

EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

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Tenth Sunday after Pentecost  
Holy Eucharist Rite I  
Sunday, July 28, 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*

O God, the protector of all that trust in thee, without whom nothing is strong, nothing is holy: Increase and multiply upon us thy mercy; that, thou being our ruler and guide, we may so pass through things temporal, that we finally lose not the things eternal; 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**

2 Kings 4:42-44

A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the Lord, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the Lord.

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

*The Lector and People pray responsively by half verse*

**PSALM 145:10-19** *Exaltabo te, Deus*

10 All your works praise you, O Lord, \*  
**and your faithful servants bless you.**  
11 They make known the glory of your kingdom \*  
**and speak of your power;**  
12 That the peoples may know of your power \*  
**and the glorious splendor of your kingdom.**  
13 Your kingdom is an everlasting kingdom; \*  
**your dominion endures throughout all ages.**  
14 The Lord is faithful in all his words \*  
**and merciful in all his deeds.**  
15 The Lord upholds all those who fall; \*  
**he lifts up those who are bowed down.**  
16 The eyes of all wait upon you, O Lord, \*  
**and you give them their food in due season.**  
17 You open wide your hand \*  
**and satisfy the needs of every living creature.**  
18 The Lord is righteous in all his ways \*  
**and loving in all his works.**  
19 The Lord is near to those who call upon him, \*  
**to all who call upon him faithfully.**

**SECOND READING**

Ephesians 3:14-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

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

*All stand for*

**THE GOSPEL**

John 6:1-21

The Holy Gospel of our Lord Jesus Christ according to John.  
**Glory be to thee, O Lord.**

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they

sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

The Gospel of the Lord.  
Praise be to thee, O Christ.

THE SERMON

The Reverend David Romanik, *Rector*

*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

*At Heavenly Rest, we believe that we are called to respond to God's grace and generosity by giving of our time, talent, and treasure. The work of this church community is made possible by the financial contributions of those who worship here and participate in the life of this place.*

*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!



### OFFERTORY

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

### 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 ministrations 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* - The Rev. David Romanik, *Rector*

*Celebrant* - The Rev. Amanda Watson, *Assistant Rector for Community Life*

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

*Lay Ministers* - Tom Choate, Ronnie Garcia

*Sound* - Annabel House

*Usher* - Steve Suttle, Mike Young



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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*