



St. Mary the Virgin Anglican Church,

Tenth Sunday after Pentecost

August 1, 2021

“We do not live by bread alone, but by every word that comes from the mouth of God.” *Matthew 4.4*

Welcome

The Parish of St. Mary the Virgin is a member of the Diocese of British Columbia and the Anglican Church of Canada. We are an inclusive and welcoming parish: the sacraments of the church (baptism, communion and marriage) are available to all people on equal terms. Christ welcomes you, and so do we. As a parish we acknowledge with gratitude that we live, work and play on the traditional lands of the Lekwungen speaking people. We commit ourselves, as a settler church and people, to continue with our First Nations hosts on the journey of truth-telling, healing, and reconciliation.

VISITORS *Welcome!* We are delighted that you have joined us for worship.

COMMUNION All are invited to receive communion. For your safety, only the bread will be shared. Be assured that in the Anglican Church of Canada it has always been our tradition that receiving only one of the elements is considered full Communion.

Gluten free wafers for communion are available. Please request it from the person who is distributing the bread.



FLOWER DEDICATIONS

in Memory or Celebration

To make arrangements contact:

Anne Underhill – 250-370-5027

10:00am Service

From the Book of Alternative Services

Presider & Preacher:	The Rev'd Canon Craig Hiebert
Organist:	Curt Bergen
Greeters:	Anne Underhill
Musicians:	Alexa Ste Marie, Regina Rios (recording)
Live Stream Managers:	Pedro Siqueira

*Note: in the service order, words set in **bold italic type** are said by the congregation.*

*Congregational singing is now permitted while wearing a mask indoors,
with or without outdoors this is in order to maintain the safety of all.*

THE COMMUNITY GATHERS BEFORE GOD

WELCOME

PRELUDE & PROCESSION

*Improvisation/elevation from Medieval suite,
Jean Langlais, Salabert Edition*

GREETING

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

And also with you.

INVITATORY PSALM

Psalm 95.1-7

Come, sing to the Holy One!

Shout for joy to the Rock who defends us!

Come into the Presence with thanksgiving!

Raise our voices in joyful hymns!

Truly the Holy One is a great God, supreme above all gods,
in whose hands are the ends of the earth and the heights of all the mountains.

***The sea belongs to God who made it,
whose hands formed the dry land.***

Come, worship and bow down;
kneel in the presence of our Creator.

Truly, truly, our God is the Holy One,
*whose people we are,
all in God's pasture.*

CENTRING STILLNESS

Let us hold this moment open to the Spirit of God.

Silence is kept.

COLLECT OF THE DAY

Almighty God, *your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

THE STORY OF FAITH IS PROCLAIMED

A READING FROM THE NEW TESTAMENT LETTERS

Ephesians 4. 1-16, Elizabeth Bergen

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

⁷ But each of us was given grace according to the measure of Christ's gift. ⁸ Therefore 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? ¹⁰ He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹ The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ 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. ¹⁴ 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. ¹⁵ But

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 knitted 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.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 78. 23-29



Music by George Black, © 2000 Anglican Book Centre

Refrain: You gave them the grain of heaven. Mortals ate the bread of angels.

You commanded the clouds above,
and opened the doors of heaven.

You rained down manna for them to eat,
and gave them the grain of heaven. R.

So mortals ate the bread of angels;
you sent them food in abundance.

You made the east wind blow from heaven,
and brought in the south wind through your power. R.

You rained food upon them as thick as dust,
winged birds like the sand of the sea.

You let it fall in the midst of the camp,
all around the tents where they dwelt.

