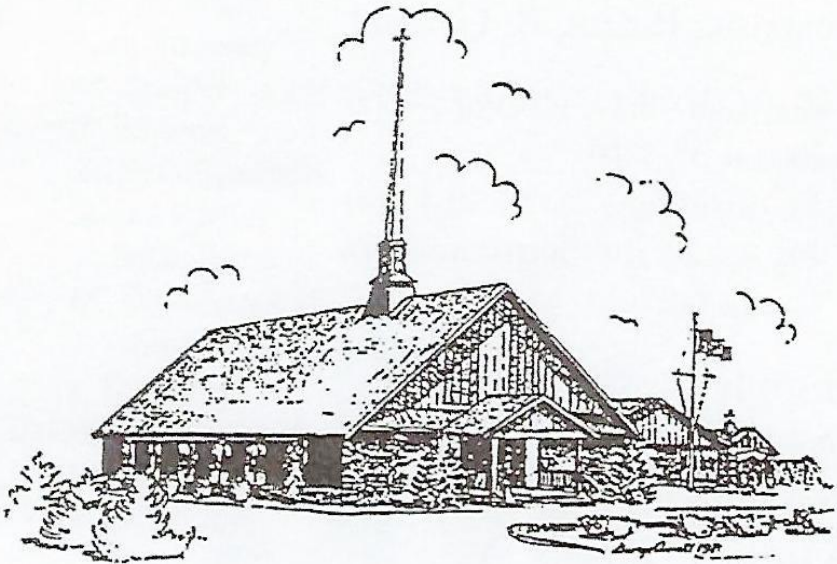


The Holy Eucharist: Rite II

*The Tenth Sunday After  
Pentecost*



*The Episcopal Church of The Holy Innocents  
in the Borough of Beach Haven, New Jersey  
1 August, 2021 ~ 9:30 AM*

*Welcome! In The Episcopal Church all baptized Christians are welcomed to receive Holy Communion. BCP means The Book of Common Prayer (Red Book).*

*\* Indicates to stand as you are able*

**Prelude**

*Voluntary*

## THE LITURGY OF THE WORD

**Hymn #528** *Lord You Give the Great Commission*

ROWTHORN

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

*\*People:* **And blessed be God's 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. *All: Amen.*

*\*Gloria in excelsis S-280 (All sing)*

Robert Powell (b. 1932)

**The Collect of the Day**

BCP, p. 232

*\*Celebrant:* The Lord be with you.

*\*People:* **And also with you.**

*\*Celebrant:* 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. **All: Amen.**

**The First Lesson**

**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.”

*Reader:* The Word of the Lord.

*All:*      **Thanks be to God.**

**Psalm 78:23-29**      (*To be read in unison*)

**BCP, p. 696**

- 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 winged 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 Epistle**

**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.

*Reader:* The Word of the Lord.

*All:*     **Thanks be to God.**

**\*Sequence Hymn #146 (LEVAS)** *Break Thou The Bread of Life* William F. Sherwin

**\*The Holy Gospel**

**John 6:24-35**

*Deacon:* 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."

*Deacon:* The Gospel of the Lord.

*People:* **Praise to you, Lord Christ.** (*All are seated*)

**The Sermon**

**The Rev. Dr. Caroline Carson+**

**\*The Nicene Creed**

**BCP, p. 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: Form III**

**BCP, p. 387**

*(The people may stand or kneel)*

*Deacon:* In peace, we pray to you, Lord God.

*Silence*

*Leader:* Father, we pray for your holy catholic Church;

*People:* **That we all may be one.**

*Leader:* Grant that every member of the Church may truly and humbly serve you;

*People:* **That your Name may be glorified by all people.**

*Leader:* In the Anglican Cycle of Prayer we pray for The Church of the Province of South East Asia. We pray for Justin, the Archbishop of Canterbury; for Michael, our Presiding Bishop; for William our Bishop; for Judith our Deacon, for Caroline, our Rector. We pray for all bishops, priests, and deacons;

*People:* **That they may be faithful ministers of your Word and Sacraments.**

*Leader:* For Colleen our Mayor, Philip our Governor, and Joseph our President. We pray for all who govern and hold authority in the nations of the world;

*People:* **That there may be justice and peace on the earth.**

*Leader:* Give us grace to do your will in all that we undertake;

*People:* **That our works may find favor in your sight.**

*Leader:* We pray for the special needs and concerns of this congregation, especially remembering all victims of climate change, and for the poor. We also remember all those mentioned in our Parish Prayer List: the sick, the shut in, and the grieving; those

serving in the military and other dangerous professions, and for our enemies, that all hearts may be turned to peace. Have compassion on those who suffer from any grief or trouble;

People: **That they may be delivered from their distress.**

Leader: Give to the departed eternal rest.

People: **Let light perpetual shine upon them.**

Leader: We praise you for your saints who have entered into joy;

People: **May we also come to share in your heavenly kingdom.**

Leader: Let us pray for our own needs and those of others.

*(The People may add their own petitions.)*

*The presider prays the concluding collect, and the people respond, Amen.*

Deacon: Let us confess our sins against God and our neighbor.

