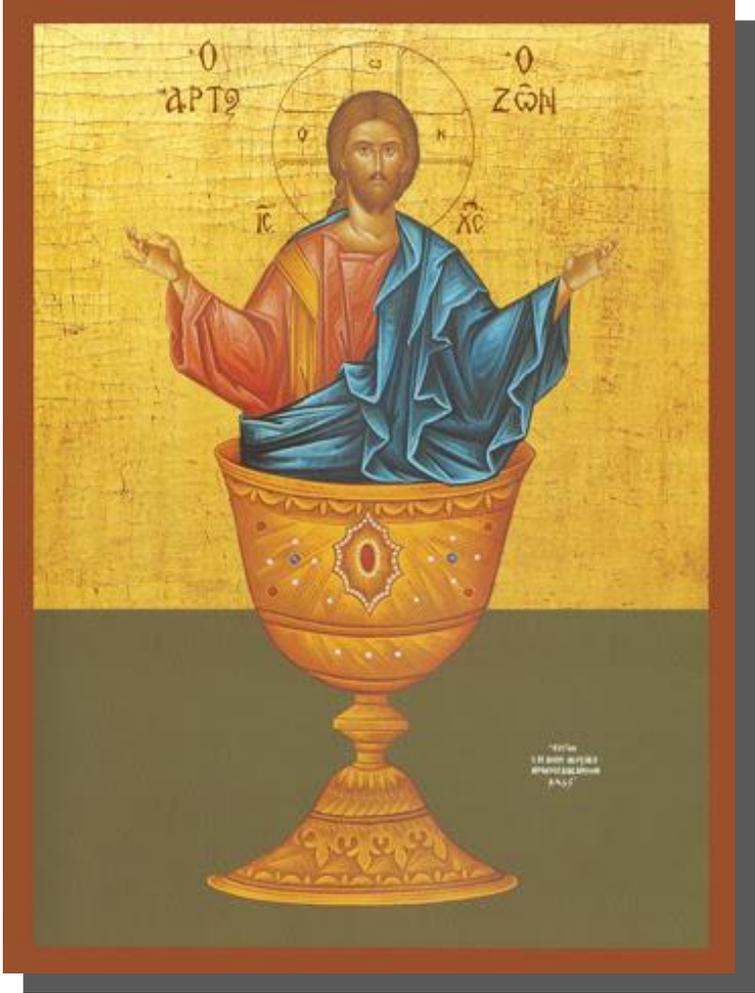


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Entrance Hymn

347 *Second Tune*

General Hymns

87. 87. D.

HYFRYDOL

ROWLAND HUGH PRICHARD, c. 1830

*With dignity*

1 Al - le - lu - ia! sing to Je - sus! His the scep - ter, his the throne;  
\*2 Al - le - lu - ia! not as or - phans Are we left in sor - row now;  
3 Al - le - lu - ia! Bread of Hea - ven, Thou on earth our food, our stay!

Al - le - lu - ia! his the tri - umph, His the vic - to - ry a - lone;  
Al - le - lu - ia! he is near us, Faith be - lieves, nor ques - tions how:  
Al - le - lu - ia! here the sin - ful Flee to thee from day to day:

Hark! the songs of peace - ful Si - on Thun - der like a migh - ty flood;  
Though the cloud from sight re - ceived him, When the for - ty days were o'er,  
In - ter - ces - sor, friend of sin - ners, Earth's Re - deem - er, plead for me,

Je - sus out of ev - 'ry na - tion Hath re - deemed us by his blood.  
Shall our hearts for - get his prom - ise, "I am with you ev - er - more"?  
Where the songs of all the sin - less Sweep a - cross the crys - tal sea.

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**4 Alleluia! King eternal,**  
Thee the Lord of lords we own:  
**Alleluia! born of Mary,**  
Earth thy footstool, heav'n thy throne:  
Thou within the veil hast entered,  
Robed in flesh, our great High Priest:  
Thou on earth both Priest and Victim  
In the eucharistic feast.

**5 Alleluia! sing to Jesus!**  
His the scepter, his the throne;  
**Alleluia! his the triumph,**  
His the victory alone;  
**Hark! the songs of holy Sion**  
Thunder like a mighty flood;  
**Jesus out of every nation**  
Hath redeemed us by his blood. Amen.



WILLIAM CHATTERTON DIX, 1866

### *America (My Country, 'Tis of Thee)*

Our fathers' God, to thee,  
Author of liberty, to thee we sing;  
Long may our land be bright  
With freedom's holy light;  
Protect us by thy might, great God, our King.