So the people ate, and had their fill,
for you had given them what they craved. R

GOSPEL HYMN

Alleluia! Sing to Jesus (374)

1. Alleluia! Sing to Jesus!
His the sceptre, his the throne;
alleluia! his the triumph,
his the victory alone.
Hark! The songs of peaceful Zion
thunder like a mighty flood;
Jesus, out of every nation,
hath redeemed us by his blood.
2. Alleluia! Not as orphans
are we left in sorrow now;
alleluia! he is near us,
faith believes, nor questions how.
Though the cloud from sight received him,
when the forty days were o'er,
shall our hearts forget his promise,
"I am with you evermore"?
3. Alleluia! Bread of heaven,
thou on earth our food, our stay;
alleluia! here the sinful
flee to thee from day to day;
Intercessor, Friend of sinners,
earth's Redeemer, plead for me,
where the songs of all the sinless
sweep across the crystal sea.
4. Alleluia! King eternal,
thee the Lord of lords we own;
alleluia! born of Mary,
earth thy footstool, heaven thy throne.
Thou within the veil hast entered,
robed in flesh, our great high priest;
thou on earth both priest and victim
in the Eucharistic feast.
5. Alleluia! Sing to Jesus!
His the sceptre, his the throne;
alleluia! his the triumph,
his the victory alone.
Hark! The songs of peaceful Zion
thunder like a mighty flood;
Jesus, out of every nation
hath redeemed us by his blood.

GOSPEL

John 6. 24-35

Before the Gospel is read, the reader says:

God be with you.

And also with you.

The Good News of Jesus according to John.

Glory to you, Lord Jesus Christ.

²⁴ So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

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

³⁵ 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.’

After the Gospel, the reader says:

The Gospel of Christ

Praise to you, Lord Jesus Christ.

RESPONDING TO THE WORD

SERMON

ANTHEM

According To Thy Gracious Word, W.A. Mozart (pre-recorded)

AFFIRMING OUR FAITH

The Apostles’ Creed

Let us confess the faith of our baptism, as we say,

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, (+) the resurrection of the body, and the life everlasting. Amen.

PRAYERS FOR OURSELVES AND THE WORLD

Elizabeth Bergen

In confidence and expectation, let us bring our concerns before God:

Good Shepherd, lead us, ***and help us to do your will.***

In your prayers this week remember the following: those in need of healing and care, including Robby, Terry, Ian, Sandy, Brynn, Dorothy, Mary, Rachel, Monty, Brad and Sue; our diocese of islands and inlets and Anna, our bishop, Lynn, our Metropolitan, and Linda, our Primate; the parishes of Pender & Saturna Islands and their clergy Ellen Willingham; and Territory of the People; the Evangelical Lutheran Church in Canada and Bishop Susan Johnson. In the Church further afield, pray for the Church of the Province of South East Asia. Pray for all of us in our communities as we seek to reverse decades of systemic discrimination. Pray for those who lost loved ones, homes and livelihoods in the fires in BC. Pray for the continued work of vaccination clinics and all health care workers, and for businesses and individuals beginning the economic recovery from the year of the pandemic. Pray for the ongoing work of truth-telling, healing, and reconciliation.

CONFESSION OF SIN AND ASSURANCE OF PARDON

God has promised forgiveness to all who truly repent,
turn to Christ in faith and are themselves forgiving.

In silence, we call to mind our sin.

Silence is kept

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 neighbours 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 Presider reminds us of God's healing and forgiveness

PEACE

The congregation stands

The Peace of the Lord be always with you.

And also with you.

THE SACRED MEAL IS SHARED

For safety, the Collection Plate has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other means of giving that do not require our volunteers and staff to handle cash and cheques: electronic donations on our website via CanadaHelps, or bi-weekly or monthly direct debit donations via our diocesan Electronic Collection Plate (details are available in a brochure at the entrance, or on the website: www.stmarysoakbay.ca/donate).

OFFERTORY HYMN

Bread of the World, in Mercy Broken (54)

harm. Ralph Vaughan Williams © Oxford university Press

Bread of the world, in mercy broken,
Wine of the soul in mercy shed,
by whom the worlds of life were spoken,
and in whose death our sins are dead:
look on the heart by sorrow broken;
look on the tears by sinners shed,
and be thy feast to us the token
that by thy grace our souls are fed.

