



# St. Paul's EPISCOPAL CHURCH

ELEVENTH SUNDAY  
AFTER PENTECOST

The Rev. George Adamik, Celebrant  
Will Lee, Homilist

HOLY EUCHARIST  
9:00 A.M. SERVICE  
AUGUST 4, 2024

**Prelude**

Carol Yeargin, Organist

**Processional**

Guide Me, O Thou Great Jehovah

Hymn 690

## Liturgy of the Word

### Opening Acclamation

*The Celebrant says*

Blessed be the one, holy, and living God.

People

*Glory to God for ever and ever.*

*The Celebrant says*

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.*

*The following is sung.*

**Gloria**

Glory to God

Hymnal S280

1. Glo - ry to God in the high - est, and  
 peace — to his peo-ple on earth. 2. Lord God, heaven-ly King, al - might-y — God and  
 Fa - ther, we wor - ship you, we give you thanks, we praise you for your glo - ry.  
 3. Lord Je - sus Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy on us; 5. you are seat - ed at the  
 right hand of the Fa - ther: re - ceive our prayer. 6. For you a - lone are the

Ho - ly One, you a - lone are the Lord, you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spi - rit, in the glo - ry of God the Fa - ther. A - men

**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.*

**Children’s Processional** All Things Bright and Beautiful (Verse 3) Hymn 405  
*Children’s Chapel is for children 3 years old through 5th grade.*

**First Reading** Exodus 16:2-4, 9-15

A Reading from Exodus.

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.*

**The Psalm** Psalm 78:23-29

- 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.

## Second Reading

Ephesians 4:1-16

A Reading from Ephesians.

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.*

## Gradual

Deck Thyself, My Soul with Gladness (Verses 1&3)

Hymn 339

## Gospel

John 6:24-35

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."

People           The Gospel of the Lord.  
                    *Praise to you, Lord Christ.*

## Homily

Will Lee

## Nicene Creed

*All who are able, stand.*

*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.*

## Prayers of the People

People's Response: *Lord, hear our prayer.*

## Confession of Sin

BCP 360

*The Deacon or Celebrant says*

Let us confess our sins against God and our neighbor.

*All who are able, kneel. Minister and People*

*Most merciful God, 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 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.*

*The Priest stands and says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

## Peace

Celebrant        The peace of the Lord be always with you.  
People            *And also with you.*

BCP 360

## Announcements

*If you would like to donate online, follow the QR code found on the giving card in the back of the pews.*

*At the end of the announcements, you are also welcome to come forward to make a special donation to Heifer International, a non-profit organization whose mission is to end hunger and poverty, to mark an anniversary, blessing, or other event.*

## Liturgy of the Eucharist

### Offertory

Carol Yeargin, Organist

**Offertory Response**    *All things come of Thee, O Lord, and of Thine own have we given Thee.*

### Eucharistic Prayer I

Enriching Our Worship

*The People remain standing.*

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.*

*The Celebrant proceeds.*

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

*Celebrant and People*

### Sanctus

Holy, Holy, Holy Lord

Hymnal S129

Ho - ly, ho - ly, ho - ly — Lord, God of pow-er and might, hea-ven and earth are  
full of your glo - ry, Ho - san - na in the high - est. Bless-ed is he who  
comes in the name of the Lord. Ho - san - na in the high - est. \_\_\_\_\_

*The Celebrant continues*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love.

You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us,

and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, 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."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore we proclaim the mystery of faith:

### Memorial Acclamation

*Celebrant and People*

*Christ has died.*

*Christ is risen.*

*Christ will come again.*

*The Celebrant then continues.*

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. *AMEN.*

*The Celebrant then continues*

And now, as our Savior Christ has taught us, we are bold to say,

### Lord's Prayer

BCP 364

*People and Celebrant*

*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.*


### Breaking of the Bread

*A period of silence is kept.*

### Fraction Anthem

Christ Our Passover

Hymnal S154



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass-o-ver is sac-ri-ficed for us; there-fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

### Holy Communion

*The Celebrant says*

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.

*All are welcome to come forward for communion, including children. Please follow the ushers' guidance as you come to the rail.*

*If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you.*

*If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps at the end of the rail. A communion server will be there with the common cup.*

*If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.*

A priest is also available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.

If you are at home or otherwise unable to take communion, you may say the following prayer.

### **Spiritual Communion Prayer**

*In union, O Lord, with your faithful people at every altar of your Church, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.*

### **The Communion Music**

Lord, Enthroned in Heavenly Splendor  
Father, We Thank Thee Thou Hast Planted

Hymn 307  
Hymn 302

### **Final Prayer**

*Celebrant and People*

*Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food as we hear your Word proclaimed and gather at your holy Table. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.*

### **Blessing**

### **Recessional**

Glorious Things of Thee are Spoken

Hymn 523

### **Dismissal**

Deacon Let us go forth in the name of Christ. Alleluia, Alleluia.  
People Thanks be to God. Alleluia, Alleluia.

