

Prelude

Procession O for a Thousand Tongues to Sing Hymn 493
Azmon

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 Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The First Lesson Proverbs 22:1-2, 8-9, 22-23

A good name is to be chosen rather than great riches, and favour is better than silver or gold. The rich and the poor have this in common: the Lord is the maker of them all. Whoever sows injustice will reap calamity, and the rod of anger will fail. Those who are generous are blessed, for they share their bread with the poor. Do not rob the poor because they are poor, or crush the afflicted at the gate; for the Lord pleads their cause and despoils of life those who despoil them.

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

The Response Psalm 125

1 Those who trust in the Lord are like Mount Zion, *

which cannot be moved, but stands fast for ever.

2 The hills stand about Jerusalem; *

so does the Lord stand round about his people, from this time forth for evermore.

3 The scepter of the wicked shall not hold sway over the land allotted to the just, *so that the just shall not put their hands to evil.

4 Show your goodness, O Lord, to those who are good *

and to those who are true of heart.

5 As for those who turn aside to crooked ways, the Lord will lead them away with the evildoers; *but peace be upon Israel.

The Second Lesson James 2:1-10, [11-13], 14-17

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.

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

Sequence Thine Arm, O Lord, In Days of Old Hymn 567
St. Matthew

The Gospel

Mark 7:24-37

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

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."

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 Praise to the Lord, the Almighty Hymn 390
Lobe den Herren

Dismissal BCP pg. 366

Postlude



**ST. MICHAEL’S
 EPISCOPAL CHURCH
 ARLINGTON, VA**

SUNDAY, SEPTEMBER 8, 2024 16TH 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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