

The Eleventh Sunday after Pentecost

August 4, 2024



Remember to silence all cell phones.

Prelude *Prelude in F*

Nadia Boulanger

Opening Hymn # 690

Guide me, O thou great Jehovah

Opening Acclamation

Book of Common Prayer page 355

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

People: And blessed be his kingdom, now and forever. Amen.

The Collect for Purity

Gloria

Hymnal S-280

The Collect of the Day

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 WORD OF GOD

The First Reading

A reading from the Book of 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.” The Word of the Lord.

Thanks be to God.

The Psalm

A responsive reading from the Psalms (78:23-29).

²³So he commanded the clouds above *

and opened the doors of heaven.

²⁴He rained down manna upon them to eat *

and gave them grain from heaven.

²⁵So mortals ate the bread of angels; *

he provided for them food enough.

²⁶He caused the east wind to blow in the heavens *

and led out the south wind by his might.

²⁷He rained down flesh upon them like dust *

and wingéd birds like the sand of the sea.

²⁸He let it fall in the midst of their camp *

and round about their dwellings.

²⁹So they ate and were well filled, *

for he gave them what they craved.

The Epistle

A reading from St. Paul’s Letter to the Ephesians (4:1-16).

I, 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. The Word of the Lord. **Thanks be to God.**

Pre-Gospel Hymn # 654 (v. 1)

Day by Day

The Gospel Reading

The Holy Gospel of our Lord Jesus Christ according to John (6:24-35).

Glory to you Lord Christ.

On 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?” ²⁶Jesus 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.” The Gospel of the Lord.

Praise to you, Lord Christ.

Post-Gospel Hymn # 654 (v. 1)

Day by Day

The Homily

The Rev. Marion Kanour

The Nicene Creed

BCP Page 358

The Prayers of the People Form IV

BCP Page 388

The Confession & Absolution

BCP Page 360

The Peace

THE HOLY COMMUNION

Offertory Hymn # 527

Singing songs of expectation

Presentation Hymn # 380 (vs. 3)

Praise God, from whom all blessings flow

The Great Thanksgiving: Eucharistic Prayer A

BCP Page 361

Sanctus

Hymnal S-129

The Lord’s Prayer

The Breaking of the Bread

On receiving Communion: All are welcome to the Lord’s table. Those not baptized but desiring to participate may cross their arms upon their chest and receive a blessing from the priest. Any baptized Christian may receive Communion in one of three ways: (1) In “one-kind”, i.e. receiving the bread or the wine alone, declining either by crossing your arms upon your chest. (2) In “both kinds”, i.e. eating the bread and then drinking from the chalice, or (3) holding your bread and then intincting (carefully dipping) the bread into the wine before eating. To receive wheat bread extend both hands together. To receive gluten-free bread please extend one hand only. If you have severe celiac disease it is best to consult with the priest before the service. Remember to approach the chalice on the same side that you are seated so you may more easily return to your pew. If you need the Sacrament brought to your pew then please notify an usher.

Communion Hymns # 343

Shepherd of souls, refresh and bless

Post Communion Prayer

BCP Page 365

The Blessing

Closing Hymn # 522

Glorious things of thee are spoken

Greetings & Announcements

Dismissal

Postlude *Guide me, O thou great Jehovah*

Paul Manz

Please carry your bulletin home or place it in the recycling basket as you exit. Thank you!

Welcome to our guests!

We are happy you are visiting Grace Church. Please sign a guest card and leave it in the offering plate. Introduce yourself to our Clergy, after the service and join us for *Lemonade Fellowship* outside the Parish Hall (or inside dependent on weather) following worship services this summer. Thank you!

Serving this Morning

Officiant/Supply Priest – The Reverend Marion Kanour

Organist – Joel VanderZee

Reader – Duncan Nixon

Chalicer – Michael McShane

Ushers – Chris Smith & Bill Adams

Summer Sunday School – George & Robin Taylor

Nursery Staff – Michelle Mentor

Vestry on Duty – Beth Baptist & Ralph Dammann

Altar Guild – Sharon Merrick & Kathy Trossi

Lemonade Fellowship – Coffee Hour Team #7

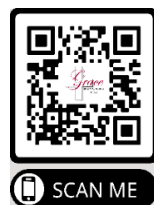
Prayer List

Ellen Reed, Doug Wachenfeld, Lauren Wachenfeld, (Margaret Wachenfeld), Neil Horner (Chris Horner), Caryn Stefanchik (Beth Davis), Phil Ianna, Dottie Pratt, George Gaige, my brother-in-law, John Hart (Julie Russell), Jane Remington, Reverend Carol Sims, Pooh Johnson, Patty DuPuis, Wanda Martin, Kelly Martin (Wanda Martin's daughter in law), Anne Slator Coyner, Cathy Corlis (Jill Kavanagh), Steve Manos (Jill Kavanagh), Juanita Taylor (Betsy Baten), Bill McCowen, John Fischer (Margaret Wachenfeld's brother), Nikki Henry (Barbara Crawford), Alison Walden, Hugh Gildea, Rohn Laudenschlager, Shirley Gibson (Dot Proffitt's sister), Thomas Kenneth (Kenny) Taylor III (Betsy Baten), Anne Spencer (Karen Whitcomb), Pam Elwell (Kathy Trossi's cousin), Bryan Manning, Judy Forney (LeAnne Brubaker's mother), Wade Mitchell (Wess Mitchell's brother), Sally Faucett Cobb & her son Joe Cobb (Millie Faucett's sister-in-law and nephew), Kimberly Grosso (Beverly Henderson's niece), Beth Baptist, and, Tony Vanderwarker (Annie Vanderwarker).

