

Seventh Sunday after Pentecost
The Holy Eucharist
Rite II; Eucharistic Prayer C

The Word of the Lord

The Processional Hymn

#436

(verses 1, 3, 5)

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 *Psalmodia Evangelica*, Part II, 1789; harm. Lowell Mason (1792-1872), alt.

The Opening Acclamation BCP, p. 355

Celebrant Blessed be God, Creator, Christ, and Holy Spirit.

People **And blessed be God's kingdom, now and forever.
Amen.**

The Collect for Purity BCP, p. 355

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

All **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 BCP, p. 356

All **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.

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 First Lesson

2 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.

Lector Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Psalm 24

Lector The earth is the Lord's and all that is in it, *
the world and all who dwell therein.

People **For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.**

Lector "Who can ascend the hill of the Lord? *
and who can stand in his holy place?"

People **"Those who have clean hands and a
pure heart, *
who have not pledged themselves to falsehood,
nor sworn by what is a fraud.**

Lector They shall receive a blessing from the Lord *
and a just reward from the God of their salvation."

People **Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.**

Lector Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.

People **"Who is this King of glory?" *
"The Lord, strong and mighty,
the Lord, mighty in battle."**

Lector Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.

People **"Who is he, this King of glory?" *
"The Lord of hosts,
he is the King of glory."**

All **Glory to the Father, and to the Son, and to the
Holy Spirit: as it was in the beginning, is now,
and will be forever. Amen.**

The Epistle

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.

Lector Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

The Sequence Hymn

#508

(verses 1, 4)

1 Breathe on me, Breath of God, fill me with life a - new,
2 Breathe on me, Breath of God, un - til my heart is pure,
3 Breathe on me, Breath of God, till I am whol - ly thine,
4 Breathe on me, Breath of God, so shall I nev - er die;

that I may love what thou dost love, and do what thou wouldst do.
un - til with thee I will one will, to do or to en - dure.
till all this earth - ly part of me glows with thy fire di - vine.
but live with thee the per - fect life of thine e - ter - ni - ty.

The Gospel

Mark 6: 14-29

Celebrant The Holy Gospel of our Lord Jesus Christ
according to Mark.

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

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.

Celebrant The Gospel of the Lord.

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

The Sermon

A period of silence follows the sermon.

The Nicene Creed

BCP, p. 358

All 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

BCP, p. 387

Intercessor Father, we pray for your holy Catholic Church;
People **That we all may be one.**

Intercessor Grant that every member of the Church may
truly and humbly serve you;
People **That your Name may be glorified by all people.**

Intercessor We pray especially for Justin, the Archbishop of
Canterbury; Michael, our Presiding Bishop; Diana,
our bishop; Carren, our rector; and for all bishops,
priests, and deacons;
People **That they may be faithful ministers of your
Word and Sacraments.**

Intercessor 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.**

Intercessor Give us grace to do your will in all that we
undertake;
People **That our works may find favor in your sight.**

Intercessor Have compassion on those who suffer from any
grief or trouble;

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

Intercessor Give eternal rest to the departed.

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

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

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

Intercessor Please join me now in praying for those for whom
we have been asked to pray:

**Kathleen, Katacha, Ian, Connie and Alan, Gary,
Kate and Rodney, Rosie, Cooper, Cathy, Carol
and Carl, Natalie, the Miner family, Sandy &
Jay, Sister Marcia, Rüdiger, Monny & Helen,
Tish, Gwen and William Paul, David and Jan,
Bob, Zachary, Sue, Pam, Phil, Cheryl, Ann, Lee,
Michael, Alan & NancyLee, the Hakala Family,
Bonnie, Paul, Lorna, Belen, Mary, Tom, Debra,
Matthew, Roy and Nancy, Barbara, Katie, Judy,
Ralph, Paula, Summer, Pete, and Katherine, for
the repose of the soul of Pamela Forrester, for
Wendela's safe travels, and in gratitude for
Frank's birthday.**

Silence

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

The People may add their own petitions and thanksgivings either in silently or aloud.

The Celebrant adds a concluding Collect.

The Peace *All stand.*

Celebrant The peace of Christ be always with you.

People **And also with you.**

All greet one another in the name of the Lord.

Announcements

Offertory Hymn

#492

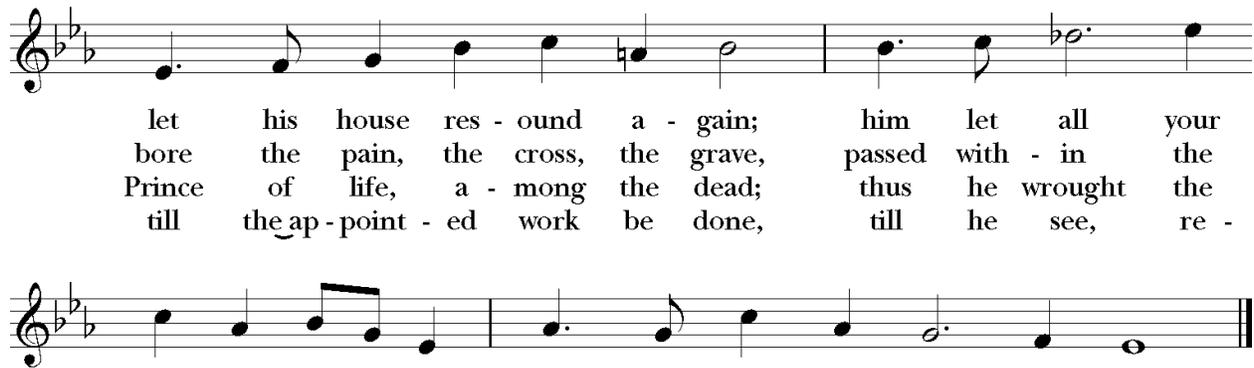
(as many verses as needed)



