



ST. MICHAEL'S EPISCOPAL CHURCH ARLINGTON, VA

SUNDAY, JULY 7, 2024

SEVENTH 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.

Prelude

Procession

Lord, you give the great commission
Abbot's Leigh

WLP 780

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 O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; 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 5:1-5, 9-10

All the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years.

David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the Lord, the God of hosts, was with him.

Lector The Word of the Lord.

People **Thanks be to God.**

- 1 Great is the Lord, and highly to be praised; *
in the city of our God is his holy hill.
- 2 Beautiful and lofty, the joy of all the earth, is the hill of Zion, *
the very center of the world and the city of the great King.
- 3 God is in her citadels; *
he is known to be her sure refuge.
- 4 Behold, the kings of the earth assembled *
and marched forward together.
- 5 They looked and were astounded; *
they retreated and fled in terror.
- 6 Trembling seized them there; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind shatters them.
- 7 As we have heard, so have we seen,
in the city of the Lord of hosts, in the city of our God; *
God has established her for ever.
- 8 We have waited in silence on your loving-kindness, O God, *
in the midst of your temple.
- 9 Your praise, like your Name, O God, reaches to the world's end; *
your right hand is full of justice.
- 10 Let Mount Zion be glad
and the cities of Judah rejoice, *
because of your judgments.
- 11 Make the circuit of Zion;
walk round about her; *
count the number of her towers.
- 12 Consider well her bulwarks;
examine her strongholds; *
that you may tell those who come after.
- 13 This God is our God for ever and ever; *
he shall be our guide for evermore.

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows— was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

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

Sequence

We all are one in mission
Nyland

WLP 778

The Gospel

Mark 6:1-13

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

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, “Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?” And they took offense at him. Then Jesus said to them, “Prophets are not without honor, except in their hometown, and among their own kin, and in their own house.” And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, “Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.” So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

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

The Sermon

The Very Rev. Beth Franklin

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.**

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

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:

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 *As the Grains of Wheat
As the Grains*

As the Grains of Wheat

Refrain

As the grains of wheat once scat-tered on the hill were
gath-ered in - to one to be - come our bread; so may all your peo-ple from
all the ends of earth be gath-ered in - to one in you.

1 As this cup of bless-ing is shared with-in our midst,
2 Let this be a fore-taste of all that is to come when

Refrain

may we share the pres - ence of your love.
all cre - a - tion shares this feast with you.

Text: Didache, 2nd cent.; Marty Haugen, b. 1950
Music: Marty Haugen
Text and music © 1990 GIA Publications, Inc.

AS THE GRAINS
Irregular

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

Love divine, all loves excelling
Hyfrydol

Hymn 657

Dismissal

Postlude

THIS WEEK AT ST. MICHAEL'S

SUN 7/7 9:30 AM Holy Eucharist II

SUN 7/14 9:30 AM Holy Eucharist II

PRAYER LIST FOR THE WEEK OF JULY 7

In the Anglican Communion, we pray for The Church of the Province of the Indian Ocean. In the Diocese of Virginia, we pray for Shrine Mont campers, counselors, directors, chaplains, nurses, and staff. In the region of Arlington, we pray for St. George's Church.

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, Skip, and Michele.

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 Beverly Grizzard, Jim Coakley, and Alan Chafin.

READINGS FOR NEXT SUNDAY

2 Samuel 6:1-5, 12b-19 • Psalm 24
Ephesians 1:3-14 • Mark 6:14-29

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. A huge thank you to our incredible team of teachers, Paula Dierkes, Carol Halvorson, Lisa Harkins, and Lisa Meacham! Their creativity, dedication, and love for the children shine through everything they do. It has been a joy to watch the children learn and grow in their faith. We appreciate your continued support!

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.

ST. MICHAEL'S TO RECEIVE GROUP SERVICE AWARD

AT THE ANNUAL ARLINGTON CARES CELEBRATION OF VOLUNTEERISM

St. Michael's will be recognized as the Group Service Award recipient for volunteerism in partnership with PathForward at the annual Arlington Cares Celebration of Volunteerism on July 9, 5:00-7:00 PM, at the NRECA (4301 Wilson Blvd., Arlington, VA 22203). All church members are invited to this free event that annually recognizes volunteers throughout Arlington County. Please visit <https://volunteerarlington.org/arlington-cares> to register and learn more details.

ORDINATION OF DEACONS (VOCATIONAL)

Please note location change:

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**. The Bishops and the Standing Committee invite your prayers and presence in-person or via livestream. An outdoor community picnic and reception will follow.

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. Mary will be back with us to preach on Sunday, August 4.

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.

SUMMER COFFEE HOUR

For the remainder of June, July, and August, we will offer a respite to those who host coffee hour on a weekly basis. We will move to a more informal system of hosting. Meaning, there is a white board at the bottom of the stairs in the parish hall asking for volunteers to host coffee hour the following Sunday. There is a slot for someone to make coffee, and two slots for cleanup. (Note, one person can fill more than a single slot. You do not have to have three people for these tasks.) If you've never assisted with coffee hour, this is a great time to partner with an experienced host to learn the routine. If no one signs up to host, we'll make coffee once worship has concluded, and ask for volunteers to clean up at the end of the morning.

THOSE SERVING TODAY

Lector	Lisa Harkins
Ushers	Tom Halvorson, Kaipo McCartney
Greeter	Mary Thorne
Acolyte	Angie Hernandez, Wil Harkins
Lay Eucharistic Minister	Evelyn Bence
Altar Guild	Wil Harkins
Flower Guild	Lalitha Samuel
Counters	Mike Pilot, Fran Olsen
Zoom Coordinator	James Chang
Children's Worship	—
Coffee Hour Host	—
Vestry Person of the Day	Kaipo McCartney

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
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