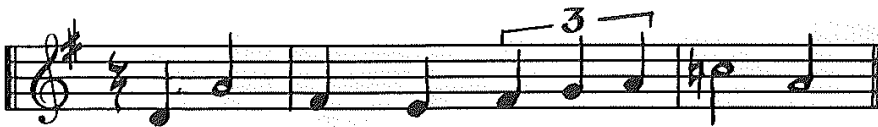
Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to 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."

Lector: The Word of the Lord.

People: Thanks be to God.

Psalm 78:14-15, 17-19, 23-25



The Lord rained down man-na from hea—ven.

He led them /with a cloud by day, *
and all the night through /with a glow of fire.
He split the hard /rocks in the wilderness*
and gave them drink as /from the great deep. [ANTIPHON]

But they went on /sinning against him, *
rebelling in the desert a/against the Most High.
They tested /God in their hearts, *
demanding food /for their craving. [ANTIPHON]

They railed a/against God and said, *
"Can God set a table /in the wilderness? "
So he com/manded the clouds above*
and opened the /doors of heaven. [ANTIPHON]

He rained down manna up/on them to eat*
and gave them /grain from heaven.
So mortals ate the / bread of angels;*
he provided /for them food enough. [ANTIPHON]

Tone VII.8



A Reading from 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.

Lector: The Word of the Lord.

People: Thanks be to God.

Gradual Hymn

Hope of the World



1 Hope of the world, thou Christ of great com - pas - sion,
 2 Hope of the world, God's gift from high - est hea - ven,
 3 Hope of the world, a - foot on dust - y high - ways,
 4 Hope of the world, who by thy cross didst save us
 5 Hope of the world, O Christ, o'er death vic - to - rious,



1 speak to our fear - ful hearts by con - flict rent.
 2 bring - ing to hun - gry souls the bread of life,
 3 show - ing to wan - dering souls the path of light,
 4 from death and dark de - spair, from sin and guilt,
 5 who by this sign didst con - quer grief and pain,



1 Save us, thy peo - ple, from con - sum - ing pas - sion,
 2 still let thy Spi - rit un - to us be giv - en
 3 walk thou be - side us lest the tempt - ing by - ways
 4 we rend - er back the love thy mer - cy gave us;
 5 we would be faith - ful to thy gos - pel glo - rious;



1 who by our own false hopes and aims are spent.
 2 to heal earth's wounds and end her bit - ter strife.
 3 lure us a - way from thee to end - less night.
 4 take thou our lives, and use them as thou wilt.
 5 thou art our Lord! Thou dost for ev - er reign!

Presider: The Holy Gospel of Our Lord Jesus Christ According to John 6:24-35

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.”

Presider: The Gospel of the Lord.

People: Praise to you, Lord Christ.

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:
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
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,
who with the Father and the Son is worshiped and glorified,
who 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

Eucharistic Minister: Let us pray for the Church and for the world.

Silence.

Presider: Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence.

Lord, in your mercy

People: Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence.

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence.

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence.

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence.

Lord, in your mercy
Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence.

Lord, in your mercy
Hear our prayer.

The Celebrant adds a concluding Collect.

Confession and Absolution

Presider: Let us confess our sins to God.

Silence may be kept.

Presider and People

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 Peace | **La Paz**

Presider: The peace of the Lord be always with you. | La paz del Señor sea siempre con ustedes.

People: And also with you. | **Y con tu espíritu.**

For those of you worshiping in person, please remain in your pew during the Peace.


If you are worshiping with us virtually, use the chat function to “say” peace to your fellow parishioners, or text/email someone with whom you would like to share the peace of Christ.

Celebrations and Thanksgiving of Life

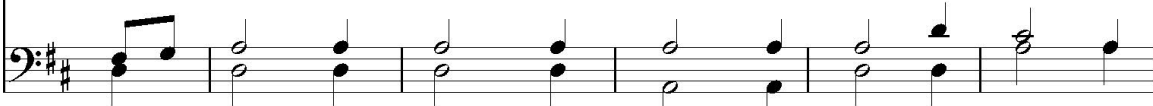

Keith Axberg: Today, August 1, I am celebrating my 70th birthday!