After the listed names, you will see the parishioner's name in parenthesis that placed the person on our prayer list. You can address the parishioner as to the wellbeing of their family member or friend. The list is revised monthly. Send changes to Kathy Trossi at ParishAdministrator@gracekeswick.org

Altar Flowers

Please sign up for Sunday service flowers given in memory of or thanksgiving for a loved one or event. You can sign up on the sheet posted in the narthex, call the church office or email ParishAdministrator@gracekeswick.org. Make checks payable to Grace Church, with *Altar Flowers* in the memo line (\$75.00 per Sunday). Please feel free to share the dedication and cost of flowers that are for the same Sunday.



Birthdays & Anniversaries this Week

8/4 – Ann Taylor

8/5 – Patricia Lyons, Casey Werderman & Danielle Dick

8/8 – Mary Aston Shackelford

8/9 – Letty Scalise, Kathleen Stock, Mike & Breck Scalise

8/10 – Fred Shackelford

This Week in the Parish

Sunday, August 4, 2024 – Discretionary Fund Sunday

10:00 a.m. Holy Eucharist, Rite 2 (Grace)

11:00 a.m. Lemonade Fellowship (Parish Hall)

1:30 p.m. Private Eagle Scout Ceremony (Parish Hall)

Monday, August 5, 2024

4:00 p.m. Salvation Army Dinner – Team #1

7:30 p.m. AA Meeting (Parish Hall)

Thursday, August 8, 2024

9:30 a.m. Women's Study Group (Conference Room)

4:00 p.m. Renewal 2025 Task Force Meeting (Conference Room)

Saturday, August 10, 2024

11:00 a.m. KHF Scholarship Awards Luncheon (Union Run Baptist Church)

Sunday, August 11, 2024

9:00 a.m. Holy Eucharist (All Saints)

10:00 a.m. Holy Eucharist, Rite 2 (Grace)

11:00 a.m. Lemonade Fellowship (Parish Hall)

Note: Fr. Miles is on vacation

July 22nd – August 11th

Announcements

DISCRETIONARY FUND SUNDAY - The Vestry has designated the *First Sundays of each month* for any gifts you wish to make to the Clergy Discretionary Fund. This is a fund that exists in every Episcopal parish and is utilized under the discretion and supervision of the Rector to confidentially help people in need and assist in the ministry and mission of the parish beyond the regular budget. This fund is accountable and audited along with all the other church funds. **If you wish to make a contribution to this fund, please make checks out to Grace Church and write: Clergy Discretionary Fund in the note.** Thank you.

GRACE RE-CREATION SPACES UPDATE - Thanks to Suzanne Nash for presenting an overview of these Vestry-approved Re-Creation Space Projects on Sunday, May 19th, following Coffee Hour – including a new playground (phase one), development of walking trails (phase two), and a meditation labyrinth with so much more (phase three) for the enjoyment of our parish and the community. Over two thirds of the money for the playground has been raised. The Ark arrived last week and the swing set is anticipated to be delivered and installed before the end of the year. Ralph Dammann has been donating in-kind landscaping work preparing the pad for the Ark. Bev Nash is continuing to lay landscaping cloth and wood chips on the lower trail. Additional wood chips and volunteers welcome: bevnash3@gmail.com or ralph.dammann@gmail.com. If you missed Suzanne's May 19th presentation and would like more information, click [HERE](#).

THE ANNUAL CHURCH PICNIC & PLAY AND FALL KICK-OFF is scheduled on Lonesome Mountain, August 25th after worship at Grace. For more details see newsletter, email parishadministrator@gracekeswick.org or call the office during business hours (434-293-3549).



We open wide the doors of this church to all who desire sincerely to worship the Eternal God whom Jesus revealed as our Heavenly Father. Through our worship we endeavor to know Jesus Christ and make Him known through our lives. We offer our church for the cure of souls who doubt and for the persuasion of those who have found faith difficult; for the encouragement of the discouraged; for the consecration of the strong, for the inspiration of all who face life daringly, and for the ever-deepening assurance of the life Eternal.

The Eleventh Sunday after Pentecost



August 4, 2024

Ten O'clock in the Morning

Grace Episcopal Church
Office Hours: 8 am – 2 pm/Tuesday - Thursday
A parish of the Episcopal Diocese of Virginia
P. O. Box 43 Keswick, Virginia
Voice (434) 293-3549
Fax (434) 293-9711
www.gracekeswick.org