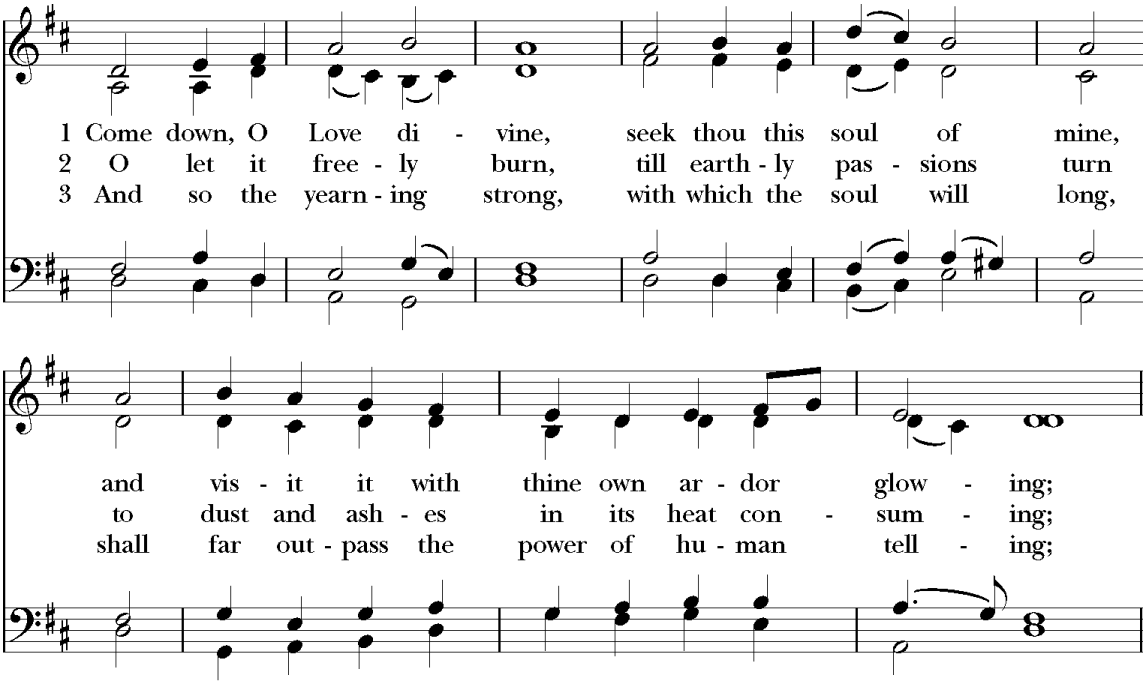
ST. THOMAS' PARISH
EPISCOPAL CHURCH DUPONT CIRCLE

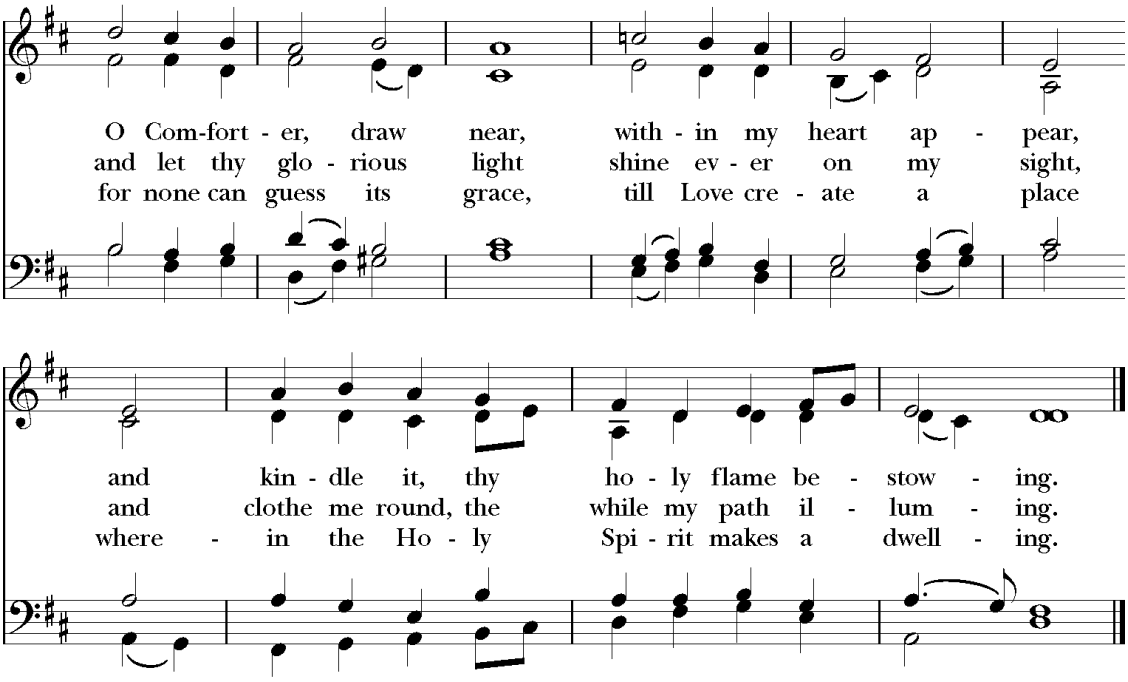


Thirteenth Sunday after Pentecost August 22, 2021

Prelude **Canzonetta** *William Mathias (1934-1992)*

Opening Hymn 516 "Come Down, O Love Divine"





Opening Acclamation

Celebrant: Blessed be the one, holy, and living God.
People: Glory to God for ever 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 Lord. **Amen.**

The Collect

Celebrant: The Lord be with you.
People: And also with you.
Celebrant: Let us pray.

