

# The Holy Eucharist

## Eighth Sunday after Pentecost

July 14, 2024



# Trinity

Episcopal Church

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Prelude

Variations on Lobe den Herren, Charles Callahan

Hymn 388

Hanover

1 O wor - ship the King, all glo - rious a - bove!  
 2 O tell of his might! O sing of his grace!  
 3 The earth, with its store of won - ders un - told,  
 4 Thy boun - ti - ful care, what tongue can re - cite?  
 5 Frail chil - dren of dust, and fee - ble as frail,

1 O grate - ful - ly sing his power and his love!  
 2 Whose robe is the light, whose can - o - py space.  
 3 Al - might - y, thy power hath found - ed of old,  
 4 It breathes in the air; it shines in the light;  
 5 in thee do we trust, nor find thee to fail;

1 Our shield and de - fend - er, the An - cient of Days,  
 2 His char - iots of wrath the deep thun - der - clouds form,  
 3 hath stab - lished it fast by a change - less de - cree,  
 4 it streams from the hills, it de - scends to the plain,  
 5 thy mer - cies, how ten - der! how firm to the end!

1 pa - vil - ioned in splen - dor, and gird - ed with praise.  
 2 and dark is his path on the wings of the storm.  
 3 and round it hath cast, like a man - tle, the sea.  
 4 and sweet - ly dis - tills in the dew and the rain.  
 5 Our Ma - ker, De - fend - er, Re - deem - er, and Friend!

Words: Robert Grant (1779-1838) Music: Hanover, att. William Croft (1678-1727)

*Celebrant* Blessed be the one, holy, and living God.  
*People* **Glory to God for ever and ever.**

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**

S 280, Robert Powell

1. Glo - ry to God in the high - est, and  
 peace to his peo - ple on earth. 2. Lord God, heaven - ly  
 King, al - mighty - y God and Fa - ther, we wor - ship you, we  
 give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
 Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy  
 on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,

you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

*Celebrant* The Lord be with you.  
*People* **And also with you.**

Let us pray.

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*The people are seated.*

### **A reading from the second book of Samuel**

*6:1-5, 12b-19*

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart.

They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the Lord. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

The Word of the Lord.

**Thanks be to God.**

## Psalm 24

*Book of Common Prayer, page 613*

- 1 The earth is the Lord's and all that is in it, \*  
the world and all who dwell therein.
- 2 **For it is he who founded it upon the seas \*  
and made it firm upon the rivers of the deep.**
- 3 "Who can ascend the hill of the Lord? \*  
and who can stand in his holy place?"
- 4 **"Those who have clean hands and a pure heart, \*  
who have not pledged themselves to falsehood, nor sworn by what is a fraud.**
- 5 They shall receive a blessing from the Lord \*  
and a just reward from the God of their salvation."
- 6 **Such is the generation of those who seek him, \*  
of those who seek your face, O God of Jacob.**
- 7 Lift up your heads, O gates; lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 8 **"Who is this King of glory?" \***  
**"The Lord, strong and mighty, the Lord, mighty in battle."**
- 9 Lift up your heads, O gates; lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 10 **"Who is he, this King of glory?" \***  
**"The Lord of hosts, he is the King of glory."**

## A Reading from the letter to the Ephesians

*1:3-14*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known

to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

The Word of the Lord.

**Thanks be to God.**

**Hymn 492**

*Finnian*



1 Sing, ye faith - ful, sing with glad - ness, wake your no - blest,  
 2 Sing how he came forth from hea - ven, bowed him - self to  
 3 So, he tast - ed death for mor - tals, he, of hu - man -  
 4 Now on high, yet ev - er with us, from his Fa - ther's



sweet - est strain, with the prais - es of your Sa - vior  
 Beth - lehem's cave, stooped to wear the ser - vant's ves - ture,  
 kind the head, sin - less one, a - mong the sin - ful,  
 throne the Son rules and guides the world he ran - somed,



let his house res - ound a - gain; him let all your  
 bore the pain, the cross, the grave, passed with - in the  
 Prince of life, a - mong the dead; thus he wrought the  
 till the ap - point - ed work be done, till he see, re -



mu - sic hon - or, and your songs ex - alt his reign.  
 gates of dark - ness, thence his ban - ished ones to save.  
 full re - demp - tion, and the cap - tor cap - tive led.  
 newed and per - fect, all things gath - ered in - to one.

Words: John Ellerton (1826-1893), alt.

Music: *Finnian*, Christopher Dearnley (b.1930) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

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

*Mark 6:14-29*

King Herod heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Gospel of the Lord.

*People* **Praise to you, Lord Christ.**

**Sermon**

The Rev. Emily Mellott

**The Nicene Creed**

*Book of Common Prayer, page 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.

## Prayers of the People

Form VI, *Book of Common Prayer*, page 392

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;  
**For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world;  
**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;  
**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;  
**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;  
**For all who proclaim the Gospel, and all who seek the Truth.**



For Michael our Presiding Bishop, Sally our Bishop; and for all bishops and other ministers;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation.

*The People may add their own petitions*

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life.

*The People may add their own petitions*

We will exalt you, O God our King;

**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

*The People may add their own petitions*

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

We pray to you also for the forgiveness of our sins.

*Silence may be kept.*

**Have mercy upon us, most merciful Father;  
in your compassion forgive us our sins,  
known and unknown,  
things done and left undone;  
and so uphold us by your Spirit  
that we may live and serve you in newness of life,  
to the honor and glory of your Name;  
through Jesus Christ our Lord. Amen.**

*The Priest says*

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.**

## Exchange of Peace

*The Celebrant says to the people*

The peace of Christ be always with you.

