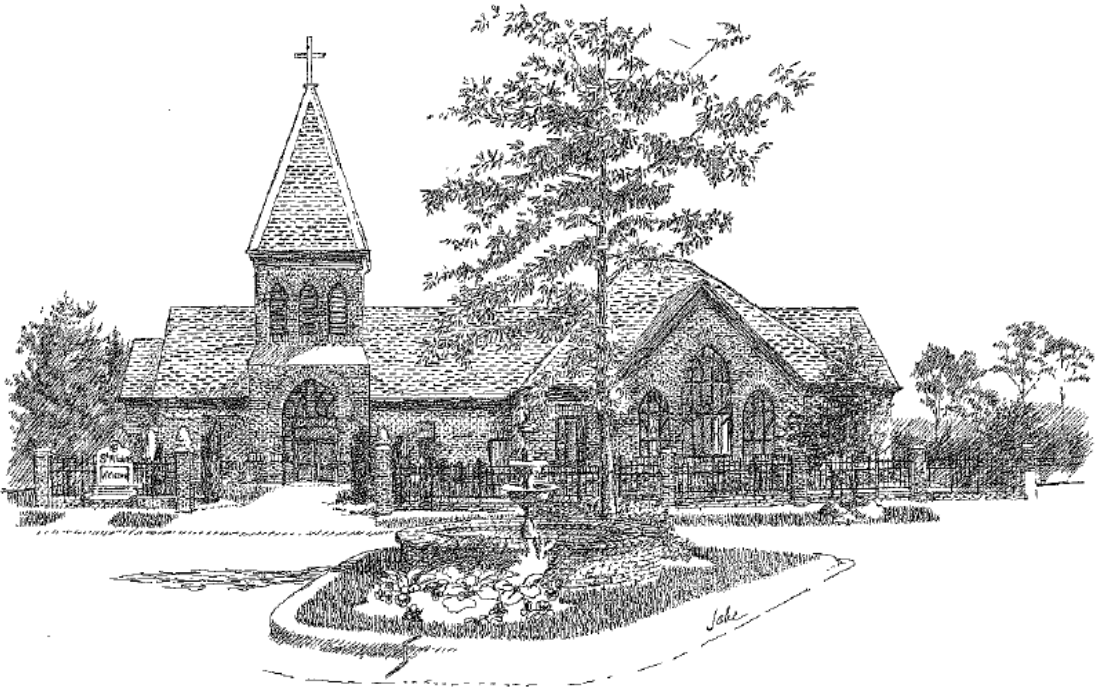


St. Alban's

EPISCOPAL CHURCH

welcomes you



The Eleventh Sunday after Pentecost

Holy Eucharist: Rite II

August 4, 2024

8:00 a.m.

Holy Eucharist: Rite Two

*Welcome to St. Alban's! Thank you for worshipping with us today. In order to allow for private prayer, we ask that you refrain from loud conversation upon entering the nave. Page numbers in the bulletin refer to The Book of Common Prayer (BCP), the book with the cross on the cover. Hymnals and Prayer Books can be found beneath the seats. If you choose to kneel for parts of the service, please use the kneeler beneath your own chair. Children of all ages are always welcome in worship. Crayons and a Bible story coloring page are available on the table just outside the doors to the nave. *The congregation is invited to stand as able when indicated by an asterisk.*

The Word of God

*The Opening Acclamation

Book of Common Prayer (BCP) p. 355

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

People: **And blessed be his kingdom, now and for ever. Amen.**

*The Collect for Purity

BCP p. 355

*The Gloria

BCP p. 356

*The Collect of the Day

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. **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.

People: **Thanks be to God.**

Psalm 78:23-29 *Read responsively by half verse.*

So he commanded the clouds above *
and opened the doors of heaven.

He rained down manna upon them to eat *
and gave them grain from heaven.

So mortals ate the bread of angels; *
he provided for them food enough.

He caused the east wind to blow in the heavens *
and led out the south wind by his might.

He rained down flesh upon them like dust *
and winged birds like the sand of the sea.

He let it fall in the midst of their camp *
and round about their dwellings.