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. ***Amen.***

First Reading Ephesians 6: 10-20

Be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth

around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Lector: The Word of the Lord **People: Thanks be to God**

Psalm 84

Saint Helena Psalter

(read by all)

1 How dear to me is your dwelling, O God of hosts! *
My soul has a desire and longing for your courts;
my heart and my flesh rejoice in the living God.
2 The sparrow has found her a house
and the swallow a nest where she may lay her young, *
by the side of your altars, O God of hosts,
my Ruler and my God.
3 Happy are they who dwell in your house; *
they will always be praising you.
4 Happy are the people whose strength is in you; *
whose hearts are set on the pilgrims' way.
5 Those who go through the desolate valley will find it a place of springs, *
for the early rains have covered it with pools of water.
6 They will climb from height to height; *
the God of gods will be revealed in Zion.
7 O God of hosts, hear my prayer; *
hearken, O God of Jacob.
8 Behold our defender, O God, *
and look upon the face of your Anointed,
9 For one day in your courts is better than a thousand in my own room, *
and to stand at the threshold of the house of my God
than to dwell in the tents of the wicked;
10 For God is both sun and shield *
and will give grace and glory.
11 No good thing will God withhold *
from those who walk with integrity.
12 O God of hosts, *
happy are they who put their trust in you!



The Holy Gospel John 6: 56-69

Deacon: The Holy Gospel of our Lord Jesus Christ according to John.
People: Glory to you, Lord Christ.

Jesus said, "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father."

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

Deacon: The Gospel of the Lord. **People: Praise to you Lord Christ.**

The Sermon

The Rev. Lisa Ahuja

✠ *Please observe a moment of silence following the sermon*

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,
was incarnate of the Holy Spirit and the Virgin Mary and became truly human.
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,
who with the Father and the Son is worshiped and glorified,
who 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

The Prayers of the People, Form IV

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may
be united in your truth, live together in your love, and reveal
your glory in the world.
Silence

Lord, in your mercy
Hear our prayer.

Guide the people of this land, and of all the nations, in the
ways of justice and peace; that we may honor one another
and serve the common good.
Silence

Lord, in your mercy
Hear our prayer.

Give us all a reverence for the earth as your own creation,
that we may use its resources rightly in the service of others
and to your honor and glory.
Silence

Lord, in your mercy
Hear our prayer.

Bless all whose lives are closely linked with ours, and grant
that we may serve Christ in them and love one another as he
loves us.
Silence

Lord, in your mercy
Hear our prayer.

We pray for those on our parish prayer list. Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles and bring them the joy of your salvation.
Silence

Lord, in your mercy
Hear our prayer.

We commend to your mercy all who have died, that your will
for them may be fulfilled; and we pray that we may share
with all your saints in your eternal kingdom.
Silence

Lord, in your mercy
Hear our prayer.

I invite your prayers of petition or thanksgiving, in silence, aloud, or in the comment section online.
Silence.

Celebrant:
O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O
lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. ***Amen.***

Deacon Let us confess our sins against God and our neighbor:

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Celebrant:
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

Celebrant: The Peace of Christ be always with you.
All: **And also with you.**
✠*The people greet one another with a sign of God's peace.*

