

ST MICHAEL & ALL ANGELS
EPISCOPAL CHURCH



TENTH SUNDAY AFTER PENTECOST

Ministers of the Church

The People of St. Michael

Our Vestry & Staff

Zollie White II, **Senior Warden**
850-321-2817

Sheila Hickman, **Junior Warden**
703-980-3905

Renee Frazier
Cassandra J. Grayson
Lenin Mongerie
Henry Okafor
Lauren Sapp

Cassandra Werner, **Vestry Clerk**
Laurette Scott, **Treasurer**

Kathleen Rodgers, **Financial Secretary**

Monique Alleyne, Ivana Kenny Carmola
and Debralee LaSeur-Helfand,
Organists

Chris White, **Drummer/Choral Director**

John Grayson, **LEMS Co-Ordinator**
Elizabeth Humes, **Admin .Assistant**

Our Clergy

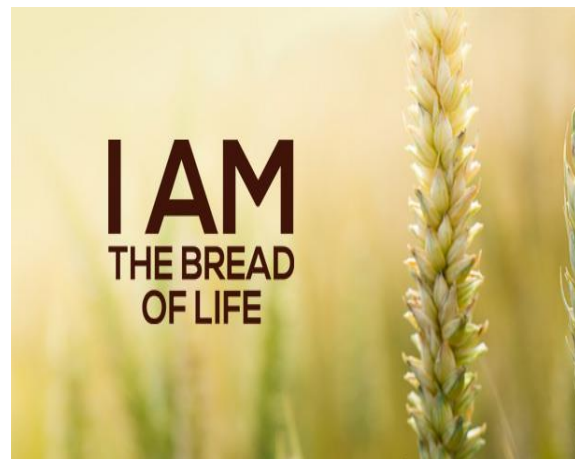
The Right Reverend John Howard
Bishop – Diocese of Florida

The Reverend Hugh Chapman, **Rector**
340-513-1123

Frhugh_chappy63@yahoo.com

August 1, 2021

10:00 a.m.



1405 Melvin Street, FL 32301

Phone (850) 681-0814

Office Hours: Monday to Friday

8:00 am – 4:00 pm

Email:

office@stmichaelandallangels.org

Website:

www.stmichaelandallangels.org

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HOLY EUCHARIST- RITE TWO

Instrumental Prelude

Opening prayer

Almighty God, giver of every good gift, we pray that you would look graciously upon the Diocese of Florida, and so guide the minds and hearts of the Nominating Committee as they prayerfully select candidates for the election of the next bishop of this diocese, that we may receive a faithful pastor who will care for your people and equip us for our ministries: Guide also the minds and hearts of the candidates who will come before the Nominating Committee, that this process will be a time of discernment and growth in their lives and ministries; through Jesus Christ our Lord. *Amen*

Processional Hymn

A135 v1, Be Still, My Soul

Finlandia

1. Be still, my soul! for God is on your side;
bear patiently the cross of grief or pain:
leave to your God to order and provide,
who through all changes faithful will remain.
Be still, my soul! your best, your heav'nly Friend
through thorny ways leads to a joyful end.

THE WORD OF GOD

The people standing, the Celebrant says

Blessed be God: Father, Son, and Holy Spirit.

People And blessed be his kingdom, now and for ever.

Amen.

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 Lord. *Amen.*

Gloria

Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world; have mercy on us; you

are seated at the right hand of the Father receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. *Amen.*

The Celebrant says to the people

The Lord be with you.

People And also with you.

Celebrant Let us pray.

Collect for the Day

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.*

The Lessons

The people sit

A Reading from the Second Book of Samuel (11:26-12:13a)

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more.

Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly, but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the Lord."

The Word of the Lord

People **Thanks be to God**

Psalm 51:1-13 (*Read responsively by whole verse*)

**1. Have mercy on me, O God, according to your loving-kindness;*
in your great compassion blot out my offences.**

2. Wash me through and through from my wickedness
and cleanse me from my sin.*

**3. For I know my transgressions,*
and my sin is ever before me.**

4. Against you only have I sinned
and done what is evil in your sight.*

**5. And so you are justified when you speak*
and upright in your judgment.**

6. Indeed, I have been wicked from my birth,
a sinner from my mother's womb.*

**7. For behold, you look for truth deep within me,*
and will make me understand wisdom secretly.**

**8. Purge me from my sin, and I shall be pure*
wash me, and I shall be clean indeed.**

**9. Make me hear of joy and gladness,*
that the body you have broken may rejoice.**

10. Hide your face from my sins*

and blot out all my iniquities.

