

All Saints' Anglican Church, Westboro
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All Saints' Westboro



*Tree Swallow, Mud Lake, Ottawa
Photo by Christopher Dunn*

Tenth Sunday after Pentecost August 1st, 2021

9:30 am

**In-person service that will also
be broadcast (on Zoom) and recorded**

The Ven. Christopher Dunn
The Rev. Deacon Dr. Jarrett Carty
Music: Edith Troup
Children and Youth: Julie Newlands

Please Note: This service is being broadcast on Zoom and recorded; if you attend in-person you may appear on camera and the recording.

Officiant: Dear friends, as we gather we acknowledge with gratitude the land that has been inhabited and cared for by Indigenous peoples from the beginning, and, in particular, the traditional unceded territory of the Algonquin Anishnaabeg people. We also recognize the contributions that Métis, Inuit, and other Indigenous peoples have made in shaping and strengthening our communities.

All: May we walk gently together on this land, seeking renewed relationship based on honour, respect, and peace.

Officiant: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

All: And also with you.

Officiant: We come and worship, rejoicing in God's wonderful creation.

All: We come rejoicing in the gift of family and friends.

Officiant: We come rejoicing that we can give God thanks.

All: We come rejoicing that we can be spiritually nourished.

Officiant: Almighty God,

All: to you all hearts are open, all desires known, and from you no secrets are hidden. 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.

Officiant: God of Moses,

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

The First Reading is from Exodus (16:2-4, 9-15)

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."

Reader: Hear what the Spirit is saying to the church.

All: Thanks be to God.

Psalm 78:23-29

One: So God commanded the clouds above

All: and opened the doors of heaven,

One: raining down manna upon them to eat

All: and giving them grain from heaven.

One: So mortals ate the bread of angels;

All: God provided for them food enough.

One: The Lord caused the east wind to blow in the heavens

All: and powerfully led out the south wind,

One: raining down flesh upon them like dust

All: and winged birds like the sand of the sea,

One: letting it fall in the midst of their camp

All: and round about their dwellings.

One: So they ate and were well filled,

All: for God gave them what they craved.

The Second Reading is from Ephesians (4:1-16)

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.

Reader: Hear what the Spirit is saying to the church.

All: Thanks be to God.

Gradual Hymn: I Am the Bread, the Bread of Life #56

Please note that the hymn will be sung by a cantor. If you are attending the in-person service, please refrain from singing as congregational singing is not permitted during the Amber Stage.

I am the bread, the bread of life;
who comes to me will never hunger.
I am the bread, the bread of heaven;
who feeds on me will never die.
And as you eat, remember me—
my body broken on the tree:
my life was given to set you free,
and I'm alive for evermore.

I am the vine, the living vine;
apart from me you can do nothing.
I am the vine, the real vine;
abide in me and I in you.
And as you drink, remember me—
my blood was shed upon the tree:
my life was given to set you free,
and I'm alive for evermore.

So eat this bread and drink this wine,
and as you do, receive this life of mine.
All that I am, I give to you,
that you may live for evermore.

Reader: The Lord be with you.

All: And also with you.

Reader: The Holy Gospel of our Lord Jesus Christ
according to John (6:24-35)

All: Glory to you, Lord Jesus Christ.

So when the crowd 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 Jesus, "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 Jesus, "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 Jesus, "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 Jesus, "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."

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Homily

Officiant: Let us make an affirmation of faith. We believe in God:

All: who is older than eternity and younger than our next breath; who is beyond describing yet knows us all by name; who inspires faith yet cannot be contained by religion.

Officiant: We believe in Jesus Christ, flesh of our flesh, bone of our bone;

All: He came in the body to give worth to every human life. He touched the untouchable, loved the unlovable, forgave the unforgivable and endured slander, persecution and death in order that through suffering love God's kingdom might come on earth. He rose from the grave as living proof that what is laid down in faith will be raised in glory. He ascended to heaven that he might be present at all times to all people.

Officiant: We believe in the Holy Spirit,

All: who leads us into truth and freedom, who gives good gifts to all God's children, who inspires research, enables prayer, and wills that human economics and politics should make a priority of justice, care of the earth and the healing of the nations.

Officiant: We celebrate the potential of the Church,

All: the life in our bodies, the yearning in our souls, the promise of good things in store for those who love the Lord.