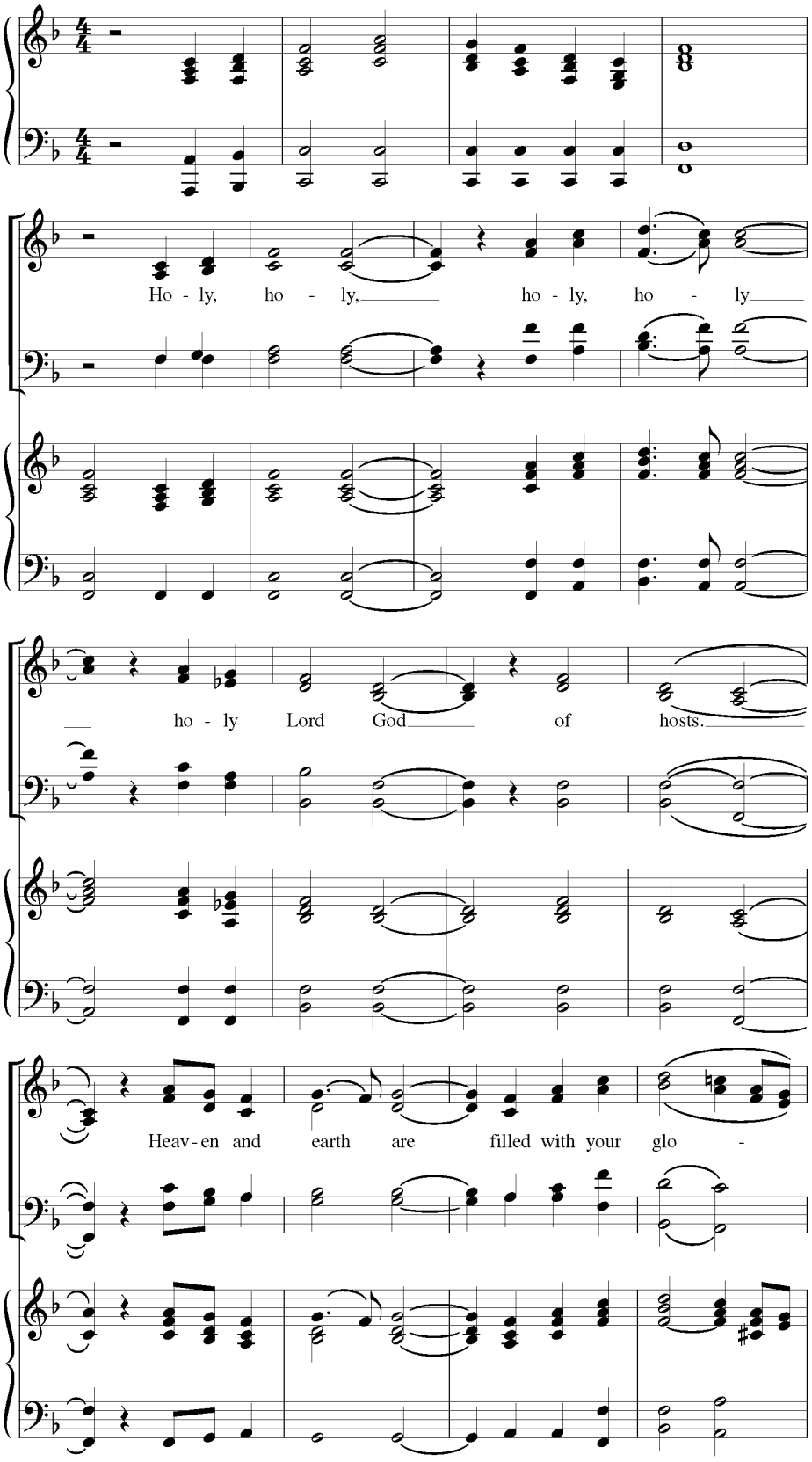
Welcome and Announcements

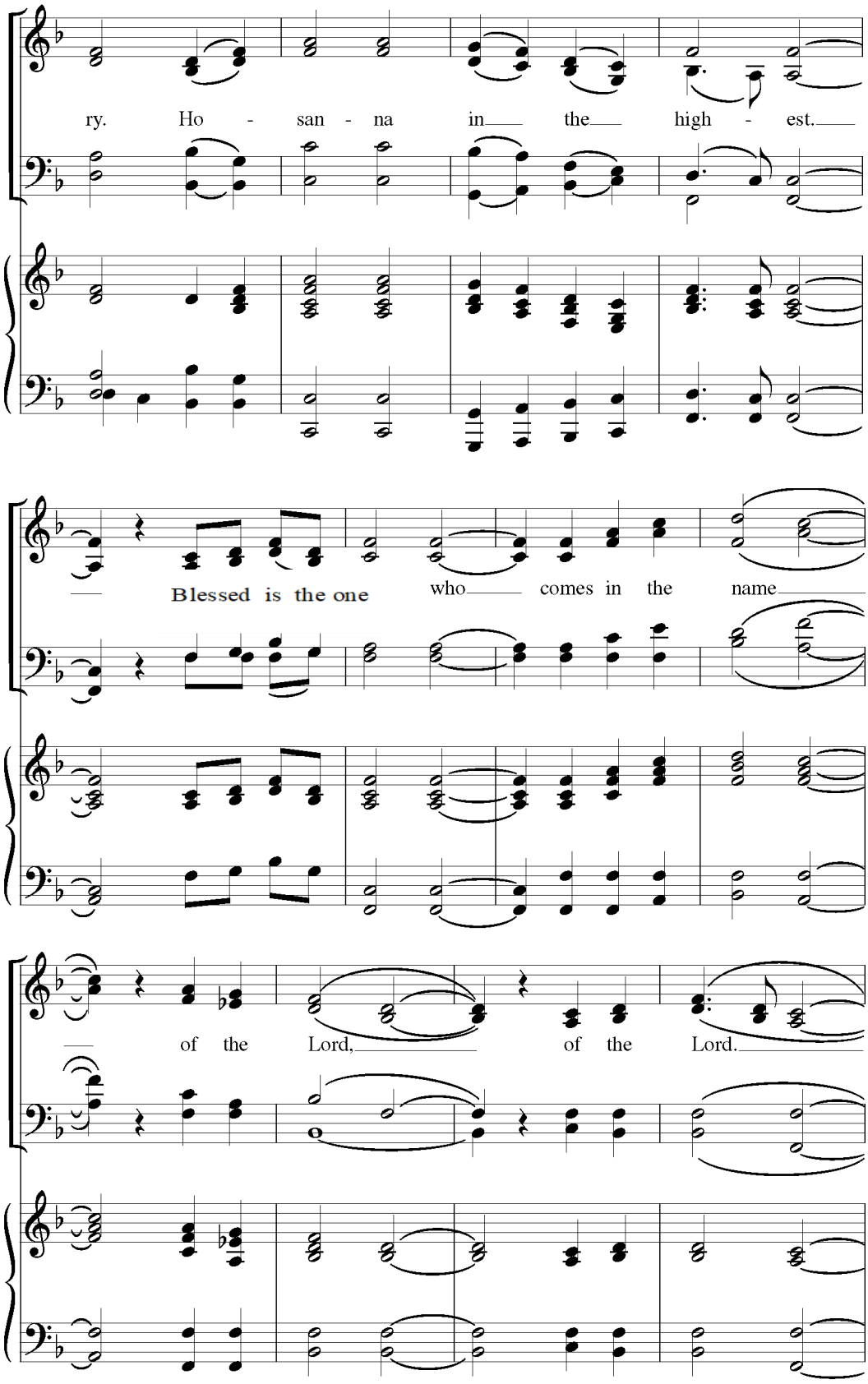
Offertory **"A Simple Song"** *Leonard Bernstein (1918-1990)*
Bella Cardirola, soloist

