



ST. PAUL'S EPISCOPAL CHURCH

We follow Jesus, nurture ministries and welcome all.

Online Bulletin
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Sunday

Rite II, Year B

Tenth Sunday after Pentecost, Proper 13

August 1, 2021 10:15 a.m. Livestream



Welcome! Thank you for your patience and faithfulness as we continue to work our way through this global pandemic. All are welcome to join us either in-person or online at 10:15am on Sunday mornings. If you have difficulty accessing our online services, and would like assistance, please let us know. There are a variety of ways we can help.

Our service airs at 10:15am at www.YouTube.com/StPaulsVentura , our website www.StPaulsVentura.org and www.Facebook.com/StPaulsVentura.

There are two seating options at in-person Sunday services: 1) Open seating is available without a reservation. 2) A limited number of socially distanced seats are available each week by reservation only at www.saintpaulsventura.org. If you need assistance with the reservation process, please contact the church office.

Check our Email Newsletter to keep up with the latest protocols. If you don't receive our newsletter, please contact us at office@saintpaulsventura.org.

Again, welcome! We're glad that you're worshiping with us. If there's anything we can do to help, please let us know. Also contact us if you have any questions, prayer requests or need the services of a priest. We are always glad to hear from you. Meanwhile, know that you are in our prayers. We wish you all a very safe and blessed week.

Holy Eucharist *Liturgy of the Word*

Prelude *God of the prophets, bless the prophets' heirs (pre-recorded)*

Welcome

Prelude in C minor (live)

Theodore Dubois

Please stand as you are able at the sound of the bell

Processional Hymn We the Lord's people

Hymnal 51

Opening Salutation

Book of Common Prayer (BCP) p. 355

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

People **And blessed be God's kingdom, now and for ever. Amen.**

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.

Hymn of Praise

I come with joy to meet my Lord V.1

Hymnal 304

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.**

Please be seated for the reading of scripture.

As Episcopalians, our custom is to read, mark, learn and inwardly digest Holy Scripture. You are invited to do so right here in your bulletin.

First Reading

Exodus 16:2-4,9-15

A reading from the Book of 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.**

Psalm

Psalm 78:23-29

The psalm this morning is a portion of Psalm 78. We will read it in responsively by whole verse.

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 the letter to the 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 Hymn *Help us, O Lord, to learn*
All stand as able to sing.

Hymnal 628

Holy Gospel

John 6:24-35

Remain standing and face the Gospel.

Celebrant 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."

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

The Sermon

The Rev. Liz Williams

A period of silent reflection follows the sermon.

Nicene Creed

BCP p. 358

Please stand as you are able.

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 catholic¹ and apostolic² 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 – Form I

BCP p.383

Please stand, sit or kneel as you prefer and are able.

Server: With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."

¹ universal; all embracing

² relating to the Apostles; following their teachings

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.
Lord, have mercy.

For our Bishops, and for all the clergy and people, let us pray to the Lord.
Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.
Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.
Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.
Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, especially those battling COVID -19, let us pray to the Lord.
Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.
Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, especially (add names from Prayer Intentions) let us pray to the Lord.
Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.
Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.
Lord, have mercy.

In the communion of Paul and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.
To thee, O Lord our God.

Celebrant:

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those

good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord.

Amen.

Confession and Absolution

BCP p. 359

Let us confess our sins against God and our neighbor.

A period of silence is observed.

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.

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.**

The Peace

BCP p. 360

Please stand as you are able.

Celebrant The peace of the Lord be always with you.

***People* And also with you.**

Announcements

Prayers for birthdays, anniversaries and other special occasions.

Please come forward to receive a blessing.

Liturgy of the Table

Let us with gladness present the offerings and oblations of our life and labor to the Lord.

Offertory Anthem *I Am the Bread of Life*

Simon Lole

Thank you for your donation. Your generosity is appreciated.

We look forward to doing great things in the name of Christ with whatever you are able to give.

Presentation Hymn *The Doxology*

v.3 Hymnal 380

Please stand as you are able as the offering plate is brought forward.

Praise God from whom all blessings flow, praise him, all creatures here below; praise him above, ye heavenly host, praise Father, Son, and Holy Ghost.

Great Thanksgiving

Eucharistic Prayer C

BCP p. 369

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.