Offertory Hymn



Just As I Am




1 Just as I am, with - out one plea, but that thy
 2 Just as I am, though tossed a - bout with man - y a
 * 3 Just as I am, poor, wretch - ed, blind; sight, rich - es,
 4 Just as I am: thou wilt re - ceive; wilt wel - come,
 5 Just as I am, thy love un - known has bro - ken

1 blood was shed for me, and that thou bidd'st me
 2 con - flict, man - y a doubt; fight - ings and fears with -
 3 heal - ing of the mind, yea, all I need, in
 4 par - don, cleanse, re - lieve, be - cause thy prom - ise
 5 ev - ery bar - rier down; now to be thine, yea,

1 come to thee, O Lamb of God, I come, I come.
 2 in, with - out, O Lamb of God, I come, I come.
 3 thee to find, O Lamb of God, I come, I come.
 4 I be - lieve, O Lamb of God, I come, I come.
 5 thine a - lone, O Lamb of God, I come, I come.



6 Just as I am, of thy great love
 the breadth, length, depth, and height to prove,
 here for a season, then above:
 O Lamb of God, I come, I come.

Please stand as able.

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: 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, God Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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:

Presider and People:

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

Presider and People:

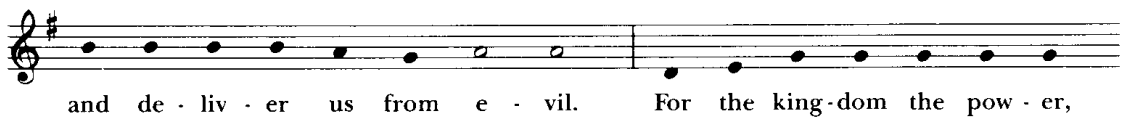
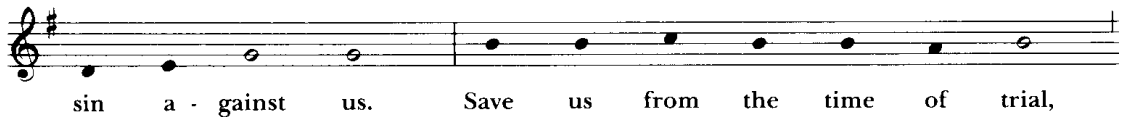
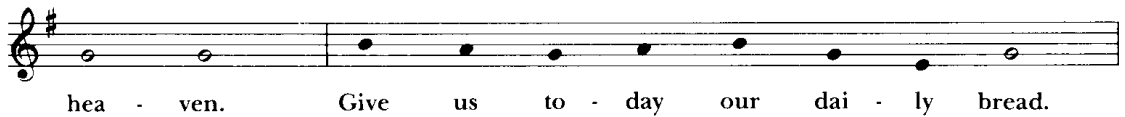
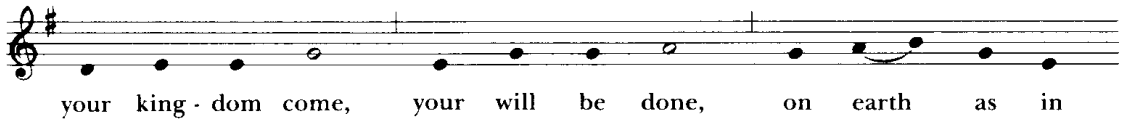
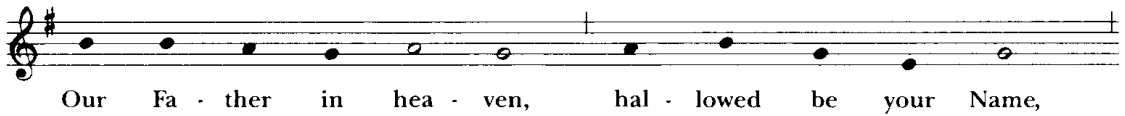
**Christ has died,
Christ is risen,
Christ will come again.**

Presider: We celebrate the memorial of our redemption, Loving God, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. AMEN.

