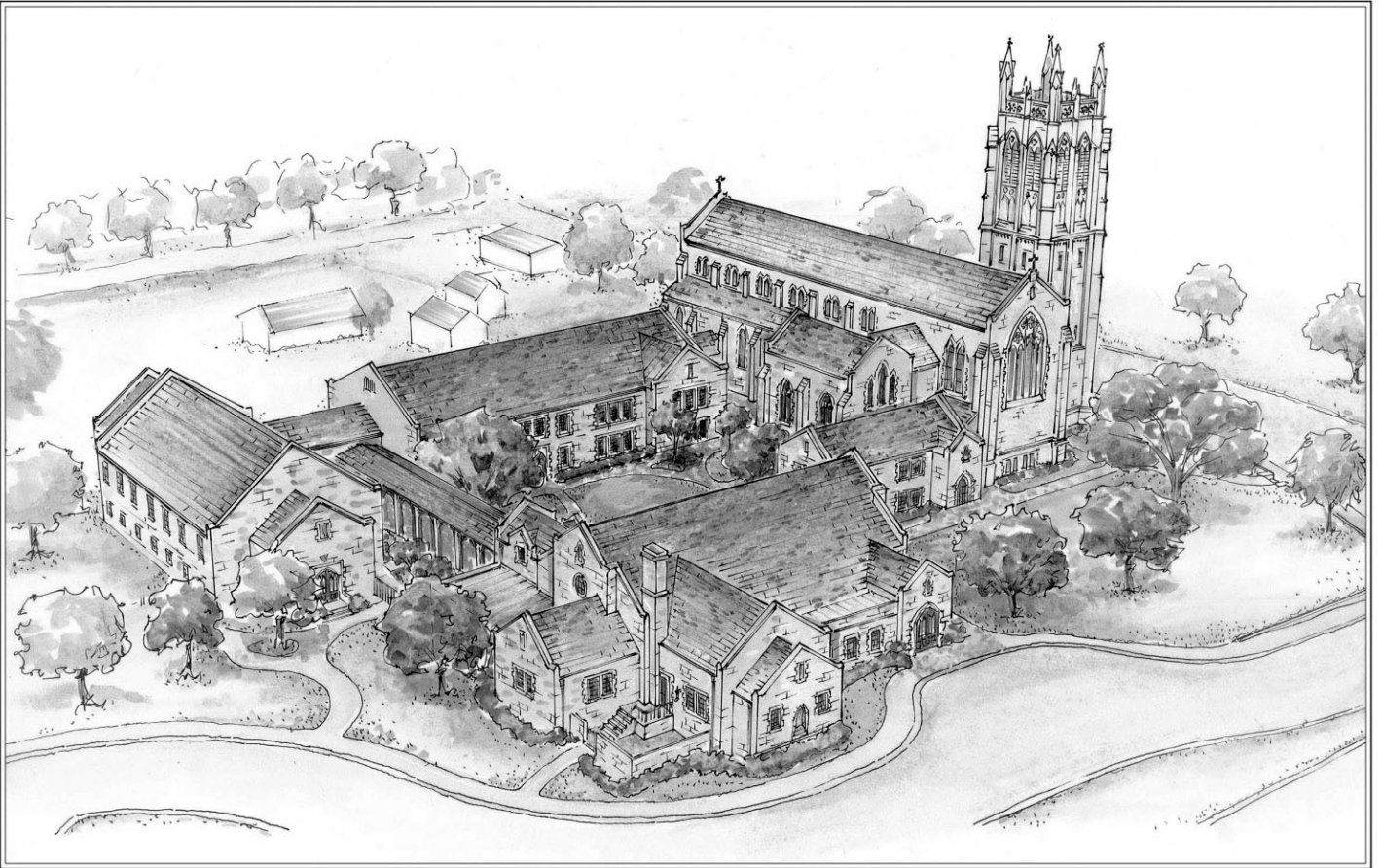


EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Jumapili ya kumi na mbili ya Pentekoste
Ushirika Mutakatifu yanni Chakula Cha Bwana
Jumapili, Agosti 16, 2026
Saa 1:00 Jioni



Twelfth Sunday after Pentecost, Year A
Holy Eucharist
Sunday, August 16, 2026
1:00 in the afternoon

WIMBO WA KUINGIA

Wote kusimama

SHAIRI LA SIKU

Yeremia 23:29

Bwana anasema, Neno langu si kama moto? Kama nyundo kuvunja mawe vipande vipande?

