Welcome to St. Mark’s!

On these summer Sundays when many are traveling, church is quieter than usual, and life’s rhythms slow down a little, you can be sure that God is just as ready to be found in the quiet as in the noise, and that the Holy Spirit continues to hold the world together in love. As you worship here today, my prayer is that you would find rest for your heart, and that Christ would raise you to a clearer vision of his kingdom both on earth and in heaven.

Music in preparation for worship

THE HOLY EUCHARIST
Entrance Rite

Entrance Hymn
The Opening Acclamation

Celebrant

Blessed be God: Father, Son, and Holy Spirit.

People

And blessed be God’s kingdom, now and forever. Amen.

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.

Kyrie eleison

Robert Powell (b. 1932)

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Gloria in excelsis S-280

Powell

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The Collect of the Day
Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Word of God

First Lesson
Isaiah 55:1-5
Thus says the Lord: "Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you."

Psalm 145: 8-9, 15-22
Exaltabo te, Deus

8 The LORD is gracious and full of compassion,*
    slow to anger and /of great kindness.
9 The LORD is loving to /everyone*
    and his compassion is /over all his works.
15 The LORD upholds all /those who fall;*
    he lifts up /those who are bowed down.
16 The eyes of all wait upon /you, O LORD,*
    and you give them their food /in due season.
17 You open /wide your hand*
    and satisfy the needs of every /living creature.
18 The LORD is righteous in /all his ways*
    and loving in all his works.
19 The LORD is near to those who call up /on him,*
    to all who call up /on him faithfully.
20 He fulfills the desire of those who /fear him;*
    he hears their cry and helps them.
21 The LORD preserves all those who /love him,*
    but he destroys all /the wicked.
22 My mouth shall speak the praise of the /LORD;*
    let all flesh bless his holy Name for ev /er and ever.
Second Lesson  Romans 9:1-5
I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Sequence Hymn VF 73

The Holy Gospel  Matthew 14:13-21
¶The Gospeller introduces the Gospel and the people respond with “Glory to you, Lord Christ.”
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

Words: Mary A. Lathbury (1841–1913).

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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 Gospeller concludes the Gospel and the people respond with “Praise to you, Lord Christ.”

The Sermon
The Rev’d Blake Sawicky

The Nicene Creed
All: 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, 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.

Prayers of the People
Leader: With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”
Leader: For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.
People: Lord, have mercy.
Leader: For this city of Berkeley, for every city and community, and for those who live in them, let us pray to the Lord.
People: Lord, have mercy.
Leader: For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.
People: Lord, have mercy.
Leader: For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, [especially _______] let us pray to the Lord.
People: Lord, have mercy.
Leader: For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who care for them, let us pray to the Lord.
People: Lord, have mercy.
Leader: For all who have died in the hope of the resurrection, and for all the departed, [especially _______] let us pray to the Lord.
People: Lord, have mercy.
Leader: Let us pray for our own needs and those of others.
People are invited to offer their own petitions
Leader: Let us pray to the Lord.
People: Lord, have mercy.
Leader: In the communion of the Blessed Virgin Mary, Blessed Mark the Evangelist, and of all the saints, let us commend ourselves and one another, and all our life to Christ our God.

People: To thee, O Lord our God.

¶The Celebrant will add a concluding Collect, and the congregation responds with “Amen”.

Confession of Sin
Celebrant: Let us confess our sins against God and our neighbor.

¶There is silence for a time, then:

People: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord 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 the Lord be always with you.

People: And also with you.

The Holy Communion

Offertory Hymn 302
The Great Thanksgiving

Eucharistic Prayer A

BCP, p. 361

Celebrant: [...] Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus S-129

Powell

Celebrant: [...] Therefore we proclaim the mystery of faith:

People: Christ has died. Christ is risen. Christ will come again.

Celebrant: continues [...] through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. Amen.
The Lord’s Prayer S-119

```
Our Father, who art in heaven, hallowed
be thy Name, thy kingdom come, thy will be done,
on earth as it is in heaven. Give us this day our
daily bread. And forgive us our trespasses,
as we forgive those who trespass against us. And lead
us not into temptation, but deliver us
from evil. For thine is the kingdom, and the power,
and the glory, for ever and ever. Amen.
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fraction Anthem

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The Celebrant chants the first Alleluia, then all join in.

Alleluia. Christ our Passover is sacrificed for us;
Therefore let us keep the feast. Alleluia.
```

This setting may be sung full by all, or by the choir, or as a verse and response.

