

THE HOLY EUCHARIST FULL TEXT

Proper 13 in Ordinary Time

ST. PAUL'S ON THE GREEN

AUGUST 2, 2026 – 9:00AM & 11:00AM

PRELUDE

Allegretto from '4 Skizzen für den Pedalflügel Op. 58 – Robert Schumann (1810 – 1856)

Please stand as the bell sounds.

HYMN IN PROCESSION

Hymn 404

1 We will ex - tol you, ev - er - bless - ed Lord; your ho - ly
2 Age shall to age pass on the end - less song, tell - ing the
3 You, Lord, are gra - cious, mer - ci - ful to all, close to your

Name for ev - er be a - dored; each day we live our
won - ders which to you be - long, your might - y acts with
chil - dren when on you they call; and slow to an - ger,

psalm to you we raise; you, God and King, are wor - thy of all
joy and fear re - late; praise we your glo - ry while on you we
mer - ci - ful and kind, in your com - pas - sion we your bless - ings

praise, great and un - search - a - ble in all your ways.
wait, glad in the know - ledge of your love so great.
find. We love you with our heart and strength and mind.

Words: J. Nichol Grieve, alt; para. Of Psalm 145

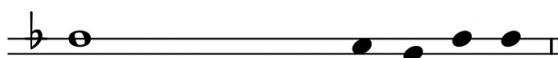
Music: *Old 124th*, melody from *Pseaumes octante trois de Davie*, 1551; harm. Charles Winfred Douglas (1867 – 1944)

OPENING ACCLAMATION

The Celebrant intones

Blessed be the one, holy, and living God;

The People respond



Glory to God for - ev - er and ev - er.

GLORIA

Mass in Honor of St. Cecilia

Glo - ry to God in the high - est and on earth peace to
peo - ple of good will. We praise you, we bless you, we a -
dore you, we glo - ri - fy you, we give you
thanks for your great glo - ry. Lord God, heav - en - ly
King, O God, al - might - y Fa - ther. Lord Je - sus
Christ, On - ly Be - got - ten Son. Lord God,
Lamb of God, Son of the Fa - ther, you
take a - way the sins of the world, have mer - cy on us; you
take a - way the sins of the world, re - ceive our

prayer; you are seat-ed at the right hand of the Fa-ther, have
mer - cy on us. For you a - lone are the Ho - ly One,
you a - lone are the Lord, you a - lone are the Most High,
Je - sus Christ, with the Ho - ly Spir - it,
in the glo - ry of God the Fa - ther. A - men.

Setting: *Mass in Honor of Saint Cecilia*; Richard K. Fitzgerald, Copyright; 2012, International Liturgy Publications

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

The Celebrant prays the Collect of the Day.

Bountiful and compassionate God, you place in the hands of your disciples the food of life. Nourish us at your holy table, that we may bear Christ to others and share with them the gifts we have so richly received. We make our prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

THE LESSON *seated*

Genesis 32:22-31

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip.

Hear what the Spirit is saying to the People.

Thanks be to God.

Unison or harmony

1 I come with joy to meet my Lord, for -
 2 I come with Chris - tians far and near to
 3 As Christ breaks bread and bids us share, each

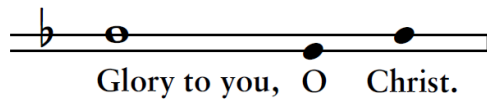
1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us

1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.

Words: Brian A. Wren (b. 1936), alt.

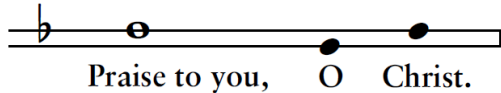
Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889–1983)

The Holy Gospel of our Lord Jesus Christ according to Matthew.



Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord.



SERMON

*The Rev. Paul Carling
Priest Associate*

A period of silent reflection follows the sermon.

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, She* is worshipped and glorified.

She 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.

**Holy Spirit in biblical languages is a feminine-gendered word,
and we use the feminine pronoun here to highlight that aspect of God's fullness.*

PRAYERS OF THE PEOPLE

We pray for:

THOSE IN AUTHORITY IN THE NATIONS OF THE WORLD

THOSE WHO MINISTER IN CHRIST'S NAME

THE SUFFERING AND GRIEF-STRICKEN

THE NEEDS OF OUR LOCAL COMMUNITY

OUR OWN PERSONAL NEEDS

THOSE WHO HAVE DIED

The Deacon says

Let us pray for our own needs and the needs of others.