### **Postlude**

Carol Yeargin, Organist

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The Altar flowers are given to the glory of God and in thanksgiving  
for the birthday of Sue Harrison.

### **MISSION STATEMENT**

***Worship. Serve. Grow.***

**Church Phone: 919-467-1477 Fax: 919-467-0152**  
**Web Site: [www.stpaulscary.org](http://www.stpaulscary.org)**

The Rev. George Adamik, Rector  
The Rev. Javier E. Almendárez-Bautista, Associate Rector  
The Rev. Alice Graham Grant, Associate Rector  
The Rev. Antoinette Wike, Priest Associate  
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## TODAY – AUGUST 4, 2024

**New to St. Paul's? Welcome!** Please let us know you are here by filling out a visitor card in the pew. Stop by our Welcome Station in the narthex (lobby) to chat with Greeters and find materials that might help if you are new to St. Paul's or the Episcopal Church. Join a tour of our campus on the third Sunday of the month at 10 a.m. to learn more and meet others. Contact Mary Kintz, our Community Connector, at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) to learn more about joining us!

**Children's Chapel:** Children ages 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service and return to their families during announcements.

**Coffee & Chaos (Parish Hall Lobby):** The Children's Ministry Committee invites you to join us after the 9 a.m. service for Coffee & Chaos! We have coffee for adults and snacks for children in the Parish Hall lobby. The playground is open and the lobby has seats and restrooms inside. This is not just for families: all are welcome to enjoy the fun!

**Formation:** Formation experiences for all have shifted to summer programming. Watch the announcements for details on offerings for adults, youth and children.

## PARISH ANNOUNCEMENTS

**ONE Wake Petition to Address Affordable Housing and Gentrification:** Teams of leaders across Wake County are working with ONE Wake to collect 10,000 signatures in support of a strategy to address the crisis of gentrification and displacement impacting tens of thousands of Wake County residents. Thank you to those who have already signed. We need your help to reach St. Paul's goal of contributing 750 signatures! We've made it very easy to help; clipboards with the petition are available in the narthex. Pick one up today! Completed forms can be returned to the narthex by Sept. 10. Questions? Contact [onewake@stpaulscary.org](mailto:onewake@stpaulscary.org).

**Join a Sunday School Teacher Team:** Youth and Children's Ministries are building Sunday School teacher teams for the 2024-25 school year! Sunday School teachers commit to teaching twice a month, September through May, from 10:15-11 a.m. We ask that all teachers complete Safe Church Training and have a curious mind and open heart; being a parent is not a prerequisite. Sunday School teachers are given a curriculum and supported by staff. Teacher training for all new and returning teachers will take place on Sunday, August 25th from 12-2 p.m. If you're interested in teaching, please email Mother Alice at [alice@stpaulscary.org](mailto:alice@stpaulscary.org).

**St. Paul's Preschool Openings for 2024-24 School Year:** We have a few openings for 2024-25 in the St. Paul's Preschool in classes across all age groups except 2's. If you know of anyone looking for a fantastic preschool for the fall, please direct them to our website or have them call Preschool Director Brooke Bowersox, 919-467-3788 to arrange a tour.

**Preschool Teacher Assistant Position Available:** St. Paul's Preschool has an opening for a 5-day Teacher Assistant. Contact Preschool Director Brooke Bowersox ([stpaulspreschoolcary@gmail.com](mailto:stpaulspreschoolcary@gmail.com)) for details on how you can join our fun-loving team as we love, learn and laugh with children.

**Sign Up for Coffee Hour Hosting:** The Coffee Hour Hosting Sign Up for 2024-25 is ready; what date will you choose to promote the good works of your ministry while providing coffee and fellowship? We request the participation of all our ministries to keep this wonderful hospitality event vibrant. Please follow the link on the website and sign up! Help is available; contact Community Connector Mary Kintz with any questions.

**Prayer List:** Dave, Bob, Peggy, Ann, Vickie, Ann, Laura, Margaret, Mary, Virginia, Doug, Guy, Katie, Cathy, Alan, Jessica, Nancy, Sherry, John, Mary, Lynette, Susan, Clarence, Susan, Mila, Florence, Sue, Ron, Liz, Brent, Noah, Stephen, Sally, Chase, Anne, Heather, John, Janice, Scott, Kim, Julie, Chris, Bill, Martha, Connor, Dorthy, John.

If you have a name you would like to include on the prayer list, or a ministry event that you would like to announce in this printed bulletin, please send information to [announcements@stpaulscary.org](mailto:announcements@stpaulscary.org). Names included in the prayer list will remain for a month, and we are happy to extend at your request. Please note that there is a 2-week lead time on printed announcements.



St. Paul's Website