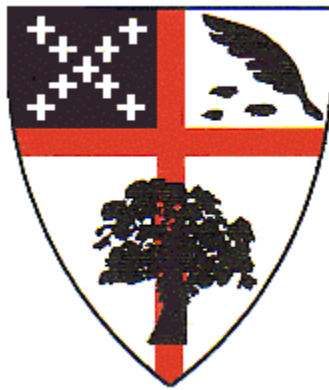


**August 4, 2024  
10:00 AM**

**The Eleventh Sunday  
after Pentecost**

## **Morning Prayer**



### ***St. Stephen's in-the-Field Episcopal Church***

7269 Santa Teresa Boulevard  
San Jose, CA 95139  
(408) 629-1836  
[www.ssitf.org](http://www.ssitf.org)

**We the people of Saint Stephen's in-the-Field  
seek to know Christ, to share Christ, and to serve Christ,  
recognizing his presence in all people,  
and reaching out in love to each other and to the world around us.**

***Opening Hymn:*** Here I am Lord – YSB page 19

***Opening Sentence***

***Officiant:*** Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer.

***Confession***

***Officiant:*** Let us confess our sins against God and our neighbor.

**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**

***Absolution***

***Officiant:*** Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

***Opening Versicle*** (*stand*)

***Officiant:*** Lord, open our lips.

***People:*** And our mouth shall proclaim your praise.

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

## ***Invitatory Psalm***

*Officiant:* The mercy of the Lord is everlasting:

*People:* Come let us adore him.

## ***Venite Psalm 95:1-7***

*Officiant and people*

**Come, let us sing to the Lord:\***

**Let us shout for joy to the Rock of our salvation.**

**Let us come before his presence with thanksgiving\***

**And raise a loud shout to him with psalms.**

**For the Lord is a great God,\***

**And a great King above all gods.**

**In his hand are the caverns of the earth,\***

**And the heights of the hills are his also.**

**The sea is his, for he made it,\***

**And his hands have molded the dry land.**

**Come, let us bow down, and bend the knee,\***

**And kneel before the Lord our Maker.**

**For he is our God,**

**and we are the people of his pasture and the sheep of his hand.\***

**Oh, that today you would hearken to his voice!**

## ***Psalm of the Day:***

***Psalm 78:23-29***

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.

*Officiant and people*

**Glory to the Father, and to the Son, and to the Holy Spirit;\***

**As it was in the beginning, is now, and will be for ever. Amen. Alleluia.**

***The Lessons*** *(please be seated)*

***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.”

The Word of the Lord.

**All: Thanks be to God.**

## ***Second Reading***

***Ephesians 4:1-16***

A reading from Paul's 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.

The Word of the Lord.

***All:***       **Thanks be to God.**

*Please stand*

***Gospel Gradual:*** Seek ye first – YSB page 48

## ***Gospel Reading***

***John 6:24-35***

A reading from the Gospel of John.

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.”

The word of the Lord.

**All: Thanks be to God**

## ***Sermon***

### ***The Apostles’ Creed*** *(please stand as you are able)*

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

**I believe in Jesus Christ, God’s only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come again to judge the living and the dead.**

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

### ***The Prayers***

*Officiant* The Lord be with you.

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

*Officiant* Let us pray.

### ***Lord's Prayer***

**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.**

### ***Suffrages***

*Leader:* Show us your mercy, O Lord;

*People:* **And grant us your salvation.**

*Leader:* Clothe your ministers with righteousness;

*People:* **Let your people sing with joy.**

*Leader:* Give peace, O Lord, in all the world;

*People:* **For only in you can we live in safety.**

*Leader:* Lord, keep this nation under your care;

*People:* **And guide us in the way of justice and truth.**

*Leader:* Let your way be known upon earth;

*People:* **Your saving health among all nations.**

*Leader:* Let not the needy, O Lord, be forgotten;

*People:* **Nor the hope of the poor be taken away.**

*Leader:* Create in us clean hearts, O God;

*People:* **And sustain us with your Holy Spirit.**

## ***Collect of the Day***

God of Moses, who rained down bread on Israel's wandering people: lead us to the food that never leaves us craving, addicted to consuming, but fills our whole humanity with life enough for all; through Jesus Christ, the bread of heaven. **Amen.**

## ***Prayers of the People*** *(please stand as you are able)*

**Leader:** O God, your people are hungry for your presence. Teach us to put our trust in you. Let us not forget the wonders you have shown us.