So they ate and were well filled, *
for he gave them what they craved.

The Second Lesson

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.

People: **Thanks be to God.**

***The Gospel**

John 6:24-35

Gospeler: 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.”

Gospeler: The Gospel of the Lord.

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

The Sermon

The Rev. Carmen Germino

***The Nicene Creed**

BCP p. 358

***The Prayers of the People, Form II**

BCP p. 385

The Celebrant will add a concluding Collect.

The Confession & Absolution

BCP p. 360

The congregation is invited to kneel as able.

***The Exchange of the Peace**

BCP p. 360

The people greet one another in the name of the Lord.

The Greeting and Announcements

The Holy Communion

The Offertory

Let us with gladness present the offerings and oblations of our life and labor to the Lord. To utilize our text-to-give option, simply text "ALBANS" to 73256.

*The Great Thanksgiving, Prayer A

BCP p. 361

*The Sursum Corda

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.

The Celebrant continues.

*The Sanctus

BCP p. 362

The Celebrant continues. The congregation is invited to stand or kneel as able.

*The Lord's Prayer

BCP p. 364

*The Fraction

BCP p. 364

The Ministration of Communion

BCP p. 365

All are welcome to gather at the Lord's table. At the appropriate time, you may come forward to the altar rail, filling in from right to left. Kneeling is optional. Gluten-free wafers are available; please make your need known to the clergy. Wine is available either by sipping from the common cup (silver chalice) or by intinction (dipping the wafer into the pottery chalice). If you choose to intinct, please hold your wafer visibly to indicate that is your preference. Please take utmost care to keep your fingers from touching the wine as you dip. You may choose to receive only the bread or the wine, as either one alone is a full Communion. Please tell an usher if you need Communion brought to you. In the Episcopal Church, it is customary that those receiving Communion have been baptized in any Christian tradition, and no one who comes to the altar in faith is turned away. If you would like to learn more about Baptism at St. Alban's, please be in touch with the clergy. If you are not receiving Communion, we hope you will come forward and cross your arms over your chest, so that we might share a blessing with you.

*The Post Communion Prayer

BCP p. 365

The congregation is invited to stand or kneel as able.

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.

***The Blessing**

***The Dismissal**

BCP p. 366

Go in peace to love and serve the Lord.
Thanks be to God.

Welcome to St. Alban's!



St. Alban's is a friendly, inclusive, and growing congregation that seeks to honor the Lord Jesus Christ through worship, fellowship, and outreach. We pray that your worship with us will bring you the grace, peace, and joy of Christ. If you are new to our faith community, we would love to connect with you. Please fill out a purple sheet located on the Welcome Center table in the narthex or scan the QR code to the left with the camera on your smart phone which will direct you to an online newcomer form.

St. Alban's is a Parish in the Episcopal Diocese of North Carolina

The Right Reverend Samuel Sewall Rodman, III, Bishop of North Carolina

The Right Reverend Jennifer Brooke-Davidson, Assistant Bishop

The Clergy and Staff

The Reverend Carmen Germino, Rector

The Reverend Kevin Lloyd, Associate Rector

Davidson College Campus Minister

The Reverend Leslie Nuñez Steffensen, Priest Associate

The Reverend Valerie Davis, Deacon

John Bailey, Organist and Choirmaster

Jessica Ewell, Parish Administrator and Communications Director

Courtney Fossett, Director of Children, Youth, and Family Ministry

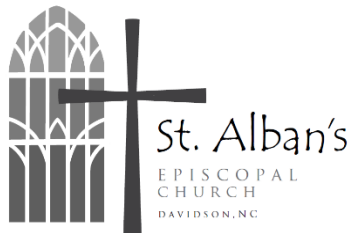
Erin Garrett, Director of Finance

Matt Presson, Director of Children's Choir and Stream Team

Nadia Rahaim, Preschool Director

The Vestry of St. Alban's

Connor Fulton, Matthew Goodson, Martha Hartle, Sarah Hicks, James Kennedy, Annamarie Klemm, Allison Kratt, Mike McDonnell, Cheryl Nealy, Dave Pylipow, Mike Sass, Joseph Torok



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