MANENO YA KARIBU

Bwana awe nanyi.

Awe pia nawe.

SALA YA UNGAMO

Wote wapige magoti

Mungu Mwenyezi, kwa hivyo kwako mioyo yote ni wazi, mahitaji yote yamejulikana, wala hakuna siri lililofichwa; uyasafishe mawazo ya mioyo yetu kwa kuingiza Roho yako Mutakatifu, ili tukupende kwa ukamilifu na kulitukuza Jina lako takatifu, kama inavyotustahili; kwa Kristo Bwana wetu. Amina.

AMRI MBILI ZA BWANA WETU

Wote wapige magoti

Bwana wetu Yesu Kristo alisema: Bwana Mungu wetu ni Bwana mumoja, na upende Bwana Mungu wako, kwa moyo wako wote, na kwa roho yako yote, na kwa akili yako yote, na kwa nguvu yako yote. Amri ya kwanza ndiyo hii. Ya pili ndiyo hii; Upende jirani yako kama wewe mwenyewe. Hii ndiyo amri mupya ninawapa ninyi, mupendane; kama mimi nilivyowapenda ninyi. **Bwana, uturehemu, tunakusihi uziandike amri zako hizi zote, mioyoni mwetu.**

KUUNGAMA DHAMBI

Wote wapige magoti

Sikieni maneno ya Yohana Mtakatifu:

Kwa maana Mungu alivyopenda ulimwengu, hata kutoa Mwana wake wa pekee, ili kila mutu akimwamini asipotee, lakini apate uzima wa milele.

Yohana 3:16

Tunyamaze kidogo kukumbuka dhambi zetu.

Wote wako kimya

Tukiri zambi zetu na kutubu na imani; tukikusudia kushika amri za Mungu na kukaa katika mapendo na salama na watu wote.

Mungu Mwenyezi,

Baba yetu ya mbinguni,

tumekosea wewe,

na tumekosea jirani zetu

kwa mawazo yetu, na kwa maneno yetu, na kwa matendo yetu,

na kwa maovu tuliyoyatenda, na kwa mema tusiyoyatenda,

kosa letu wenyewe.

Sisi tunatubu kabisa.

Kwa ajili ya Bwana wetu Yesu Kristo, utusamehe yote yaliyopita; utuwezeshe tangu leo kukutumikia, katika upya wa uzima, kwa utukufu wa Jina lako. Amina.

Mungu Mwenyezi, mwenye kusamehe wote wanaotubu kwa kweli; awarehemu, awasamehe, awaokoe kwa zambi zenu zote, awasibitishe, † awape nguvu kwa wema wote, na awalinde katika uzima wa milele; kwa Yesu Kristo Bwana wetu. **Amina.**

PROCESSIONAL HYMN

Stand for the Procession

OPENING SENTENCE

Jeremiah 23:29

Is not my word like fire, says the Lord, and like a hammer that breaks a rock in pieces?

OPENING ACCLAMATION

The Lord be with you.

And also with you.

THE COLLECT FOR PURITY

All kneel and say together

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 SUMMARY OF THE LAW

Remain kneeling

Our Lord Jesus Christ said: The Lord our God is one Lord, and love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The first commandment is this. The second is this; Love your neighbor as yourself. This is the new commandment I give you, love one another; as I have loved you.

Lord have mercy upon us, and write all these your laws in our hearts, we ask you.

CONFESSION OF SIN

Remain kneeling

Hear the words of Saint John:

God so loved the world that he gave his only Son, that whoever believes in him should not perish but have everlasting life.

John 3:16

Let us keep silence for a moment, to remember our sins.

All remain silent

Let us confess our sins, in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all people.

**Almighty God,
our heavenly Father,
we have sinned against you,
and against our neighbors,
in our thoughts, in our words, and by our deeds,
in the evil that we have done, and in the good that we have not done
through our own deliberate fault.**

We truly repent of our sins.

For the sake of our Lord Jesus Christ, forgive us all that is past; enable us to serve you from now on, in newness of life, to the glory of your name. Amen.