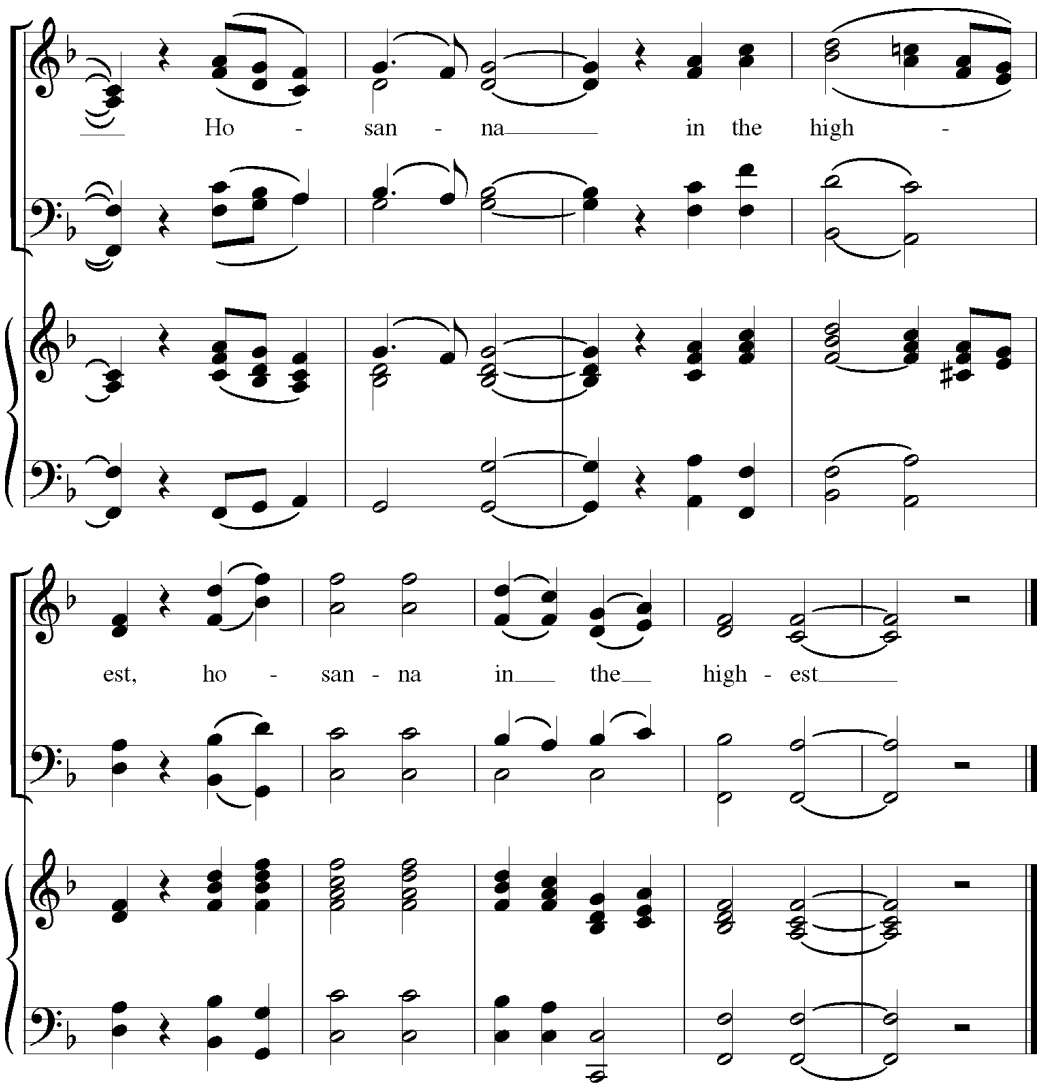
The Great Thanksgiving

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 God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, father Almighty, Creator of heaven and earth. For by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world. 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:


Ho - ly, ho - ly, ho - ly, ho - ly
ho - ly Lord God of hosts.
Heav - en and earth are filled with your glo -


ry. Ho - san - na in the high - est.
Blessed is the one who comes in the name
of the Lord, of the Lord.



We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world.
In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,
We remember his death,
We proclaim his resurrection,
We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with the ever Blessed Virgin Mary, Blessed Thomas our patron and all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory are yours, Almighty Father, now and forever. **AMEN**.