Prayers of the People *(prepared by Patricia Bays)*

One: Gathered in Jesus' name, united by the power of the Holy Spirit, let us pray for the needs of the church and the world. You are the bread of life, O

God. You feed us with manna, and you satisfy our needs with your word. We are nourished at your table, and we give thanks that we can gather once again for Eucharist. Give strength to Linda, our Primate; Anne, our Metropolitan; Mark, our Indigenous Archbishop; Shane, our Bishop; Chris and Jarrett, our clergy; and all those who share in leadership in this place. May we who hunger for the bread of life be transformed into the Body of Christ so that we may share his life with others. O Lord, bread of life,

All: hear our prayer.

One: O God, we are grateful for what we have. But we know that there is physical hunger and distress in our city and in our world. We have been given great gifts. Help us to hear the cries of the poor and strengthen us to answer their need. We pray for those who hunger for bread and for those who hunger for righteousness that they will be fed what they need. O Lord, giver of abundant life,

All: hear our prayer.

One: We pray for those in danger from fire and flood at this time. Help us to be good stewards of creation so that nature can begin its work of healing. Teach us how to live in harmony with the created world so that all may enjoy the fullness of life that you intend. O Lord, source of manna in the wilderness,

All: hear our prayer.

One: In these summer days, we give thanks for the gift of leisure, for the opportunity to spend time with family and friends and to enjoy the beauty of creation. Grant us refreshment and renewal, that we may be strengthened to do your will. O Lord, true bread from heaven,

All: hear our prayer.

One: We pray for those in need, and all who have asked for our prayers:

All: Betty-Joan (Hagerman); **Cheryl** (McTeer); **Michele** (Pollesel); **Nancy** (Irvine); **Randy** (Brown); **Charlie** (Cuffari); **Barbara** (Hill); **Ernest** (Betancourt); **Tony** (Fisher); **Helen** (Miller); **William** (Blackie); **Brenda** (Fuche); **Irene** (Lowry); **Charlotte** (McWilliam); **Richard** (Vroom); **June** (Kirch); **Angie** (Hiebert)

One: and those whom we name now, silently or aloud. . . . Grant them comfort and strength. Be with them and those who care for them. O Lord, living bread,

All: hear our prayer.

One: We pray for those who have died, especially John McGovern, Andy Billingsley (husband of Judy), Jacinth Morgan (sister of Mary Richards), and those whom we name silently or aloud, . . . and for those who mourn. May they share in the heavenly banquet. Bring us all one day to the place you have prepared. O Lord, host at the table,

All: hear our prayer.

One: All generous God, hear the prayers we offer and grant them in the name of Jesus Christ our Lord.

All: Amen.

Officiant: Dear friends in Christ, God is steadfast in love and infinite in mercy. God welcomes sinners and invites us to the table. Let us confess our sins, confident in God's forgiveness.

Silence is kept

Officiant: Most merciful God,

All: 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 neighbours 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.

Officiant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Christ our Lord.

All: Amen.

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

All: And also with you.

When exchanging the Peace with fellow parishioners, please remember that physical contact with those outside your bubble group is not permitted during this Amber phase. Share a sign of peace with others around you by other means such as bowing or waving.

Offertory Hymn: Jesu, Jesu, Fill Us with Your Love #504

Please note that the hymn will be sung by a cantor. If you are attending the in-person service, please refrain from singing as congregational singing is not permitted during the Amber Stage.

Refrain:

Jesu, Jesu, fill us with your love,
show us how to serve
the neighbours we have from you.

Kneels at the feet of his friends,
silently washes their feet,
Master who acts as a slave to them. *Refrain*

Neighbours are rich and poor,
varied in colour and race,
neighbours are near and far away. *Refrain*

These are the ones we should serve,
these are the ones we should love;
all these are neighbours to us and you. *Refrain*

Loving puts us on our knees,
serving as though we are slaves;
this is the way we should live with you. *Refrain*

Kneel at the feet of our friends,
silently washing their feet;
this is the way we should live with you. *Refrain*

Officiant: God our sustainer,
**All: accept all we offer you this day, and feed us
 continually with that bread which satisfies all
 hunger, your son our Saviour Jesus Christ.
 Amen.**

Officiant: The Lord be with you.
All: And also with you.

Officiant: Lift up your hearts.
All: We lift them to the Lord.

Officiant: Let us give thanks to the Lord our God.
All: It is right to give our thanks and praise.

Officiant: Eternal God, Source of all being, we give you
thanks and praise for your faithful love. You call us
into friendship with you and one another to be your
holy people, a sign of your presence in the world.
When those we trust betray us, unfailingly you
remain with us. When we injure others, you
confront us in your love and call us to the paths of
righteousness. You stand with the weak, and
those, broken and alone, whom you have always
welcomed home, making the first last, and the last
first. Therefore, we raise our voices with angels
and archangels, forever praising you and saying:

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

Officiant: Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

All: Restore us, O God, let your face shine!