Almighty God, who forgives all who truly repent; have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

UTUKUFU

Wote kusimama

Utukufu kwa Mungu, juu mbinguni, na salama duniani,
kwa watu wanaomupendeza,
tunakusifu, tunakubariki,
tunakuabudu, tunakutukuza,
tunakushukuru kwa ajili ya utukufu wako mkuu.
Bwana Mungu, Mufalme wa mbinguni,
Mungu Baba Mwenyezi,
Ee Bwana, Mwana pekee Yesu Kristo;
Ee Bwana Mungu, Mwana kondoo wa Mungu, Mwana wa Baba,
unayeondoa zambi za dunia, Uturehemu.
Unayeondoa zambi za dunia, upokee ombi letu.
Unayekaa kuume kwa Mungu Baba, Uturehemu.
Kwa maana wewe peke yako Mutakatifu,
wewe peke yako Bwana,
wewe peke yako, Ee Kristo,
pamoja na Roho Mutakatifu,
uliye juu kwa utukufu wa Mungu Baba. **Amina.**

KUPOKEA NENO LA MUNGU

Kasisi aseme SALA YA SIKU, akianza hivi:

SALA YA SIKU

Bwana awe nanyi.
Awe pia nawe.
Tuombe.

Mungu anayeishi daima, uongeze ndani yetu zawadi yako ya imani, ili, tukiondosha yote yenye kutuzuiza, tuweze kukimbia na juhudi katika mashindano mbele yetu, tukiangalia Yesu, mutangulizi na shabaha ya imani yetu; anayeishi na kutawala pamoja nawe na Roho Mutakatifu, Mungu mumoja, sasa hata milele. **Amina.**

KWAYA AU WIMBO

Kuketi. Kipande kinachotoka AGANO LA KALE kisomwe.

SOMO LA KWANZA

Isaya 56:1,6-8

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Kitabu cha Isaya.

Bwana asema hivi, Shikeni hukumu, mkatende haki; kwa maana wokovu wangu u karibu kuja, na haki yangu kufunuliwa.

Na wageni, walioandamana na Bwana ili wamhudumu, na kulipenda jina la Bwana, kuwa watumishi wake; kila aishikaye sabato asiivunje, na kulishika sana agano langu; Nitawaleta hao nao hata mlima wangu mtakatifu, na kuwafurahisha katika nyumba yangu ya sala; makafara yao na dhabihu zao zitakubaliwa juu ya madhabahu zangu; kwa maana nyumba yangu itaitwa nyumba ya sala kwa mataifa yote. Bwana MUNGU, akusanyaye waliofukuzwa katika Israeli asema, Pamoja na hayo nitamkusanyia na wengine, zaidi ya hao walio wake waliokusanywa.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

GLORY TO GOD

All Stand

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

THE LITURGY OF THE WORD

The Priest says the Collect of the Day, beginning with this:

THE COLLECT OF THE DAY

The Lord be with you.
And also with you.
Let us pray.

Ever-living God, increase in us your gift of faith, so that, casting off everything that hinders us, we may run with perseverance the race that is set before us, looking to Jesus, the pioneer and goal of our faith; who lives and reigns with you and the Holy Spirit, one God, now and forever.
Amen.

CHOIR OR HYMN

Sit down. A passage from the OLD TESTAMENT should be read.

FIRST READING

Isaiah 56:1, 6-8

Let the reader say first:

Hear the Word of the Lord as written in the Book of Isaiah.

Thus says the Lord: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed.

And the foreigners who join themselves to the Lord, to minister to him, to love the name of the Lord, and to be his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant-- these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord God, who gathers the outcasts of Israel, I will gather others to them besides those already gathered.

The Word of the Lord.
Thanks be to God.

WIMBO

Kuketi. Kipande kinachotoka AGANO JIPIYA kisomwe.

SOMO LA PILI

Waroma II:I-2a, 29-32

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Barua kwa Waroma.

Basi, nauliza, Je! Mungu aliwasukumia mbali watu wake? Hasha! Kwa kuwa mimi nami ni Mwisraeli, mmoja wa wazao wa Ibrahimu, mtu wa kabila ya Benyamini. Mungu hakuwasukumia mbali watu wake aliowajua tokea awali.

Kwa sababu karama za Mungu hazina majuto, wala mwito wake. Kwa maana kama ninyi zamani mlivyomwasi Mungu, lakini sasa mmepata rehema kwa kuasi kwao; kadhalika na hao wameasi sasa, ili kwa kupata rehema kwenu wao nao wapate rehema. Maana Mungu amewafunga wote pamoja katika kuasi ili awarehemu wote.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO

HABARI NJEMA

Matayo 15:21-28

Musomaji aseme kwanza:

Sikieni Habari Njema takatifu kama lilivyoandikwa katika Injili ya Matayo Mtakatifu.
Utukufu uwe nawe, Ee Bwana wetu.