The Lord's Prayer

As our Savior Christ has taught us, we now pray,
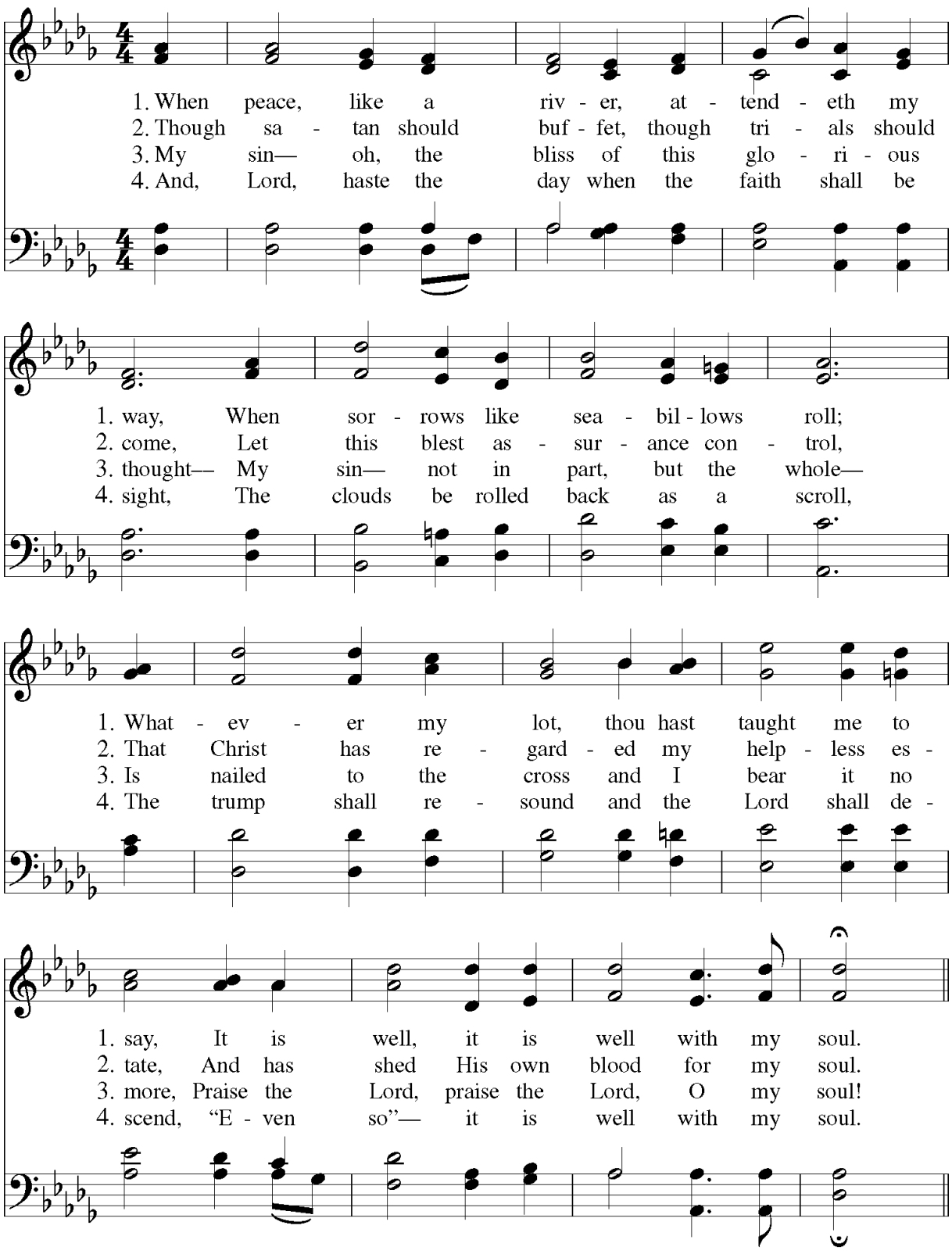
OUR FATHER IN HEAVEN,
hallowed be your name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and forever. Amen.