Presider: As our Lord and Savior taught us, we are bold to pray:



The Breaking of the Bread

Presider: Alleluia. Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast. Alleluia.

Presider: The Gifts of God for the People of God.

Please be seated.

*Those present, are invited to receive Holy Communion.
You can approach the altar at the direction of the Presider.*


*Those with us online, during these next moments of meditation,
wherever you are, receive God's gifts to you.*

We share spiritual communion today.

Communion Hymn

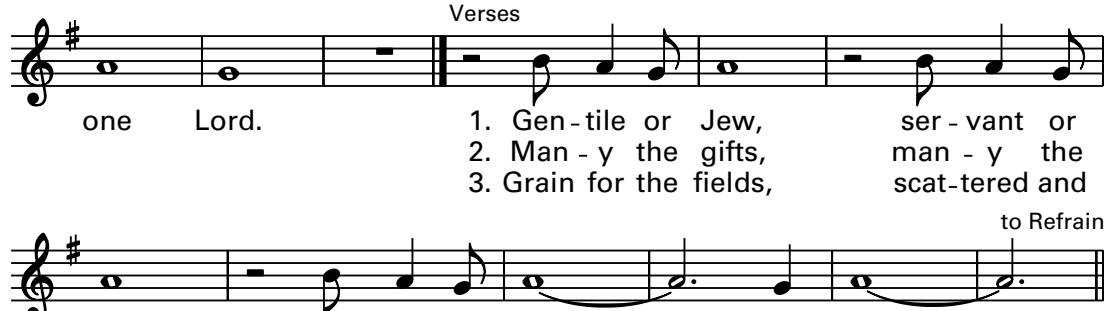
One Bread, One Body

Refrain



One bread, one bod-y, one Lord of all,
 one cup of bless-ing which we bless. And we, though
 man-y, through-out the earth, we are one bod-y in this

Verses



one Lord.

1. Gen-tile or Jew,	ser-vant or
2. Man-y the gifts,	man-y the
3. Grain for the fields,	scat-tered and

to Refrain

1. free,	wom-an or man,	no more.
2. works,	one in the Lord	of all.
3. grown,	gath-ered to one,	for all.

Post Communion Prayer

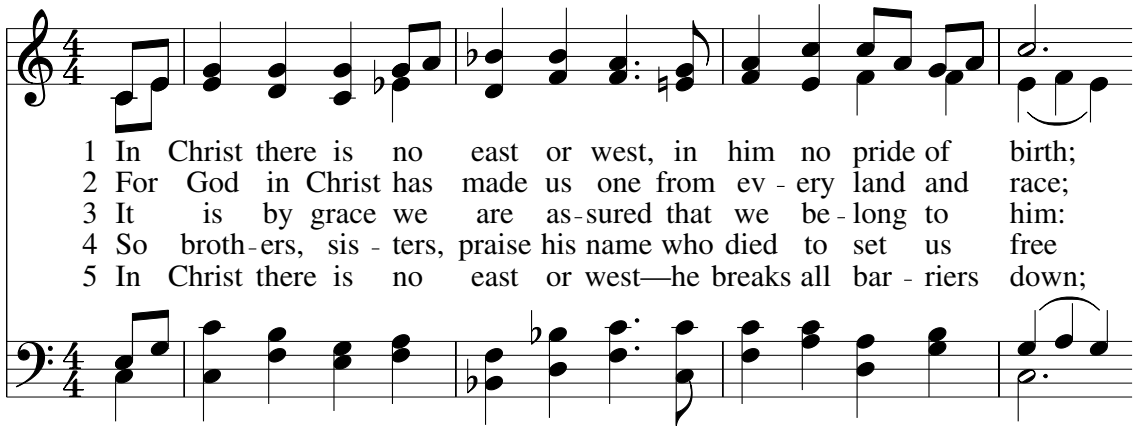
Presider: Let us pray.