Yesu akaondoka huko, akaenda kando pande za Tiro na Sidoni. Na tazama, mwanamke Mkananayo wa mipaka ile akatokea, akampazia sauti akisema, Unirehemu, Bwana, Mwana wa Daudi; binti yangu amepagawa sana na pepo. Wala yeye hakumjibu neno. Nao wanafunzi wake wakamwendea, wakamwomba, wakisema, Mwache aende zake; kwa maana anapiga kelele nyuma yetu. Akajibu, akasema, Sikutumwa ila kwa kondoo waliopotea wa nyumba ya Israeli. Naye akaja akamsujudia, akisema Bwana, unisaidie. Akajibu, akasema, Si vema kukitwaa chakula cha watoto na kuwatupia mbwa. Akasema, Ndiyo, Bwana, lakini hata mbwa hula makombo yaangukayo mezani pa bwana zao. Ndipo Yesu akajibu, akamwambia, Mama, imani yako ni kubwa; na iwe kwako kama utakavyo. Akapona binti yake tangu saa ile.

Hii ndiyo Habari Njema ya Kristo.
Tunakusifu sana, Ee Kristo, kwa Habari Njema yako takatifu

WIMBO WA INJILI

KUHUBIRI

Mchungaji Amanda Watson

Wote kusimama

IMANI YA NIKE

Ninamwamini Mungu mumoja, Baba Mwenyezi, Muumba wa mbingu na dunia, na vitu vyote vinavyoonekana na visivyoonekana.

Ninamwamini Bwana mumoja, Yesu Kristo, Mwana wa pekee wa Mungu, amezaliwa na Baba mbele ya kuwa ulimwengu, Mungu kutoka Mungu, Nuru kwa Nuru, Mungu kweli kwa Mungu kweli, amezaliwa, hakuumbwa, Mwenye umungu mumoja na Baba. Vitu vyote viliumbwa naye. Alishuka toka mbinguni, kwa ajili ya sisi watu, na kwa ajili ya wokovu wetu; alitwaa

HYMN

All Sit. A passage from the NEW TESTAMENT should be read.

SECOND READING

Romans 11:1-2a, 29-32

Let the reader say first:

Hear the Word of the Lord as written in the Letter of Romans

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

The Word of the Lord.
Thanks be to God.

HYMN

GOSPEL READING

Matthew 15:21-28

Let the reader say first:

Hear the Word of the Lord as written in the Gospel of St. Matthew.
Glory be to you, O Lord.

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

This is the Gospel of Christ.
Praise be to you, O Christ, for your holy Gospel.

HYMN OF THE GOSPEL

SERMON

The Reverend Amanda Watson

All Stand

THE NICENE CREED

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

mwili kwa tendo la Roho Mutakatifu, katika Bikira Maria, akawa mutu. Akasulibiwa kwa ajili yetu, wakati wa Pontio Pilato, akateswa, akazikwa, Akafufuka kisha siku tatu, kama ilivyoandikwa; akapanda mbinguni, anakaa kwa mukono wa kuume kwa Baba. Ndipo atarudi kwa utukufu, kuwahukumu wazima na wafu, na ufalme wake hautakuwa na mwisho.

Ninamwamini Roho Mutakatifu, Bwana na Mutoa uzima, aliyetoka kwa Baba na Mwana, anayeabudiwa na kutukuzwa, pamoja na Baba na Mwana, aliyesema kwa manabii.

Ninaamini Kanisa, moja, takatifu, katolika,† lililotoka kwa Mitume. Ninasadikia ubatizo mumoja kwa kuondolewa kwa zambi. Ninangojea ufufuko wa wafu na uzima wa milele utakaokuja. Amina.

MAOMBI YA KANISA

Wote wapige magoti

Tuombe Kanisa na dunia na tumushukuru Mungu kwa wema wake wote.

Tukumbuke waaskofu wote, na hasa Askofu Mukuu yetu Sean, na Askofu ya Dayosisi yetu Scott, na waongozi wengine wa makanisa yote: wawe na hekima na umoja.

Bwana mwema utusikie.

