

**Trisagon** 8 AM, spoken

**BCP Pg. 356**

**Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy upon us.**

**Gloria** 10 AM, sung

**Hymn S-280/BCP Pg. 356**

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

### The Collect

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### The First Lesson

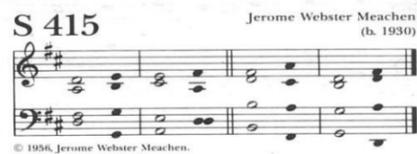
**1 Kings 19:4-8**

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

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

**Psalm** *The Psalm is spoken at 8 AM and the congregation sings the entire Psalm as a chant (S 415) at 10 AM.*

**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!

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

### The Second Lesson

**Ephesians 4:25-5:2**

Putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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

**Sequence** *Silent sequence at 8 AM and sung at 10 AM.*

Shepherd of Souls (*St. Agnes*)

**Hymn 343**

Celebrant The Holy Gospel of our Lord Jesus Christ according to John  
**People Glory to you, Lord Christ**

### The Gospel of the Lord

**John 6:35, 41-51**

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

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

### The Sermon

Crystal Hardin, Seminarian

### The Nicene Creed

**BCP Pg. 358**

### The Prayers of the People

Let us by prayer and intercessions make our requests to God.  
Lord hear us,  
**Lord, graciously hear us.**

We pray for peace, justice, and reconciliation throughout the world. We pray for the honoring of human rights, and for the relief of the oppressed. We give thanks for the holiness that is found in the lives of all women, men, and children.  
Lord hear us,  
**Lord, graciously hear us.**

We pray for the renewal of the church in faith, love and service. We pray for Shannon, Susan, and Robert our bishops, for Beth our priest, Crystal our seminarian, and for the life of this parish community. We give thanks for the gift of your word, the grace of the sacraments, and the fellowship of your people.

Lord hear us,  
**Lord, graciously hear us.**

We pray for the leadership of our nation and our world, especially Donald, our President, Antonio, Secretary General of the United Nations, Ralph, our Governor, and the members of the Arlington County Board. Fill us each with wisdom and a discerning spirit, so that we may be attentive to the needs of those who are often overlooked.

Lord hear us,  
**Lord, graciously hear us.**

We pray for this local community and for all people in their daily life and work. We pray for the young and the elderly, for families, and all who are alone. We give thanks for human skill and creativity and all that reveals your loveliness.

Lord hear us,  
**Lord, graciously hear us.**

We pray for those who are in need; for the sick, sorrowful and bereaved, especially those we name at this time.

Lord hear us,  
**Lord, graciously hear us.**

We pray for all who bring comfort, care and healing. We give thanks for human love and friendship and for all that enriches our daily lives.

Lord hear us,  
**Lord, graciously hear us.**

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God.

Presider O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion on us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and forever. **Amen.**

### The Confession of Sin

**BCP Pg. 360**

Celebrant Let us confess our sins against God and our neighbor.  
**People 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 Absolution

### The Peace

Celebrant The Peace of the Lord be always with you.  
**People And also with you.**

### Announcements

### Preparation of the Table

**Offertory** *Silent at 8 AM and accompanied by the organ at 10 AM.*

## Presentation of Offerings

*Spoken at 8 AM and sung at 10 AM sing only verses 2 and 3.*

I come with joy (*Land of Rest*)

**Hymn 304** (text follows)

**I come with Christians far and near to find, as all are fed, the new community of love in Christ's communion bread. As Christ breaks bread and bids us share, each proud division ends. That love that made us makes us one, and strangers now are friends.**

## The Great Thanksgiving (Eucharistic Prayer B)

**BCP Pg. 367**

## Sanctus

*Spoken at 8 AM and sung at 10 AM*

**Hymn S 125**

**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.**

## Eucharistic Prayer Continues

**BCP pg. 368**

## The Lord's Prayer

**BCP pg. 364**

## The Breaking of the Bread

**BCP pg. 364**

## Communion

*Gluten free wafers are available, ask the priest at the altar rail.*

## Communion Hymn

Taste and see

**Hymn WLP 764**

## Post Communion Prayer

**BCP pg. 365**

## Blessing

## Recessional *Silent recession at 8 AM, accompanied by Hymn at 10 AM.*

Savior, again to thy dear Name we raise (*Ellers*)

**Hymn 345**

## Dismissal

**BCP pg. 366**

## Postlude: "Jesus Christ, Strong Redeemer!"

J. S. Bach

## Altar Flowers

The flowers on the altar are given to the glory of God.