Eternal God, heavenly One, 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.

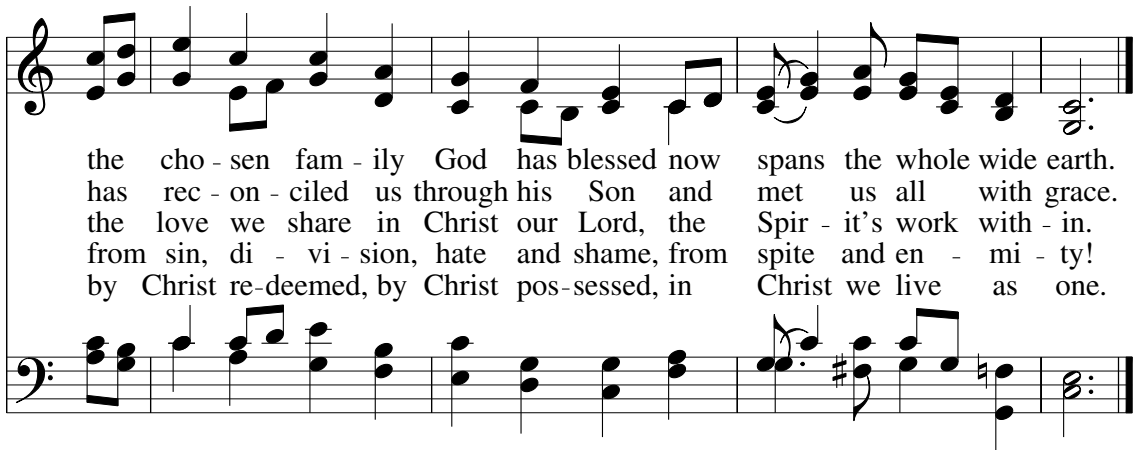
Blessing

Closing

In Christ There Is No East or West



1 In Christ there is no east or west, in him no pride of birth;
2 For God in Christ has made us one from every land and race;
3 It is by grace we are as-sured that we be-long to him:
4 So broth-ers, sis-ters, praise his name who died to set us free
5 In Christ there is no east or west—he breaks all bar-riers down;



the cho-sen fam-ily God has blessed now spans the whole wide earth.
has rec-on-ciled us through his Son and met us all with grace.
the love we share in Christ our Lord, the Spir-it's work with-in.
from sin, di-vi-sion, hate and shame, from spite and en-mi-ty!
by Christ re-deemed, by Christ pos-sessed, in Christ we live as one.

Dismissal

The Celebrant dismisses them with these words:

- 19 Celebrant: Go in peace to love and serve the Lord. Alleluia!
People: Thanks be to God. Alleluia!



We acknowledge that we are on the traditional lands of the Coast Salish peoples who have reserve treaty rights to this land, including the Upper Skagit, Skagit and Swinomish Tribes who have stewarded this land throughout the generations. We thank these caretakers of this land, who have lived, and continue to live, here since time immemorial.

Offertory - Thank you for giving!

Please drop your offering in the church's mailbox or mail it to:

St. Paul's Episcopal Church
415 S. 18th Street
Mount Vernon, WA 98274

Your Vestry members request your prayers for this congregation and their leadership. They want to be in conversation with you. Speak with them so they know the needs of the congregation:

Bonnie Schuh
Dan Niven

Darcy Wells
Sara Young

Sandy McDougall
Frosty Wilkinson

St. Paul's Prayer Team prays daily for those on the prayer list.
Please email Penny Worrell at *penny.worrell@gmail.com*.

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Announcements for August 1, 2021

Welcome to our guests: We are so glad that you are worshipping with us today! Please put your name and contact information in our guest book so that we may get to know you better.