11. Create in me a clean heart, O God,*

and renew a right spirit within me.

12. Cast me not away from your presence*

and take not your holy Spirit from me.

13. Give me the joy of your saving help again*

and sustain me with your bountiful Spirit.

Glory be to the Father

And to the Son

and to Holy Spirit.

As it was in the beginning,

Is now,

And ever shall be, world without end. Amen.

A Reading from the Epistle to the Ephesians (4:1-16)

I, 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.

The Word of the Lord.

People

Thanks be to God.

The Word of the Lord.

People **Thanks be to God.**

Gradual Hymn **A421 v1, Come, Ye Disconsolate** *Consolator*

1. Come, ye disconsolate, where'er ye languish –
Come to the mercy-seat, fervently kneel;
Here bring your wounded hearts, here tell your anguish
Earth has no sorrow that heav'n cannot heal.

The Holy Gospel

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

People **Glory to you, Lord Christ**

On 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.

After the Gospel the Reader says:

The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

3. Here see the Bread of Life, see waters flowing
Forth from the throne of God, pure from above
Come to the feast of love - come ever knowin
Earth has no sorrow but heav'n can remove.

Sermon

The Reverend Hugh Chapman

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into Heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. *Amen.*

Prayers of the People Form II

I ask your prayers for God's people throughout the world; for our Presiding Bishop **Michael**, our Bishop **John**, our Rector **Hugh**; for this gathering; and for all ministers and people.

Pray for the Church.

Silence

I ask your prayers for peace; for goodwill among nations; and for the well-being of all people.

Pray for justice and peace.

Silence

I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison.

Pray for those in any need or trouble.

Silence

I ask your prayers for all who seek God, or a deeper knowledge of him.

Pray that they may find and be found by him.

Silence

I ask your prayers for the departed.

Silence

I ask your prayers for the special needs and concerns of this congregation especially our sick and homebound, as well as those who are in need of prayers and healing:

For those at home:

Fr. Laughton Thomas, Rosalyn Greene, Ella Woodbury, Sam Oliver Sr., James Manning, Toni Jarmon, Rev. Leslie R. White, Rev. Ralph Griffith, Leonel Jones, Charles Walton, Joan Jackson Taylor, Howard Vincent Lewis, Franklyn Bramble, Christine Seymour, Mary Ann Nottage, Kove Lawson, Cynthia Holland, Genevieve Vaughn, Margaret Edwards, Genevieve Chapman, Harriet Bowen. Livy Hitchcock and Sheila Gonzles.

For those in the care of the Doctor:

Joycelyn Stephens, Jo Ann Robinson, Williamae Jackson, Lauren Sapp, Dr. Derek Spencer, Marva Davis, Delores Brown, Hattie Olivia Scott, Alexis Shermise Brown, Jasmine Hartin, Shevette Newkirk, Rudolph & Marva Griffith, Delois Abraham, Stella Harris, Pamela Harris Williams, Klcey Scott, Erica Scott, Renrick Alleyne, Jeffery Adams, Mayleen Rosheuvel, Ena Mason, Darlene Sheppard, Merrick Winston Edwards, Devonia Sears, Landon Dyre, Brittany Lee, Fr. William Guthrie, Herma Watson Taylor, Fred Hickman, Barbara Gruden, Carolyn Allen, Cn. Nelson Pinder, Pennela Chapman, Camilla Stapleton, Elijah Malone, Carl Maxwell, Fr. Ranfurly Brown and Al Lawson Jr.

For those on the front lines in the fight against the Coronavirus Pandemic:

Especially all doctors, nurses, scientists, and our own, Dr. Shaun Laurie, Dr. Nwamaka Onyeozili, Dr. Ross Howard McMillan, Dr. Ciara Grayson, Dr. Alaine Sharpe, Zuri A. White and Cheston Williams.

