

St. Barnabas

EPISCOPAL PARISH

The Holy Eucharist

August 4, 2024

The Eleventh 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.

*Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel, when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the One who sent him.***

A bell tolls.

THE GREETING AND ANNOUNCEMENTS

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

THE PRELUDE

"Homage to Mendelssohn"

Karl Osterland

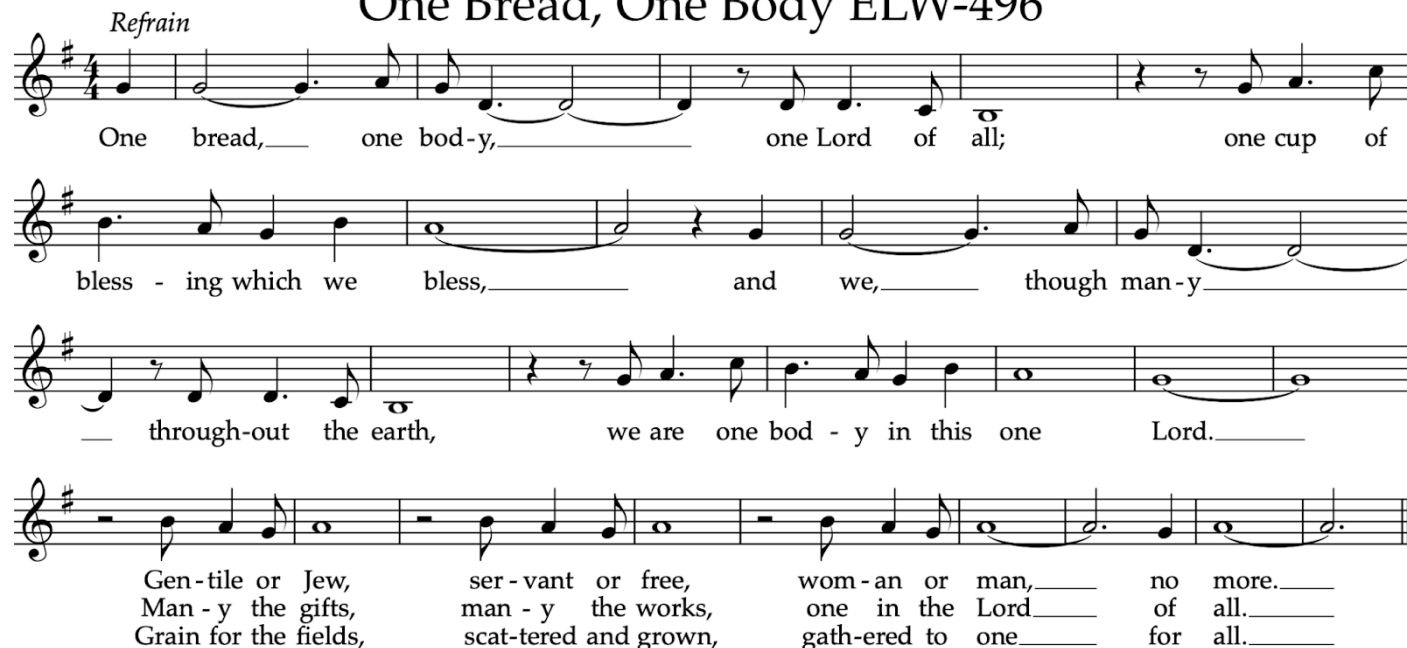
The Liturgy of Gathering

Please stand in body or spirit.

THE GATHERING HYMN *

One Bread, One Body ELW-496

Refrain



One bread, one bod-y, one Lord of all; one cup of
bless - ing which we bless, and we, though man-y
through-out the earth, we are one bod - y in this one Lord.
Gen-tile or Jew, ser-vant or free, wom-an or man, no more.
Man - y the gifts, man - y the works, one in the Lord of all.
Grain for the fields, scat-tered and grown, gath-ered to one for all.

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*

Glory to God S-280

Glo-ry to God in the high - est, and peace___ to God's peo-ple on
earth. Lord God, heaven-ly King, al-might-y__God and Fa - ther, we wor-ship you, we give you thanks, we
praise you for your glo - ry. Lord Je - sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb_ of
God, you take a-way the sin of the world: have mer - cy on us; you are seat - ed at the
right hand of the Fa-ther: re - ceive our prayer. For you a-lone are the Ho - ly One,
you a- lone_ are the Lord, you a-lone are the Most High, Je - sus Christ, with the Ho - ly
Spi - rit, in the glo - ry of God___ the Fa - ther. A - men.

THE SALUTATION AND COLLECT OF THE DAY

God be with you.

And also with you.

Let us pray...Let your continual mercy, O God, 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.**

The Liturgy of the Word

Please sit.

THE HEBREW SCRIPTURES Exodus 16:2-4,9-15

*A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.***

The reading is introduced.

A reading from the second book of Exodus.

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."

A brief silence, then:

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

Thanks be to God.