The Intercessor says: *In your great love,*

The People respond: ***Hear us, O God.***

The Celebrant prays a concluding collect.

For those who hold authority over others, that they would be just, and merciful, and unafraid of the truth.
In your great love,

Hear us, O God.

For your church, that we would love what you love and seek what you seek.
In your great love,

Hear us, O God.

For the sick and the suffering, the grieving and the afraid, that they would know they are not abandoned.
In your great love,

Hear us, O God.

For this community, that we would bear one another's burdens, and share one another's joys.
In your great love,

Hear us, O God.

For the particular needs and thanksgivings of those gathered here, which we offer aloud or in silence...
In your great love,

Hear us, O God.

For those who have died, whom we name now aloud or in silence...
In your great love,

Hear us, O God.

[the Celebrant improvises a collect to conclude the prayers]

THE PEACE

The peace of the Lord be always with you.
And also with you.

Please share a sign of peace with those around you.

ANNOUNCEMENTS *seated*

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Visit the address below or click on the QR code to learn more about the
opportunities to give. Please consider making a one-time or ongoing sustaining gift
to ensure the enduring and vibrant ministry of this place.
Thank you for your participation and support!



2026

stpaulsnorwalk.org/support

MUSIC AT THE OFFERTORY *sung by the Cantor*

O Rest in the Lord from 'Elijah' Op. 70

Felix Mendelssohn (1809 – 1847)

Oh rest in the Lord,
wait patiently for Him,
and He shall give thee thy heart's desires.

Commit thy way unto Him,
and trust in Him,
and fret not thyself because of evil-doers.

1 O Food to pil - grims giv - en, O Bread of life from
 2 O stream of love past tell - ing, O pur - est foun - tain,
 3 O Je - sus, by thee bid - den, we here a - dore thee,

hea - ven, O Man - na from on high! We
 well - ing from out the Sa - vior's side! We
 hid - den in forms of bread and wine. Grant

hun - ger; Lord, sup - ply us, nor thy de - lights de -
 faint with thirst; re - vive us, of thine a - bun - dance
 when the veil is riv - en, we may be - hold, in

ny give us, whose hearts to thee draw nigh.
 give us, and all we need pro - vide.
 hea - ven, thy coun - te - nance di - vine.

Words: Latin, 1661; tr. John Athelstan Laurie Riley (1858–1945), alt.

Music: *O Welt, ich muss dich lassen*, present form of melody att. Heinrich Isaac (1450?–1517), alt.; harm. Johann Sebastian Bach (1685–1750)

THE GREAT THANKSGIVING

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. 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.

The prayer continues until

We give you thanks, O God, for you made us in your image
and called us to live in your love.
When we wandered far off, you sought us;
when we could not return, you came to us in Jesus,
who lived our life, died our death, and opened to us the way of life.

Therefore we praise you, joining our voices with angels and archangels
and with all the company of heaven, who for ever sing this hymn:

SANCTUS

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

Heav - en and earth are full of your glo - ry. Ho -

san - na in the high - est. Bless - ed is he who comes in the

name of the Lord. Ho - san - na in the high - est.

Setting: *Mass in Honor of Saint Cecilia*; Richard K. Fitzgerald, Copyright; 2012, International Liturgy Publications

The prayer continues until

Holy and gracious God, in Jesus you came among us
and gave yourself for the life of the world.

On the night before he died for us, he took bread,
gave thanks to you, broke it, and gave it to his friends, and said,
"Take, eat: This is my Body, given for you.
Do this for the remembrance of me."

After supper he took the cup of wine, gave thanks, and said,
"Drink this, all of you: This is my Blood of the new Covenant,
poured out for you and for all for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me."

Remembering now his death and resurrection,
and looking for his coming again in glory,
we offer you these gifts from your own creation,

as we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Pour out your Holy Spirit upon these gifts of bread and wine,
that they may be for us the Body and Blood of your Son.
Pour out your Spirit upon us also,
and gather into one all who share this holy food;
bring us with all your saints into the joy of your eternal home.