Wakubwa wa inchi yetu watawale na haki.

Bwana mwema utusikie.

Haki iwe ngabo na mulinzi wetu.

Bwana mwema utusikie.

Inchi iwe salama; na watu wabarikiwe.

Bwana mwema utusikie.

Makundi ya wanyama yaongezeke; na samaki baharini ziwe nyingi.

Bwana mwema utusikie.

Mashamba yaze matunda tele; mavuno yawe mengi.

Bwana mwema utusikie.

Mafundi na wafanya biashara wote waone faida kwa kazi zao.

Bwana mwema utusikie.

Sisi na adui zetu tuwe na moyo wa kuvunjika na tutafute salama.

Bwana mwema utusikie.

Nguvu ya Bwana itegemeze wagonjwa wote.

Bwana mwema utusikie.

Mapendo ya Bwana yafariji waliokufiliwa, wanaoteswa, wajane, yatima, na wenye kusikia upekee.

Bwana mwema utusikie.

Njia za dunia zisafishwe kwa hatari zo zote.

Aleluya. Bwana wa rehema ni pamoja nasi. Amina.

Muhudumu anaweza kualika watu wengine kuomba na maneno haya:

Tuendele kuomba, kwa sisi wenyewe na ndugu na dada zetu...

Mu Kuchunga kimya: wengine wanaweza kuomba kwa sauti, moja kwa moja, wengine kwa siri.

Nyuma ya dakika chache muhudumu aseme:

Tumaini letu ni kwako, Bwana wa rehema.

Tunategemea wewe pekee, Bwana wa mapendo. Amina.

SALA YA BWANA

Mhudumu aseme:

Tuombe, kama Mwokozi wetu alivyotuagiza na namna alivyotufundisha, tusubutu kusema:

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.

THE PRAYERS OF THE CHURCH

All Kneel

Let us pray for the Church and for the world, and let us thank God for his goodness. We remember all bishops, especially our Presiding Bishop Sean, and the Bishop of our Diocese Scott, and the leaders of all the churches: may they be blessed with wisdom and unity.

Good Lord, hear us.

May the leaders of our country rule with justice.

Good Lord, hear us.

May righteousness be our shield and our protector.

Good Lord, hear us.

May the country be at peace; and the people be blessed.

Good Lord, hear us.

May the herds increase; and the fish in the lakes be many.

Good Lord, hear us.

May the fields yield abundantly; may the harvests be great.

Good Lord, hear us.

May all artisans and traders see the benefit of their labors.

Good Lord, hear us.

May we and our enemies turn from strife and seek peace.

Good Lord, hear us.

May the strength of the Lord support all who are sick.

Good Lord, hear us.

May the Lord's love comfort the bereaved, the oppressed, widows, orphans, and the lonely.

Good Lord, hear us.

May the paths and roads of the world be swept clean of all dangers.

Alleluia. The Lord of mercy is with us. Amen.

The minister may invite others to pray, using these words:

Let us continue to pray for ourselves and for our brothers and sisters...

In a time of quiet, some may pray out loud, one at a time, and others may pray in secret.

After a few minutes, the minister may say:

Our trust is in you, merciful Lord

We rely on you alone, O God of love. Amen.

THE LORD'S PRAYER

The minister says:

As our Savior commanded and taught us, we are bold to say:

Baba yetu, uliye mbinguni, jina lako litukuzwe, ufalme wako uje, mapenzi yako yatimizwe, duniani kama mbinguni. Utupe leo chakula chetu cha kila siku; utusamehe makosa yetu, kama tunavyowasamehe waliotukosea. Usitulete katika majaribu, lakini utuokoe katika uovu. Kwani kwako ufalme, uwezo na utukufu, milele na milele, Amina.

SALAMA YA BWANA

Wote wasimame. Mbele ya kuwatakia salama, Kasisi aseme moja kati ya matangulizi haya:

Kristo ni salama yetu. Ametupatanisha na Mungu katika mwili mumoja, kwa njia ya musalaba wake. Tunakutana katika jina lake, tukifurahi pamoja katika salama yake.

Waefeso 2:16

Salama ya Bwana iwe nanyi siku zote.

Iwe pia nawe.

Kasisi anaweza kusema:

Katika mapendo ya Kristo, tupeane salama.

Watu wasalamiane.

BARAKA YA WATOTO

Watoto wote wanaalikwa kufika mbele ya kanisa ili wabarikiwe na kasisi.

