



ST. MICHAEL'S EPISCOPAL CHURCH ARLINGTON, VA

SUNDAY, AUGUST 4, 2024

ELEVENTH SUNDAY AFTER PENTECOST

Whatever has brought you to worship with this community today, we're so glad you're here. If you're wondering whether there might be something more for you, we hope you'll come back and find out. One of the things we're committed to is finding how our story connects with God's story. We'd love to have your story become a part of our story. The best way to participate in these conversations is to look for announcements about "Being With" courses in our e-newsletter.

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. Should a break be beneficial at any point in the service, the nursery is available for supervised play, and includes a QR code for streaming of the service on any device.

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 for a long time, 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.

We are currently offering communion in both kinds, the bread and the wine. Drinking from a common cup, is an essential symbolic practice, a reflection of our theology. We place great emphasis on offering this meal from a single paten (plate which holds the bread) and chalice to symbolize the unity we find in Christ, despite any perceived divisions. We return to the Eucharistic table again and again, because it is only through Christ that we are able to imagine what being unified might look like. Choosing to intinct the bread in the chalice is the least sanitary option, as we risk having many hands in the chalice. Please either drink from the chalice, or refrain from consuming the wine. Whether you would like to receive bread, bread and wine, or a blessing, please know that you are welcome at the Lord's table.

THE WORD OF GOD

Prelude

Pastorale

Richard Purvis

Procession

Glorious things of thee are spoken
Austria

Hymn 522

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.**

Celebrant 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.**

Song of Praise

Hymn S-280

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

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Celebrant 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 First Lesson

2 Samuel 11:26-12:13a

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the Lord."

Lector The Word of the Lord.

People **Thanks be to God.**

The Psalm

Psalm 51:1-13

- 1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.
- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

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.

Sequence

All who hunger gather gladly
Holy Manna

WLP 761

The Gospel

John 6:24-35

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

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

The Sermon

Mary Cushing

The Nicene Creed

BCP pg. 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.

The Prayers of the People

Enriching Our Worship, Form I

Leader In peace and in faith, let us offer our prayers, saying, "Christ, hear us."
For peace and tranquility in the world, and for the salvation of all, we pray to you,
People Christ, hear us.

Leader For Michael, our Presiding Bishop; for Sean, our presiding bishop elect; for Mark and Gail, our own Bishops; and for all the People of God, we pray to you,
People Christ, hear us.

Leader For the Church of God in every place, that it may persevere in faith and hope, we pray to you,
People Christ, hear us.

Leader For all who minister in your Church, and in the world, that they may have grace to build up your people in love, we pray to you,
People Christ, hear us.

Leader Heal the sick in body, mind or spirit, especially those we name at this time.
Provide for those experiencing housing or food insecurity, we pray to you,
People Christ, hear us.

Leader Guide and protect all children who are in danger, we pray to you,
People Christ, hear us.

Leader Shower your compassion on prisoners, hostages and refugees, and all who are in trouble, we pray to you,

People **Christ, hear us.**

Leader Hear us as we remember those who have died, especially Alan Chafin. Grant us with them a share in your eternal glory, we pray to you,

People **Christ, hear us.**

Leader God of love and mercy,

People **Hear our prayer.**

Celebrant Beloved God, as we approach your Presence, guide and stir us with your Holy Spirit, that we may become one body, one spirit in Jesus Christ our Savior. **Amen.**

The Confession of Sin

Enriching Our Worship

Celebrant Let us confess our sins against God.

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.**

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

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

We greet one another, passing the peace of God.

Announcements

THE HOLY COMMUNION

Preparation of the Table

Offertory

Herr Jesu Christ, Dich Zu Uns Wend

J.S. Bach

Presentation of the Offerings

Hymn 380

verse 3

**Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.**

The Great Thanksgiving

EOW Prayer III

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Celebrant and People

Hymn S-125

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest. Hosanna in the highest
Blessed is he who comes in the name of the Lord.
Hosanna in the highest. Hosanna in the highest.**

Eucharistic Prayer Continues

Celebrant Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

People **Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!**

Celebrant Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

People **Blessed are you now and for ever. AMEN.**

Celebrant 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

Celebrant Alleluia. Christ our Passover is sacrificed for us;
 People Therefore let us keep the feast. Alleluia.