For those in the Military:

Linzie Bogan II, Clark Bogan, Brianne Edwards, Vashti Thompson and Thandi Williams. *and you may add your own petitions.*

Pray that they may be healed and delivered from their distress.

Silence

I ask your thanksgiving for all life's blessings.

Praise God for those in every generation in whom Christ has been honored.

Pray that we may have grace to glorify Christ in our own day.

Silence

Collect for the Coronavirus Pandemic - Page 15.

Confession of Sin

The Celebrant says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister and people

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 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.*

The Celebrant says

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

The Celebrant then says to the people

The peace of the Lord be always with you.

People **And also with you.**

The Peace

May the Peace of the Lord

Nolan

May the peace of the Lord bring: Joy, Love, Comfort, Hope, Rest, Life

May the peace of the Lord surround you. May the peace of the Lord go with you. *Amen.*

Offertory

Organ Interlude

Doxology

A650, Praise God from Whom All Blessings Flow

Hatton

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

Presentation of the Offering – prayer to be said

Father, we offer you these gifts which you have given us; this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit, a reasonable, holy and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. Amen.

The Great Thanksgiving

Eucharistic Prayer A (remain standing)

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

The Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. 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.

Celebrant and People

Sanctus

Holy, holy, holy Lord, 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.

(The people stand or kneel)

Celebrant continues

Holy and gracious Father: 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 and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He 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 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:

Celebrant and People

Christ has died. Christ is risen. Christ will come again.

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 Lord's Prayer

Our Father, which 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, forever and ever. *Amen*

The Breaking of the Bread

Christ our Passover is sacrificed for us;

Therefore let us keep the feast.

Facing the people, the Celebrant says the following Invitation

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.

Communion Hymn

H335 v1-3, I am the bread of life

Toolan

1. I am the bread of life;
They who come to Me shall not hunger;
And they believe in Me shall not thirst,
No one can come to Me
Unless the Father draw them.

REFRAIN:

And I will raise you up,
And I will raise you up,
And I will raise you up
On the last day!

2. The bread that I will give
Is My flesh for the life of the world,
And if you eat of this Bread,
They shall live forever,
They shall live forever! [REFRAIN]

3. Unless you eat
The Flesh of the Son of Man
And drink of His Blood,
You shall not have life within you.
You shall not have life within you. [REFRAIN]

Meditation Hymn Musical Interlude

Post Communion Prayer

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

Announcements

Recessional Hymn H344 v1-2, Lord, Dismiss Us With Thy Blessing *Sicilian Mariners*

1. Lord, dismiss us with your blessing;
fill our hearts with joy and peace;
let us each, your love possessing,
triumph in redeeming grace.
O refresh us, O refresh us,
trav'ling through this wilderness.

2. Thanks we give and adoration
for your gospel's joyful sound:
may the fruits of your salvation
in our hearts and lives abound:
ever faithful, ever faithful
to the truth may we be found

Dismissal

Celebrant Go in Peace to love and serve the Lord.

People Thanks be to God.

Postlude

WELCOME TO ST. MICHAEL AND ALL ANGELS

We extend a warm welcome to our guests. Thank you for worshipping with us today. If you are without a church home, we invite you to join our church family. Please sign the guest register, include your home address, phone number and, if you would like to receive the monthly newsletter, news of special events and other happenings, please also add your e-mail address.

***OUR VISION** is to be a cornerstone for serving the spiritual needs of the greater Tallahassee community, extending an eternal invitation to join our caring parish and to enrich the spiritual life of all people as we journey with Christ.*

***OUR MISSION** is to experience the Gospel of Jesus Christ by feeding the mind, body and spirit of our community in fellowship and service.*



HOLY COMMUNION: All baptized Christians are encouraged to receive the real and living presence of Christ in Holy Communion. To receive the Bread, extend your hands upward, palms crossed. When receiving the Wine, please guide the chalice as it is offered. If you prefer, you may leave the Bread on your palm for the person administering the chalice to dip into the Wine and place on your tongue. All persons are welcome to give thanks for God's blessings at the altar rail, simply crossing your arms at the wrist with fingertips extending upward towards your shoulders.

HAPPY BIRTHDAY/ANNIVERSARY TO OUR CHURCH FAMILY!

Delores Grayson (8/4), Felita McNeill (8/4), Dominic Carmola (8/6), Joseph & Nadira Sams (8/4).