Through Christ, and with Christ, and in Christ,
all honor and glory are yours,
Source of all Being, Incarnate Word, and Abiding Spirit,

now and for ever.

Amen.

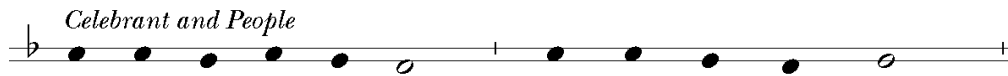
THE LORD'S PRAYER

Celebrant

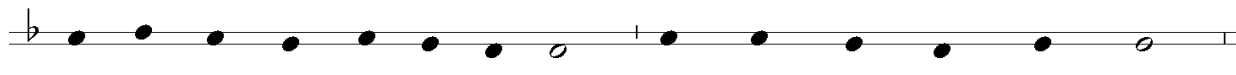


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



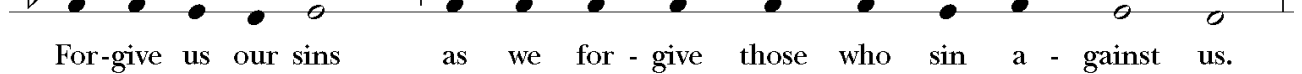
Our Fa - ther in hea - ven, hal - lowed be your Name,



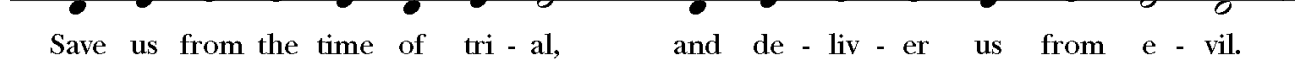
your king - dom come, your will be done, on earth as in hea - ven.



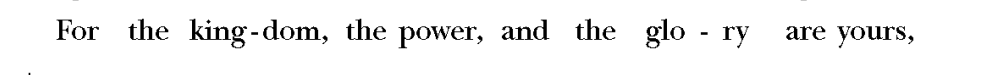
Give us to - day our dai - ly bread.



For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, and de - liv - er us from e - vil.



For the king - dom, the power, and the glo - ry are yours,



now and for ev - er. A - men.