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus *Santo, Santo, Santo 3x Spanish, English, Spanish*

WLP

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San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now ask your blessing. Though we are not all together again, we remember the way that Jesus celebrated the first Eucharist and gave us the words of Institution:

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered here in the sanctuary and virtually in homes across your creation, we join together remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Fathers and Mothers; God of Abraham and Sarah, Isaac and Rebekah, Jacob, Leah, Rachel, Bilhah and Zilpah; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to you for solace only, and not for strength; for pardon only, and not for renewal. Sanctify us. Make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, you are known to us in the breaking of the Bread.

During this time of transition, we ask you to bless those not gathered with us that they may faithfully receive this holy Sacrament in the form of spiritual communion.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.
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.

The Breaking of the Bread

A period of silence is kept.

Alleluia. Christ our Passover is sacrificed for us.

Therefore let us keep the feast. Alleluia.

This is the Banquet of the Lord. It is made ready for those who love him and for those who want to love him more. So, come, you who have much faith and you who have little, you who have been here often and you who have not been here long, you who have tried to follow and you who fear you have failed. Come, because it is the Lord who invites you. It is the Lord's will that those who want him should meet him here.

Spiritual Communion

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

Celebrant Please join us in praying with our siblings in Christ who are not present with us today.

People **Dearest Lord Jesus, we believe that you are truly present in the Sacrament of the Eucharist, and we desire to offer you thanks and praise as we proclaim**

your resurrection. We love you above all things and long for you in our souls. Since we cannot all be together in our church today to receive the bread and wine made holy, we ask you to come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and help us to be mindful that, though we are separate from one another, you are always present and will never leave us. Bless each of us and our entire congregation, as well as all of our neighbors throughout the world. Fill us all with your light and nourish us with your word and Spirit until we can all be together again. Amen.

All are welcome to come forward. The table we set is the Lord's. Our custom is to receive the bread in your open palm. Please tell the priest if you prefer a gluten-free wafer. Otherwise, cross your arms over your chest as a sign you wish to receive a blessing. The Presiding Bishop asks that we continue to serve communion in one kind only as he and his colleagues discern the best way to honor our Anglican heritage of the common cup in the shadow of pandemic.

Suggestion: Open your Book of Common Prayer (BCP) to pages 833-834. You'll find some wonderful prayers there.

Communion *Bless the Lord*

*Words: Psalm 103; adapt. Taizé Community Music:
Jacques Berthier*

Postcommunion Prayer

Please stand or kneel as you prefer and are able.

Let us pray.

Celebrant and People

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

Go in peace.
Practice forgiveness.
Love the gospel.
In the name of Jesus, our Lord,
the blessing of God be with you,
the love of Jesus fill you,
and the power of the Holy Spirit
sustain you now and forevermore. **Amen.**

Recessional Hymn Guide me, O thou great Jehovah

Hymnal 690

Dismissal

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

Postlude *Postlude-Cantique*

Theodore Dubois

Acknowledgements and Copyright Information

"Prayers of the People: Form I, p.383, Book of Common Prayer, Church Publishing.

Blessing adapted from Feasting on the Word: Worship Companion, Kimerly Bracken Long editor, Westminster John Knox Press, 2014
Santo, Santo, Santo Words: Variation on a traditional liturgical text; Music Contributors: Pablo Sosa"

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Please join us in thanking those serving this week:

Celebrant & Preaching: Rev. Liz Williams

Server: Drew Darby * ASL Interpreter: Nadia Becker

Lector: Duffy Anderson

Altar Guild: Dela Parker & Carole Nelson

Music: Sara Edwards & Diego Magaña

Flower Guild: Roger Crow * AV: Patrick VanHorn

Ushers: Steve Jones & Dan Wakelee

Seating Coordinator: Barb Gear

Choir: Tara Eisenhauer, Director & St. Paul's Choir



Prayer Intentions for the Week of August 1, 2021

Justin Welby, Archbishop of Canterbury
Michael Curry, Presiding Bishop
John Taylor, Bishop Diocesan
Diane Jardine Bruce, Bishop Suffragan

Our Clergy: Susan Bek, Liz Williams, Dick Swanson
President Joseph Biden, Congress, Federal Courts
Governor Gavin Newsom, Legislature, State Courts

HEALING IN BODY, MIND & SPIRIT:

Liz Ashley, Jo Ellen, Pat, Alan, Ernie, Esther, Judy, all first responders on the frontlines of the pandemic, and everyone battling COVID-19.

THOSE ENDURING A LONG-TERM ILLNESS:

Barb, Selma, Dave, Jeanice, Regina, Virginia, Sheila, Carrie, Brian, Linda, Liz, Michelle, Kevin, Mary, Kathy, Amelia, Carol, Stacie, Rachel, Mary, Kim.

