

The Holy Eucharist

July 21, 2024

The Ninth Sunday after Pentecost

Welcome to St. Barnabas!

We experience God's redeeming love in all and through all and respond to love through faithful worship, life-long spiritual growth, and committed outreach.

Our community shares a progressive faith, opens our arms to all seekers, and works to make the world more just.

Mark's gospel makes clear how great is the press of the crowd, with its countless needs to be met, on Jesus and the disciples. Yet in today's gospel, Jesus advises the disciples to get away and rest, to take care of themselves. Sometimes we think that when others are in great need we shouldn't think of ourselves at all' but Jesus also honors the caregiver's need. We are sent from Christ's Table to care for others and for ourselves.**

A bell tolls.

THE GREETING AND ANNOUNCEMENTS

We invite you to quiet your hearts and minds as we prepare for worship.

THE PRELUDE

"St. Anthony Chorale"

Franz Joseph Haydn

The Liturgy of Gathering

Please stand in body or spirit.

THE GATHERING HYMN *





THE OPENING ACCLAMATION

+Blessed be the one, holy, and living God:

Glory to God forever and ever.

THE COLLECT FOR PURITY

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 Savior. Amen.

THE HYMN OF PRAISE*



THE SALUTATION AND COLLECT OF THE DAY

God be with you.

And also with you.

Let us pray...

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Beloved One Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**.

The Liturgy of the Word

Please sit.

THE HEBREW SCRIPTURES Jeremiah 23:1-6

Jeremiah prophesied before the exile in 587 BCE. In this passage, he uses the metaphor of a shepherd to describe the bad kings who have scattered the "flock" of Israel. God promises to gather the flock and to raise up a new king from David's line to save Israel and Judah.**

The reading is introduced.

A reading from the book of the prophet Jeremiah.

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The Lord is our righteousness."

A brief silence, then:

Hear what the Spirit is saying to God's people.

Thanks be to God.

PSALM 23 Dominus regit me

The Lord is my shepherd; I shall not be in want. (Ps 23-1)

The psalm is sung responsively between Cantor and congregation.



The Lord is my 'shepherd; *
I shall not / be in want.

He makes me lie down in green 'pastures * and leads me be -/ side still waters.

He revives my 'soul * and guides me along right pathways / for his Name's sake.

Though I walk through the valley of the shadow of death, I shall fear no 'evil; *
for you are with me;
your rod and your staff, / they comfort me.

You spread a table before me in the presence of those who 'trouble me; * you have anointed my head with oil, and my cup is / running over.

Surely your goodness and mercy shall follow me all the days of my 'life, * and I will dwell in the house of the / Lord for ever.

Glory to God, Source of All Being, Incarnate Word, and Holy 'Spirit; * as it was in the beginning, is now, and will be for ever. Amen. / Alleluia!

THE CHRISTIAN SCRIPTURES Ephesians 2:11–22

The author of this letter reminds his audience that originally they were not part of God's chosen people. Through Jesus' death, however, they are included in God's household of faith, whose cornerstone is Jesus Christ.**

The reading is introduced.

A reading from the letter to the Ephesians..

Remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" —a physical circumcision made in the flesh by human hands— remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

A brief silence, then:

Hear what the Spirit is saying to God's people.

Thanks be to God.

Please stand in body or spirit.

THE GOSPEL ACCLAMATION *



Cantor: My sheep hear my voice. I know them, and they follow me.**



THE HOLY GOSPEL Mark 6:30–34, 53–56

As Jesus and the disciples begin to attract attention, Mark recalls the story of John the Baptist's martyrdom. Like John, Jesus and the disciples will also suffer at the hands of those opposed to the Gospel of salvation.**

The Holy Gospel of Our Lord Jesus Christ according to Mark.

Glory to you, O Christ.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

A brief silence, then:

The Gospel of Christ.

Praise to you, O Christ.

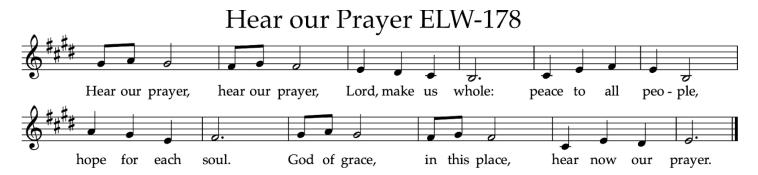
Please sit.

The Homily Pastor Stephanie Kopsch+

Please stand in body or spirit.

