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Wednesday, August 5, 2020

+ **OPENING CALL TO PRAISE AND PRAYER**

O God, open our lips,  
***and our mouths shall proclaim your praise.***  
From the rising of the sun to its setting,  
***we praise your name, O God.***

[ADAPTED FROM PSALM 51:15 AND 113:3]

+ **REMEMBRANCE OF BAPTISM**

(Water may be touched, poured or sprinkled.)

By Word and water God renews us this day  
in the living fountain of God's grace,  
and raises us with Christ Jesus  
to live a new life in the Spirit.  
***Satisfy us in the morning***  
***with your steadfast love, O God,***  
***that we may sing for joy and be glad all our days.***

[PSALM 90:14]

+ **MORNING HYMN OR CANTICLE**

Come, let us sing to the Ho-ly One; \*  
let us shout for joy to the Rock of our sal-vation.  
***Let us come before God's presence with thanks-***  
***giving,\****

and raise a loud shout with *psalms*.  
For you, O God, are a great God,\*  
***you are great a-bove all gods.***  
In your hand are the caverns of the *earth*,\*  
and the heights of the hills are yours *also*.  
***The sea is yours, for you made it,***\*  
and your hands have molded the dry *land*.  
Come, let us bow down and bend the *knee*,\*  
***and kneel before God, our Maker.***

For you are our God,  
and we are the people of your pasture  
***and the sheep of your hand.\****  
Oh, that today we would hearken to your *voice*!

[PSALM 95:1-7 (OSH PSALTER)]

+ **MORNING PRAYER**

The Holy One\* be with you;  
***And also with you.***

Let us pray:

Almighty and everlasting God,  
in whom we live and move and have our being,  
you created us for yourself, so that our hearts are  
restless until they find rest in you. Grant to us such

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piety of heart and strength of purpose that no selfish passion may hinder us from knowing your will, and no weakness from doing it. In your light may we see life clearly and in your service find perfect freedom; through Jesus Christ our Lord. Amen.

(THE BOOK OF WORSHIP 1965, ALT.)

**+ Psalm 78: 1-8; 17-29**

Antiphon:

***We shall listen Lord, to your teaching,  
And heed the words of your mouth.***

<sup>1</sup> Give ear, O my people, to my *teaching*;  
incline your ears to the words of my *mouth*.

<sup>2</sup> I will open my mouth in a pa-ra-ble;  
I will utter dark sayings from of *old*,

<sup>3</sup> things that we have heard and *known*,  
that our ancestors have told *us*.

<sup>4</sup> We will not hide them from their *children*;  
we will tell to the coming gen-er-ation  
the glorious deeds of the LORD, and his *might*,  
and the wonders that he has *done*.

***We shall listen Lord, to your teaching,  
And heed the words of your mouth.***

<sup>5</sup> He established a de-cree in Jacob,  
and appointed a law in *Israel*,  
which he commanded our ancestors  
to teach to their children;

<sup>6</sup> that the next generation might know *them*,  
the children yet unborn,  
and rise up and tell them to their *children*,

<sup>7</sup> so that they should set their hope in *God*,  
and not forget the works of God,

but keep his com-mandments;

<sup>8</sup> and that they should not be like their *ancestors*,  
a stubborn and rebellious gen-er-ation,  
a generation whose heart was not stead-fast,  
whose spirit was not faith-ful to *God*.

***We shall listen Lord, to your teaching,  
And heed the words of your mouth.***

<sup>17</sup> Yet they sinned still more a-gainst *him*,  
rebellling against the Most High in the *desert*.

<sup>18</sup> They tested God in their *heart*  
by demanding the food they *craved*.

<sup>19</sup> They spoke a-gainst God, *saying*,  
“Can God spread a table in the wil-der-ness?

<sup>20</sup> Even though he struck the rock so that water gushed  
out

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and torrents o-ver-*flowed*,  
can he also give bread,  
or provide meat for his *people*?”

***We shall listen Lord, to your teaching,  
And heed the words of your mouth.***

<sup>21</sup> Therefore, when the Lord heard, he was full of *rage*;  
a fire was kindled against Jacob,  
his anger mounted a-gainst *Israel*,  
<sup>22</sup> because they had no faith in *God*,  
and did not trust his sav-ing *power*.  
<sup>23</sup> Yet he commanded the skies *a*-bove,  
and opened the doors of *heaven*;  
<sup>24</sup> he rained down on them manna to *eat*,  
and gave them the grain of *heaven*.  
<sup>25</sup> Mortals ate of the bread of *angels*;  
he sent them food in *abun-dance*.  
<sup>26</sup> He caused the east wind to blow in the *heavens*,  
and by his power he led out the south *wind*;  
<sup>27</sup> he rained flesh upon them like *dust*,  
winged birds like the sand of the *seas*;  
<sup>28</sup> he let them fall with-in their *camp*,  
all a-round their *dwelling*s.  
<sup>29</sup> And they ate and were well *filled*,  
for he gave them what they *craved*.