### Opening sentence and invitatory

Thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones. *Isaiah lvi. 15.*

### Invitation for Confession

DEARLY beloved brethren, the Scripture moveth us, in sundry places, to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloak them before the face of Almighty God our heavenly Father; but confess them with an humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of the same, by his infinite goodness and mercy. And although we ought, at all times, humbly to acknowledge our sins before God; yet ought we chiefly so to do, when we assemble and meet together to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his most holy Word, and to ask those things which are requisite and necessary, as well for the body as the soul. Wherefore I pray and beseech you, as many as are here present, to accompany me with a pure heart, and humble voice, unto the throne of the heavenly grace, and make your humble confession, devoutly kneeling.

### The Confession

**ALMIGHTY and most merciful Father; We have erred, and strayed from thy ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against thy holy laws. We have left undone those things which we ought to have done; And we have done**

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those things which we ought not to have done; And there is no health in us. But thou, O Lord, have mercy upon us, miserable offenders. Spare thou those, O God, who confess their faults. Restore thou those who are penitent; According to thy promises declared unto mankind In Christ Jesus our Lord. And grant, O most merciful Father, for his sake; That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. Amen.

**Absolution**

ALMIGHTY God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness and live, hath given power, and commandment, to his Ministers, to declare and pronounce to his people, being penitent, the Absolution and Remission of their sins. He pardoneth and absolveth all those who truly repent, and unfeignedly believe his holy Gospel.

Wherefore let us beseech him to grant us true repentance, and his Holy Spirit, that those things may please him which we do at this present; and that the rest of our life hereafter may be pure and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

**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.**

*The Congregations Stands*

V. O Lord, open thou our lips.

R. **And our mouth shall show forth thy praise.**

V. Glory be to the Father, and to the Son, and to the Holy Ghost;

R. **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

V. Praise ye the Lord.

R. **The Lord's Name be praised.**

***Venite, exultemus Domino.***

**O COME, let us sing unto the LORD; \***

let us heartily rejoice in the strength of our salvation.

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

and show ourselves glad in him with psalms.

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For the LORD is a great God; \*  
and a great King above all gods.  
In his hand are all the corners of the earth; \*  
and the strength of the hills is his also.  
The sea is his, and he made it; \*  
and his hands prepared the dry land.  
O come, let us worship and fall down, \*  
and kneel before the LORD our Maker.  
For he is the Lord our God; \*  
and we are the people of his pasture, and the sheep of his hand.

O worship the LORD in the beauty of holiness; \*  
let the whole earth stand in awe of him.  
For he cometh, for he cometh to judge the earth; \*  
and with righteousness to judge the world, and the peoples with his truth.

GLORY be to the Father, and to the Son, \* and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be, \* world without end. Amen.

Psalm 34:1-8

*Benedicam Dominum*

- 1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.
- 2 I will glory in the Lord; \*  
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the Lord; \*  
let us exalt his Name together.
- 4 I sought the Lord, and he answered me \*  
and delivered me out of all my terror.
- 5 Look upon him and be radiant, \*  
and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me \*  
and saved me from all my troubles.
- 7 The angel of the Lord encompasses those who fear him, \*  
and he will deliver them.
- 8 Taste and see that the Lord is good; \*  
happy are they who trust in him!

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**GLORY be to the Father, and to the Son, \* and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be, \* world without end. Amen.**

### **The First Lesson**

*1 Kings 19:4-8*

The first lesson is taken from the nineteenth chapter of the first letter of the Kings

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Here endeth the Lesson

### ***Benedictus es, Domine***

**Blessed art thou, O Lord God of our fathers:\***  
praised and exalted above all for ever.

**Blessed art thou for the Name of thy Majesty:\***  
praised and exalted above all for ever.

**Blessed art thou in the temple of thy holiness:\***  
praised and exalted above all for ever.

**Blessed art thou that beholdest the depths, and dwellest between the Cherubim: \***  
praised and exalted above all for ever.

**Blessed art thou on the glorious throne of thy kingdom: \***  
praised and exalted above all for ever.

**Blessed art thou in the firmament of heaven: \***  
praised and exalted above all for ever.

**GLORY be to the Father, and to the Son, \* and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be, \* world without end. Amen.**

### **The Second Lesson**

*John 6:35, 41-51*

The second lesson is taken from the sixth chapter of the Gospel according to Saint John.

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up

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on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Here endeth the second lesson.

### *Jubilate Deo*

**O be joyful in the LORD, all ye lands: \***

serve the LORD with gladness, and come before his presence with a song.

