



Morning Prayer Rite I

Sunday, August 4, 2024 ❖ 8:00 am

Deacon: *The Rev. Celeste Stump*
Guest Organist: *Patricia Johnson*

We warmly welcome you if you are here with us for the first time today. We joyfully welcome all people into our community without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here. Please join us for coffee and fellowship after the service.

Flowers on the altar are given by Joyce and Chris Alley to the glory of God and in celebration of their 40th wedding anniversary.

Please take a moment to silence your cellphone. Thank you.

What's Happening!

IMPORTANT: Parish Small Group Meetings in July and August

Details in the back of this bulletin.

Annual Rummage Sale setup begins on Monday, August 5:

For details, see announcement in the back of this bulletin.

Ongoing

Good Grief Loss Support Group: Alternating Wednesday mornings (11 am to noon) and evenings (5 pm to 6 pm) in the St. Francis Library.

Men's Corner: Monthly for dinner at Corner Bakery. Contact Ed Hinz (kn6jn@yahoo.com).

Quilting and Knitting Group: Thursdays at 1 pm in the Board Room. Contact: Anna Eakins (annatkozaki@gmail.com).

SAGES (Senior Adult Group of Episcopalians): Group outings, social gatherings, guest speakers, and more.

St. Anne's Guild: Meets on the 4th Monday of Sept-June at 6pm. Join us for fellowship, plan church events (like the Rummage Sale and Antiques Show), potluck dinners, and our Christmas charity event! Contact Anna Eakins for questions.

St. Teresa's Guild: Meet a few times a year to raise money for charities that support women and children through dues and our famous Chinese New Year event. Contact Robin Pano for questions.

Friars: Meets as needed to cook meals for Parish events (e.g. Lenten Suppers). Contact Dick Briggs.

Yoga: All Levels Hatha Yoga for Strength and Mobility: Mondays, 11 am to 12:30 pm. All Levels Gentle Yoga for Vital Mobility and Balance: Wednesdays, 9am to 10:30 am. Contact: Jill Lynch (jillfenskelynych@gmail.com).

Alcoholics Anonymous Thursdays and Sundays, 7:30 pm.

Al-Anon Thursdays, 7 pm.

Visit our website calendar for more events, dates and times: stfrancispalosverdes.org

The Processional Hymn: Glorious Things of Thee Are Spoken

Hymnal #522



Glo - rious things of thee are spo - ken, Zi - on, ci - ty
See! the streams of liv - ing wa - ters, spring - ing from e -
Blest in - ha - bit - ants of Zi - on, washed in the Re -



of our God; he whose word can - not be bro - ken
ter - nal love, well sup - ply thy sons and daugh - ters
deem - er's blood! Je - sus, whom their souls re - ly__ on,



formed thee for his own a - bode; on the Rock of
and all fear of want re - move. Who can faint, when
makes them kings and priests to__ God. 'Tis his love his



A - ges found - ed, what can shake thy sure re - pose?
such a riv - er ev - er will their thirst as - suage?
peo - ple rais - es o - ver self to reign as kings:



With sal - va - tion's walls sur - round - ed, thou may'st smile at__
Grace which, like the Lord, the giv - er, nev - er__ fails from
and as priests, his sol - emn prais - es each for a__ thank -



all thy__ foes.
age to__ age.
of - fer - ing brings.

Words: John Newton (1725-1808), alt. Music: "Austria," Franz Joseph Haydn (1732-1809).

The Opening SentenceBook of Common Prayer p. 37
 The Confession of Sin.....Book of Common Prayer p. 41
 The Invitatory and Psalter.....Book of Common Prayer p. 42
 The AntiphonBook of Common Prayer p. 44
 The Psalm: Psalm 78:23-29Book of Common Prayer p. 696

The First Lesson..... Exodus 16:2-4, 9-15

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The 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."

⁴Then 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."

⁹Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.' " ¹⁰And 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. ¹¹The LORD spoke to Moses and said, ¹²"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.' "

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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 First Canticle: Canticle 5Book of Common Prayer p. 51

The Second Lesson..... Ephesians 4:1-16

¹I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

⁹(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until 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. ¹⁴We 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. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from 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 Second CanticleCanticle 18, Book of Common Prayer p. 93

The Third Lesson.....John 6:24-35

²⁴On 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.

