

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Sixteenth Sunday after Pentecost
Holy Eucharist Rite I
Sunday, September 8th, 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

Grant us, O Lord, we pray thee, to trust in thee with all our heart; seeing that, as thou dost always resist the proud who confide in their own strength, so thou dost not forsake those who make their boast of thy mercy; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

All sit

THE WORD OF GOD

FIRST READING

Isaiah 35:4-7a

Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water.

The Word of the Lord
Thanks be to God.

The Lector and People pray responsively by half verse

PSALM 146 *Lauda, anima mea*

1 Hallelujah! Praise the Lord, O my soul! *

I will praise the Lord as long as I live; I will sing praises to my God while I have my being.

2 Put not your trust in rulers, nor in any child of earth, *

for there is no help in them.

3 When they breathe their last, they return to earth, *

and in that day their thoughts perish.

4 Happy are they who have the God of Jacob for their help! *

whose hope is in the Lord their God;

5 Who made heaven and earth, the seas, and all that is in them; *

who keeps his promise for ever;

6 Who gives justice to those who are oppressed, *

and food to those who hunger.

7 The Lord sets the prisoners free; the Lord opens the eyes of the blind; *

the Lord lifts up those who are bowed down;

8 The Lord loves the righteous; the Lord cares for the stranger; *

he sustains the orphan and widow, but frustrates the way of the wicked.

9 The Lord shall reign for ever, *

your God, O Zion, throughout all generations. Hallelujah!

SECOND READING

James 2:1-17

My brothers and sisters, do you with your acts of favoritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonored the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfill the royal law according to the scripture, "You shall love your neighbor as yourself." But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it. For the one who said, "You shall not commit adultery," also said, "You shall not murder." Now if you do not commit adultery but if you murder, you have become a transgressor of the law. So speak and so act as those who are to be judged by the law of liberty. For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment. What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

The Word of the Lord
Thanks be to God.

THE GOSPEL

Mark 7:24-37

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

Glory be to thee, O Lord.

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go—the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

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.**

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 anniversaries 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.**

ANNIVERSARY 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

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| <i>Celebrant</i> | Alleluia. Christ our Passover is sacrificed for us. |
| <i>People</i> | 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. Karen Boyd, Deacon

Lay Ministers - David Christianson

Sound - Annabel House



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

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