Glory to you, O Trinity, most holy and *blessed*,  
one God, now and for-ever, *A-men*.

***We shall listen Lord, to your teaching,  
And heed the words of your mouth.***

Silence

+ **WORD: Matthew 15:32-39** NRSV

<sup>32</sup> Now Jesus called his disciples and said, “I feel sorry for the crowd because they have been with me for three days and have nothing to eat. I don’t want to send them away hungry for fear they won’t have enough strength to travel.”

<sup>33</sup> His disciples replied, “Where are we going to get enough food in this wilderness to satisfy such a big crowd?”

<sup>34</sup> Jesus said, “How much bread do you have?”  
They responded, “Seven loaves and a few fish.”

<sup>35</sup> He told the crowd to sit on the ground.

<sup>36</sup> He took the seven loaves of bread and the fish. After he gave thanks, he broke them into pieces and gave them to the disciples, and the disciples gave them to the crowds.

<sup>37</sup> Everyone ate until they were full. The disciples collected seven baskets full of leftovers.

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<sup>38</sup> Four thousand men ate, plus women and children.

<sup>39</sup> After dismissing the crowds, Jesus got into the boat and came to the region of Magadan.

Holy wisdom, holy word.

***Thanks be to God!***

+ SILENCE FOR REFLECTION

+ **CANTICLE OF ZECHARIAH**

We bless you, Adonai, God of *Israel*,  
for you come to visit us and ransom us from *bondage*.  
You have brought forth a strong De-liverer  
in the house of your child *David*.

**This is what your holy prophets an-nounced:  
deliverance from enemies  
and from the hand of all who hate us;  
mercy a-mong our *ancestors*,  
and remembrance of your ho-ly *covenant*.**

This is the promise you swore to our an-cestor, *Abraham*,  
to make us un-a-fraid,  
to rescue us from our *enemies*,  
to serve before you, holy and just, all the days of our *lives*.

And this, my little child,  
shall be called prophet of the Most *High*,  
going before you, Adonai, to pre-pare your *paths*,  
making your people know de-liverance  
by the forgiveness of their *sins*.

[Unison]

Through your merciful compassions, God our *God*,  
the dawn from on high shall *visit us*,  
to shine on those kept in dungeons and the shadows of *death*  
and to guide our feet onto the path of *peace*. [LUKE 1:68-79;OSL]

Glory to you, O Trinity, most holy and *blessed*,  
one God, now and for-ever, *A-men*.

+ A READING FOR MEDITATION AND REFLECTION:

**“Pride must die in you,  
or nothing of heaven can live in you.”**

*Andrew Murray, Humility: The Journey Toward Holiness*

Silent reflection

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**+ PRAYERS**

The Holy One be with you,  
***and also with you.***

Let us pray:

**+ SILENT PRAYER**

Requests known to you

**+ PRAYER FOR RECOVERY OF SICKNESS**

O God of heavenly powers, by the might of your command you drive away from our bodies all sickness and all infirmity: Be present in your goodness with those we lift today, that their weaknesses may be banished and their strength restored; and that with health being renewed, all may bless your holy Name; through Jesus Christ our Lord. ***Amen.***

[BOOK OF COMMON PRAYER] *adapted*

**+ COLLECT OF THE WEEK**

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your

goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. ***Amen.*** [BOOK OF COMMON PRAYER]

**+ PRAYERS FOR PEACE**

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. ***Amen.***

[BOOK OF COMMON PRAYER]

**+ PRAYER FOR THOSE WHO LIVE ALONE**

Almighty God, whose Son had nowhere to lay his head: Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors; through Jesus Christ our Lord. ***Amen.***

[BOOK OF COMMON PRAYER]

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+ PRAYERS FOR CITIES

Heavenly Father, in your Word you have given us a vision of that holy City to which the nations of the world bring their glory: Behold and visit, we pray, the cities of the earth. Renew the ties of mutual regard which form our civic life. Send us honest and able leaders. Enable us to eliminate poverty, prejudice, and oppression, that peace may prevail with righteousness, and justice with order, and that men and women from different cultures and with differing talents may find with one another the fulfillment of their humanity; through Jesus Christ our Lord. **Amen.**

[BOOK OF COMMON PRAYER]

+ **THE LORD'S PRAYER**

***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 forever. Amen.***

+ **CONCLUDING PRAYER**

Lord God, almighty and everlasting Father,  
You have brought us in safety to this new day:  
preserve us with your mighty power,  
that we may not fall into sin,  
nor be overcome by adversity;  
and in all we do direct us to the fulfilling of your purpose,  
through Jesus Christ our Lord. Amen.

[BOOK OF COMMON PRAYER]

+ **BLESSING**

May the road rise to meet you,  
may the wind be always at your back,  
may the sun shine warm upon your face,  
may the rains fall soft upon your fields,  
and until we meet again,  
may God hold you in the palm of his hand. **Amen.**

(TRADITIONAL GAELIC PRAYER)