**Be ye sure that the LORD he is God;**

it is he that hath made us, and not we ourselves; \*

we are his people, and the sheep of his pasture.

**O go your way into his gates with thanksgiving, and into his courts with praise; \***

be thankful unto him, and speak good of his Name.

**For the LORD is gracious, his mercy is everlasting; \***

and his truth endureth from generation to generation.

**GLORY be to the Father, and to the Son, \* and to the Holy Ghost;**

**As it was in the beginning, is now, and ever shall be, \* world without end. Amen.**

### **The Apostles' Creed**

*Officiant and People together, all standing*

**I believe in God, the Father almighty,**

**maker of heaven and earth;**

**And in Jesus Christ his only Son our Lord;**

**who was conceived by the Holy Ghost,**

**born of the Virgin Mary,**

**suffered under Pontius Pilate,**

**was crucified, dead, and buried.**

**He descended into hell.**

**The third day he rose again from the dead.**

**He ascended into heaven,**

**and sitteth on the right hand of God the Father almighty.**

**From thence he shall come to judge the quick and the dead.**

**I believe in the Holy Ghost,**

**the holy catholic Church,**

**the communion of saints,**

**the forgiveness of sins,**

**the resurrection of the body,**

**and the life everlasting. Amen.**

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### Suffrages

V. O Lord, show thy mercy upon us.

R. **And grant us thy salvation.**

V. O God, make clean our hearts within us.

R. **And take not thy Holy Spirit from us.**

V. Let us pray.

### Intercessions

#### Collect of the Day

Let thy merciful ears, O Lord, be open to the prayers of thy humble servants; and, that they may obtain their petitions, make them to ask such things as shall please thee; through Jesus Christ our Lord. **Amen.**

#### A Collect for Peace

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom; Defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. **Amen.**

#### A Collect for Grace

O Lord, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day; Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings, being ordered by thy governance, may be righteous in thy sight; through Jesus Christ our Lord. **Amen.**

#### A Prayer for the President of the United States, and all in authority

O LORD, our heavenly Father, the high and mighty Ruler of the universe, who dost from thy throne behold all the dwellers upon earth; Most heartily we beseech thee, with thy favour to behold and bless thy servant The President of the United States, and all others in authority; and so replenish them with the grace of thy Holy Spirit, that they may always incline to thy will, and walk in thy way. Endue them plenteously with heavenly gifts; grant them in health and prosperity long to live; and finally, after this life, to attain everlasting joy and felicity; through Jesus Christ our Lord. **Amen.**

#### A Prayer for all Conditions of Men

ALMIGHTY and everlasting God, from whom cometh every good and perfect gift; Send down upon our Bishops, and other Clergy, and upon the Congregations committed to their charge, the healthful Spirit of thy grace; and, that they may truly please thee, pour upon them the continual dew of thy blessing. Grant this, O Lord, for the honour of our Advocate and Mediator, Jesus Christ.

**Amen.**

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**A General Thanksgiving**

Almighty God, Father of all mercies, we, thine unworthy servants, do give thee most humble and hearty thanks for all thy goodness and lovingkindness to us, and to all men; We bless thee for our creation, preservation, and all the blessings of this life; but above all, for thine inestimable 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 beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful; and that we show forth thy praise, not only with our lips, but in our lives, by giving up our selves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

**A Prayer of St. Chrysostom**

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests; Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

**2 Cor. xiii. 14.**

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

**Announcements**

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Sermon Hymn

**393**                      **General Hymns**  
88. 88. 88

**ST. CATHERINE**  
*With vigor*

HENRI F. HEMY, 1864,  
and JAMES G. WALTON, 1870



1 Faith of our fa - thers! liv - ing still In spite of dun - geon,  
2 Our fa - thers, chained in pris - ons dark, Were still in heart and  
3 Faith of our fa - thers! faith and prayer Shall win all na - tions

fire, and sword: O how our hearts beat high with joy,  
con - science free: And tru - ly blest would be our fate,  
un - to thee; And through the truth that comes from God,

*Refrain*

When - e'er we hear that glo - rious word:  
If we, like them, should die for thee. Faith of our fa - thers,  
Man - kind shall then in - deed be free.

ho - ly faith! We will be true to thee till death.

Sermon

The Rev. Rutger-Jan (R-J) Heijmen, Rector  
Holy Trinity Episcopal Church in West Palm Beach, Florida

The Offertory

Praise God from whom all blessing flow. Praise Him all creatures here below. Praise Him above ye heavenly host. Praise Father, Son and Holy Ghost. Amen.