THE PRAYERS OF THE PEOPLE

It is our custom to light candles for those who are sick or distressed and to remember those who have died. The prayer stations are on either side of the Altar. The refrain is sung once. *



Bidder: Trusting that the power that fell on early Christians on the first Pentecost may now fall afresh on us, we offer these intercessions to you, our God.

For all who seek a deeper faith, and especially for the Anglican Communion and Archbishop Justin Welby, Presiding Bishop of the Episcopal Church Michael Curry, Presiding Bishop Elect Sean Rowe, and Bishop in Colorado Kym Lucas, as they lead us through these challenging times, we offer this prayer:

Trusting in your guidance.

For the leaders of the world, that they may discover and employ peaceful manifestations of their power so that our world may become a safe place for all its inhabitants, we offer this prayer:

Trusting in your guidance.

For the election of 2024, that all of us will work to become informed and then turn out to vote, we offer this prayer:

Trusting in your guidance.

For Interim Rector Stephanie, Pastoral Associate Patti, Senior Wardens Jolene and Jim, our Vestry, and all the leaders and staff leading us as we discover and articulate our call as the parish of St. Barnabas, we offer this prayer:

Trusting in your guidance.

For a vision of caring for our planet, stabilizing and healing it, and energizing people to make necessary changes, we offer this prayer:

Trusting in your guidance.

For all those for whom we have been asked to pray—for mending of health or relationships, especially the Holbrook family, the Hayes family, Dennis, Bill, Marty and Diana, Larry, Carol Wier and family, John and Patrice, Marcia, Patti, the people of Ukraine, the people of Sudan, the children in Gaza, those who suffer from conflict and natural and human disaster, and those we name aloud or in silence (*silence*). we offer this prayer:

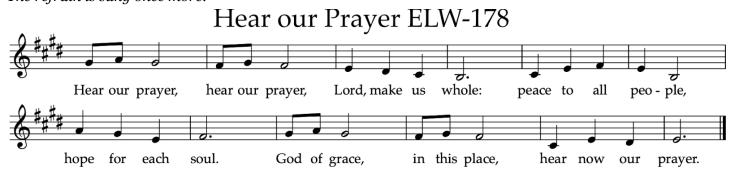
Trusting in your guidance.

For those now fully with you and no longer with us here, and those we name aloud or in silence (*silence*), we offer this prayer:

Trusting in your guidance.

Celebrant: For your hearing these intercessions that we have faithfully offered, we give you thanks, O God. **Amen.**

The refrain is sung once more. *



THE CONFESSION AND FORGIVENESS

Let us confess our sins against God and our neighbor.

A brief silence is kept.

Most merciful God, 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 neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Beloved One 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.

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

THE PEACE

The peace of the risen Christ be always with you.

And also with you.

All share a greeting of peace.

The Liturgy of the Meal

THE OFFERTORY

The Offertory Sentence

Please sit.

The Presentation of the Bread and Wine

Please stand in body or spirit.

The Presentation of the Gifts

The Offertory Hymn*



THE GREAT THANKSGIVING

The Preface and Proper Preface

God be with you.

And also with you.

Lift up your hearts.

We lift them to God.

Let us give thanks to our God.

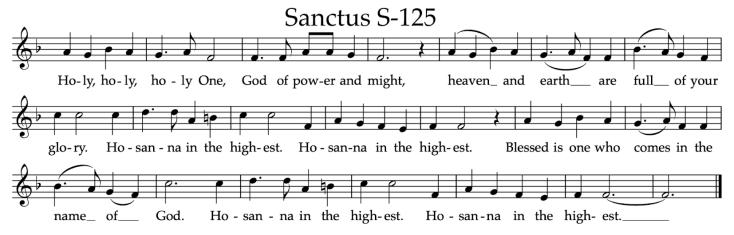
It is right to give our thanks and praise.

The Celebrant continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth. Because in Jesus Christ our Lord you have received us as your children, made us citizens of your realm, and given us the Holy Spirit to guide us into all truth.

Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

The Sanctus*



The Celebrant continues

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only-begotten One, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Maker of all. Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore let us proclaim the mystery of faith.

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts.

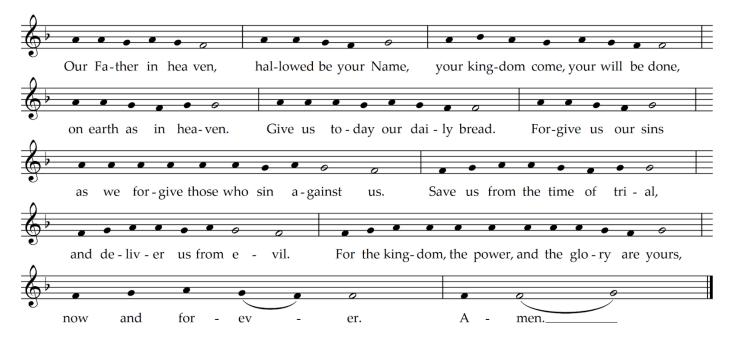
Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Beloved One, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with the blessed Virgin Mary, blessed Barnabas, and all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Lord. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **Amen**.