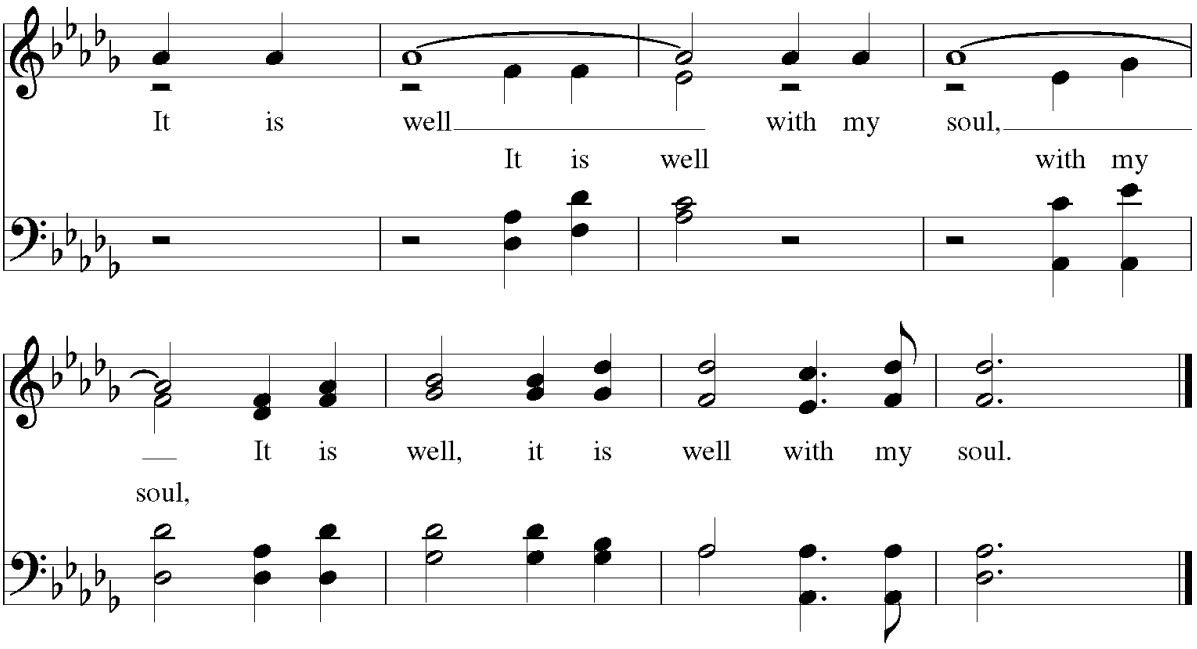
PADRE NUESTRO, que estás en el cielo.
Santificado sea tu nombre.
Venga tu reino. Hágase tu voluntad
en la tierra como en el cielo.
Danos hoy nuestro pan de cada día.
Perdona nuestras ofensas,
como también nosotros perdonamos
a los que nos ofenden.
No nos dejes caer en tentación y líbranos
del mal.
Porque tuyo es el reino, el poder, y la gloria
Por los siglos de los siglos. Amén.

The Breaking of the Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us;
People: Therefore let us keep the feast. Alleluia
Celebrant: The Gifts of God for the People of God.

Communion LEVAS 188 "It is Well with My Soul"







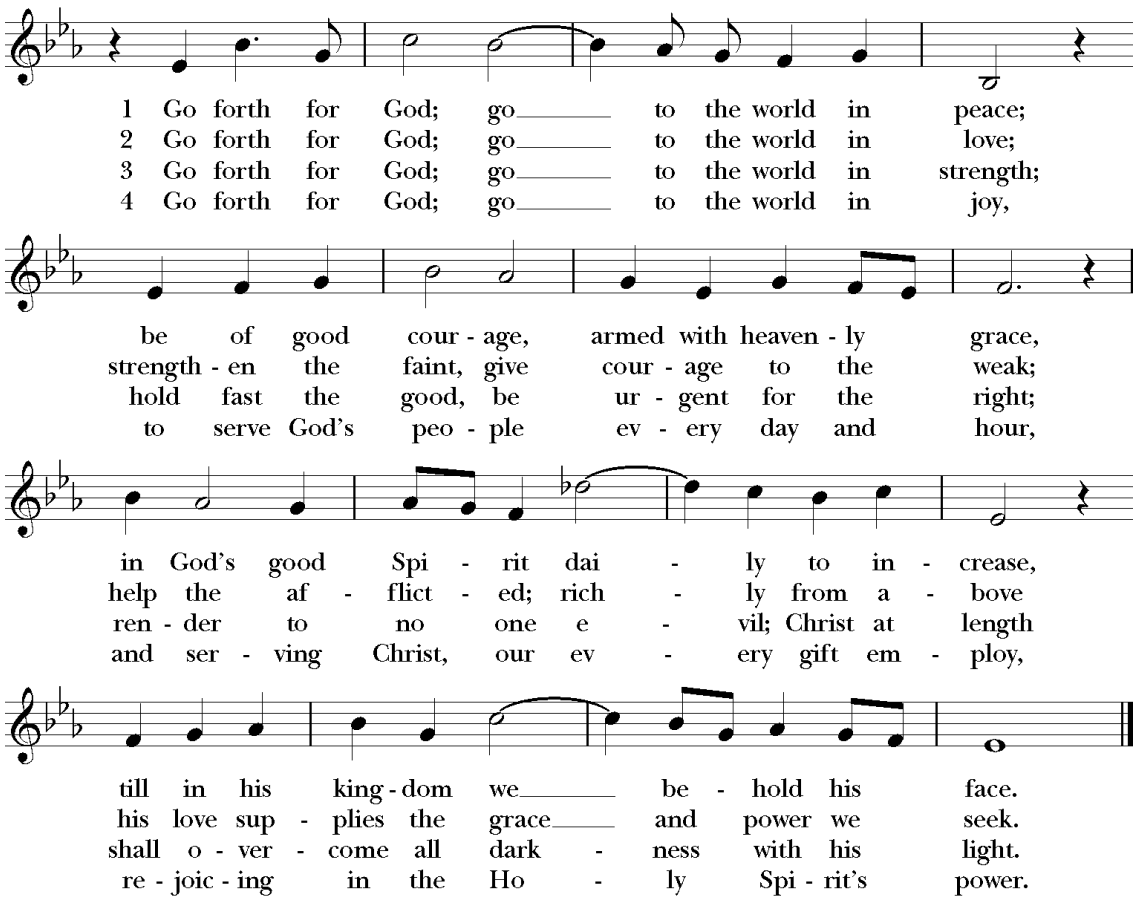
Postcommunion Prayer *(all together)*

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior. Amen.