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**A Prayer for Persons going to Sea**

O Eternal God, who alone spreadest out the heavens, and rulest the raging of the sea; We commend to thy almighty protection, thy servants, for whose preservation on the great deep our prayers are desired. Guard them, we beseech thee, from the dangers of the sea, from sickness, from the violence of enemies, and from every evil to which they may be exposed. Conduct them in safety to the haven where they would be, with a grateful sense of thy mercies; through Jesus Christ our Lord. **Amen.**

**Blessing**

**Retiring Hymn**

519

**General Hymns**

87. 87. D.

EBENEZER (TON-Y-BOTEL)

THOMAS JOHN WILLIAMS, 1890

*In unison, slowly, with dignity*

1 Once to ,ev - 'ry man and na - tion Comes the mo - ment  
2 Then to side with truth is no - ble, When we share her  
3 By the light of burn - ing mar - tyrs Je - sus' bleed - ing

to de - cide, In the strife of truth with false - hood, For the  
wretch - ed crust, Ere her cause bring fame and prof - it And 'tis  
feet I track, Toil - ing up new Cal - varies ev - er With the

good or e - vil side; Some great cause, God's new Mes - si - ah,  
pros - p'rous to be just; Then it is the brave man choos - es,  
cross that turns not back; New oc - ca - sions teach new du - ties,

Of - f'ring each the bloom or blight, And the choice goes  
While the cow - ard stands a - side Till the mul - ti -  
Time makes an - cient good un - couth; They must up - ward

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by for ev - er 'Twixt that dark - ness and that light.  
tude make vir - tue Of the faith they had de - nied.  
still and on - ward Who would keep a - breast of truth.

4 Though the cause of evil prosper,  
Yet 'tis truth alone is strong;  
Though her portion be the scaffold,  
And upon the throne be wrong,

Yet that scaffold sways the future,  
And, behind the dim unknown,  
Standeth God within the shadow  
Keeping watch above his own.

JAMES RUSSELL LOWELL, 1845

### The Dune Church Prayer

Heavenly Father, grant that we who worship together where glorious dunes meet your unfathomable sea - be always mindful of your gifts to us of natural beauty, always respectful of your great power and mystery. As you have long dispatched rescuers from this station armed through prayer with thy strength, send forth today this congregation to aid all those who founder, that our lives, infused with thy spirit, will bear witness to the blessing of this community and bring glory to thy name, through Jesus Christ our Lord. **Amen.**

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Our preacher this week is The Rev. Rutger-Jan (R-J) Heijmen, Rector of Holy Trinity Episcopal Church in West Palm Beach, Florida. R-J received a BA in Art History from The University of California at Berkley and his M. Div. from the Trinity Episcopal School for Ministry in Ambridge, PA. Before his institution as Rector of Holy Trinity in January of 2020, he was the Senior Associate Rector for Education, Stewardship & Student Ministries at St Martin's Episcopal Church in Houston, TX. Prior to seminary he was the New York City Area Director of the Fellowship of Christians in Universities & Schools, Inc. (FOCUS) and was the Director of Young Adult Ministries at Walnut Creek Presbyterian Church in Walnut Creek, California. Our preacher for next Sunday is the Rev. Dr. Craig Kocher, University chaplain and Jessie Ball duPont Chair of the Chaplaincy at the University of Richmond where he also teaches courses in leadership, ethics, and world religions. Dr. Kocher holds a BA in American History from UNC-Chapel Hill, a M. Div. magna cum laude from Duke Divinity School, and a Doctor of Ministry from Columbia Theological Seminary.

Prior to arriving at UR, Dr. Kocher served six years at Duke University, as assistant dean, acting dean, and associate dean of the Chapel and director of religious life. He was also the associate pastor at Davidson United Methodist Church, a campus minister at Davidson College, and senior pastor of Oak Ridge United Methodist Church.

Before entering ministry Dr. Kocher served as the play-by-play radio voice of the UNC women's basketball team and the UNC baseball team, and as sports director of WCHL AM 1360 in his home town of Chapel Hill, NC.

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## *Verse of the Week*

**“Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”**

Ephesians 5:1-2

## *“Quote of the Week”*



**“A man who governs his passions is master of his world. We must either command them or be enslaved by them. It is better to be a hammer than an anvil.”**

Saint Dominic  
Castilian Catholic priest, friar, and founder of the Dominican Order  
d. 6 August 1221

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Cover: Icon of *The Bread of the World* (*Ho Arto Ho Zoe*)

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