BARAKA ZA KURUDI SHULENI

Wanafunzi, walimu, na wafanyakazi wa shule wanaalikwa mbele kwa ajili ya baraka.

Unaweza kuleta mikoba yako au vifaa vya shule.

SHEREHE YA MEZA YA BWANA

Kasisi atayarisha mukate na mvinyo kwa Meza Takatifu, watu wakiimba wimbo, na kutoa sadaka. Kasisi aombee sadaka.

Wote kusimama.

Bwana awe nanyi

Awe pia nawe.

Inueni mioyo yenu.

Tunaiinua kwa Bwana.

Tumushukuru Bwana Mungu wetu.

Kutenda hivi ni vizuri na vema.

Kasisi:

Ndiyo bora kwetu, inatupasa, ni furaha yetu, kila wakati na ndani ya kila pahali, kukushukuru Ee Bwana, Baba Mutakatifu, Mungu Mwenyezi wa milele, kwa Yesu Kristo, Mwana wako wa pekee, Bwana wetu.

Kwani yeye ni Neno lako la uzima, kwa yeye vitu vyote viliumbwa toka mwanzo, nasi tumeumbwa kwa mufano wako. Kwa yeye ulituokoa toka utumwa wa zambi; ukimupa kuzaliwa mutu, kufa musalabani na kufufuka kwa sisi.

Kwa yeye umetufanya kuwa watu wako pekee, ukimutukuza juu kwa mukono wako wa kuume wa utukufu; na kwa yeye umetutumia sisi Roho yako Mutakatifu ya uzima.

Kushukuru kwa nyakati fulani:

Kwa hivyo sisi pamoja na malaika na malaika wakuu, na kundi lote la mbinguni, tunakutukuza na kulisifu jina lako takatifu. Tunakusifu daima, tukisema:

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. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

THE PEACE OF THE LORD

All stand. Before greeting the people, the Priest says one of these introductions

Christ is our peace. He has reconciled us to God in one body by his cross. We meet in his name and rejoice together in his peace.

based on Ephesians 2:16

The peace of the Lord be always with you.

And also with you.

The Priest may say:

In the love of Christ, let us give one another peace.

The people greet each other.

BLESSING OF THE CHILDREN

All children are invited to come to the front of the church to be blessed by the priest.

BACK-TO-SCHOOL BLESSING

Students, teachers, and school staff are invited to the front for a blessing. You may bring your backpacks or school devices.

THE LITURGY OF THE EUCHARIST

The priest prepares the bread and wine on the Holy Table, while the people sing a hymn, and give their offerings. The priest prays over the offerings.

All Stand

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is good and right so to do.

The priest says:

Indeed, it is best for us, it is our duty and our joy, at all times and in all places, to thank you O Lord, Holy Father, almighty and eternal God, through Jesus Christ, your only Son our Lord.

For he is you living Word, through him you have created all things from the beginning, and formed us in your own image. Through him you have saved us from the slavery of sin, giving him a human birth, to die upon the cross, and to rise again for us.

Through him you have made us your own people, exalting him to your right hand on high; and through him you have sent us your Holy Spirit of life.

Here a Proper Preface is said (There is no Preface during Ordinary Time):

Therefore with angels and archangels, and with all the company of heaven, we exalt and praise your holy name. We praise you forever, saying:

**Mutakatifu, Mutakatifu, Mutakatifu,
Bwana Mungu wa uwezo na mamlaka,
mbingu na inchi zimejaa utukufu wako,
utukufu uwe nawe, Ee Bwana uliye mbinguni.
Abarikiwe anayekuja kwa Jina la Bwana.
Hosana juu mbinguni.**

Wote wapige magoti

Ee Baba ya mbinguni, upokee kusifu kwetu katika Mwana wako, Mwokozi wetu Yesu Kristo, na tukipokea mukate huu na kikombe hiki kama Mwana wako alivyotuamuru, tuwe washiriki wa mwili na damu yake.

Usiku ule alipotolewa alitwaa mukate na alipokwisha kukushukuru, akauvunja akawapa wanafunzi wake akisema: «Twaeni, mule, huu ni Mwili wangu unaotolewa kwa ajili yenu; fanyeni hivi kwa kunikumbuka mimi.»