Communion *Gluten-free wafers are available.*

Communion Hymn

I received the Living God

Refrain

I re - ceived the liv - ing God, and my heart is full of joy.

I re - ceived the liv - ing God, and my heart is full of joy.

1 Je - sus said: I am the bread, knead - ed long to give you life;
 2 Je - sus said: I am the way, and my Fa - ther longs for you;
 3 Je - sus said: I am the truth; come and fol - low close to me.
 4 Je - sus said: I am the life, far from whom no thing can grow,

you who will par - take of me need not ev - er fear to die.
 so I come to bring you home to be one with us a - new.
 You will know me in your heart, and my word shall make you free.
 but re - ceive this liv - ing bread, and my Spir - it you shall know.

Refrain

Post Communion Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Blessing

Closing Hymn

Guide me, O thou great Jehovah
CWM Rhondda

Hymn 690

Dismissal

Postlude

Psalm 19

Benedetto Marcello

THIS WEEK AT ST. MICHAEL'S

SUN 8/4 9:30 AM Holy Eucharist II

SUN 8/11 9:30 AM Holy Eucharist II

PRAYER LIST FOR THE WEEK OF AUGUST 4

In the Anglican Communion, we pray for The Anglican Church of Kenya. In the Diocese of Virginia, we pray for Ushers, Acolytes, Eucharistic Ministers and Lay Readers. In the region of Arlington, we pray for St. Peter's.

We pray for leaders of churches everywhere, especially Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Mark and Gayle, our bishops; and Beth, our rector.

We pray for goodwill among nations; for Joe, our President, Antonio, Secretary General of the United Nations, Glenn, our Governor, members of the Arlington County Board, and all those in authority. We pray for the welfare of those serving our nation at home and abroad, especially Jeremy.

In our Parish Family we pray for Leroy, Sarah, Paula, Norma, Ethan, Katheryn, Dwight, Barbara, Lois, Michele, and Tim.

In our greater community, we pray for Cindy, George, Emily, Andrew, Roland, Henry, Susan, Martha, Betty, Laura, Pat, Beth, Jen, George, Peggy, Jon Rucker, Jr., Susan, Keith, Doug, Colby, Sarah, August, Barbara, Katie, Paul, Ben, Mae, Esther, Marina, Gordon, Megan, Jim, Margee, and Bob.

We remember all those who have died, especially Alan Chafin.

READINGS FOR NEXT SUNDAY

2 Samuel 18:5-9, 15, 31-33 • Psalm 130
Ephesians 4:25-5:2 • John 6:35, 41-51

WEEKLY FORMATION OFFERINGS

CHILDREN'S WORSHIP	STORY CORE
Children's Worship is taking a summer break. We'll be back with engaging activities after Labor Day.	Story Core will be in recess for the summer months. Stay tuned for more information about other upcoming formation opportunities.

OFFICE HOURS

Rector's office hours: The rector will be available at the following times regularly, and as needed at times outside of these windows. The best way to find a time to meet with Beth is to email her directly.

Monday, Wednesday, Thursday: 8 AM-4 PM

Tuesday: 12 PM-8 PM

Parish office hours are Tuesday-Thursday from 10 AM-3 PM.

ORDINATION OF DEACONS (VOCATIONAL)

God willing, the Rt. Rev'd E. Mark Stevenson, Bishop of Virginia, will ordain Mary Cushing to the Sacred Order of Deacons on August 10 at 10:30 AM at St. Thomas' Episcopal Church, McLean. A reception will follow.

The Bishops and the Standing Committee invite your prayers and presence in-person or via livestream (<https://stthomasmcleanva.org/worship/worship-livestream>). If you would like to participate in the service via hybrid Zoom, please contact the diocesan office (gparham@episcopalvirginia.org) for login information.

