

## THE WORD OF GOD

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### Prelude

**Procession** Rejoice, ye pure in heart! **Hymn 556**  
*Marion*

**The Holy Eucharist: Rite II** **BCP pg. 355**

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

**Celebrant** 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.**

**Song of Praise** **Al-la-la-lah!**

**Chorus:** Verse 1:  
**Al-la-la-lah-la-lah-le-lu-ia!** **Shake another hand,**  
**Al-la-la-lah-la-leh-lu-ia!** **shake a hand next to ya,**  
**Al-la-la-lah-la-lah-le-lu-ia!** **shake another hand, and sing this song.**  
**Al-la-la-lah-la-lah-le-lu-ia!** **Shake another hand,**  
**shake a hand next to ya,**  
**shake another hand, and sing, sing along.**  
(Chorus)

### The Collect of the Day

**Celebrant** The Lord be with you.  
**People** **And also with you.**

**Celebrant** Let us pray.

**Celebrant** Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your 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 lives and reigns with you and the Holy Spirit, one God for ever and ever. **Amen.**

**The First Lesson** **Song of Solomon 2:8-13**

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away."

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

### The Response

**Psalm 45:1-2, 7-10**

1 My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.

2 You are the fairest of men; \*  
grace flows from your lips,  
because God has blessed you for ever.

7 Your throne, O God, endures for ever and ever, \*  
a scepter of righteousness is the scepter of your kingdom;  
you love righteousness and hate iniquity.

8 Therefore God, your God, has anointed you \*  
with the oil of gladness above your fellows.

9 All your garments are fragrant with myrrh, aloes, and cassia, \*  
and the music of strings from ivory palaces makes you glad.

10 Kings' daughters stand among the ladies of the court; \*  
on your right hand is the queen,  
adorned with the gold of Ophir.

### The Second Lesson

**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.

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

**Sequence** Take my life, and let it be  
*Hollingside* **Hymn 707**

### The Gospel

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

**Celebrant** The Holy Gospel of our Lord Jesus Christ according to Mark.  
**People** **Glory to you, Lord Christ.**

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."

**Celebrant** The Gospel of the Lord.  
**People** **Praise to you, Lord Christ.**

### The Sermon

**The Very Rev. Beth Franklin**

### The Nicene Creed

**BCP pg. 358**

**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 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 People (Form VI)

BCP pg. 392

“Be Glorified”

*Verse 1 and 2 will be sung before the prayers  
Verse 3 will be sung after the prayers*

Verse 1: In my life, Lord, be glorified, be glorified,  
In my life, Lord, be gloried today.

Verse 2: In our hearts...

Verse 3: In our world...

Confession

BCP pg. 392

Leader We pray to you also for the forgiveness of our sins.

People Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

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

The Peace

BCP Pg. 360

Celebrant The peace of the Lord be always with you.

People And also with you.

*We greet one another, passing the peace of God.*

Announcements

THE HOLY COMMUNION

Preparation of the Table

Offertory

Presentation of the Offerings

Hymn 380

*verse 3*

Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly host;  
praise Father, Son, and Holy Ghost.

The Great Thanksgiving (Eucharistic Prayer A)

BCP pg. 361

Celebrant and People

Hymn S-125

Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest. Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest. Hosanna in the highest.

Eucharistic Prayer A Continues

BCP pg. 362

The Lord’s Prayer

BCP pg. 364

Celebrant And now, as our Savior Christ has taught us, we are bold to say,

People 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.

The Breaking of the Bread

BCP pg. 364

Celebrant Alleluia. Christ our Passover is sacrificed for us;

People Therefore let us keep the feast. Alleluia.

Communion

*Gluten-free wafers are available.*

Communion Hymns

I am the bread of life

WLP 762

Let us break bread together

Hymn 325

Post Communion Prayer

BCP pg. 365

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Blessing

Closing Hymn

Lord, dismiss us with thy blessing

Hymn 344

*Sicilian Mariners*

Dismissal

BCP pg. 366

Postlude



ST. MICHAEL'S  
EPISCOPAL CHURCH  
ARLINGTON, VA

SUNDAY, SEPTEMBER 1, 2024

15TH SUNDAY AFTER PENTECOST

Whatever has brought you to worship with this community today, we're so glad you're here. If you're wondering whether there might be something more for you, we hope you'll come back and find out. One of the things we're committed to is finding how our story connects with God's story. We'd love to have your story become a part of our story.

In the words of the Worship Department at Washington National Cathedral, "Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed and transformed as the people of God. One of the glories of the Episcopal Church is its liturgical worship. Liturgy refers to the patterns, forms, words, and actions through which public worship is conducted."

The root of the word liturgy is "the work of the people." Meaning all that happens in the sanctuary with the community who gathers works because of your participation. The beautiful thing about this invitation to participate is that, who we are and what we bring is enough because God meets us here! So don't worry about "doing" anything "right." Whether you've been to Episcopal services for a long time, or this is your first, we hope you'll worship in the way that is most comfortable to you. The service instructions about standing, kneeling, and other directions are intended to help clue you into the habits of this particular community.

We are currently offering communion in both kinds, the bread and the wine. Drinking from a common cup, is an essential symbolic practice, a reflection of our theology. We place great emphasis on offering this meal from a single paten (plate which holds the bread) and chalice to symbolize the unity we find in Christ, despite any perceived divisions. We return to the Eucharistic table again and again, because it is only through Christ that we are able to imagine what being unified might look like. Choosing to intinct the bread in the chalice is the least sanitary option, as we risk having many hands in the chalice. Please either drink from the chalice, or refrain from consuming the wine. Receiving the bread only is full participation in the Eucharist. Whether you would like to receive bread, bread and wine, or a blessing, please know that you are welcome at the Lord's table.

Sounds from children, young and old, are a valuable part of a vibrant prayer life! Children's worship is an opportunity for our youngest members to creatively engage in scripture and worship from the opening hymn through the peace. Families who remain in the sanctuary are encouraged to allow children to worship in age-appropriate ways, remaining mindful that it does not distract those around you who are also worshipping. Should a break be beneficial at any point in the service, the nursery is available for supervised play, and includes a QR code for streaming of the service on any device.



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