

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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 disciples, and said, "Take, 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."

Therefore we proclaim the mystery of faith:



The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his 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 Son, the holy food and drink of new and unending life in him. 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 all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

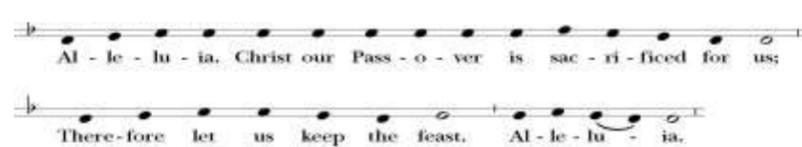
And now, as our Savior Christ has taught us, we are bold to say,

The Celebrant and People say together

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 Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept. The Celebrant and People sing



The Celebrant continues

The Gifts of God for the People of God. (Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.)

The Lord's Table is open to all. Baptized persons are welcome to receive communion. Unbaptized persons are invited to the altar to receive a blessing. To signify that you do not desire communion, please cross your arms over your chest, and a priest will administer a blessing. You are also invited to receive prayers and anointing with holy oil in one of our transept chapels (Ascension to the south, and Holy Communion to the north) where anointers wait to pray with you.

Music at Communion

Organ Aria Flor Peeters

Hymn 615 “Thy kingdom come!’ on bended knee” St. Flavian

Motet Adoramus te, Christe G. P da Palestrina
CHRIST, we do all adore Thee, and we praise Thee for ever, for on the Holy Cross hast Thou redeemed the world from sin.

The Sending of Lay Eucharistic Visitors

Following communion, Eucharistic Visitors to our homebound members may be sent forth with the following prayer.

Celebrant In the name of St. John’s Cathedral, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ’s Body and Blood.
People We who are many are one body because we all share one bread, one cup.

The Postcommunion Prayer

The Celebrant says

Let us pray.

The Celebrant and People say together

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his 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 Blessing

The Celebrant blesses the people

In Procession, Hymn 637 “How firm a foundation” Lyons

The Dismissal

Alleluia, alleluia! Let us go forth in the name of Christ.

People Thanks be to God. Alleluia, alleluia!

Voluntary Festal Flourish Gordon Jacob

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The flowers in Cummings Chapel and at the High Altar are given to the glory of God.

THE HOLY EUCHARIST
THE TENTH SUNDAY AFTER PENTECOST
July 24, 2016 - 10:30 a.m.

A joyous and warm welcome to our visitors and guests. Please know how happy our Cathedral community is to have you worship with us. We’d love to know our guests, so please fill out a visitor card and drop it in the offering plate as it comes by.

Voluntary Cantabile César Franck

Introit Holy is the true light William H. Harris

Holy is the true light, and passing wonderful, lending radiance to them that endured in the heat of the conflict: from Christ they inherit a home of unfading splendor, wherein they rejoice with gladness evermore, Alleluia.

In Procession, Hymn 410 “Praise, my soul, the King of heaven” *Lauda anima*

Children age four through fifth grade follow the Cross in procession to Children’s Chapel in Cummings Chapel. The children rejoin their families at the Peace.

THE LITURGY OF THE WORD

Celebrant Blessed be our God.

People Forever and ever. Amen.

Celebrant and People

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 Lord. Amen.

The Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

The Celebrant continues

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

The People are seated.

The Lesson Colossians 2:6-15

Lector A reading from the letter of Paul to the Colossians.

As you have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

Lector The Word of the Lord.

People Thanks be to God.

A period of silence for reflection follows the reading.