Setting: Ambrosian chant; adapt. Mason Martens (b. 1953)

Agnus Dei S-163

```
Lamb of God, you take away the
sins of the world: have mercy on us. Lamb of God, you
take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.
```

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Celebrant: Behold the Lamb of God, behold him who takes away the sins of the world.

All: Lord, I am not worthy that you should come under my roof.
    But speak the word only, and my soul shall be healed.

A Form for Spiritual Communion

In times like these where it is imprudent or impossible for all to receive Holy Communion, it is still possible to make an act of spiritual communion. The following devotion can be made at any time when you are prevented from being present at the Eucharist, but we encourage you to use it during these weeks of live-streamed services especially, at the time while communion is being administered and the ablutions performed. This form comes from a book of devotion, “The Habit of Holiness,” by Martin Warner.

Make an Act of Spiritual Communion to unite your intention with that of the whole Church:

Lord Jesus Christ,
    saving Victim, Priest divine,
in union with the faithful at every altar of your Church
where your body and blood are offered to the Father,
I make an oblation of praise and thanksgiving.
I believe that you are truly present in the Eucharist.
To you I offer my soul, my body, and my life.
Come to my heart, embrace me with your love.
Conform my will to the pattern of your perfect obedience,
so that loving all that you love, I may never be separated from you,
but live to the glory of God. Amen.

Pray the Lord’s Prayer:

    Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven.
    Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Meditate on the soul’s mystical union with Christ; 14th c. poem, ‘Anima Christi’ is a good place to start:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death, call me
    and bid me come to thee,
That with thy saints I may praise thee
    For ever and ever.

Offer a prayer of thanksgiving; this is one by St. Richard of Chichester:

Thanks be to thee, my Lord Jesus Christ,
    for all the benefits thou hast won for me,
    for all the pains and insults thou hast borne for me.
    O most merciful redeemer, friend and brother,
    may I know thee more clearly, love thee more dearly,
    and follow thee more nearly, day by day. Amen.

The Grace

+The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all,
evermore. Amen.
Post-Communion Prayer

All: Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out to do the work you have given us to do,
to love and serve you as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

The Blessing
¶The Celebrant will bless the people.

The Dismissal
¶People respond with “Thanks be to God.”
Postlude

All are invited to join us for virtual coffee hour via Zoom.

https://us02web.zoom.us/j/84216555441?pwd=SUZwUjBWA0Z0bTV5a05WUXFjNkFQQT09
Dial in +1 669 900 9128
Meeting ID: 842 1655 5441
Password: 63088

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Closing Hymn 690

1 Guide me, O thou great Jehovah, pilgrim through this barren land;
stream doth flow; let the fire and cloudly pillar fears subside; death of death, and hell’s destruction,

2 Open now the crystal fountain, whence the healing hold me with thy powerful hand; bread of heaven, lead me all my journey through; strong deliverer,

3 When I tread the verge of Jordan, bid my anxious bread of heaven, feed me now and ever and strong deliverer, be thou still my strength and songs of praises, I will ever give to

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Words: William Williams (1717-1791); tr. Peter Williams (1722-1798), alt. Music: Owen Edwards, John Hughes (1873-1932)

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Parish Administrator | Toni Clark Murdock – office@stmarksberkeley.org
Childcare Coordinator | Shelby Johnson – childcare@stmarksberkeley.org
UC Berkeley Episcopal Chaplain | Tom Poynor – calcanterbury@gmail.com
Sexton | Joel Contreras

Vestry

Sr. Warden | Lisa Key – seniorwarden@stmarksberkeley.org
Jr. Warden | Paul Porter – juniorwarden@stmarksberkeley.org
Treasurer | Bruce Alexander – treasurer@stmarksberkeley.org
Clerk | Nancy Evans

Judith Berling, Fran Carlson, Iris Commins, Kathi Day, Joseph Lough, Nathan Oliver, Marcia Russell, Margo Strakosch, Anna Weidman, Kevin Zamzow-Pollock

