

Twelfth Sunday after Pentecost, August 11

The Collect and Psalms will be read from The Episcopal Church Book of Common Prayer
The Old Testament, Epistle and Gospel will be read from the Easy to Read Bible

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

5 The king gave a command to Joab, Abishai, and Ittai. He said, "Do this for me: Be gentle with young Absalom!" Everyone heard the king's orders about Absalom to the captains.

6 David's army went out into the field against Absalom's Israelites. They fought in the forest of Ephraim. 7 David's army defeated the Israelites. It was a great defeat because 20,000 men were killed that day. 8 The battle spread throughout the country, but more men died in the forest than by the sword.

9 It so happened that David's officers found Absalom. Absalom jumped on his mule and tried to escape, but the mule went under the branches of a large oak tree. The branches were thick, and Absalom's head got caught in the tree. His mule ran out from under him, so Absalom was left hanging above the ground.

15 Ten of Joab's young helpers gathered around Absalom and killed him.

31 The Ethiopian arrived and said, "News for my lord and king. Today the LORD has punished all those who were against you!"

32 The king asked the Ethiopian, "Is young Absalom all right?"

The Ethiopian answered, "May your enemies, or whoever tries to hurt you, suffer the same as this

young man did.”

33 So the king knew Absalom was dead and he became very upset. He went upstairs to the room over the gate, crying, “O my son Absalom! My son Absalom, I wish 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

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: Old Testament: 1 Kings 19:4-8

Then Elijah left his servant in Beersheba 4 and walked for a whole day into the desert. Then he sat down under a bush and asked to die. He said, “I have had enough, LORD! Take my life. I am no better than my ancestors.” 5 Then Elijah lay down under the bush and went to sleep. An angel came to him and touched him. The angel said, “Get up and eat!” 6 Elijah looked

around, and by his head there was a cake that had been baked over coals and a jar of water. He ate and drank and then went back to sleep.

7 Later the LORD's angel came to him again, touched him, and said, "Get up and eat! If you don't, you will not be strong enough to make the long trip." 8 So Elijah got up. He ate and drank and felt strong. Then Elijah walked for 40 days and nights to Mount Horeb, the mountain of God.

Hear what the Spirit is saying to God's people

Track 2 Psalm: Psalm 34:1-8

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

25 So you must stop telling lies. "You must always speak the truth to each other," because we all belong to each other in the same body. 26 "When you are angry, don't let that anger make you sin," and don't stay angry all day. 27 Don't give the devil a way to defeat you.

28 Whoever has been stealing must stop it and start working. They must use their hands for doing something good. Then they will have something to share with those who are poor.

29 When you talk, don't say anything bad. But say the good things that people need—whatever will help them grow stronger. Then what you say will be a blessing to those who hear you. 30 And don't make the Holy Spirit sad. God gave you his Spirit as proof that you belong to him and that he will keep you safe until the day he makes you free. 31 Never be bitter, angry, or mad. Never shout angrily or say things to hurt others. Never do anything evil. 32 Be kind and loving to each other. Forgive each other the same as God forgave you through Christ.

5 You are God's dear children, so try to be like him. 2 Live a life of love. Love others just as Christ loved us. He gave himself for us—a sweet-smelling offering and sacrifice to God.

Hear what the Spirit is saying to God's people

Gospel: John 6:35, 41-51

35 Then Jesus said, "I am the bread that gives life. No one who comes to me will ever be hungry. No one who believes in me will ever be thirsty.

41 Some Jews began to complain about Jesus because he said, "I am the bread that comes down from heaven." 42 They said, "This is Jesus. We know his father and mother. He is only Joseph's son. How can he say, 'I came down from heaven'?"

43 But Jesus said, "Stop complaining to each other. 44 The Father is the one who sent me, and he is the one who brings people to me. I will raise them up on the last day. Anyone the Father does not bring to me cannot come to me. 45 It is written in the prophets: 'God will teach them all.' People listen to the Father and learn from him. They are the ones who come to me. 46 I don't mean that there is anyone who has seen the Father. The only one who has ever seen the Father is the one who came from God. He has seen the Father.

47 "I can assure you that anyone who believes has eternal life. 48 I am the bread that gives life.

49 Your ancestors ate the manna God gave them in the desert, but it didn't keep them from dying.
50 Here is the bread that comes down from heaven. Whoever eats this bread will never die. 51 I am
the living bread that came down from heaven. Whoever eats this bread will live forever. This bread
is my body. I will give my body so that the people in the world can have life."

The Gospel of the Lord

**On August 12 we celebrate the life of Florence Nightingale Nurse, Social Reformer.
Read from A Great Cloud of Witnesses.**

Florence Nightingale was born to a wealthy English family in Florence, Italy, on May 12, 1820. She was trained as a nurse in a hospital run by a Lutheran order of Deaconesses at Kaiserwerth (1851) and in 1853 became superintendent of a hospital for invalid women in London. In response to God's call and animated by a spirit of service, in 1854 she volunteered for duty during the Crimean War and recruited 38 nurses to join her. With them she organized the first modern nursing service in the British field hospitals of Scutari and Balaclava.

Making late-night rounds to check on the welfare of her charges, a hand-held lantern to aid her, the wounded identified her as "The Lady with the Lamp." By imposing strict discipline and high standards of sanitation she radically reduced the drastic death toll and rampant infection then typical in field hospitals. She returned to England in 1856, and a fund of £ 50,000 was subscribed to enable her to form an institution for the training of nurses at St. Thomas's Hospital and at King's College Hospital. Her school at St. Thomas's Hospital became significant in helping to elevate nursing into a profession. She devoted many years to the question of army sanitary reform, to the improvement of nursing, and to public health in India. Her main work, *Notes on Nursing* (1859), went through many editions.

An Anglican, she remained committed to a personal mystical religion, which sustained her through many years of poor health until her death in 1910. Until the end of her life, although her illness prevented her from leaving her home, she continued in frequent spiritual conversation with many prominent church leaders of the day, including the local parish

priest, who regularly brought Communion to her. By the time of her death on August 13, 1910, her accomplishments and legacy were widely recognized, and she is honored throughout the world as the founder of the modern profession of nursing.

Let us pray: O God, who gave grace to your servant Florence Nightingale to bear your healing love into the shadow of death: Grant to all who heal the same virtues of patience, mercy, and steadfast love, that your saving health may be revealed to all; through Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**