

Virtual Worship from St. Paul's Anglican Cathedral, Kamloops BC

Sunday, July 11, 2021 7th Sunday after Pentecost

The Rev Len Fraser and Melissa Green lead worship today. Mandy Maher, will sing and Gail Ovington is our pianist/organist.

Today's service originates from the traditional territory of the Tk'emlúps te Secwepemc – Kamloops & Area First Nation. We acknowledge their care for and working of the land prior to contact with Europeans. As Canadian Anglicans, we continue to work toward healing and reconciliation and a new experience of sharing the land together.

All are welcome to attend Zoom Coffee after the service. The link will appear in the Facebook comments shortly before the end of the service.

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Prelude: This is the second in a series of "Hymns for Strength".

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Sunday July 11 , 2021

Melissa

God has accomplished all things through Christ,

so that we might live as God's own children.

Let us give thanks to God

and live for the praise of God's glory.

Prayer:

Eternal God, from the foundation of the world,
you have set a plumb line to measure our lives
so that we may live in truth.

By the power of your Holy Spirit,
strengthen our hands for building justice and making peace
through the righteousness of Christ.

Amen.

SONG: To God be the Glory - CP 371

To God be the glory, who great things has done!

God so loved the world, freely sending the Son,
Who yielded his life an atonement for sin,
And opened the lifegate that all may go in.

Refrain

Praise the Lord! Praise the Lord!
Let the earth hear God's voice.
Praise the Lord! Praise the Lord!
Let the people rejoice!
O come to the Father through Jesus the Son,
And give God the glory, who great things has done!

O perfect redemption, the purchase of blood,
To every believer the promise of God:
That when the offender, repenting, believes,
Through Jesus' atonement, God's pardon receives.

Refrain

Praise the Lord! Praise the Lord!
Let the earth hear God's voice.
Praise the Lord! Praise the Lord!
Let the people rejoice!
O come to the Father through Jesus the Son,
And give God the glory, who great things has done!

Great things God has taught us, great things God has done,
And great our rejoicing through Jesus the Son;
But purer and higher and greater will be
Our wonder, our gladness when Jesus we see!

Refrain

Praise the Lord! Praise the Lord!
Let the earth hear God's voice.
Praise the Lord! Praise the Lord!
Let the people rejoice!
O come to the Father through Jesus the Son,
And give God the glory, who great things has done!

COLLECT

Almighty God,
you have made us for yourself,
and our hearts are restless
until they find their rest in you.
May we find peace in your service,
and in the world to come, see you face to face;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.

Amen

A READING FROM THE SECOND BOOK OF SAMUEL

David again gathered all the chosen men of Israel, thirty-thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obededom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart. They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the Lord. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

2 SAMUEL 6:1-5, 12B-19

Hear what the Spirit says to all people

Thanks be to God

PSALM: 24

REFRAIN Lift high your heads, you ever lasting doors; the Holy One in glory enters in

The earth is the Lord's and all that is in it,
the world and those who live in it.
For he who founded it on the seas
And established it on the rivers. R

Who shall ascend the hill of the Lord?
and who can shall stand in his holy place?
Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.
They will receive blessing from the Lord
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob. R

REFRAIN Lift high your heads, you ever lasting doors; the Holy One in glory enters in

Lift up your heads, O gates!
And be lifted, O ancient doors!
That the King of glory may come in.
Who is the King of glory?
The Lord, strong and mighty,
the Lord, mighty in battle.
Lift up your heads, O gates
and be lifted up, O ancient doors;
that the King of glory may come in.
Who is he, this King of glory?
The Lord of hosts
he is the King of glory. R

Refrain solo- composed by Gordon Light, 2021. All Rights Reserved.

A READING FROM THE LETTER OF PAUL TO THE EPHESIANS

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

EPHESIANS 1:3-14

Hear what the Spirit says to all people **Thanks be to God**

Gradual: **God Says - MV 172**

- 1) God says, “be still so you may hear the words I whisper in your ear. If you will listen, you will know I’m with you always where you go”
- 2) God says, “Look up and see the prize I’ve placed here right before your eyes. Find beauty in the things of earth, a cause for wonder and rebirth”
- 3) God says, “Come here! I need your voice. Please teach my people to rejoice. In who you are, in what you do, your life show my love for you.”
- 4) God says, “ Reach out! The world’s in need and wants a word, a song, a deed. I send you forth to speak, to sing, to act for Christ in everything.”

words and music by Mary Bittner, 2004, Leopold Ed.