PSALM 78:23-29 ***Attendite, popule***

God rained down manna from heaven; so mortals ate the bread of angels. (Ps. 78: 24, 25)

The psalm is sung responsively between Cantor and congregation.



So he commanded the clouds a -' bove *
and opened the / doors of heaven.

**He rained down manna upon them to ' eat *
and gave them / grain from heaven.**

So mortals ate the bread of ' angels; *
he provided for them / food enough.

**He caused the east wind to blow in the ' heavens *
and led out the south wind / by his might.**

He rained down flesh upon them like ' dust *
and winged birds like the / sand of the sea.

**He let it fall in the midst of their ' camp *
and round a -/ bout their dwellings.**

So they ate and were ' well filled, *
for he gave them / what they craved.

**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 4:1-16*

*Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry whose goal is equipping the saints and building up Christ's one body.***

The reading is introduced.

A reading from the letter to the Ephesians.

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.

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 *

Alleluia, Alleluia, Alleluia

Al-le - lu - ia, al-le - lu - ia, al-le - lu - ia. Al-le - lu - ia, al-le - lu - ia, al-le - lu - ia.

Cantor: One does not live by bread alone, but by every word that comes from the mouth of God.**

Alleluia, Alleluia, Alleluia



THE HOLY GOSPEL *John 6:24-35*

*Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.***

The Holy Gospel of Our Lord Jesus Christ according to Saint John.

Glory to you, O Christ.

The next day, when the people who remained after the feeding of the five thousand 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 him, “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 him, “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 him, “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 him, “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.”

A brief silence, then:

The Gospel of Christ.

Praise to you, O Christ.

Please sit.

The Homily Pastor Stephanie Kopsch

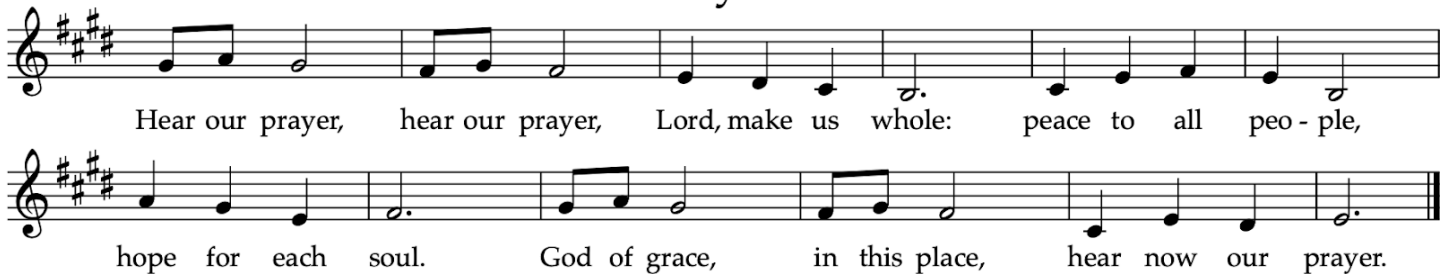
Please stand in body or spirit.

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. **

Hear our Prayer ELW-178



Hear our prayer, hear our prayer, Lord, make us whole: peace to all peo - ple,
hope for each soul. God of grace, in this place, hear now our prayer.

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, St. Barnabas' 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 family of Burley Shepard, Patti, Margaret, Carolyn, Darryl, Jim, Meghann and Kai, RJ, Bob, KaJune, Kathy Alden, Brian, Atlee, 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, especially Burley, George, 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. **

Hear our Prayer ELW-178

Musical notation for the hymn 'Hear our Prayer ELW-178'. It consists of two staves of music in G major (one sharp) and 2/4 time. The melody is simple and hymn-like. The lyrics are: 'Hear our prayer, hear our prayer, Lord, make us whole: peace to all peo - ple, hope for each soul. God of grace, in this place, hear now our prayer.'

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

The Offertory Anthem

The Lone, Wild Bird - Southern Folk Tune Arr. by David N. Johnson, Barbara Mattison, soloist

Please stand in body or spirit.

The Presentation of the Gifts

The Offertory Hymn*

Praise God, From Whom All Blessings Flow H-380

Praise God, from whom all blessings flow; praise God, all creatures here below; praise God above, ye heavenly host: praise Father, Son, and Holy Ghost. Amen.

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*

Sanctus S-125

Ho-ly, ho-ly, ho-ly One, God of power and might, heaven and earth are full of your glo-ry. Ho-san-na in the high-est. Ho-san-na in the high-est. Blessed is one who comes in the name of God. Ho-san-na in the high-est. Ho-san-na in the high-est.

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, blessed Burley, blessed George, 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:

Our Fa-ther in hea ven, hal-owed be your Name, your king-dom come, your will be done,
on earth as in hea-ven. Give us to-day our dai-ly bread. For-give us our sins
as we for-give those who sin a-gainst us. Save us from the time of tri-al,
and de-liv-er us from e-vil. For the king-dom, the power, and the glo-ry are yours,
now and for-ev-er. A-men.