You are the Bread of Life;

**People:** **Give us this bread always.**

Your church is hungry for your presence. Give our leaders hearts for your truth and wisdom as they guide us. Bless our Presiding Bishop, Michael, our Presiding Bishop Elect, Sean Rowe, our Bishop Lucinda, and our priest, Karen. Empower us all to live the covenant we have made with you.

In the diocesan cycle of prayer, we pray for the Standing Committee and the ministries of governance.

You are the Bread of Life;

**People:** **Give us this bread always.**

**Leader:** Your world is hungry for peace. We pray for the leaders of all the nations, that their hearts are intent on the common good for all people. We pray for Joe Biden, our President, those who serve in local governments, and for the courts and Congress of our land.

You are the Bread of Life;

**People:** **Give us this bread always.**

**Leader:** Your world is hungry for relief from hardship. We pray for your people in all corners of the world who want for food and shelter; who suffer from oppression and want. Sustain them with your presence and lead us to come to their aid.

You are the Bread of Life;

**People:** **Give us this bread always.**

**Leader:** Your world is hungry for healing and compassion. We pray for those we hold dear to our hearts who suffer from any illness of body, mind or spirit. We pray also for those who have no one to pray for them.

*(You are invited to offer your own petitions either silently or aloud.)*



You are the Bread of Life;

**People:** Give us this bread always.

**Leader:** Your world is hungry for comfort and eager for new life. Enfold those who have died into your embrace. May they rest in your eternal presence. May we all come to know the life that is eternal.

*(You are invited to offer your own petitions either silently or aloud.)*

You are the Bread of Life;

**People:** Give us this bread always.

**All:** God and Father of all, hear our prayers for all in need and fill your hungry people with bread from heaven, through Jesus Christ our Lord. Amen.

## ***The Peace***

**Officiant:** The peace of the Lord be always with you.

**People:** And also with you.

*Exchange peace.*

**Offertory:** Bind us together – YSB page 6

## ***Doxology (Old 100<sup>th</sup>):***

Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;

praise him a - bove, ye heav - en - ly host; praise Fa - ther, Son and Ho - ly Ghost. A - men.

### ***The General Thanksgiving***

**Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.**

### ***A Prayer of St. Chrysostom***

**Almighty God, you have given us grace at this time with one accord to make  
our common supplication to you; and you have promised through your well-  
beloved Son that when two or three are gathered together in his Name you  
will be in the midst of them: Fulfill now, O Lord, our desires and petitions as  
may be best for us; granting us in this world knowledge of your truth, and in  
the age to come life everlasting. Amen.**

### ***Announcements*** *(please be seated)*

### ***Prayers for Celebrations***

**Loving Creator, You are the source of life and the source of love. We thank you for all who celebrate birthdays, anniversaries, and special events today. Watch over them as their days increase, bless and guide them wherever they may be. May your peace which passes understanding abide all the days of their lives, and may your love for the world shine through them and the deep relationships they cherish, through Jesus Christ our Savior. Amen.**

*Please stand*

### ***Concluding Versicle and Response***

*Officiant* Let us bless the Lord.

*People* **Thanks be to God.**

### ***Concluding Sentence***

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. **Amen.**

***Mission Song:*** Freely, freely – YSB page 16

## **Mark your calendar**

- Wednesday Book Group, every Wednesday morning at St. John's, 11am
- Tuesday, September 3 – Ending of Pastoral Relationship, Bishop Lucinda presiding, 4pm at St. Stephen's

## **Vestry Members**

Janet Thorsrud & Susan Zaballos, *Senior Wardens* •  
Rob van der Molen, *Junior Warden* • Anthony Francis •  
Andy Lief, *Treasurer/Finance* • Jill Vaughn, *Clerk*