



# The Tenth Sunday after Pentecost

Proper 13

Church of the Holy Comforter – Vienna, Virginia  
The Holy Eucharist Rite II

July 31, 2021 at 5:00 P.M.

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*The liturgy follows the Book of Common Prayer, beginning at page 355.*

## THE ENTRANCE

*Presider* Blessed be God: Father, Son, and Holy Spirit.

*People* **And blessed be his kingdom, now and for ever. Amen.**

*The Presider says 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 IN EXCELSIS [*Said by all.*]

**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

The Lord be with you. **And also with you.** Let us pray.

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

THE FIRST LESSON [*The people are seated.*]

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 *Attendite, popule*

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 wingèd 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.

**THE SECOND LESSON**

Ephesians 4:1-16

I, 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.**

**THE HOLY GOSPEL** [*The people stand.*]

John 6:24-35

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

**Glory to you, Lord Christ.**

On 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.**

**THE SERMON** The Rev. Philene Ware Dunn

*A brief period of silence is observed for reflection on the sermon. The people stand for the Creed.*

**THE NICENE CREED** [*Said by 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 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 *[All remain standing.]*

*Form IV, Book of Common Prayer, p. 388*

*The leader of the Prayers will begin with prayers for the church and the world. Throughout you are invited to add your own petitions either silently or aloud.*

*Intercessor* Lord, in your mercy.

*People* **Hear our prayer.**

THE CONFESSION AND ABSOLUTION

*The Presider says*

Let us confess our sins against God and our neighbor.

**Most merciful God, 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 stands and says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

THE PEACE

The peace of the Lord be always with you.

**And also with you.** *[The people greet one another with a sign of God's peace and are then seated.]*

WELCOME & ANNOUNCEMENTS

## THE HOLY COMMUNION

THE OFFERTORY

THE GREAT THANKSGIVING *[The people stand.]*

*Prayer 2, Enriching Our Worship*

*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 our thanks and praise.**

*The Presider proceeds*

We praise you and we bless you, holy and gracious God, source of life abundant. *[The Presider continues.]*

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

SANCTUS *[Said by all.]*

**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.**

*The Presider gives thanks to God for the reconciling work of Christ and prays over the bread and wine.*

*The Presider continues*

In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

**THE LORD'S PRAYER**

*Presider* And now, as our Savior Christ has taught us, we are bold to say,

*People* **Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil, for thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

**THE BREAKING OF THE BREAD**

*Presider* Alleluia. Christ our Passover is sacrificed for us.

*People* **Therefore let us keep the feast. Alleluia.**

**INVITATION** *[The People are seated.]*

*As Jesus welcomed all to his table, so do we at Holy Communion. The bread and the wine are the central symbols of God's presence and we invite you to share in the Eucharist in whatever way feels comfortable to you, regardless of age or tradition. We also offer gluten-free bread—just let the priest know. If you prefer to receive a blessing, cross your arms in front of your chest. The Holy Eucharist is an outward and visible sign of an inward and spiritual grace, a mutual indwelling of Christ in us and us in him. Come to the table and be joined into Christ's ministry of love and reconciliation.*

**THE POSTCOMMUNION PRAYER** *[Said by all.]*

**Eternal God, 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.**

**THE BLESSING**

**DISMISSAL** *[The people respond,]*

**Thanks be to God.**