

EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

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Fifteenth Sunday after Pentecost  
Holy Eucharist Rite I  
Sunday, September 1st, 2024  
8:00 in the morning

*The liturgy begins in silence. Please stand as the procession enters.*

**THE OPENING ACCLAMATION**

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.  
*People* **And blessed be his kingdom, now and for ever. Amen.**

*Celebrant*

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

*The Celebrant continues*

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

**KYRIE** *Kyrie eleison*

Lord, have mercy upon us.  
**Christ, have mercy upon us.**  
Lord, have mercy upon us.

**THE COLLECT OF THE DAY**

The Lord be with you.  
**And with thy spirit.**  
Let us pray.

*The people kneel or stand*

Lord of all power and might, who art the author and giver of all good things: Graft in our hearts the love of thy Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

*All sit*

**THE WORD OF GOD**

**FIRST READING**

Deuteronomy 4:1-2, 6-9

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the

peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

The Word of the Lord  
**Thanks be to God.**

*The Lector and People pray responsively by half verse*

**PSALM 15** *Domine, quis habitabit?*

1 Lord, who may dwell in your tabernacle? \*

**who may abide upon your holy hill?**

2 Whoever leads a blameless life and does what is right, \*

**who speaks the truth from his heart.**

3 There is no guile upon his tongue; he does no evil to his friend; \*

**he does not heap contempt upon his neighbor.**

4 In his sight the wicked is rejected, \*

**but he honors those who fear the Lord.**

5 He has sworn to do no wrong \*

**and does not take back his word.**

6 He does not give his money in hope of gain, \*

**nor does he take a bribe against the innocent.**

7 Whoever does these things \*

**shall never be overthrown.**

**SECOND READING**

James 1:17-27

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

The Word of the Lord  
**Thanks be to God.**

*All stand for*

**THE GOSPEL**

Mark 7:1-8, 14-15, 21-23

The Holy Gospel of our Lord Jesus Christ according to Mark.

**Glory be to thee, O Lord.**

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands,

thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written, ‘This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.’ You abandon the commandment of God and hold to human tradition.” Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.” For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”

The Gospel of the Lord.

**Praise be to thee, O Christ.**

## THE SERMON

Bikole Mulanda, *Swahili Minister*

*Following the sermon, all stand and say*

## THE NICENE CREED

**I believe in one God,  
the Father Almighty,  
maker of heaven and earth,  
and of all things visible and invisible;  
And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God, Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father;  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,  
and was incarnate by the Holy Ghost of the Virgin Mary,  
and was made man;  
and was crucified also for us under Pontius Pilate;  
he suffered and was buried;  
and the third day he rose again according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father;  
and he shall come again, with glory,  
to judge both the quick and the dead;  
whose kingdom shall have no end.  
And I believe in the Holy Ghost the Lord, and Giver of Life,  
who proceedeth from the Father and the Son;  
who with the Father and the Son together is worshiped and glorified;  
who spake by the Prophets.  
And I believe one holy Catholic and Apostolic Church;  
I acknowledge one Baptism for the remission of sins;  
and I look for the resurrection of the dead,  
and the life of the world to come. Amen.**

## THE PRAYERS OF THE PEOPLE

*A Deacon or Priest says*

Let us pray for the whole state of Christ's Church and the world.

*All kneel or stand. The Intercessor continues with these prayers.*

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks on behalf of all people: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

*The Celebrant says*

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.  
**Amen.**

*The People kneel.*

## THE CONFESSION OF SIN

Let us humbly confess our sins unto Almighty God.

*Silence may be kept.*

**Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.**

*The Celebrant stands and says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

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*The Celebrant may say one or more sentences of Scripture.  
The People stand.*

## THE PEACE

The peace of the Lord be always with you.  
**And with thy spirit.**

## THE HOLY COMMUNION

### OFFERTORY SENTENCE

*There are several ways to make a financial gift to Heavenly Rest: you may place cash or a check in the alms basin as it goes by; text the amount you wish to contribute to 84321; use the "Give" tab on your profile in the ChurchCenter App (also known as the Directory App); or visit our website by using the QR code below.*

Scan for online giving.  
Thank you for your generosity!