Setting: Ambrosian Chant, adapt. Mason Martens

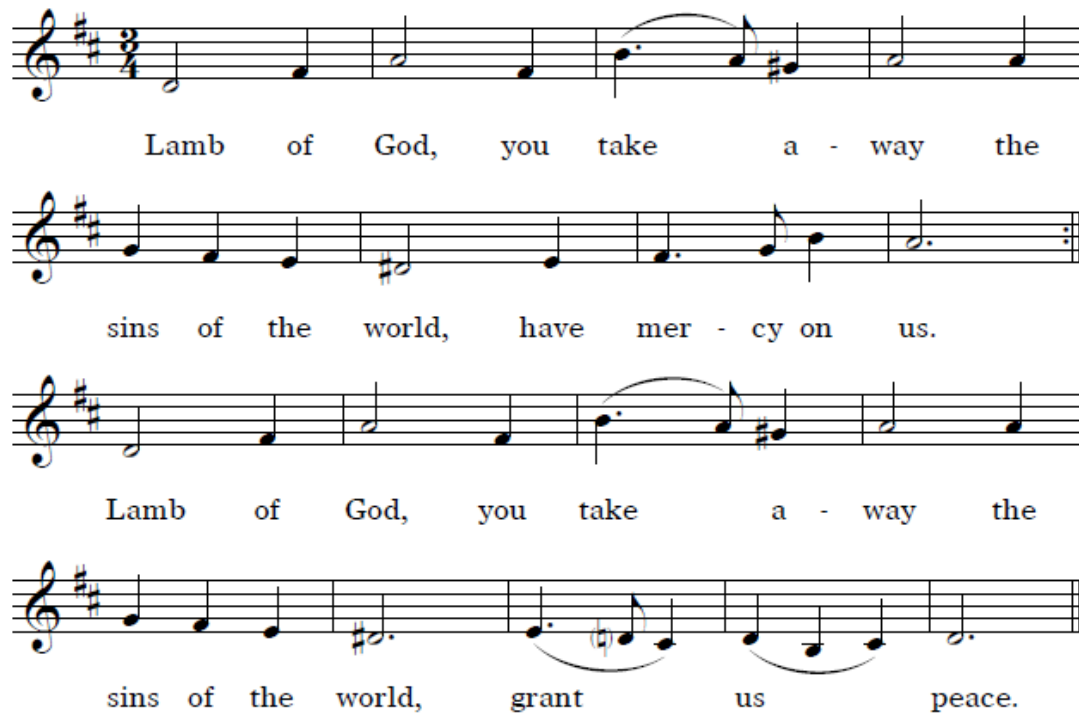
THE COMMUNION

The Celebrant breaks the bread and bids the People to Communion.

These are the gifts of God for you, the people of God.

Everyone is welcome to receive Communion. Please follow the direction of the ushers. Gluten-free bread is available upon request; non-alcoholic grape juice is available in the blue-dot cups at the side altars. If you don't wish to drink from the chalice, you may simply touch its base when it is brought to you. (For the health of all, we are no longer dipping the bread into the chalice wine by hand.)

All sing as the distribution of Communion begins:



Lamb of God, you take a - way the
sins of the world, have mer - cy on us.

Lamb of God, you take a - way the
sins of the world, grant us peace.

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MUSIC AT COMMUNION *sung by the Cantor*

Panis Angelicus

César Franck (1822 - 1890)

*Panis angelicus
Fit panis hominum
Dat panis coelicus
Figuris terminum
O res mirabilis
Manducat dominum
Pauper, pauper
Servus et humilis*

May the Bread of Angels
Become bread for mankind;
The Bread of Heaven puts
All foreshadowings to an end;
Oh, thing miraculous!
The body of the Lord will nourish
the poor, the poor,
the servile, and the humble.

THE PRAYER AFTER COMMUNION

Let us pray 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.

[SENDING FORTH OF EUCHARISTIC VISITORS]

When Lay Eucharistic Visitors are sent out to bring the Sacrament to the sick or homebound, the Celebrant sends them out:

In the name of this congregation, 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.

The People respond

We, who are many, are one body, because we all share one bread and one cup.

THE BLESSING

The Priest blesses the People.

The blessing of God Almighty:

Source of all being,

Incarnate Word,

and Abiding Spirit,

be upon you and remain with you,

now and always. **Amen.**

1 God, my King, thy might con - fess - ing, ev - er will I
 2 Hon - or great our God be - fit - teth; who his ma - jes -
 3 They shall talk of all thy glo - ry, on thy might and

1 bless thy Name; day by day thy throne ad - dress - ing,
 2 ty can reach? Age to age his works trans - mit - teth,
 3 great - ness dwell, speak of thy dread acts the sto - ry,

1 still will I thy praise pro - claim.
 2 age to thy age his power shall teach.
 3 and thy deeds of won - der tell.

6 All thy works, O Lord, shall bless thee;
 thee shall all thy saints adore:
 King supreme shall they confess thee,
 and proclaim thy sovereign power.

Words: Richard Mant (1776–1848); para. of Psalm 145

Music: *Stuttgart*, melody from *Psalmodia Sacra, oder Anächtige und Schöne Gesänge*, 1715; adapt. and harm. William Henry Havergal (1793–1870), alt.; desc. John Wilson (1905–1992)

THE SENDING

Let us go forth, rejoicing in the power of the Spirit.

Thanks be to God.

The feasting continues! –

*with coffee, cookies and conversation on the side lawn of the church.
 Ask anyone near the front or rear doors and they will guide you there.*

VOLUNTARY

No. 6 Finale from 'Miniature Suite for Organ' - Healey Willan (1880 - 1968)

ST PAUL'S ON THE GREEN – 60 EAST AVE. NORWALK, CT 06851

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The Rev. Daniel Simons, *Rector*

The Rev. Paul Carling, *Priest Associate*

The Rev. Edrice Viechweg, *Deacon*

Joshua Ehlebracht, *Director of Music*

Marsha Dunn, *Parish Administrator*

Jim Hamilton & Henry Rapp III, *Wardens*