Mary Cushing was sponsored for ordination to the Vocational Diaconate by St. Michael's. She was a faithful St. Michael's parishioner who sang in the choir, served on the altar guild, and was Senior Warden.

REGISTRATION OPEN FOR ST. MICHAEL'S SHRINE MONT WEEKEND, SEPTEMBER 13-15, 2024

Please join us for St. Michael's annual parish retreat in September. Shrine Mont is a great time for all ages! It offers a place for contemplation and renewal at the Great North Mountain in the Shenandoah Valley. Register here: <https://www.stmichaelsarlington.org/shrine-mont-parish-weekends/>

The cost for the weekend includes delicious comfort food, from Friday dinner to Sunday lunch. This year's cost is for adults in a single occupancy room is \$255. Cost for adults in a double occupancy room is \$205. (If you are sharing a room with your spouse, please register for a double occupancy room.) Thanks to the generosity of our parish, children 18 and under attend for free!

Questions? Please contact a member of our Shrine Mont steering committee: Linda Kelleher, Caroline Haynes, Amy Miller, and Tom Sheldon.

AN INTRODUCTION TO THE EPISCOPAL POLICY NETWORK: SUNDAY, AUGUST 11

All are welcome for an informal presentation and discussion with Ms. Winn Philpott, summer intern for the Office of Government Relations for the Episcopal Church, and summer roommate to the Franklin family. Winn will share about her experience with EPPN, and give a broad sense of the policy work of the Episcopal Church, as directed by the General Convention of the Episcopal Church. Those interested in the conversation will be invited to gather once coffee hour has commenced.

MEN OF ST. MICHAEL'S DINNER

The Men of St. Michael's will be hosting a Men's group dinner in the fellowship hall on August 17 at 6:30 PM. To attend, please RSVP to Allen Eickelberg.

They'll be testing out the congregation's new oven and the logistics of hosting larger events in the future! If you have an interest in volunteering to help with future meals, please contact Allen Eickelberg.

THOSE SERVING TODAY

Lector	Wendy Ikezawa
Ushers	Molly, Tori, and Nicholas Beier
Greeter	Fran Olsen
Acolyte	Wil Harkins
Lay Eucharistic Minister	Dan Plafcan
Altar Guild	Wil Harkins
Flower Guild	Evelyn Bence
Counters	Debbie Carter, Rick Hightower
Zoom Coordinator	Corbin Monahan
Children's Worship	—
Coffee Hour Host	—
Vestry Person of the Day	Bob Moore

ST. MICHAEL'S CLERGY AND STAFF

Rector	The Very Rev. Beth Franklin
Music Minister	Mike Schmidt
Children & Families Minister	Karen Ruff
Seminarian	Drew Downey
Treasurer	Janet Hansen
Bookkeeper	Katrina Moore
Parish Administrator	Kate Yushkova

ST. MICHAEL'S VESTRY

Class of 2025	Class of 2026	Class of 2027
Vicki Barnett (<i>Sr. Warden</i>)	Jim Dinan (<i>Jr. Warden</i>)	Dan Ruff
Beth Cavey	Lisa Meacham	Todd Trapp (<i>Register</i>)
Kaipo McCartney (<i>Warden</i>)	Mary Thorne	
Bob Moore		

CONNECT



Subscribe to our weekly email newsletter at stmichaelsarlington.org, and use the banner that reads "CONNECT - PARISH COMMUNICATIONS" or scan the QR Code.

FLOWERS



Flowers adorning our altar during Sunday worship may be dedicated in memory of, or thanksgiving for a loved one. If you would like to make a dedication, visit stmichaelsarlington.org/sign-ups or scan the QR Code.



ST. MICHAEL'S EPISCOPAL CHURCH
 1132 N. Ivanhoe St., Arlington, VA 22205
 703-241-2474 • Pastoral Care (Direct Line) 703-239-3787
www.stmichaelsarlington.org
 Office Hours: Tu-Th: 10 AM-3 PM