Forward Day By Day

Please help yourself to a hard copy of the new booklet! And, you can read the daily meditation at <https://prayer.forwardmovement.org/home>

Free Books!

Dottie Evans is moving into Mountain Glen and so to downsize, she has graciously supplied a lifetime of books (both religious and non religious) in the Narthex. The books will be available for you to take until mid-August. The entire left bookshelf is religious; non-religious books are on the right bookshelf. Please feel free to take as many as you like. You can also talk to Dottie, if you have any questions or would like to hear her thoughts/stories/memories of these books, at (360) 630-0460.

Celebrations and Thanksgiving of Life

Submit your celebrations of birthdays and other life events to be read aloud in the service via email (stpaulmv@comcast.net) by Wednesday afternoons at 2:00 p.m.

St. Paul's Son-Shine Stitchers

If you quilt, crochet, knit, and needle point or any other textile work then feel free to join the St. Paul's Son-Shine Stitchers group. They meet on the 1st Sundays after coffee hour following the 9:30 am service and 3rd Wednesdays from 1:00 - 4:00 p.m. in the fireside room. You can come to as many sessions for as long as you like.

What is Ordinary Time?

According to Ecclesiastes 3:1 and the song by The Byrds, “To everything there is a season.” In much of the Church, we observe the seasons of the two great cycles of the Church Year: Advent and Christmas, Lent and Easter. But there are “in between” times which are sometimes counted as “ordinary.” In the Roman Catholic Church, the Sundays after the Feast of the Epiphany and after the Feast of the Pentecost are considered “ordinary time.” Episcopalians are more likely to call these times “the Season of Epiphany” and “the Season of Pentecost.”

The Book of Common Prayer calls these periods “Epiphany Season” and “The Season after Pentecost” (pp. 31-32). When Sundays are called “ordinary,” it does not mean that they are prosaic and mundane and all alike. They are ordinary in the sense that certain forms of numbers used count off things (e.g. first, second, third) are called “ordinal” numbers. The first ordinary season (which begins on the Sunday after the Feast of the Epiphany, which is always January 6) emphasizes how Jesus was and is manifested to be the Christ in the world. The second ordinary season (which begins on the Sunday after the Feast of Pentecost, also called Trinity Sunday) emphasizes how the Holy Spirit grew the Church to become the body of Christ in the world after Jesus’ Ascension into Heaven. This second Ordinary Time (or the Season after Pentecost) always ends on the Sunday next before the First Sunday of Advent with an observance sometimes called Christ the King Sunday.

Churches which follow the Roman/Episcopal scheme of liturgical colors use green vestments and paraments in their churches during Ordinary Time although there is freedom to use other colours. Neither the Prayer Book nor the Canons prescribe liturgical colors. This allows some churches to use dark forest green in Epiphanytide and light grass green during Pentecost. Other churches use copper or bronze during these seasons. Without some variety, the green set always wear out first. The colors, like the other elements of worship which change with the seasons, are intended to help focus our thinking and our meditation upon those aspects of the Faith emphasized during the particular season. If done correctly, this changes ordinary time into extraordinary time.

Thanks to the Rev. Stephen Moore for this post on Ordinary Time. Rev. Moore is the retired Vicar at All Saints Episcopal Church in Bellevue.

Welcome to Saint Paul's!

We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. The prayer book gives directions as to when we stand, sit, or occasionally kneel; these are guidelines. What is more important is that you bring your complete self to worship God.

Everyone is welcome to receive Holy Communion at the Lord's table. We use real wine in the cup. If you wish to receive only a blessing, simply cross your arms in front of you as the priest approaches. If you do not want to drink from the chalice, keep the piece of bread on your open palm, and present it to the chalice bearer, who will then dip the bread into the wine and place it on your tongue. Non-gluten bread is also available. Please inform us if this is your preference. We ask that those worshipping with us online reverently pray and meditate on God's grace and blessing whenever you observe the Eucharist being taken.

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If you would like to receive our e-news, please send a message to stpaulmv@comcast.net.