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.

Eucharistic Prayer C

BCP, p. 369

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 God thanks and praise.**

Celebrant God of all power, Ruler of the Universe, you are worthy of glory and praise.

People **Glory to you for ever and ever.**

Celebrant At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People **By your will they were created and have their being.**

Celebrant From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People **Have mercy, Lord, for we are sinners in your sight.**

Celebrant Again and again, you called us to return. Through prophets and sages you revealed your righteous Teaching. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Teaching, to open for us the way of freedom and peace.

People **By his blood, he reconciled us.
By his wounds, we are healed.**

Celebrant And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

All **Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Celebrant And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People **We celebrate his death and resurrection, as we await the day of his coming.**

Celebrant Lord God of our Fathers and Mothers: God of Abraham and Sarah, Isaac and Rebekah, and Jacob, Leah, and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant Accept these prayers and praises, Father, through Jesus Christ, our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

People **AMEN.**

The Lord's Prayer

BCP, p 364

Celebrant As Christ has taught us, we are bold to pray,

All **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.
A period of silence is kept.*

Celebrant The Gifts of God for the People of God.

Communicants come forward as able to receive the Bread.

Communion Hymn

Lau - da - te om - nes gen - tes, lau - da - te Do - mi - num. Lau -
E nā lā - hui - ka - na - ka ho - o - na - ni ika Haku! E

da - te om - nes gen - tes, lau - da - te Do - mi - num! Lau -
nā lā - hui - ka - na - ka ho - o - na ni ika Haku! E

Fine

Post-communion Prayer of Thanksgiving

BCP, p. 366

Celebrant Let us pray.

All Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

The Final Blessing

The Celebrant pronounces a blessing.

The People respond, Amen.

The Recessional Hymn

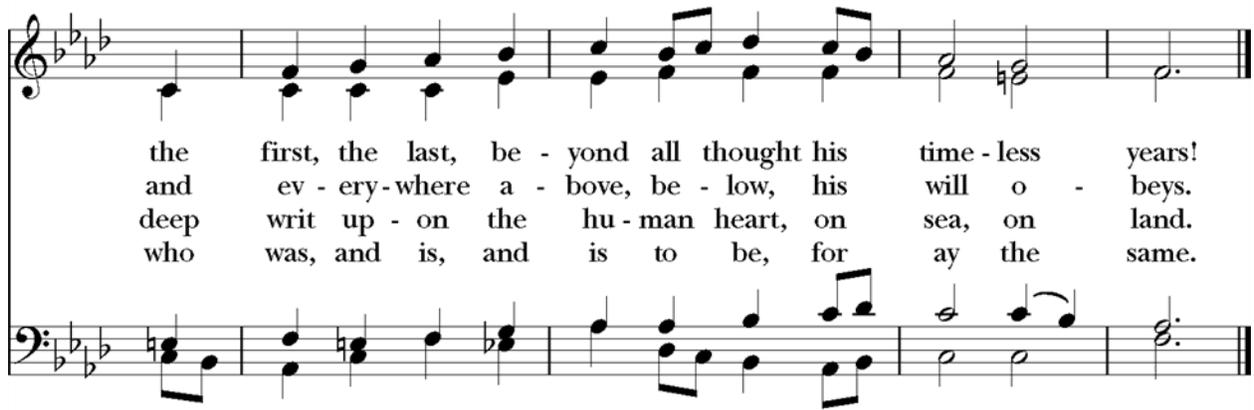
#372

(all verses)

1 Praise to the liv - ing God! All prais - ed be his Name
2 Form - less, all love - ly forms de - clare his love - li - ness;
3 His Spi - rit flow - eth free, high surg - ing where it will:
4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
ho - ly, no ho - li - ness of earth can his ex - press.
in pro - phet's word he spoke of old; he speak - eth still.
his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:
Lo, he is Lord of all. Cre - a - tion speaks his praise,
Es - tab - lished is his law, and change - less it shall stand,
Praise to the liv - ing God! All prais - ed be his Name



the first, the last, be - yond all thought his time - less years!
and ev - ery - where a - bove, be - low, his will o - beys.
deep writ up - on the hu - man heart, on sea, on land.
who was, and is, and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926)
Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1875, alt.

The Dismissal

Celebrant Go in peace to love and serve the Lord.

People **Thanks be to God.**