### **Confession - Minister and 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.*

### **Absolution**

**\*The Peace** (*All stand*)

Celebrant: The peace of Christ be always with you.

People: **And also with you.**

### **The Parish Notices**

## **THE HOLY COMMUNION**

### **Offertory**

**Hymn #335** *I am the Bread of Life* (vs. 1,2,4&5)

I AM THE BREAD OF LIFE

**\*Presentation of the Gifts** (*All stand*)

*"All things come of Thee, O Lord, and of Thine own have we given Thee"*

*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 him thanks and praise.**

*Celebrant:* It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever. Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

***Sanctus S-129*** (*All sing*)

*(The People may stand or kneel)*

*Celebrant:* We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.



And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

*All: We praise you, we bless you,  
we give thanks to you,  
and we pray to you, Lord our God.*

*Celebrant:* Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, and all the saints who have found favor with you in ages past. We praise you in union

with them and give you glory through your Son Jesus Christ our Lord. Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. *All: AMEN.*

**The Lord's Prayer**

**BCP, p. 364**

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:* Christ our Passover is sacrificed for us;

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

*(All baptized Christians are welcomed to receive Holy Communion. Diocesan guidelines allow the Holy Sacraments in one kind only. Bread will be offered and Wine will be placed on the altar for adoration.)*

**Fraction Anthem: S-169 (all sing)**

My flesh is food in - deed, and my blood is drink in -  
deed, says the Lord. My Lord. These take eat my  
flesh and drink my blood dwell in me and I in them. My  
flesh is food in - deed, and my blood is drink in - deed, says the Lord.

**Postcommunion Prayer (Stand or kneel)**

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.*

**\*Blessing**

**\*Hymn #580** *God, Who Stretched the Spangled Heavens* (vs. 1,3&4) **HOLY MANNA**

**\*Dismissal**

**BCP, p. 366**

*Deacon* : Let us go forth into the world,  
rejoicing in the power of the Spirit.

*People* : **Thanks be to God.**

**Postlude**

*Please join us for Coffee Hour & Fellowship in Martin Hall  
immediately following the service.*

**Parish Prayer List – August 1, 2021**

**PLEASE NOTE:** *If you need to add or remove a name, please contact Lisa Halpin, our Parish Administrator by **Wednesday, August 4<sup>th</sup>**.*

Jean & Keith Acin	Matt Adams	Beth C.
Beverlee	Eddie Boll	Borrone Family
Jackson Brackett	Marie Bregler	Joan Connolly
Judy Contreras	Lynn Cowper	Mary Ann Crewdson
Michael Reed Davis	Dennis	Carol Dobbins
Meg Dougher	Ella	Faye
Carol Frake	Frank	Fran Harris
Harold & Cheryl Hawkes	Shirley Hickey	Hillary
Joyce Hillyer	Kara Hughes	Janet
Jeannine	Joan, Susan & Bob	Claire Johns
John Johnson, Jr.	Karen G.	Karen & DJ
Robin Koch	Cyndi Lamon	Alan Lee
Diane Lee	Lauren & Ed	Lindsey
Lorraine & Drew	Cecily Lovas	Kurt Martin
Mary Ann	Mary Jane	Butch McCaffrey
Scott Mitchell	Virginia Nicholas	Maryanne O.
Sharon Osborn	TJ Patton	Patty
Lucien Picard	Carol Ann Renzland	Kathy Rice
Lara Sparks Deitz	Matt Starr	Marie Stasik

Bill Todd  
Wendy  
Rits

Robert Thomas  
Ann White  
Sherri

Colin Walker  
Rebecca Whitley

**Those serving in the military and other dangerous professions:**

Paul Bailey, Justin A. Dumhart, Danny Melega, Andrew Wall, Brandan White

**Birthdays:** Janine Enos-Kleber (08/02)

**WEEKLY ONLINE CALENDAR August 1<sup>st</sup> –August 7<sup>th</sup>**

02 – Mon	Morning Prayer (FB Live)	9:00 AM
03 – Tues	Evening Prayer (Online)	5:00 PM
04 – Wed.	Mah Jongg (Martin Hall)	12:30 PM
05 – Thurs	Book Study (Rectory)	2:00 PM
	Compline (FB Live)	9:00 PM
06 – Fri	<i>Parish Office Closed</i>	
	Kids Korner (FB)	7:00 PM
07 – Sat	Psalms with Dcn. Judy (FB Live)	7:00 PM

**To sign up** for our weekly newsletter, *The E-pistle*, please let Mtr. Caroline+ know and give her your email address!

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**THE EPISCOPAL CHURCH OF THE HOLY INNOCENTS**

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Mrs. Ellen J. Dondero, Minister of Music & Organist ~ [ejdondero@comcast.net](mailto:ejdondero@comcast.net)

The Rev. Dr. Judith S. Krom, Deacon ~ (732) 330-4949 [jsk13@comcast.net](mailto:jsk13@comcast.net)

The Rev. Dr. Caroline Carson, Rector ~ (504) 390-5331 [theparsoncarson@gmail.com](mailto:theparsoncarson@gmail.com)

**OFFICE HOURS – Monday through Thursday 9 AM to 2 PM**