Officiant: At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine, and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

All: Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.

Officiant: Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love.

All: Restore us, O God, let your face shine!

Officiant: Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever.

All: Amen.

Officiant: And now, as our Saviour Christ has taught us, we say,

All: Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power and the glory are yours now and for ever. Amen.

Officiant: "I am the bread which has come down from heaven," says the Lord.

All: Give us this bread for ever.

Officiant: "I am the vine, you are the branches."

All: May we dwell in him, as he lives in us.

Officiant: The gifts of God for the people of God.

All: Thanks be to God.

During Communion, please proceed forward to the altar but leave a social distance between yourself and the person ahead of you. A sidesperson will direct you when to come forward and provide you with hand sanitizer before you receive the host. Please do not remove your mask to take the host until you have moved away from the clergy. Please use the hand sanitizer in the side aisles after you have put your mask back on. If you are unable to receive the wheat wafer, a rice wafer is available.

Musical Interlude

Officiant: God of grace,

All: we have shared in the mystery of the body and blood of Christ. May we who have tasted the bread of life live with you for ever. We ask this in the name of Jesus Christ our Lord. Amen.

Officiant: Glory to God,

All: whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

Officiant: We will go from here as those who will feed the hungry. We see the need for food and drink, and we will meet that need.

All: We see the need to speak out for justice, and to comfort the distressed, and we will meet those needs.

Officiant: We see the need for spiritual nurture, and to accompany grieving ones, and we will meet those needs.

All: Our loving God goes with us as we go out into the world.

Officiant: And the blessing

Announcements

Officiant: Go in peace to love and serve the Lord.

All: Thanks be to God.

When the service ends, please leave through the Richmond Road doors and maintain safe social distances. When in the Courtyard, please continue to wear a mask and maintain the social distancing if you are speaking with others.

Readings for Next Sunday, August 8th, 2021

1 Kings 19:4-8; Psalm 34:1-8;

Ephesians 4:25-5:2; John 6:35, 41-51

Please pray this week for

- all those worshipping and ministering at St. Stephen's, Ottawa;
- our Diocesan Deacons, including Jarrett Carty;
- those in our pastoral care: Jean Chaplin, John Larsen, and Edna Sawatzky; and
- the Ottawa Beavers and Sparks, Cubs and Brownies, Scouts and Guides, Ventures and Pathfinders.

Sharing in our liturgical ministry today:

Greeters: Julie and Peter Newlands

Reader: Barbara Gillie

Intercessor: Patricia Bays

Cantor: Karen Blackie

Credits:

Opening and closing prayers from Responsive Prayers: For Every Week of the Church Year, David Sparks, Year B

Collect from Prayers for an Inclusive Church (2009) alt.

Readings from the New Revised Standard Version of the Bible.

Psalm reprinted from A Liturgical Psalter, General Synod 2016 edition, the psalter of the Book of Alternative Services emended for contemporary liturgical use

Liturgical texts from The Book of Alternative Services

Affirmation of faith from A Wee Worship Book, fifth edition

All Saints Anglican Church Westboro's Church CCLI License Number is 11196799

All Saints Anglican Church Westboro's Church One License Number is A-728801



Black-crowned Night Heron landing, Mud Lake, Ottawa (Photo by Chris Dunn)

Saints Alive!

Weekly News from All Saints' Westboro

Tenth Sunday after Pentecost

August 1st, 2021

This Week

Tuesday:	9:00 am	Morning Prayer	Zoom
Wednesday	10:30 am	Eucharist	Church
	7:00 pm	Bible on Tap	Zoom
Thursday	9:00 am	Morning Prayer	Zoom
	3:00 to 7:00 pm		Food Bank

Upcoming Events

Morning Prayer

**Tuesday, August 3rd, and Thursday, August 5th,
at 9:00 am, via Zoom**

Julie Newlands and Helen Norman are continuing Morning Prayer. They will offer the sessions, over Zoom, two days a week for as long as there is sufficient interest. Chris will continue sending the link in his emails.

Bible on Tap

Wednesday, August 4th, 7:00 pm, via Zoom

Join Chris for a discussion of our upcoming Bible readings. He will send out the Zoom link in his email this week.

*If you'd like to register to attend next **Sunday, August 8th**, please fill out the online form, a link to which will be on the All Saints' home page (<https://www.allsaintswestboro.com>), starting on **Monday, August 2nd, after 9:00 am** and ending at **12:00 noon on Friday, August 6th**. The best way to register is by filling out the online form. However, if you do register by calling the church office, please make sure to leave a voicemail, indicating that you would like to register, as well the day and time of your call.*