

## **Eleventh Sunday after Pentecost, August 8**

**The Collect:** Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### **Track 1 Old Testament: 2 Samuel 18:5-9, 15, 31-33 read from the Amplified Bible**

5 The king commanded Joab and Abishai and Ittai, saying, "Deal gently with the young man Absalom for my sake." And all the men heard when the king gave orders to all the commanders about Absalom.

6 So the men went out into the field against Israel, and the battle was fought in the forest of Ephraim. 7 The men of Israel [who supported Absalom] were defeated there by the men of David, and a great slaughter took place there that day, 20,000 men. 8 For the battle there was spread out over the surface of the entire countryside, and the [hazards of the] forest devoured more men that day than did the sword.

9 Now Absalom met the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a massive tree, and his head was caught in [the thick branches of] the tree; and he was left hanging [in midair] between heaven and earth, while the mule that had been under him kept going.

15 And ten young men, Joab's armor bearers, surrounded and struck Absalom and killed him.

31 Behold, the Cushite (Ethiopian) arrived, and said, "Let my lord the king receive good news, for the Lord has vindicated you today by rescuing you from the hand of all those who stood against you." 32 The king asked the Cushite, "Is the young man Absalom [my son] safe?" The Cushite replied, "May the enemies of my lord the king, and all those who rise against you to do evil, be [dead] like that young man is."

33 The king was deeply moved and went to the upper room over the gate and wept [in sorrow]. And this is what he said as he walked: "O my son Absalom, my son, my son Absalom! How I wish that I had died instead of you, O Absalom, my son, my son!"

### **Hear what the Spirit is saying to God's people**

#### **Track 1 Psalm 130 read from The Episcopal Church Book of Common Prayer**

1 Out of the depths have I called to you, O Lord;

Lord, hear my voice; \*

let your ears consider well the voice of my supplication.

2 If you, Lord, were to note what is done amiss, \*

O Lord, who could stand?

3 For there is forgiveness with you; \*

therefore you shall be feared.

4 I wait for the Lord; my soul waits for him; \*

in his word is my hope.

5 My soul waits for the Lord,

more than watchmen for the morning, \*

more than watchmen for the morning.

6 O Israel, wait for the Lord, \*

for with the Lord there is mercy;

7 With him there is plenteous redemption, \*

and he shall redeem Israel from all their sins.

#### **Track 2 Old Testament 1 Kings 19:4-8 read from the Amplified Bible**

4 But he himself traveled a day's journey into the wilderness, and he came and sat down under a juniper tree and asked [God] that he might die. He said, "It is enough; now, O Lord, take my life, for I am no better than my fathers." 5 He lay down and slept under the juniper tree, and behold, an angel touched him and said to him, "Get up and eat." 6 He looked, and by his head there was a bread cake baked on hot coal, and a pitcher of water. So he ate and drank and lay down again. 7 Then the angel of the Lord came again a second time and

touched him and said, “Get up, and eat, for the journey is too long for you [without adequate sustenance].” 8 So he got up and ate and drank, and with the strength of that food he traveled forty days and nights to Horeb, the mountain of God.

### **Hear what the Spirit is saying to God's people**

#### **Track 2 Psalm 34:1-8 read from The Episcopal Church Book of Common Prayer**

- 1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.
- 2 I will glory in the Lord; \*  
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the Lord; \*  
let us exalt his Name together.
- 4 I sought the Lord, and he answered me \*  
and delivered me out of all my terror.
- 5 Look upon him and be radiant, \*  
and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me \*  
and saved me from all my troubles.
- 7 The angel of the Lord encompasses those who fear him, \*  
and he will deliver them.
- 8 Taste and see that the Lord is good; \*  
happy are they who trust in him!