## Readings for Next Sunday

Proverbs 9:1-6 † Psalm 34:9-14  
Ephesians 5:15-20 † John 6:51-58

## This Week at St. Michael's

Sun., Aug. 12 <i>Pentecost XII</i>	8:00 AM 10:00 AM 10:45 AM 4:00 PM	Holy Eucharist II Holy Eucharist II Nursing Home Service at Regency Homeless Bag Meal Preparation
Mon., Aug. 13		Office closed
Tue., Aug. 14 Fri., Aug. 17	11:00 AM 7:30 PM 1:30 PM 3:00 PM 8:30 PM	Meals on Wheels Finance Committee Meeting Bridge Group Bible Challenge & Beyond(ers) Al-Anon
Sat., Aug. 18 Sun., Aug. 19 <i>Pentecost XIII</i>	10:30 AM 8:00 AM 10:00 AM 10:45 AM	Yoga Holy Eucharist II Holy Eucharist II Nursing Home Service at Regency

## Those Serving Today

Lectors	10:00 AM	Barb Adams, Genevieve White
Lay Eucharistic Ministers	8:00 AM 10:00 AM	Crystal Hardin Isabel Ruff, Jane Cook
Acolytes		Adam Ruff, Tad McCall
Ushers		Linda Kelleher, Fran Olsen
Welcoming Ministry		Barb Adams
St. Clare Ministry		Diane Rickey
Altar Guild		Linda Denson
Nursing Home Ministry		Linda Denson, Michele Casciano Fran Field (Music)
Counters		Dwight Denson, Barb Adams

## Announcements

**Outreach Yellow Envelope:** Today contributions will go to Episcopal Relief and Development.

**Outreach Basket:** This month we will be collecting backpacks and school supplies in support of the Arlington Partnership for Affordable Housing (APAH).

**A-SPAN Shelter:** We need three volunteers for Friday, 7 September, to serve meals to 40 – 50 people at the Shelter between 5:30 and 7:30 PM. Questions? Contact Linda Kelleher ([lindaykelleher@gmail.com](mailto:lindaykelleher@gmail.com)).

**Crystal's last Sunday:** Today is Crystal's final Sunday with us at St. Michael's. Join us in thanking her for her ministry and wishing her well as her journey of formation continues!

**Homeless Bagged Meal Preparation:** We'll be preparing bagged meals for the homeless this afternoon at 4 PM. All are invited to join in. We are normally done within 45 minutes. Some of our regular helpers aren't available today so we'd love to have some extra help.

**Women of Wisdom (WOW):** The WOW group that normally meets on the second Monday of the month will be taking a break for a month or so. Keep your eye on the Announcements section of the Bulletin for notification of the restart.

**Block Party:** In place of the Harvest Festival this year we will be having a Block Party on the lawn. August 27 there will be a planning meeting in the library at 7:30. Plans thus far include blocking the street, renting a moon bounce, and our award winning BBQ, of course! Anyone interested in helping is encouraged to attend. The proposed date for the party is October 13. Come join the fun, meet someone new!

**NOVA Friends of Refugees** is organizing an employment mentoring and mini-job fair event on Sept. 15, at Christ Church on Capitol Hill, for highly skilled refugees who are stuck in low paying jobs or unemployed and seeking jobs to match their skills. There are lots of ways for volunteers to get involved, including mentoring by professionals from similar industry areas, family fun and enrichment activities, job interview donation drive, social hour, and more. For more information, contact Kenneth Speicher ([speicherak@icloud.com](mailto:speicherak@icloud.com)).

## St. Michael's Vestry

Class of 2019	Julia Carter, Mary Cushing ( <i>Sr. Warden</i> ), Dan Plafcan ( <i>Jr. Warden</i> )
Class of 2020	Michele Casciano ( <i>Register</i> ), Penny Jones, Molly White
Class of 2021	Barb Adams, TJ Burnside Clapp, Tim Matlack

St. Michael's Episcopal Church  
1132 North Ivanhoe Street  
Arlington, Virginia 22205  
703-241-2474

Pastoral Care (Direct Line) 703-982-0344



# Sunday, 12 August 2018

## Twelfth Sunday After Pentecost

### Welcome!

Welcome if this is your first time with us! Welcome if you've been with us for a long time. You honor us with your presence, and we look forward to knowing you better. The root of the word *liturgy* is "the work of the people." Meaning all that happens in the sanctuary with the community who gathers works because of your participation. The beautiful thing about this invitation to participate is that, who we are and what we bring is enough because God meets us here! So don't worry about "doing" anything "right." Whether you've been to Episcopal services since you were a baby, or this is your first, we hope you'll worship in the way that is most comfortable to you. The service instructions about standing, kneeling, and other directions are intended to help clue you into the habits of this particular community.

The words of our worship service are lifted from the Episcopal (and before that Anglican) tradition. The thing that sets us apart from other denominations is our dedication to Common Prayer. These same words have been used for hundreds of years by people all over the world, and are still used today. The hope of finding ourselves in the midst of this ancient tradition is that we might both learn from those who have come before, and add our own voices to the heavenly chorus.

Sounds from children, young and old, are a valuable part of our prayer life – not a distraction from it! Families are encouraged to sit in the front of the sanctuary, allowing children as many opportunities to follow along and participate as possible. We do offer nursery care and children's chapel for those who would prefer an offering specifically catered to children.

The BCP stands for the Book of Common Prayer, which is the red book found on the shelf in the pews. *The 1982 Hymnal* and *Wonder Love and Praise* (WLP) books contain songs of our tradition, which may be found on the shelf in the pews.

## Order of Worship

**Prelude** "God's Time is Best"

J.S. Bach

**Procession** *Silent procession at 8 AM, accompanied by Hymn at 10 AM*

Praise our great and gracious Lord (*Maoz Zur*)

**Hymn 393**

**The Holy Eucharist: Rite II**

Celebrant Blessed be God: Father, Son, and Holy Spirit.

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

**Collect for Purity**

**BCP pg. 355**