The Lord's Prayer*

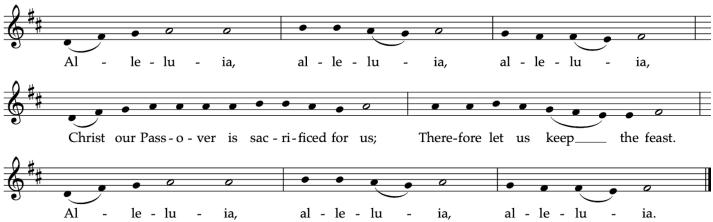
It is our custom to hold hands during The Lord's Prayer.

As Jesus has taught us, we pray those words that bind us together:



THE BREAKING OF THE BREAD AND FRACTION ANTHEM*





THE INVITATION TO COMMUNION

The Gifts of God for the People of God. Receive who you are, become what you receive.

Please sit. Jesus welcomed everyone to his table, and so we at St. Barnabas welcome everyone to this table. Gather around the Altar as you are directed. You may stand or kneel as is your custom. The Celebrant will place the gluten-free bread into your hand. You have two options to receive the wine. A Chalice Bearer will offer the Common Cup from which you may drink, or you may dip the bread in the wine when a second chalice comes in turn. You may also choose not to partake of the Cup. When you have received the Sacrament, please return to your seat. If you or your children prefer only to receive a blessing, please indicate this by crossing your hands over your chest.

For the summer no hymn will be sung during communion, though occasionally there will be special music. We invite you into the silence to bask in and reflect on Christ's presence with us in the Sacrament.

THE SENDING OUT OF EUCHARISTIC VISITORS (Occasional)

N., in the name of this congregation, I send you forth bearing these holy gifts that those to whom you go may share with us the communion of Christ's Body and Blood.

Please stand in body or spirit.

THE PRAYER AFTER COMMUNION

Let us pray...Eternal God,

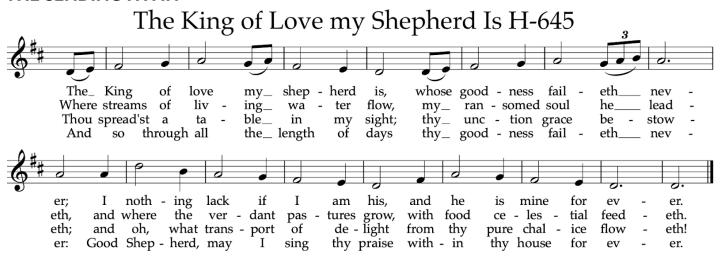
you have graciously accepted us as living members of your Beloved One Jesus Christ, and you have fed us with spiritual food in the Sacrament of Christ's Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Liturgy of Sending

THE BLESSING

Life is short, and we do not have much time to gladden the hearts of those who travel the way with us. So be swift to love, make haste to be kind; and +the blessing of the One who made you, who loves you, and who walks the way with you still be with you this day and remain with you always. **Amen**.

THE SENDING HYMN*



THE DISMISSAL

Alleluia! Alleluia! Go in peace to love and serve the Lord.

Thanks be to God. Alleluia! Alleluia!

POSTLUDE

Organ chorale "Holy Spirit, Thy Will Be Done"

Oskar Lindberg

^{*}Hymns reprinted under One License #A-729701.

^{**}Liturgical pieces are from Sundays and Seasons: Year B 2024, Augsburg Fortress, Publishers, Minneapolis

St. Barnabas Episcopal Parish

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Parish Office Hours: Tuesday through Friday, 9:00 am to Noon.