*Those who are celebrating birthdays in the month of September  
are invited to follow the procession to the altar rail and receive a blessing.*

### OFFERTORY

*Celebrant* All things come of thee, O Lord.  
*People* **And of thine own have we given thee.**

### BIRTHDAY BLESSINGS

#### THE GREAT THANKSGIVING *Eucharistic Prayer II*

The Lord be with you.

**And with thy spirit.**

Lift up your hearts.

**We lift them up unto the Lord.**

Let us give thanks unto our Lord God.

**It is meet and right so to do.**

*The Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

*Here a Proper Preface is said.*

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

### THE SANCTUS

**Holy, holy, holy, Lord God of Hosts:**

**Heaven and earth are full of thy Glory.**

**Glory be to thee, O Lord Most High.**

**Blessed is he that cometh in the name of the Lord.**

**Hosanna in the highest.**

*The People stand or kneel as they are able.*

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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, forever and ever. Amen.**

*The Celebrant breaks the consecrated bread*

## THE FRACTION ANTHEM

*Celebrant* Alleluia. Christ our Passover is sacrificed for us.  
*People* **Therefore let us keep the feast. Alleluia.**

*The following prayer may be said.*

**We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

*The Celebrant Proceeds*

The Gifts of God for the People of God.

*and may add* Take them in remembrance that Christ died for

you, and feed on him in your hearts by faith, with thanksgiving.

*All baptized Christians are welcome to receive Communion. If you are not baptized, you may come forward to receive a blessing by folding your arms over your chest. Gluten-free hosts are available upon request. If you are interested in being baptized, please speak to one of the clergy after the service.*

*Communion will be distributed at two stations: at the altar rail and in front of the pulpit. If you do not wish to receive wine, please cross your arms over your chest when the chalice comes by. Please follow the instructions of the ushers as you wait to receive Communion.*

*After the ministration of Communion, the Celebrant says*

Let us pray.

**Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

*The Commissioning of Eucharistic Visitors may be said.*

**In the name of this congregation, we send you forth, bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's Body and Blood. We who are many are one Body because we all share one bread and one cup.**

*The Celebrant blesses the People*

## WELCOME & ANNOUNCEMENTS

## THE DISMISSAL

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

## POSTLUDE

## MINISTERS OF THE LITURGY

*Preacher - Bikole Mulanda, Swahili Minister*

*Celebrant - The Rev. Dr. Doug Thomas, Priest in Residence*

*Assisting - The Rev. Dr. Russell Dickerson, Deacon*

*Lay Ministers - Tom Choate, Melody Brown*

*Sound - Steve Suttle*



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### CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Don Roberts, <i>Verger</i>
The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i>	Luke Mendez, <i>Coordinator for Youth and Young Adult Ministries</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	Steve Gibbs, <i>Parish Coordinator</i>
The Reverend Karen Boyd, <i>Deacon</i>	Donna Marcy, <i>Parish Bookkeeper</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Melody Brown, <i>Website Manager</i>
Bikole Mulanda, <i>Swahili Minister</i>	Austin Hackel, <i>Communications Coordinator</i>
Thomas Pavlechko, <i>Organist and Director of Music</i>	Robert Becerra, <i>Sexton</i>
Laura Dickson, <i>Director of the Children's Choir</i>	Dorothy Guerra, <i>Housekeeper</i>
Carol Ann Weston, <i>Director of Children &amp; Family Ministries</i>	Anne Jones, <i>Nursery Manager</i>

### VESTRY AND APPOINTED OFFICERS

Kate Haney, *Senior Warden*; Harry Hurt, *Junior Warden*; Debbie Sherman, *Secretary*; David Christianson, Michael Christie, Diane Stearns, Lisa Goolsby, Jay Hardaway, Norene Mansell, John Nichols, Robert Peterson, Sharon Lawler Elizabeth Niblo Wallace, *Chancellor*; and Sam Cutbirth, *Treasurer*