IN THE DISCERNMENT PROCESS FOR ORDAINED MINISTRY:

Drew and Anna Darby, and their family.

FOR GOD'S BLESSING ON:

- Twelve step programs of recovery and healing; especially Alcoholics Anonymous groups that normally meet at St. Paul's
- Our local public and private hospitals, and the health care professionals who serve us
- U.S. Armed services personnel serving around the world and wounded warriors cared for in medical centers and those returned home

GIVE THANKS FOR:

- Our partners in the Diocese of Los Angeles, Deanery One in Ventura County: *St. Columba's*, Camarillo; *Trinity*, Fillmore; *St. Andrew's*, Ojai; *All Saints'*, Oxnard; *St. Paul's/ Emmanuel*, Santa Paula; *St. Francis'*, Simi Valley; *St. Patrick's*, Thousand Oaks
- Our World Mission Companions: *the Cathedral Church of the Ascension, in the Diocese of Wiauso*, Ghana
- The Ventura Interfaith Ministerial Assoc.: *Temple Beth Torah, the Islamic Center of Oxnard, Ventura Seventh Day Adventist Church*

IN MEMORIAM

For Fred Zalokar, Lee Molesworth, Jean Jenkins, Virginia Arcangel, and all those we love and see no longer.

Contact the office with your prayer requests which may be added at any time.



St. Paul's Episcopal Church Staff

The Rev. Susan Bek, Rector
The Rev. Liz Williams, Associate Rector
The Rev. Dr. Richard Swanson, Assisting
Bonnie Rubrecht, Parish Administrator
Dr. Felix Eisenhauer, Music Minister
Tara Eisenhauer, Assistant Music Minister
Sara Edwards, Organist
Nadia Becker, ASL Interpreter
Torey Rubrecht, Sexton

3290 Loma Vista Road, Ventura, CA 93003 (805) 643-5033 e-mail: office@saintpaulsventura.org
Website: www.saintpaulsventura.org Twitter: @stpaulsventura Facebook: St. Paul's Ventura

St. Paul's Announcements August 1, 2021

Thank you for joining us today! We'll continue to hold you in our prayers.

Please contact the church office for more information. God bless you!

We invite you to join us again next Sunday!



Welcome to St. Paul's Episcopal Church!

Are you new to St. Paul's or visiting us?

A warm welcome to you! We're so glad you came. We are a friendly and welcoming congregation. Our ushers and greeters will be happy to do anything they can to make your time with us more comfortable and meaningful. Please introduce yourself to our clergy, they're looking forward to meeting you. We invite you to come back soon.



No Virtual Coffee Hour after service this week

Please note that due to a volunteer shortage, we are unable to host Virtual Coffee Hour this week. If you would like to be part of this important ministry for our online parishioners, we would so appreciate your help! It's just one hour after service on Sundays. Email or call our office if you are willing to volunteer. It's a great ministry that you can do from a social distance at home!



Next Sunday: August 8th at 10:15am – Livestream and In Person!

We will continue with our open and socially-distanced seating at our Sunday Worship service on August 8, 2021 at 10:15am. Rev. Susan will be preaching.

If you are arriving for open seating, please plan to come by 10am since we start recording at 10:15am for our livestream audience. If you are coming for a reserved, socially-distanced seat, please arrive by 9:45am to be seated by our ushers and seating coordinator.

You can make a reservation through your *Click and Go* newsletter or by calling the church at 805-643-5033 or emailing office@saintpaulsventura.org.

All are welcome to join us for this Sunday Service!



Upcoming Meetings & Events in August

- **Finance Committee** - Weds, Aug 18 at 6pm
- **Buildings and Grounds** - Thursday, Aug 19 at 8:30am
- **Vestry Retreat** - Sunday, Aug 22, 2-5pm
- **Vestry** - Weds, Aug 25 at 6:30pm
- **Choir Retreat** - Sat, Aug 28, 10-2pm

And **SAVE THE DATE!** St. Paul's Blessings of the Backpacks is on Sunday, 8/29



Mark your calendars now: Homecoming Sunday at St. Paul's on 9/12

We are excited to be able to celebrate Homecoming Sunday in person this year! Please mark your calendars and join us in regathering on Sunday, September 12th. All are welcome to join. We will continue to provide socially-distanced seating as needed. More details to come.