Interim Rector
Pastoral Associate
Music Director
Organist
Parish Administrator
Bookkeeper

Those In Need of Prayer

The Holbrook family, the Hayes family, Dennis Kennedy, Bill Miles, Marty and Diana Flahive, Larry Volmert, Carol Wier and family, John and Patrice Hayes, Larry Konkel, Andrea, Nicolle, Selah Kay, Jessica Sweet, Claire Hayes, Marlis Sneed and family, the Long family, Atlee Witt, Carolyn Wolfrum, Jim Hostler, Meghann and Kai, RJ Campbell, Burley and Irene Shepard, Bob Manning, KaJune Kent, Kathy Labargethy Alden, Brian Reid, Shanelle Duran, Carmeleta Davison, Hildegarde White, Stan Siefer, Greg Roosevelt, the Benson and Manning families, Jill Schlegal, Raymond Dupuis-Spiva, Charles Michael Goodall, John Graves, Joy Sandoz, Marcia Doty, Patti Walter, the people of Ukraine, the people of Sudan, the children in Gaza, those who suffer from conflict and natural and human disaster.

New to the prayer list

Those who have died

Rest eternal grant them, O Lord, and let light perpetual shine upon them.

This Week's Parish Schedule

Sunday, July 21: The Ninth Sunday after Pentecost

- 8:15 am: Under the Oak Book Discussion
- 9:30 am: *Holy Eucharist* (sung) in the Sanctuary.

Pastor Stephanie Kopsch (she/her)

Ms. Patti Walter (she/her)
Ms. Misty Dupuis (she/her)
Ms. Ronda Hilton (she/her)

Ms. Julia Wade (she/her)

Ms. Lexi Jones (she/her)

Tuesday, July 23

• 7:00 pm: Social Justice committee via Zoom.

Wednesday, July 24

- 9:00 Staff meeting in the Workroom.
- 10:00 am: Bible Study in the Chapel.
- 6:00 pm: Vestry meeting.

Sunday, July 28: The Tenth Sunday after Pentecost

• 9:30 am: *Holy Eucharist* (sung) in the Sanctuary.

Birthdays

Lynn Hoffman July 28 Ellen Janasko July 28

Anniversaries

Sis and Walter Flor July 27 Carolyn and Ed Wolfrum July 28 Janet and Bob Manning July 29

Announcements

UNDER THE OAK Book Discussion Today 8:15 am to 9:15 am

Claire Trautman, one of our youth, led a book discussion on *Refugee* by Alan Gratz. The book presents three 13-year-olds forced to flee their homelands in three different time periods.

August 18: Carolyn Wolfrum will lead the discussion on *All We Can Save: Truth, Courage, and*

Solutions for the Climate Crisis edited by Ayana Elizabeth Johnson and Katherine K. Wilkinson. The book is a collection of essays written by visionaries who want to hold up what has been done to our climate, while bolstering our resolve to never give up on doing all we can in order to ensure our collective future remains strong.

PEACHES, PEACHES!

Pick-up is:

- Saturday, August 10: 9:00 am-Noon
- Sunday, August 11: 8:30-9:30 am & 11:00-Noon

Prices

- Nine-pound box: \$30
- Eighteen-pound box: \$44

Copies of the group order form can be found in Lukens and Grant Hall. Or use the handy QR code on the back of the form to easily enter your order in Realm.

Deadline for orders is July 31.

GIVING-2-OTHERS JULY METRO CARING LOAVES AND FISHES

NON-PERISHABLE FOOD AND TOILETRY **COLLECTION DATES: JULY 14, 21, 28**

Every July in our Gospel readings, we hear the story of Jesus feeding the 5,000, also known as "Loaves and Fishes." St. Barnabas will participate in the Diocesan-wide "Loaves and Fishes" ingathering in July to benefit Metro Caring. Metro Caring works with our community to meet people's immediate need for nutritious and culturally relevant food while building a movement to address the root causes of hunger. Nearly one in three Coloradans faces hunger, not always having enough money to buy food. Help ensure that Metro Caring's Fresh Foods Market remains stocked with nutritious and healthy food by bringing non-perishable food and toiletry items. Visit the Weekly eNews for a list of needed items or pick up a copy on the big resource table in Lukens.

Items will be delivered to Metro Caring at the end of the month along with our financial donation. Donate. online via the Weekly eNews, or earmark a check to St. Barnabas for "Giving-2-Others". Our parish will donate an additional \$500.

COFFEE TIME REFRESHMENTS

The sign up sheet for Summer refreshments is on the treats table and a link is available in the Weekly eNews.

FROM THE SOCIAL JUSTICE COMMITTEE Support the Denver Basic Income Project

Contact Mike Johnston and your City Council members to show your support.

Guaranteed income (GI) is a bold approach to address income inequality. Monthly, no strings attached cash payments are made to eligible individuals so they can meet their basic needs and improve their overall well-being. For a complete explanation and links to other resources, please see the Weekly eNews.

PATTI WALTER UPDATE

For occasional updates about Patti, please visit the Weekly eNews.