

Ante Communion Service: August 1, 2021, Proper 13B

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Celebrant Blessed be the Holy Trinity, one God, the fountain of living water, the rock who gave birth, our light and our salvation. **Amen.**

Celebrant Almighty God, to whom all hearts are open, all desires known, and from whom 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 Jesus Christ our Lord. **Amen.**

A moment of silence for self-reflection

Celebrant Let us confess our sin in the presence of God and of one another.

People

Gracious God, have mercy on us.

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 have not loved all Creation with the love of the Creator.

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.

Celebrant Joined to Christ in the waters of baptism, we are clothed with God's mercy and forgiveness. In the name of the Father and of the Son and of the Holy Spirit. **Amen.**

Celebrant The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

People

And also with you.

In peace, let us pray to the Lord.

Lord, have mercy.

For the peace of the Creator, and for our salvation, let us pray to the Lord.

Lord, have mercy.

For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord.

Lord, have mercy.

For our holy house, and for all who offer their worship and praise, let us pray to the Lord.

Lord, have mercy.

Help, save, comfort, and defend us, gracious Lord.

Amen.

This is the feast of victory for our God. Alleluia.

Worthy is Christ the Lamb who was slain, whose blood set us free to be people of God.

Power, and riches, and wisdom, and strength, and honor, and blessing, and glory are his.

This is the feast of victory for our God. Alleluia.

Sing with all the people of God, and join in the hymn of all creation:

Blessing, and honor, and glory, and might be to God and the Lamb forever. Amen.

This is the feast of victory for our God. For the Lamb who was slain has begun his reign.

Alleluia. Alleluia.

Let us pray together: **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.**

First Reading

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.

Psalm 78:23-29

Attendite, popule

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.

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be. World without end. Amen.

Second Reading**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.

The Word of the Lord.

Thanks be to God.

Gospel**John 6:24-35**

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

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."

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon

Nicene Creed

Said by all.

**We believe in one God, the Father 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 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 worshipped 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

Celebrant With the whole people of God in Christ Jesus, let us pray for the church,
those in need, and all of God's creation. In peace, we pray to you, Lord God.

Silence

For this community, the nation, and the world;

For all who work for justice, freedom, and peace.

For the peace and unity of the world;

That a spirit of respect may grow among nations and peoples.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all bishops and other ministers;

For all who serve God in his Church.

For all who love and trust in God, that divisions may cease;

And that all may be one, as you and the Father are one.

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 wisdom in this time of pandemic;

That our actions may protect the health of ourselves and others.

For the special needs and concerns of this congregation.

Silence. 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. *Silence.*

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.

Silence. Lord, let your loving kindness be upon them.

May they rest in your peace eternally.

Into your hands, gracious God, we commend all for whom we pray, trusting in your mercy; through Jesus Christ our Lord. **Amen.**

And now, as our Savior Christ has taught us, we pray together:

**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.

We pray together for Christ's presence:

My Jesus, I believe that you are truly present in the Blessed Sacrament of the bread and wine.

I love you above all things, and long for you in my soul.

Since I cannot now receive you sacramentally, come spiritually into my heart.

I embrace you and unite myself entirely to you; never permit me to be separated from you.

Amen.

Celebrant: While we long to receive the sacrament of Christ's Body,

People: **We become the sacrament of Christ's Body.**

Celebrant: Let your lives be manna to feed our hunger for communion.

People: **The love we share becomes bread for the world.**

Blessing

May the blessing of Christ's light be on you - light without and light within.

May the blessed sunlight shine on you and warm your heart till it glows.

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be in you, among you, and remain with you always. **Amen.**

Dismissal

Go in peace and hope and joy to love and serve the Lord. Alleluia.

Thanks be to God. Alleluia.