AFTER PENTECOST

PROPER 13 – THE SUNDAY FROM JULY 31 TO AUGUST 6 (Trinitytide)

Anglican Church in North America

YEAR B

Opening Acclamation

Celebrant Blessed be God, the Father, the Son and the Holy Spirit.

People **And blessed be his kingdom, now and forever. Amen.**

Collect of the Day

Almighty and merciful God, it is only by your grace that your faithful people offer you true and laudable service: Grant that we may run without stumbling to obtain your heavenly promises; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Old Testament Reading

Exodus 16:2-4(5-8)9-15

And the whole congregation of the people of Israel grumbled against Moses and Aaron
in the wilderness, 3 and the people of Israel said to them, "Would that we had died by
the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate
bread to the full, for you have brought us out into this wilderness to kill this whole
assembly with hunger."

4 Then the LORD said to Moses, "Behold, I am about to rain bread from heaven for
you, and the people shall go out and gather a day's portion every day, that I may test
them, whether they will walk in my law or not. (5 On the sixth day, when they prepare
what they bring in, it will be twice as much as they gather daily." 6 So Moses and Aaron
said to all the people of Israel, "At evening you shall know that it was the LORD who
brought you out of the land of Egypt, 7 and in the morning you shall see the glory of
the LORD, because he has heard your grumbling against the LORD. For what are we,
that you grumble against us?" 8 And Moses said, "When the LORD gives you in the
evening meat to eat and in the morning bread to the full, because the LORD has heard
your grumbling that you grumble against him—what are we? Your grumbling is not
against us but against the LORD.")

9 Then Moses said to Aaron, "Say to the whole congregation of the people of Israel,
'Come near before the LORD, for he has heard your grumbling.'" 10 And as soon as
Aaron spoke to the whole congregation of the people of Israel, they looked toward
the wilderness, and behold, the glory of the LORD appeared in the cloud. 11 And the
LORD said to Moses, 12 "I have heard the grumbling of the people of Israel. Say to
them, 'At twilight you shall eat meat, and in the morning you shall be filled with bread.
Then you shall know that I am the LORD your God.'"

13 In the evening quail came up and covered the camp, and in the morning dew lay
around the camp. 14 And when the dew had gone up, there was on the face of the wil-
derness a fine, flake-like thing, fine as frost on the ground. 15 When the people of Israel

saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread that the LORD has given you to eat.

Reader: The word of the Lord.
People: **Thanks be to God.**

Psalter Verses

(In said services, the psalm verses may be placed between the Epistle and the Gospel, with the congregation standing in preparation for the Gospel. At services where there is a hymn or canticle before the Gospel, the psalm might be said between the Old Testament and Epistle, the people seated.)

Psalm 78:(1-13)14-26

([1]Hear my teaching, O my people; *
incline your ears to the words of my mouth.

[2] I will open my mouth in a parable; *
I will utter dark sayings of old,

[3] Which we have heard and known, *
and such as our forefathers have told us,

[4] That we should not hide them from the children of the generations to come, *
but show the honor of the LORD, his mighty and wonderful works that he has done.

[5] He made a covenant with Jacob, and gave Israel a law, *
which he commanded our forefathers to teach their children,

[6] That their posterity might know it, *
and the children which were yet unborn;

[7] With the intent that when they came up *
they might show it to their children,

[8] That they might put their trust in God, *
and not forget the works of God, but keep his commandments;

[9] And not be as their forefathers, a faithless and stubborn generation, *
a generation that did not set their heart aright, and whose spirit did not cleave steadfastly to God,

[10] Like the children of Ephraim, archers carrying bows, *
who turned back in the day of battle.

[11] They did not keep the covenant of God, *
and would not walk in his law,

[12] But forgot what he had done, *
and the wonderful works that he had shown them.

[13] Marvelous things he did in the sight of our forefathers, *
in the land of Egypt, even in the field of Zoan.)

[14] He divided the sea and let them go through; *
he made the waters to stand in a heap.

[15] In the daytime he led them with a cloud, *

and all the night through with a light of fire.

16 He split the hard rocks in the wilderness *
and gave them drink in abundance, as out of the great deep.

17 He brought waters out of the stony rock, *
so that it gushed out like the rivers.

18 Yet for all this they sinned more against him, *
and provoked the Most High in the wilderness.

19 They tested God in their hearts *
and demanded food for their craving.

20 They spoke against God, saying, *
"Can God prepare a table in the wilderness?

21 Indeed, he smote the stony rock, so that water gushed out, and the streams overflowed; *
but can he give bread also, or provide meat for his people?"

22 When the LORD heard this, he was full of wrath; *
so a fire was kindled against Jacob, and there flared up fierce anger against Israel,

23 Because they did not believe in God, *
and did not put their trust in his help.

24 So he commanded the clouds above *
and opened the doors of heaven.

25 He rained down manna upon them to eat *
and gave them food from heaven.

26 So mortals ate the bread of angels; *
for he sent them food enough.

New Testament Reading

Ephesians 4:1-16

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ's gift. 8 Therefore it says,

"When he ascended on high he led a host of captives, and he gave gifts to men."

9 (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to

and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. **15** Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, **16** from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Reader: The word of the Lord.

People: **Thanks be to God.**

The Holy Gospel

Deacon: The Holy Gospel of Our Lord Jesus Christ, according to St. John.

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

John 6:24-35

So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

25 When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" **26** Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. **27** Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal." **28** Then they said to him, "What must we do, to be doing the works of God?" **29** Jesus answered them, "This is the work of God, that you believe in him whom he has sent." **30** So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform? **31** Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" **32** Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. **33** For the bread of God is he who comes down from heaven and gives life to the world." **34** They said to him, "Sir, give us this bread always."

35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

Deacon: The Gospel of the Lord.

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

Offertory and Post-Communion Sentences

(Drawn from verses of Holy Scripture, these sentences are chosen by the celebrant or preacher to reinforce the lessons or teaching of the day.)

Proper Preface

The Lord's Day

Through Jesus Christ our Lord, who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

Sources: The Collect of the Day is taken from the Book of Common Prayer 2019. The Psalm verses are taken from the New Coverdale Psalter of the BCP 2019. Scripture quotations are taken from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.