Birthday Prayer

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace, which passeth understanding, abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

Anniversary Prayer

God our Father, who made men and women to live together in families: we pray that marriage may be held in honor; that husbands and wives may live together faithfully, according to their vows; and that members of every family may grow in mutual love and understanding. In courtesy and kindness, so that they may bear one another's burdens and so fulfill the law of Christ; for His name's sake. *Amen.*

From the Rector's Desk

COVID-19, which is trying to make a come back in the form of the Delta variant, has been nothing but a nightmare for church activities particularly the worship experience. Just when we thought it was safe to reassemble and possibly return to full fellowship, the CDC is requesting mask wearing again in public spaces, and we can safely assume that the advice regarding social distancing and the other recommended protocols can not be far behind. I am sure that we are collectively disappointed seeing that summer is here, so that this new development will no doubt hamper a lot of travel plans, with renewed hesitance and general uncertainty ruling the day.

One thing however we cannot complain about – that is, somehow more of us have found the time to read, reflect and yes, stay in touch with loved ones and friends. I personally look forward with great anticipation to receiving reflections, poems, and humorous thoughts to lighten my day. Beginning today, I will share in this column, a few of the reflections that others have passed on, to help me rethink my faith and more importantly, the Lord's call on my life. So here is installment #1 Love from a Distance. Being a Christian does not mean that we are supposed to be doormats and just allow everyone to walk all over us. Neither does it mean that we have to put up with abuse, insults, and acts of betrayal, over and over again. Some biblical texts are easily misinterpreted – such Matthew 5: 39 where it says “but I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also.” A misreading of that text could easily lead one to think that abuse should be countenanced. This can easily open the flood gates and therefore present others with the opportunity to take advantage of us. Jesus meant something quite different. He was asking his followers to treat the enemy with love instead of seeking revenge and harboring bitterness and anger against them. He wants us to show kindness even to the enemy! Yes, God requires of us that we forgive, but nowhere in scripture does it even remotely suggest that we should stay in abusive relationships whether they be physical or emotional. Sometimes it is best to forgive, but then move on from that person who did hurt us.

Fr. Hugh+

(to be continued)

SPECIAL PRAYERS

Prayer for the Hurricane Season

Almighty and everlasting God, Lord of Heaven and Earth: Grant unto us thy suppliant people, protection against hurricanes, earthquakes, and other calamities; that in tranquility of weather we may rejoice in the comfort we desire and may always make right us of thy bountiful goodness through Jesus Christ our Lord. *Amen.*

Capital Campaign Prayer

Most gracious Lord Jesus Christ and generous source of all abundance, in gratitude we invite you to expand our hearts as we seek to increase and improve this place of worship, peace, healing, forgiveness, outreach, service and fellowship. May all who enter here be restored and strengthened on their journey of faith. Guide us Heavenly Father, that we may make manifest your vision of a beloved and enlightened church and community, and be a shining example of the living presence of the Holy Spirit. May we and our Capital Campaign be a channel of God's abundant grace. Through Jesus Christ our Lord we pray. *Amen.*

Collect for the Coronavirus Pandemic

Almighty God, Heavenly Healer, we bring to you all who are affected by our present pandemic; for the infirm and infected, the anxious and afraid. By your power defend us and heal us. Let us see one another not as vectors of infection, but at opportunities for love and service, for the sake of your Son Jesus Christ our Lord. *Amen.*

Suggested daily Readings for Season after Pentecost: July 26 to July 31.

Mon.	Joshua 24:16-33	Psalm 56, 57	Matt. 27:24-31
Tue.	Judges 2:1-5, 11-23	Psalm. 61, 62	Matt. 27:32-44
Wed.	Judges 3:12-30	Psalm 72	Matt. 27:45-54
Thurs.	Judges 4:4-23	Psalm [70], 71	Matt. 27:55-66
Fri.	Judges 5:1-18	Psalm 69:1-23(24-30)	Matt. 28:1-10
Sat.	Judges 5:19-31	Psalm 75, 76	Matt. 28:11-20

THE REWARD OF CARRYING THE CROSS

Carry the cross patiently, and with perfect submission, and in the end it will carry you.

– *Thomas a Kempis*