Ndivyo, walipokwisha kula, akatwaa kikombe; alipokwisha kukushukuru, akawapa, akisema: «Ninyi wote muniye hii, kwani hii ndiyo Damu yangu ya Agano Jipya, inayomwangika kwa ajili yenu, na kwa watu wengi, kwa kusamehewa kwa zambi; fanyeni hivi, kila mara munapoikunywa kwa kunikumbuka mimi.»

**Kristo alikufa;
Kristo amefufuka;
Kristo atakuja tena.**

Ndiyo Baba ya mbinguni, kwa mukate huu na kikombe hiki tunafanya hivi kumukumbuka. Tunaonyesha na kutangaza zabihu yake kamilifu musalabani mara moja; tunatangaza ufufuko wake toka wafu, na kupanda kwake mbinguni, na tunangojea kuja kwake katika utukufu.

Katika yeye, kuhani yetu mukubwa, upokee zabihu yetu ya kusifu na kushukuru, na kwa kula na kunywa zawadi hizi takatifu, mbele ya utukufu wako, tuwe wapya kwa Roho yako; utuingize mapendo yako, na utuunge pamoja katika mwili wa Mwana wako.

Naye, na katika yeye, na kwa uwezo wa Roho Mutakatifu, pamoja na wote wenye kusimama mbele yako, kwa inchi na mbingu, tunakuabudu, Baba Mwenyezi, sasa hata milele:

Baraka na heshima, na utukufu na uwezo, uwe kwako milele na milele. Amina.

Tujitayarishe kupokea Chakula cha Bwana:

Hatusubutu kuikaribia Meza yako hii, Bwana mwenye rehema, kwa kuitumainia haki yetu wenyewe, ila rehema zako nyingi zilizo kubwa. Hatustahili hata kuokota makombo chini ya Meza yako. Ndiwe Bwana usiyegeuka, asili yako ni kuwa na rehema daima. Basi utupe, Bwana mwema, tuule mwili wa Mwana wako mupendwa Yesu Kristo, na kuinywa damu yake, tukae daima ndani yake, naye ndani yetu. Amina.

Mukaribie na imani, mupokee sakramento hii takatifu ya mwili na damu ya Kristo tukikumbuka alikufa kwa ajili yetu na tumule mioyoni mwetu kwa imani tukishukuru.

Halafu wahudumu wagawe mukate na mvinyo kwa watu. Wakati watu wanapokea, kwanza iwe kimya, lakini nyuma kidogo nyimbo za hali ya maombi zinaweza kuimbwa.

MWANAKONDOO WA MUNGU

Mwanakondoo wa Mungu uondoaye

Mwanakondoo wa Mungu uondoaye zambi za dunia [ah]: Utuhurumie Bwana.

Mwanakondoo wa Mungu uondoaye

Mwanakondoo wa Mungu uondoaye zambi za dunia [ah]: Utupe amani Bwana.

Mwanakondoo wa Mungu uondoaye

**Holy, Holy, Holy,
Lord God of power and might,
heaven and earth are full of your glory.
Glory be to you, O Lord in heaven.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

All Kneel

Accept our praises, O heavenly Father, through your Son, our Savior Jesus Christ, and as we receive this bread and this cup as your Son commanded us, may we be partakers of his body and his blood.

On the same night that he was betrayed, he took bread and after giving you thanks 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."

In the same way, when they had eaten, he took the cup; and after giving you 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 forgiveness of sins; do this, as often as you drink it, in remembrance of me."

**Christ has died;
Christ is risen;
Christ will come again.**

Indeed, heavenly Father, with this bread and this cup we do this in remembrance of him. We show and proclaim his perfect sacrifice made once for all on the cross; we proclaim his resurrection from the dead, and his ascension into heaven; and we wait for his coming in glory.

Accept through him, our high priest, this our sacrifice of praise and thanks, and as we eat and drink these holy gifts, in the presence of your majesty, renew us by your Spirit, inspire us with your love, and unite us in the body of your Son.

With him and through him, by the power of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father Almighty, now and forever:

Blessing and honor, and glory and power, be yours forever and ever. Amen.

Let us prepare to receive the Lord's meal:

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

Draw near with faith, receive this holy sacrament of the body and blood of Christ as we remember that he died for our sake, and feed on him in our hearts by faith with thanksgiving.

Then the ministers distribute the bread and wine to the people. While the people are receiving, silence should be kept at first, but later prayerful songs may be sung.