*People*

**And also with you.**

*The Ministers and People greet one another in the name of the Lord.*

*Announcements may be made about matters of interest to the congregation*

## Hymn 389

*Monkland*

1 Let us, with a glad - some mind, praise the Lord, for he is kind:  
2 Let us blaze his Name a - broad, for of gods he is the God:  
3 He with all - com - mand - ing might filled the new-made world with light:  
4 He the gold - en - tress - ed sun caused all day his course to run:  
5 The horn-ed moon to shine by night, mid her span-gled sis - ters bright:

*Refrain*  
for his mer - cies ay en-dure, ev - er faith-ful, ev - er sure.

6 All things living he doth feed,  
his full hand supplies their need:

*Refrain*

7 Let us, with a gladsome mind,  
praise the Lord, for he is kind:

*Refrain*

Words: John Milton (1608-1674); para. Psalm 136. Music: *Monkland*, melody from *Freylinghausen*, 1704; adapt. John Antes (1740-1811; arr. John Bernard Wilkes (1785-1869).

At 8 a.m. there is a collection plate near the entrance to make your weekly gift or regular pledge offering.

At 10 a.m., a collection of financial gifts for the work of the church is received during the singing of the anthem.

Or, at either service, scan the QR code to make a gift electronically.



## Hymn at the Presentation

*Old Hundredth*

**Praise God, from whom all blessings flow;  
Praise God, all creatures here below;  
Praise God above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost. Amen.**

## Eucharistic Prayer D *(expansive)*

*Book of Common Prayer p 372, adapted*

God be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is truly right to glorify you, Holy One, 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 (say):

*S 129, Robert Powell*

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
might, hea - ven and earth are full of your glo - ry. Ho -  
san - na in the high - est. Bless - ed is he who  
comes in the name of the Lord. Ho - san - na in the high - est.\_\_\_\_\_

*The people kneel or stand, according to personal preference, as the Celebrant continues*

We acclaim you, holy God, 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.

Holy God, 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, Jesus 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 Jesus 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 Christ who died and rose for us, you sent the Holy Spirit, your own first gift for those who believe, to complete your work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for Jesus 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 Jesus 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 Jesus 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."

Almighty God, we now celebrate this memorial of our redemption. Recalling Christ's death and descent among the dead, proclaiming Christ's resurrection and ascension to your right hand, awaiting Christ's 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.

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

God our Creator, 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 our Savior

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 all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through Jesus Christ our Savior.

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. **AMEN.**

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

**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 Celebrant breaks the consecrated Bread, then says*  
Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

*The Celebrant invites the people to share communion, saying:*  
The gifts of God, for the people of God.

*Those worshipping remotely are invited to offer this prayer for “spiritual communion”.*

### **A prayer for Spiritual Communion**

Jesus, I believe that you are truly present in the Holy Sacrament and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life, until by your grace, I come to your glorious kingdom and unending peace. Amen.

*(From Saint Augustine’s Prayer Book, rev 2014., based on a prayer by St. Alphonsus de Liguori)*

Post communion prayer

*Book of Common Prayer, p. 365*

Eternal God,  
you have graciously accepted us as living members  
of 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 Savior. Amen.

Blessing

*The priest offers a blessing, and the people respond. Amen.*

Hymn 436

*Truro*

1 Lift up your heads, ye might - y gates; be - hold the  
 2 O blest the land, the ci - ty blest, where Christ the  
 3 Fling wide the por - tals of your heart; make it a  
 \*4 Re - deem - er, come! I o - pen wide my heart to  
 5 So come, my Sov - ereign; en - ter in! Let new and

1 King of glo - ry waits! The King of kings is  
 2 ru - ler is con - fessed! O hap - py hearts and  
 3 tem - ple, set a - part from earth - ly use for  
 4 thee: here, Lord, a - bide! Let me thy in - ner  
 5 no - bler life be - gin; thy Ho - ly Spi - rit

1 draw - ing near; the Sa - vior of the world is here.  
 2 hap - py homes to whom this King of tri - umph comes!  
 3 heaven's em - ploy, a - dorned with prayer and love and joy.  
 4 pres - ence feel: thy grace and love in me re - veal.  
 5 guide us on, un - til the glo - rious crown be won.

Words: Georg Weissel (1590-1635); tr. Catherine Winkworth (1827-1878). Music: *Truro*, melody from *Psalmody Evangelica*, Part II, 1789; harm. Lowell Mason (1792-1872), alt.

### The Dismissal

*The people are dismissed to go forth into the world.*

People **Thanks be to God. [Alleluia, alleluia.]**

### Postlude

*God of Grace*, Paul Manz



+++++++

Joan Willett, Cora Williams, Gayle Celentano, Helen Anderson, *Altar Guild*

Joan Willett, Mary Barker, *Flower Guild*

Outreach Commission, *Hospitality*

Joan Dighton (8); Lisa Yeh (10), *Lectors*

Don Smith (8); Jeff Wojcik (10), *Ushers*

Jeff Wojcik (8); Bob Litsinger (10), *Chalice Bearers*

Madelyne Gibson (10), *Acolyte*

Justin Rapuano (10), *Tech Guild*

Mary Johnson, *Organist*

The Rev. Emily Mellott, *Preacher & Celebrant*