²⁵When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" ²⁶Jesus 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. ²⁷Do 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." ²⁸Then they said to him, "What must we do to perform the works of God?" ²⁹Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰So 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?" ³¹Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.' " ³²Then 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. ³³For the bread of God is that which comes down from heaven and gives life to the world." ³⁴They said to him, "Sir, give us this bread always."

³⁵Jesus 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 Sermon..... The Rev. Celeste Stump

The Apostles' CreedBook of Common Prayer p. 53

The PrayersBook of Common Prayer p. 54

The Lord's PrayerBook of Common Prayer p. 54

The Suffrages.....Book of Common Prayer p. 55

A Collect for SundaysBook of Common Prayer p. 56

A Collect for Mission.....Book of Common Prayer p. 57

The General Thanksgiving.....Book of Common Prayer p. 58

A Prayer of St. ChrysostomBook of Common Prayer p. 59

The Concluding Versicle and Concluding SentenceBook of Common Prayer p. 59

The Recessional Hymn: Guide Me, O Thou Great Jehovah

Hymnal #690



Guide me, O Thou great Je - ho - vah, pil - grim through this bar - ren land; I am weak, but
O - pen now the crys - tal foun - tain, whence the heal - ing stream doth flow; let the fire and
When I tread the verge of Jor - dan, bid my an - xious fears sub - side; death of death, and



Thou art might - y, hold me with thy pow'r - ful hand; bread of heav - en,
cloud - y pil - lar lead me all my jour - ney through; strong de - liv - erer,
hell's des - truc - tion, land me safe on Ca - naan's side; songs of prais - es,



bread of heav - en, feed me now and ev - er - more, feed me now and ev - er - more.
strong de - liv - erer, be thou still my strength and shield, be thou still my strength and shield.
songs of prais - es, I will ev - er give to thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: "Cwm Rhondda," John Hughes (1873-1932).

The Postlude

Allegro Scherzando

Joseph Haydn

You serve the best doing what you love most

Fr. Jason has invited the Vestry to host a series of small group meetings with our parish family. This is an opportunity for us to come together and explore what we love that brings us joy in church and our daily lives and to understand how it can further the Kingdom of God in our community.



The gatherings will be in July and August for 8-10 members per group. Sessions will be held in the church library following the 8 am and 10 am Sunday services or at other times in the home of a Vestry member. (See the list of dates, times, and places below). Sessions will last approximately one hour or as long as needed so that everyone is able to participate.

You are invited to talk with any Vestry person to ask questions. These discussions are intended to help deepen our relationship with God and each other as we share our experiences, joy, and love.

Please don't miss out on this chance to grow together. Select a date and time that works for you. Call the church office at 310-375-4617 to reserve your spot or email Claire at claire.erbeznik@stfrancispalosverdes.org.

We will also have a signup sheet after the 8 am and 10 am services for the next several weeks.

Meeting times:

- Sunday, August 4 - 9:00 am and 11:30 am church boardroom
- Tuesday, August 6 - 11:00 am Zak Residence (near Pt. Vicente School)
- Sunday, August 11 - 9:00 am and 11:30 am church boardroom
- Wednesday, August 15 - 6:00 pm Cronin Residence (PVE between La Venta and Malaga Library)

Annual Rummage Sale setup

Bring your donations Monday through Friday, August 5-19, 9:30am to 2:00pm. (Sale dates Friday, August 23 and Saturday, August 24.) We will need lots of helpers to sort, wash, price, put items in proper location. No need to sign up, just show up for a couple hours and spend the day with our friendly crew. We would like sign-ups for sale days. Needed: cashiers, baggers, security wanderers (or sit and watch), will call station, kitchen help for crew lunch.

Bicycle enthusiasts: please help! We need someone to check two donated bikes to see if they are worth repairing.

For more info: call Gloria Jones at 310-415-8240. Thank you!

Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble: Andrea, Stephen, Kristen, Jean Dicus, Daniel Drayling, Ceri Falk, Colette Furbush, George Ginis, Chris Goldsmith, Sally Hill, Loren, Judy Morgan, Patt Parker, Bruce Schaefer, Jane Sharp, Tommy, Roxanne Wall, Gail Winters, William Zak, Sr., Hector Gutierrez, Erica and Chris, and for the people of the Middle East, and victims of violence everywhere.

We pray for all who have died that they may have a place in your eternal kingdom.

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