AGNUS DEI

Lamb of God, you take away

Lamb of God, you take away the sins of the world [ah]: Have mercy on us, Lord.

Lamb of God, you take away

Lamb of God, you take away the sins of the world [ah]: Grant us peace, Lord.

Lamb of God, you take away

KUTOKA KWA WATU WA MUNGU

Wote wapige magoti. Wote waseme moja la maombi haya:

Mungu Mwenyezi, tunakushukuru kwa kutulisha na mwili na damu ya Mwana wako, Yesu Kristo. Kwa yeye tunakutolea mioyo na miili yetu kuwa zabihu iliyo hai. Ututume duniani kwa uwezo wa Roho yako, kuishi na kutumika, kwa sifa na utukufu wako. Amina.

SHAIRI LA SIKU

Matayo 15:28

Yesu alisema, Ee mwanamuke, imani yako ni kubwa; iwe kwako kama unavyotaka.

SALAMA NA BARAKA

Wote wapige magoti. Kasisi au Askofu akiwapo, aseme Salama na Baraka, au Baraka ya kila wakati.

Salama ya Mungu, inayopita akili yote, iwalinde mioyo na nia zenu katika hali ya kujua na kependa Mungu, na Mwana wake, Yesu Kristo Bwana wetu; na baraka ya Mungu Mwenyezi, Baba na Mwana, na Roho Mutakatifu, iwe kwenu na ikae nanyi milele na milele. **Amina.**

Wote kusimama.

Muhudumu aondoe watu na maneno haya:

MANENO YA KUAGANA

Bwana wetu akae nanyi.

Akae na roho yako.

Kwendeni na salama kwa kumupenda na kumutumikia Bwana. Aleluya!

Kwa Jina la Kristo. Aleluya! Amina.

WIMBO YA KUTOKA

THE GOING OUT OF THE PEOPLE OF GOD

All kneel. All say this prayer:

Almighty God, we thank you for feeding us with the body and blood of your Son, Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out into the world in the power of your Spirit, to live and work to your praise and glory. Amen.

CLOSING SENTENCE

Matthew 15:28a

Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.'

THE BLESSING

All kneel. The Priest, or the Bishop if present, says the Peace and Blessing, or a seasonal blessing.

The Peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the Blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

All Stand.

A minister dismisses the people with these words:

WORDS OF DISMISSAL

The Lord be with you.

And with your spirit.

Go in peace to love and serve the Lord. Alleluia!

In the name of Christ. Alleluia! Amen.

RECESSIONAL HYMN

WAHUDUMU WA LITURUJIA

Waziri/Minister - The Rev. Bikole Mulanda, Swahili Minister

Muhubiri na Muhudumu/Celebrant & Preacher - The Rev. Amanda Watson, Assistant Rector for Community Life

Kwaya/Music - Aleluya Kwaya

Musomaji/Lay Minister - Bijoux Mashauri

Washemasi/Greeters & Ushers - Baya Lushiaawe, Mkyombwe



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CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Carol Ann Weston, <i>Director of Children & Family Ministries</i>
The Reverend Ashley Powers, <i>Associate Rector</i>	Thomas Pavlechko, <i>Organist and Director of Music</i>
The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i>	Elizabeth Knauer, <i>Music Assistant, Choristers</i>
The Reverend Joe Biles, <i>Curate and Pastoral Assistant</i>	Laura Dickson, <i>Music Assistant, Children's Choir</i>
The Reverend Karen Boyd, <i>Assisting Priest</i>	Jen Rogers, <i>Director of Communications and Stewardship</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	Lydia Hurt, <i>Parish Manager</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Brenda Fisher, <i>Parish Accountant</i>
The Reverend Bikole Mulanda, <i>Deacon and Swahili Minister</i>	Robert Becerra, <i>Sexton</i>
Luke Teten, <i>Verger</i>	Devon Castillo, <i>Assistant Sexton</i>
	Anne Jones, <i>Nursery Manager</i>

VESTRY AND APPOINTED OFFICERS

Kate Haney, *Senior Warden*; Dru Hall, *Junior Warden*; Sharon Lawler, *Secretary*; Kimberly Brumley, David Christianson, Michael Christie, Dru Hall, Dan Harbaugh, Gretchen Henson, Jay Moore, Dustin Rainwater, Mary Reyes, Diane Stearns, Elizabeth Niblo Wallace, *Chancellor*; and Patrick Lewis, *Treasurer*