Blessing

Life is short, and we do not have much time
to gladden the hearts of those who make the journey with us.
So be swift to love, and make haste to be kind.
And the blessing of God, who made us,
who loves us, and who travels with us
be with you now and forever. **Amen.**

Closing Hymn 347 "Go Forth for God"



Dismissal

Deacon: Let us go forth into the world,
Rejoicing in the power of the Spirit. Alleluia!

People: Thanks be to God. Alleluia.

Postlude **Festive Trumpet Tune** *David German (b. 1954)*

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ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE

Announcements for the Thirteenth Sunday after Pentecost ~ August 22, 2021

A NOTE FROM DEACON LINDA



Hi everyone,

As you may know, a magnitude 7.2 earthquake struck Haiti on Saturday August 15th. The death toll continues to rise, and countless men, women, and children are without access to food, water, and shelter. The need is urgent. **What can we do to help?** Those who know the situation in Haiti best recommend sending money. **Episcopal Relief and Development** has had a humanitarian presence in Haiti for many years. To donate to their Haiti Fund, click on this link:

Episcopal Relief and Development Haiti Fund

Here is a prayer for our brothers and sisters in Haiti:

Almighty and most merciful God, we remember before you this day the people of Haiti, who have suffered much in civil unrest and natural disaster. Tend the sick and injured, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield them all, and those who work to alleviate the suffering. Help us to heal those who are broken in body or spirit, and in time to turn their sorrow into joy. Grant this Father, for the love of your Son, who suffered much that we might all be one, Jesus Christ, our Lord. Amen God bless us all and God bless the Diocese and People of Haiti.

The people of Afghanistan are also suffering greatly as the Taliban reasserts control You may be asking, **"What is the best way to help?"** There is now a large influx of Afghan refugees who worked closely with US personnel.

The Lutheran Immigration and Refugee Service (LIRS) provides support to refugees and migrants entering the US. If you would like to donate to support their efforts, click on this link:

https://www.lirs.org/

Here is a prayer offered by Presiding Bishop Michael Curry for the people of Afghanistan:

Eternal God, hear our prayer for the peoples of Afghanistan.
There is a profound humanitarian crisis. Countless people, mostly women and children, are now fleeing and vulnerable. The lives of many are now endangered. The hopes of many are forgone. Send your Spirit, Lord, to rally the resolve of the nations of the earth to find pathways to save human lives, protect human rights, and to resolve the hardships of those seeking refuge, asylum, and safety. Hear our prayer for the peoples of Afghanistan.
This we pray as followers of Jesus, the Prince of Peace. Amen.

Please join me in considering what you feel moved to do to respond to these crises and in praying for those who are suffering.

Yours in Christ,

Deacon Linda Mahler

Here is our Parish Schedule for this coming week.

Sunday, August 22:	**THIRTEENTH SUNDAY AFTER PENTECOST**
9:30 am	Bible Study on Today's Gospel – Parish Hall
10:30 am	Worship in-person and streamed to Facebook
11:15 am	Coffee Hour
Wednesday, August 25:	
6:30-7:00 pm	Evening Worship in-person stream to Zoom (with Evening Prayer or Compline.)
Sunday, August 29:	**FOURTEENTH SUNDAY AFTER PENTECOST**
9:30 am	Bible Study on Today's Gospel – Parish Hall
10:30 am	Worship in-person and streamed to Facebook
11:15 am	Coffee Hour

Zoom Code for parish meetings and worship:

Meeting ID: 947 6442 4718 Password: 151718th

Join Zoom Meeting

https://zoom.us/j/94764424718?pwd=WFhJM0M5N2VxT2dVbVpaelljaVQ2UT09

Dial by your location +1 929 205 6099 US (New York)

Giving QR Code

SCAN ME

When you scan the above QR Code with your phone's camera, it will take you directly to St. Thomas' website's Giving Page.

Worship with St. Thomas'

Sunday 10:30 am Hybrid Worship

In-Person:

-Registration no longer needed. Please sign in when arriving.

-Masks required for worship.

-Congregational Singing

-Holy Communion (bread only) is distributed.

-Outdoor Coffee Hour follows.

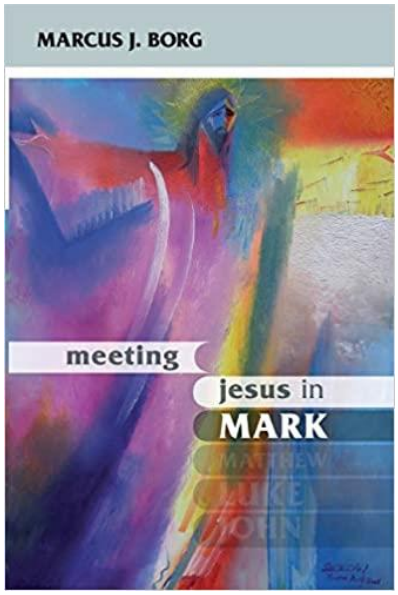
Online:

Worship is streamed from our in-person worship to our Facebook page https://www.facebook.com/StThomasDC

An account is not required to access this worship on Facebook.

And posted to our website stthomasdc.org following the service.