#### **The Epistle: Ephesians 4:25-5:2 read from the Christian Standard Bible**

25 Therefore, putting away lying, speak the truth, each one to his neighbor, because we are members of one another. 26 Be angry and do not sin. Don't let the sun go down on your anger, 27 and don't give the devil an opportunity. 28 Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need. 29 No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. 30 And don't grieve

God's Holy Spirit. You were sealed by him for the day of redemption. 31 Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. 32 And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

5 Therefore, be imitators of God, as dearly loved children, 2 and walk in love, as Christ also loved us and gave himself for us, a sacrificial and fragrant offering to God.

Hear what the Spirit is saying to God's people

### **The Gospel: John 6: 35, 41 – 51 read from the Douay-Rheims Bible**

35 And Jesus said to them: I am the bread of life: he that cometh to me shall not hunger: and he that believeth in me shall never thirst.

41 The Jews therefore murmured at him, because he had said: I am the living bread which came down from heaven.

42 And they said: Is not this Jesus, the son of Joseph, whose father and mother we know? How then saith he, I came down from heaven?

43 Jesus therefore answered, and said to them: Murmur not among yourselves.

44 No man can come to me, except the Father, who hath sent me, draw him; and I will raise him up in the last day.

45 It is written in the prophets: And they shall all be taught of God. Every one that hath heard of the Father, and hath learned, cometh to me.

46 Not that any man hath seen the Father; but he who is of God, he hath seen the Father.

47 Amen, amen I say unto you: He that believeth in me, hath everlasting life.

48 I am the bread of life.

49 Your fathers did eat manna in the desert, and are dead.

50 This is the bread which cometh down from heaven; that if any man eat of it, he may not die.

51 I am the living bread which came down from heaven.

### **The Gospel of the Lord**

**Closing Prayer: On August 9 we celebrate the life of Herman of Alaska, Missionary to the Aleut. Read from *A Great Cloud of Witnesses*.**

Herman of Alaska, known in the Russian Orthodox Church as “St. Herman: Wonderworker of All America,” was the first saint to be canonized by the Orthodox Church in America.

Herman was born in Russia, near Moscow, in 1756. His baptismal and family names are unknown. He is known by his monastic name. Naturally pious from an early age, Herman entered the Trinity-St. Sergius Hermitage near St. Petersburg at 16 and, drawn to the spiritual charism of Abbot Nasarios, eventually transferred to the Valaam Monastery. He was never ordained. For many years he secured permission to live as a hermit, attending the liturgies of the monastery only on holy days.

In 1793, with a small group of colleagues, Herman set out to do missionary work in Alaska. They settled on Spruce Island, near Kodiak, and named their community “New Valaam” in honor of their home monastery. Herman lived and worked in the area for the remainder of his life.

He advocated for and defended the native Aleut against sometimes oppressive authorities, particular Russian and European colonists with commercial interests. He cared lovingly and sacrificially for all who came to him, counseling and teaching them, and tirelessly nursing the sick. He especially loved children, for whom he often baked biscuits and cookies.

Even though Herman had minimal education outside of the monastic life, he was regarded among the native Alaskans as a great and compelling teacher. Over time he also developed a reputation as a teacher and sage among the Russian and European settlers in the area. He so captivated his listeners that many would listen to him through the long hours of the night and not leave his company until morning. The people he served often referred to Herman as their North Star.

Herman died at Spruce Island on December 25, 1837, according to the Gregorian calendar then still in use in Alaska.

In the spring of 1969, the Synod of Bishops of the Orthodox Church in America proclaimed Herman a saint. He was glorified in a solemn liturgy on August 9, 1970, at Holy Resurrection Orthodox Cathedral on Kodiak Island, Alaska, with simultaneous rites taking place at other Orthodox centers.

**Let us pray:** Holy God, we bless your Name for Herman, joyful North Star of Christ's Church, who brought the Good News of Christ's love to your people in Alaska; and we pray that, following his example and admonition, we may love you, God, above all; through Jesus Christ, who with you and the Holy Spirit lives and reigns, throughout all ages. **Amen.**