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK

Glory to you Lord Jesus Christ

King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

MARK 6:14-29

The Gospel of Christ **Praise to You Lord Jesus Christ**

SERMON

Rev Len Fraser

Song: **Exultate Jubilate by Mozart** - solo

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AFFIRMATION OF FAITH

Melissa Green

Hear, O Israel,
the Lord our God, the Lord is one.
Love the Lord your God
with all your heart,
with all your soul,
with all your mind,
and with all your strength.

This is the first and the great commandment.

The second is like it:

Love your neighbour as yourself.

There is no commandment greater than these.

PRAYERS

Melissa Green

Almighty God, you have set a plumb line
from the foundation of the world to lead us into truth.

Receive our prayers of hope and healing
on behalf of the church and the world.

Give wisdom to all leaders and people
to resist the earthly powers of fear and violence
that destroy our common life.

In the face of injustice, oppression, and brutal power,
strengthen our wavering wills to stand in the power of Christ.

Stir up in us the power to care for your creation,
not as resources to be exploited,
but as a precious gift to be held in trust
as a revelation of your faithfulness.

Inspire your church to share Christ's love
beyond the safety of its walls,
and fill us with an infectious joy for sharing your gospel
as we welcome your coming reign.

Bring healing and wholeness to all
who are haunted by broken relationships, abuse,
illness, or terror and trauma of any kind;
restore us in your peace.

Eternal God, in Christ you gather all things up
in heaven and on earth;
enfold all those who will be born this day
and all those who will die into the joy
of your never-ending realm of peace,
for our hope is set on Christ as we live to praise his glory. **Amen.**

As our Saviour taught us, let us pray

**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 for ever. Amen.**

music by Gordon Light - St. George's Anglican Church, Edmonton, Alberta
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Lamb of God, you take away the sin of the world: **Have mercy upon us.**
Lamb of God, you take away the sin of the world: **Have mercy upon us.**
Lamb of God, you take away the sin of the world: **Grant us your peace.**

Let us pray. O Jesus Christ, Son of the Living God;
**In these times when we cannot receive you sacramentally,
come into ourselves, our souls and bodies,
as you have risen from the dead
bringing victory over death,
healing, comfort and peace.
Revitalize your Church in Love;
Strengthen us for service;
that when our wanderings end,
we may in courage and confidence
in joy and resilience,
discover your love throughout all creation, Amen.**

Quiet time

SENDING AND CELEBRATING

May the God of our Lord Jesus Christ,
who has blessed us in Christ,
fill you with every blessing through the power of the Holy Spirit.

ANNOUNCEMENTS

Melissa Green

Closing Hymn **God of Grace and God of Glory - CP 577**

God of grace and God of glory,
on your people pour your power;
now fulfill your church's story;
bring its bud to glorious flower.
Grant us wisdom, grant us courage,
for the facing of this hour,
for the facing of this hour.

Lo, the hosts of evil round us
scorn your Christ, assail his ways.
Fears and doubts too long have bound us;
free our hearts to work and praise.
Grant us wisdom, grant us courage,
for the living of these days,
for the living of these days.

Cure your children's warring madness.
Bend our pride to your control.
Shame our wanton selfish gladness,
rich in goods and poor in soul.
Grant us wisdom, grant us courage,
lest we miss your kingdom's goal,
lest we miss your kingdom's goal.

Set our feet on lofty places;
gird our lives that they may be
armoured with all Christ-like graces
in the fight for liberty.
Grant us wisdom, grant us courage,
lest we fail ourselves and thee,
lest we fail ourselves and thee
by Fosdick and Hughes, 1982, Concordia Pub.

Organ Postlude: Declamation by Gilbert Martin Lorenz Pub., 2013
Selections from: *Feasting on the Word*