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**Proper 13B**

**The 10th Sunday after Pentecost**

**1 August 2021**

**all saints’ episcopal church and preschool**

**PRELUDE MUSIC** **Hank Curtis**

*Come, Risen Lord, and Deign to Be Our Guest Taste and See*

Alfred Morton Smith James E. Moore, Jr.

*God of the Prophets Bread of Heaven on Thee We Feed*

16th-Century Tune “Toulon” Paul Heinlein

*We Are All One in Mission Where True Charity and Love Dwell*

Finnish Folk Song Plainsong

**OPENING ACCLAMATION**

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

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

**COLLECT FOR PURITY**

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**

**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.**

**COLLECT OF THE DAY**

The Lord be with you.

**And also with you.**

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.**

**FIRST READING** **Exodus 16:2-4, 9-15**

*﻿﻿A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God’s saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.*

A reading from Exodus.

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The whole community of the Israelites began to complain against Moses and his brother Aaron there in the desert. The people of Israel said to them, “If only we had died by Our God’s hand in the land of Egypt, when we sat next to pots of meat and ate our bread until we were filled! But now you have brought all of us out into this barren desert to die of hunger!”

Then Our God said to Moses, “Look, I will rain down bread from heaven for you. The people will go out and gather a day’s portion every day, so that I can test them to see if they will follow my instructions.”

Then Moses said to Aaron, “Say to everybody, ‘Present yourselves before Our God, who has heard your complaints.’” As Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of Our God appearing in the form of a cloud. Then Our God spoke to Moses and said, “I have heard the complaining of the people of Israel. Say this to them: ‘In the evening you will eat meat, and in the morning you will have your fill of bread. Then you will know that I, the Most High, am your God.’”

So it came about that in the evening quail flew in all around the camp. And in the morning there was a layer of dew all around the camp; when the layer of dew evaporated, there on the surface of the desert were flakes of something: delicate, powdery, fine as frost.

When they saw this, the people of Israel said to each other, “What is it?” (sounding like the word “manna”). Moses then told them, “This is the manna, or the bread Our God has given you to eat.”

The Word of the Lord.

**Thanks be to God.**

**PSALM** **Psalm 78:23-29**

23 You gave a command to the skies above \*

and opened the doors of the heavens.

24 You rained down manna for them to eat, \*

and gave them grain from heaven.

25 Mere mortals ate the bread of angels; \*

you sent them food in abundance.

26 You loosed the east wind in the heavens \*

and drove the south wind by your power.

27 You rained meat down on them like dust, \*

winged fowl like sand on the seashore.

28 You made birds come down into their camp \*

and around their tents.

29 They ate until they were fully satisfied; \*

you gave them what they craved.

**SECOND READING** **Ephesians 4:1-16**

*Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various cultural backgrounds and forms of ministry whose goal is equipping the saints and building up Christ’s one body.*

A reading from Ephesians.

I plead with you, as a prisoner in the Name of our Redeemer, to lead a life worthy of your calling. Treat one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit through the peace that binds you together. There is one body and one Spirit – just as you were called into one hope when you were called. There is one Savior, one faith, one baptism, one God and Creator of all, who is over all, who works through all and is within all.

Each of us has received God’s grace in the measure in which Christ has bestowed it. Thus, you find scripture saying, “You ascended on high, leading captives in your train, and giving gifts to people” (Psalm 68:18). This phrase “you ascended” – what does this mean but that Christ first descended into the lower regions of the earth? The One who descended is the very One who ascended high above the heavens in order to fill the whole universe.

In terms of gifts given, some are called to be apostles, some prophets, some evangelists, and some pastors and teachers. These gifts were given to equip fully the holy ones for the work of service, and to build up the body of Christ – until we all attain unity in our faith and in our knowledge of the Only Begotten of God, until we become mature, attaining to the whole measure of the fullness of Christ.

Let us then be children no longer, tossed about here and there, carried about by every wind of doctrine or by human trickery or by crafty, deceitful schemes. Rather, let us speak the truth in love, and grow to the full maturity of Christ, the head. Through Christ, the whole body grows. With the proper functioning of each member, firmly joined together by each supporting ligament, the body builds itself up in love.

The Word of the Lord.

**Thanks be to God.**

**THE 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.**

**THE SERMON** **Kahu Kawika Jackson**

**MEDITATIVE REFLECTION** **Hank Curtis**

*Jesus, the Bread of Life*

Grayson Warren Brown

**THE NICENE CREED**

**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**

With all our heart and with all our mind, let us pray to the Lord, saying, “E ka Haku, e aloha mai” (“Lord, have mercy”) *(A brief silence.)*

For the unity of all people, that there may there be a growing spirit of respect and forbearance among communities and nations; for the peace of Jerusalem and the Holy Land; for the peace of belonging to your ʻohana; and for your loving-kindness for the salvation of our souls; we pray to you, O Lord.