THE BREAKING OF THE BREAD AND FRACTION ANTHEM*

Christ our Passover S-154

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia,
Christ our Pass - o - ver is sac - ri - ficed for us; There - fore let us keep ____ the feast.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

THE INVITATION TO COMMUNION

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

Please sit.

This is the table of God. As 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.

COMMUNION MUSIC

My Lord, What a Morning - Spiritual Barbara Mattison, soloist.

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*

I Want to Walk as a Child of the Light H-490



I want to walk as a child of the light. I want to fol - low Je - sus.
I want to see the bright-ness of God. I want to look at Je - sus.
I'm look - ing for the com - ing of Christ. I want to be with Je - sus.



God set the stars to give light to the world. The star of my life is Je - sus.
Clear sun of right-eous-ness, shine on my path, and show me the way to the Fa - ther.
When we have run with pa-tience the race, we shall know the joy of Je - sus.

Refrain



In him there is no dark-ness at all. The night and the day are both a - like. The



Lamb is the light of the ci - ty of God. Shine in my heart, Lord Je - sus.

THE DISMISSAL

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

Thanks be to God. Alleluia! Alleluia!

POSTLUDE

"Praise to the Lord"

Max Drischner

*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

1280 Vine St., Denver, CO 80206
303.388.6469 www.stbdenver.org
office@stbdenver.org

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

Interim Rector
Pastoral Associate
Music Director
Organist
Parish Administrator
Bookkeeper

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)

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, Irene and the family of Burley Shepard, Bob Manning, KaJune Kent, Kathy Labargethy Alden, Brian Reid, Shanelle Duran, Carmeleta Davison, Hildegard 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

The family of Burley Shepard, Margaret Noteman, Darryl Searuggs, friend of Janet Frazier.

Those who have died

Burley Shepard, George Bourianoff, friend of Diana Whitley. *Rest eternal grant them, O Lord, and let light perpetual shine upon them.*

This Week's Parish Schedule

Sunday, August 4: The Eleventh Sunday after Pentecost

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

Tuesday, August 6

- 6:30 p.m.: Leadership meeting via Zoom.

Wednesday, August 7

- 9:00 Staff meeting in the Workroom.
- 10:00 am: Bible Study in the Chapel.
- 11:30 am: Caring Ministry in the Betty Foster room.

Sunday, August 11: The Twelfth Sunday after Pentecost

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

Birthdays

Shanna Knierim	August 8
Mike Erickson	August 12
Mary Zick	August 13
Carol Wier	August 16
Brian Reid	August 20
Jack Unruh	August 20
Malcolm Mounlade	August 21
Cindy Lees	August 21
Joe Megeath	August 21
Russel Bruch	August 21
Louis Dupuis-Spiva	August 25
Livia Dempsey	August 25
Jana Everett	August 30

Luci Gartland August 30
 John Graves August 31

Anniversaries

Crystal and Joe Rivera August 11
 Karen and Jim Esten August 12
 Karen and Lynn Hoffman August 12
 Curt Bennett and Jeffrey Nelson August 12
 Cheryl and Larry Volmert August 17
 Lena Potyondy and Nate Stone August 18
 Andrea Crary and Michael Coston August 27
 Jamie Henderson and Ray O’Loughlin August 30
 Mary Duell and Mary Zick August 30

Announcements

BURLEY SHEPARD

On August 29, 2024, after a quiet and peaceful night's rest, Burley Shepard died in his 92nd year of life. He would have celebrated his 92nd birthday in November. Please keep Burley's family in your prayers in this time of loss: his wife Irene with whom he would have celebrated 29 years of marriage this Friday; his daughter, Paige, and son, Scott; as well as his grandson, Jackson. The world is diminished by his death, yet we trust that he was welcomed by all the Saints. **Funeral arrangements are still pending.**

Rest eternal grant to him, o Lord, and let light perpetual shine upon him.

+++++

MISTY DUPUIS ANNOUNCEMENT

Please visit the Weekly eNews for the announcement.

+++++

UNDER THE OAK

Book Discussion

August 18 8:15 to 9:15 am

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 to ensure our collective future remains strong.

+++++

**GIVING-2-OTHERS JULY
 METRO CARING
 LOAVES AND FISHES**

This past Wednesday, Celeste Richardson delivered a total of **212 pounds** to Metro Caring!

To offer financial support to Loaves and Fishes, visit the Weekly eNews, or earmark a check to St. Barnabas for “Giving-2-Others”. Our parish will donate an additional \$500.

+++++

COFFEE TIME

**SET UP, REFRESHMENTS and/or
 CLEAN UP SIGN UPS**

Please consider volunteering. Sign up sheets are in Lukens and in the Weekly eNews. Thank you!

+++++

SOCIAL JUSTICE

JANA EVERETT

MARCHING FOR HOUSING RIGHTS

To see the photo and read the article from The Colorado Sun, please visit the Weekly eNews.

Support the Denver Basic Income Project

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 UPDATES

For occasional updates on Patti’s health, please visit the Weekly eNews.