PRAYER OVER THE GIFTS

God of mercy and grace, the eyes of all wait upon you, and you open your hand in blessing. Fill us with good things at your table, so that we may come to the help of all in need, through Jesus Christ, our redeemer and Lord. **Amen.**

Evangelical Lutheran Worship (2006) alt.

THE CELEBRATION OF THE EUCHARIST

The Book of Alternative Services, Eucharistic Prayer 1

The congregation remains standing, as they are able

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 our thanks and praise.

It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a

covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

sung: 735

***Holy, holy, holy Lord, God of power and might,
Holy, holy, holy Lord, God of power and might
Heaven and earth are full, full of your glory.
Hosanna in the highest. Hosanna in the highest.***

***Blessed is he who comes in the name of the Lord.
Hosanna in the highest, hosanna in the highest***

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will. On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, 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; 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in

Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

Gathering our prayers and praises into one, let us pray as our Saviour taught us,

***Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.***

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

***For the kingdom, the power, and the glory are yours,
now and for ever. Amen.***

Silence is held after the Lord's Prayer

THE BREAKING OF THE BREAD

We break this bread to share in the body of Christ.

We, being many, are one body, for we all share in the one bread.

The gifts of God for the people of God.

Thanks be to God.

THE COMMUNION

Please follow the direction of the greeters as they invite rows to receive communion. Please maintain a single flow: approach via the main aisle and return via the side aisles. If you do not wish to receive communion, but someone else in your aisle wishes to pass by you, please exit your pew temporarily to allow them to pass at a safe distance. You are also welcome to approach the presider for a blessing only—this is traditionally indicated simply by crossing your hands over your chest as you approach.

One of the ministers will bring the Bread out into the garden to serve those worshipping outside.

WE ARE SENT INTO THE WORLD

PRAYER AFTER COMMUNION

We give you thanks, almighty God, that you have refreshed us through the healing power of this gift of life. In your mercy, strengthen us through this gift, in faith toward you and in fervent love toward one another; for the sake of Jesus Christ our Lord. **Amen.**

Evangelical Lutheran Worship (2006)

COMMUNITY NOTES

AFFIRMATION

The congregation stands

Glory to God, *Whose power working in us can do infinitely more than we can ask or imagine. Glory to God, from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.*

BLESSING

HYMN

Your Hand, O God, Has Guided (444)

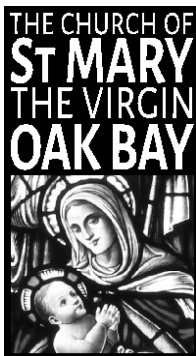
Text: Edward Hayes Plumptre, alt, Rev. ©. The Sisterhood of St. John the Divine.
Music: Basil Harwood, used by permission of the executors of the late Basil Harwood

1. Your hand, O God, has guided
your flock from age to age;
the wondrous tale is written,
full clear, on every page.
Our forebears owned your goodness
and we their deeds record,
and both of this bear witness:
one church, one faith, one Lord.
2. Your heralds brought glad tidings
to greatest, as to least;
they bade them rise, and hasten
to share the royal feast;
and this was all their teaching,
in every deed and word,
to all alike proclaiming
one church, one faith, one Lord.
3. When shadows, thickly falling,
engulfed the world in night,
you summed forth your servants,
your messengers of light.
On them and on your people
your plenteous grace was poured,
and this was still their message:
one church, one faith one Lord.
4. And we, shall we be faithless,
shall hearts fail, hands hang down?
Shall we evade the struggle,
and cast away the crown?
Not so; in God's deep counsels
some better gift is stored:
the covenant of promise –
one church, one faith, one Lord.
5. Your mercy will not fail us,
nor leave your work undone;
with your right hand to help us,
your people shall be one;
and then, by all creation,
your name shall be adored,
and this shall be their anthem:
one church, one faith, one Lord.

DISMISSAL

Go in peace, to love and serve the Lord.

Thanks be to God.



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