**E ka Haku, e aloha mai.**

For the welfare of the Holy Church of God worldwide, especially for the clergy and people of the Province of South East Asia and St. John’s School, Guam (The Rev. Bernard Yung, Chaplain); we pray to you, O Lord.

**E ka Haku, e aloha mai.**

For Michael, our Presiding Bishop; for Bob, our own Bishop; for Kahu Kawika, our Priest; for our sibling Episcopal congregations on Kauaʻi: St. John and St. Paul, West Kauaʻi; St. Michael & All Angels, Līhuʻe; and Christ Memorial, Kilauea; and for our congregation of All Saints – those present, online, and absent – that all of us together may be united in your ministry and that we all may be one; we pray to you, O Lord.

**E ka Haku, e aloha mai.**

For the good earth graciously given by our Creator; for the care of our global environment; and for the wisdom and will to conserve it for your glory and for the blessing of all, we pray to you, O Lord.

**E ka Haku, e aloha mai.**

For those in positions of public trust, that they may deal justly and promote the dignity and freedom of every person, that your wisdom and compassion may govern their decisions, priorities, and actions. We pray against the use of violence of any kind, and ask that your healing balm of peace and mutual respect would hold sway in our land. We pray to you, O Lord.

**E ka Haku, e aloha mai.**

For the sick and the suffering in body, mind, and spirit, especially:***Kellie*** *McVey;* ***Noah; Vanessa; Clay;******Cat;******Suzanne*** *Woodruff****;*** and those we name silently or aloud (*Brief silence)*.We pray to you, O Lord.

**E ka Haku, e aloha mai.**

God of new life, as you raised Jesus from the dead, so raise up those who have died in you, whom we name silently or aloud, especially ***Uncle Nathan Kalama*** *(brief silence)*.We give you thanks for their witness, confident of your rescuing welcome for all. We pray to you, O Lord.

**E ka Haku, e aloha mai.**

Rejoicing in the fellowship of the ever-blessed Virgin Mary and St. Joseph, King Kamehameha IV and Queen Emma, Queen Lili‘uokalani and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

**Ho‘omaika‘i iā e ka Haku.** *(Praise to you, O Lord.)*

**CONCLUDING COLLECT**

I ke Ali‘i mua loa, make ‘ole, ‘ike maka ‘ole ‘ia, ke Akua akamai ho‘okahi wale nō, ka mahalo, a me ka ho‘onani ‘ia, a mau loa aku. **‘Āmene.**

*(“To the King of ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.”  -- 1 Timothy 1:17)*

**THE PEACE**

The Peace of the Lord be always with you.

**And also with you.**

*(The ‘Ohana of God are invited to greet one another silently and at a safe distance* *in the name of the Lord.)*

**ANNOUNCEMENTS, PRAYERS, AND HAWAIIAN DOXOLOGY**

**Ho‘onani i ka Makua mau,  
Ke Keiki me ka ‘Uhane nō,  
Ke Akua mau ho‘omaika‘i pū,  
Ko kēia ao, ko kēlā ao.  
‘Āmene.**

**THE LITURGY OF THE SACRAMENT**

The Lord 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 God thanks and praise.**

We praise you and we bless you, holy and gracious God, because you are the source of light and life; you made us in your image, and called us to new life in Jesus Christ our Lord.

And so this day, we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

**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!**

Glory, honor, and praise to you, holy and living God. To deliver us from the power of sin and death, and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son – Jesus, the holy child of God.

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself, yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the offering of his life, and to be glorified by you.

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine that your earth has formed and human hands have made, that when taken in faith become for us the body and blood of our Lord, Jesus Christ.

We also offer ourselves as living sacrifices in this world. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time, bring us with the Virgin Mary and St. Joseph, King Kamehameha IV and Queen Emma, Queen Lili‘uokalani and all your saints from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you, our God and Creator, in voices of unending praise. **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.**

Alleluia! Christ our Passover is sacrificed for us.

**Therefore let us keep the feast. Alleluia!**

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

**COMMUNION MUSIC** **Hank Curtis**

*My God, Thy Table Now Is Spread Draw Nigh and Take the Body of the Lord*

18th-Century Tune “Rockingham” Orlando Gibbons

**POST-COMMUNION PRAYER**

**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.**

**BLESSING & DISMISSAL**

In this Season of Pentecost, may you know the joy and blessing of the Spirit’s new life in your minds, souls, and hearts; and may the Peace of God that transcends all human understanding rest, rule, and abide in you and among you this day and always, **Amen.**

Let us go forth in the name of Christ.

Alleluia, Alleluia!

**Thanks be to God.**

**Alleluia!** **Alleluia! Alleluia!**

**POSTLUDE** **Hank Curtis**

*Glorious Things of Thee Are Spoken*

Franz Josef Haydn