Study with St. Thomas'



Sunday Morning Bible Study

This Sunday we continue our weekly Bible study at 9:30 am of that Sunday's Gospel. We will be using Marcus Borg's commentary on the Gospel of Mark for the initial series. Jason Forman will lead the first sessions. Please join us in the Parish Hall before church to learn more about the Gospel lesson every Sunday.

Take Action with St. Thomas'

Responding to Grief and Joy (and everything in between!) in our Community:
You may wish to respond to the grief or joy in our community by sending a greeting card or making a phone call. If you do not have the individual's contact information, please check Realm or send your greeting card to that person % our church. We will make sure to share with them.

Diapers Needed – Sizes 4 and 6 and Toiletries
Throughout the COVID-19 pandemic, we have listened to the needs of our local community and tried to respond faithfully. We've donated lots of diapers, wipes, formula, and more to young, low-income families from Central America in Columbia Heights. St. Thomas' Member Al, serves as a social worker in the community and share that the most needed donations currently are: **diapers in sizes 4-6 and toiletries: toothpaste, shaving cream, deodorant, toilet paper, and feminine products.**

Al lives near St. Thomas' Parish on Beekman Place, NW. Call or email him for address or drop off 202-604-3084 or alllanosdc@gmail.com

Glt's Time for Children to Go Back to School!
Our own Al Llanos has identified 23 elementary and high school age children we can help get ready for the new school year.



Here are three ways you can help:

- Purchase new backpacks

- Purchase school supplies to fill those backpacks. Click on the link below for a list of supplies students need: https://dcps.dc.gov/page/k-12-school-supply-list
  Please bring your donation on Sunday or office hours during the week in the donation bin.

  We hope to have everything gathered in time to have a blessing of the backpacks on August 29th.

- If you'd rather make a donation, you can help defray the cost of the free and reduced cost school meals. A donation of $66 will cover lunch for one child for one month. A donation of any amount is welcome. To make a contribution, visit our giving page (stthomasdc.org/giving/) and choose "back to school support." In the menu, please classify the donation."

Coffee Hour

Thank you to our host of Coffee Hour in the last month! It has been great to regather outside and reconnect over some tasty offerings. There are a few changes to hosting Coffee Hour now that we have a sexton on Sundays.

1. Esteban will set out the tables and the drinks. Hosts do not need to bring drinks or milk for coffee.
2. We ask host to bring: 4 dozen of one baked good item and 1 sliced seasonal fruit or vegetable (2 pounds of this item). When a vegetable is offered, a dairy-free dip would be nice. When hosts arrive on Sunday, they will place these food items in the small kitchen on the first floor. Esteban will set them out on the table, unless the host would like to help.
3. We ask the host to bring any food leftovers home with them.

Thank you to Jocko Fajardo for the food suggestions. This helps us prevent food waste, while still having enough food for hospitality each week. Please sign up to host on the welcome table in the Commons (first floor) or by emailing Ka Lam at administrator@stthomasdc.org.

Reverend Lisa's Contact Information:

The Rev. Lisa Saunders Ahuja
St. Thomas' Parish
1517 18th Street NW
Washington, DC 20036
1-202-361-2018 (cell)
lahuja@stthomasdc.org

Celebrating Our August Birthdays

Jason Forman (August 1)
Joseph Coleman (August 9)
Linda Hollingsworth (August 10)
Bobby Bosfield (August 13)
Alex Mann (August 16)
Clay Dursthoff (August 17)
Matthew Fallon (August 24)
Oz Holman (August 30)

If your birthday or anniversary is not listed here, please let us know at administrator@stthomasdc.org.

Parish Prayer List

Matthew Briggs
Peggyann Cohen
Billy Duncan
Pam Greer
Susan Hannan
Jan Harrison
Mark Herzog
Betsy Hollingsworth
Carol Hurlburt
Kristin Jones
Mike Knapp
Dave Kucharski
Rich Manhardt
Jane Saari
Joan Shapiro
Mary Jane Smith
Chester Thompson

For the repose of the soul of:
Ellen Compton-Tejera

You may submit a name for the list by sending an e-mail to: administrator@stthomasdc.org

ST. THOMAS' PARISH
EPISCOPAL CHURCH • DUPONT CIRCLE

"As St. Thomas' Parish we are followers of Jesus, striving to see Christ in each person, and to be Christ in our community, our city, and our world."

Vestry

Gregory Zitterkob, Senior Warden
Karen Garlick, Junior Warden
Clay Dursthoff, Treasurer
Jenn Mahle, Secretary
Brian Crane, Reggie Greer, Noel Miller,
Brett Snyder, John Trumbo

Staff

The Rev. Lisa Saunders Ahuja	Rector	lahuja@stthomasdc.org cell: 202-361-2018
The Rt. Rev. V. Gene Robinson	Bishop in Residence	@BishopGRobinson
Deacon Linda Mahler	Deacon	lmahler@stthomasdc.org
Michael Lodico	Director of Music	mlodico@stthomasdc.org
Ka Lam	Administrator	administrator@stthomasdc.org
Jake Mitchell	Organ Scholar	
Tyrone Moore	Sexton	
Esteban Mares	Sunday Sexton	

St. Thomas' Parish

1517 18th Street NW Washington, DC 20036 (202) 808-3326
www.stthomasdc.org ✠ info@stthomasdc.org

Episcopal Diocese of Washington