To send a general message to the vestry you can email: vestry@stmarksberkeley.org

Parish Office Contact Information

Email | office@stmarksberkeley.org.
Phone | 510.848.5107
Website | www.stmarksberkeley.org
### St. Mark’s Parish Prayer List

**In our Parish:** Music Ministries—Director of Music, Choir Association, Choir Board, Evensong Series, Evensong Reception Providers

**Anglican Cycle of Prayer:** The new province of Alexandria—created from the former Diocese of Egypt with North Africa and the Horn of Africa in the Episcopal Church of Jerusalem and the Middle East

#### We pray for peace and justice in the world:
- For an end to all prejudice and wrongful discrimination.
- For Earth; for the wisdom and commitment to care for it through our practices.
- For the people serving in the U.S. Armed Forces, domestically and throughout the world.
- For those who find themselves homeless, hungry, and without proper resources.
- For refugees everywhere.

#### We pray for those with illness or with other needs:

<table>
<thead>
<tr>
<th>Male Names</th>
<th>Female Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sean Aaberg</td>
<td>Betty Key</td>
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<tr>
<td>Bill Anderson</td>
<td>Barbara Renton</td>
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<tr>
<td>Christy Blessing</td>
<td>Everett Kinney</td>
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<tr>
<td>Barbara Borsch</td>
<td>Anthony (Sandy) Knettel</td>
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<tr>
<td>Brian Brende</td>
<td>Gus Koerber</td>
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<tr>
<td>Joanne Buckley</td>
<td>Corrie Lassen</td>
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<tr>
<td>Cain family</td>
<td>Ben Lesser</td>
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<td>Berny Cabral</td>
<td>Louise Lindsay</td>
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<tr>
<td>Geoff Chin</td>
<td>Joan Ludlam</td>
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<tr>
<td>Roberta Cleveland</td>
<td>Tim Main</td>
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<td>Geoffrey Cook</td>
<td>Bob Mills</td>
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<td>Michael Cook</td>
<td>Rita Minjares</td>
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<td>Emily Crowley</td>
<td>Judy Moore</td>
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<td>The Rev’d Michael Dresbach</td>
<td>Bob Morgan</td>
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<tr>
<td>Dale Evans</td>
<td>Curtis Morgan</td>
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<tr>
<td>Richard Dean Evans</td>
<td>Virginia Muller</td>
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<tr>
<td>Deborah and Murray Flagg</td>
<td>Jean O’Meara</td>
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<tr>
<td>Barbara Fuller</td>
<td>Jim Pehtling</td>
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<tr>
<td>Martha Greenough</td>
<td>Peter Piccione</td>
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<tr>
<td>Susan Hedges</td>
<td>Emeline Pineda</td>
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<tr>
<td>Leonard Johnson</td>
<td>Cindy Pierce</td>
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<tr>
<td>Lesa Day Reed</td>
<td>Cynthia Reynolds</td>
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<tr>
<td>Eileen Rice</td>
<td>Caroline Rone</td>
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<tr>
<td>Lisa Rowe</td>
<td>Sara Sporer</td>
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<tr>
<td>Raymond Strakosch</td>
<td>Teresa Vesper</td>
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<tr>
<td>Janet Strolman</td>
<td>Alice Vest</td>
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<tr>
<td>June Weidman</td>
<td>Diane Whiteside</td>
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<tr>
<td>Wilkinson Family</td>
<td>Michael Willmore</td>
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<tr>
<td>Fran Youtzy</td>
<td>Jose and Kim</td>
</tr>
<tr>
<td>Jonathan</td>
<td>Sara</td>
</tr>
<tr>
<td>Lynn and Drew</td>
<td>Betty Anne</td>
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</tbody>
</table>

#### We pray for those awaiting or recovering from surgery:
- Mark Harville  
- Michael Starkman  
- Logan Learned  
- George Hilliard  
- Alida Pepper

#### We pray in thanksgiving:
- For June Browne, who celebrated her 97th birthday on July 29, 2020

#### We pray for those who have died:
- Kathleen Ballenger  
- William McClung  
- Virginia Thompson  
- Richard Umansky

To add a name, change a listing, or share a date of importance on the parish prayer list, please email the Parish Administrator directly at office@stmarksberkeley.org. Be sure to specify which list best suits the need. Please be mindful that this list is meant specifically for parish prayers. The list will be refreshed throughout the year.
**WELCOME TO ST. MARK’S EPISCOPAL CHURCH**

**New to St. Mark’s?**
Thank you for worshipping with us today. We would love to hear from you. If you have questions, you can contact us at [connect@stmarksberkeley.org](mailto:connect@stmarksberkeley.org).

If you would like to receive our weekly newsletter and updates, please sign up on our website here: [St. Mark’s Newsletter Sign Up](#).

**Parish Announcements:**

**Updating the Parish Directory!** I know we have several new and old members that we need to add or edit in the directory. Help our Parish Administrator by emailing her with your info you want published and a picture. Just download, Instant Church Directory in your app store and find St. Mark’s Berkeley. Be sure to use your email that is listed in the directory. For questions or help with this process, email [office@stmarksberkeley.org](mailto:office@stmarksberkeley.org).

**Public Office Hours**
At the time we would normally be in the chapel for the weekday masses -- 12pm on Wednesdays and Fridays -- Fr. Hiller and Fr. Blake will host an hour’s worth of “public office hours” for conversation about prayer, faith, or anything else on your minds. Following our usual pattern, Fr. Hiller will take Friday and Fr. Blake will take Wednesday.

**Wednesday Link:**
[https://us02web.zoom.us/j/88503160112](https://us02web.zoom.us/j/88503160112)
(Or visit Zoom’s website and use Meeting ID: 885 0316 0112)

**Friday Link:**
[https://zoom.us/j/756326368](https://zoom.us/j/756326368)
(Or visit Zoom’s website and use Meeting ID 756 326 368)

**InAsMuch Offering August: The Suitcase Clinic**
First, we want to say thank you for those who helped our July InAsMuch! We raised $125 for the UC Berkeley Food Pantry. Thank you all for sending checks and donating online!

Staffed primarily by undergraduate students at UC Berkeley and community volunteers, the Suitcase Clinic in Berkeley provides healthcare and social services at four locations in Berkeley. Prior to COVID-19 as many as 40-60 clients received weekly services on Tuesday night at the **General Clinic**, at The First Presbyterian Church between Dana and Haste Streets. Notices are posted outside the General Clinic as services such as optometry, health van, laundry and ear acupuncture are subject to change. The **Women’s Clinic** serves women and children, located at LIFE Adventist church at 2236 Parker Street Berkeley. The **Youth / LGBTQ + Clinic** at St. Mark’s strives to provide appropriate and culturally accessible services to homeless and street-identified youth in their teens and twenties. Their goal is to increase opportunities for positive physical and social well-being. Massage, foot washes, dinner, needle exchange, and a warm welcome are provided. Congregation **Beth El** at 1301 Oxford Street provides a monthly dinner. Volunteers distribute health supplies and medical attention is provided by the UC San Francisco’s Joint Medical Program.

If you would like to learn more about the Suitcase Clinic or offer your services you can reach out to them at [www.suitcaseclinic.org](http://www.suitcaseclinic.org). --St. Mark’s Social Justice Committee

**Events This Week at St. Mark’s**

<table>
<thead>
<tr>
<th>Sunday, August 2</th>
<th>The Ninth Sunday after Pentecost Matthew 14:13-21</th>
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</thead>
<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Holy Eucharist, Rite II</td>
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<tr>
<td>11:00 a.m.</td>
<td>Coffee Hour</td>
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<td>Monday, August 3</td>
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<td>Tuesday, August 4</td>
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<td>Wednesday, August 5</td>
<td>12:00 p.m. Office Hours with Fr. Blake</td>
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<td>Thursday, August 6</td>
<td><strong>The Transfiguration</strong></td>
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<tr>
<td>Friday, August 7</td>
<td>12:00 p.m. Office Hours with Fr. Hiller</td>
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<td>Saturday, August 8</td>
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<tr>
<td>Sunday, August 9</td>
<td><strong>The Tenth Sunday after Pentecost Matthew 14:22-33</strong></td>
</tr>
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