

FOURTH SUNDAY OF SUMMER

Anthem of the Chancel

For you are a priest for ever.

The High Priest of our confession is Jesus, the great King, who through his precious Body and Blood pardons our debts.

In the likeness of Melchizedek.

The High Priest of our confession is Jesus, the great King, who through his precious Body and Blood pardons our debts.

Glory be to the Father, and to the Son, and to the Holy Spirit; from everlasting, and for ever and ever. Amen.

You who are more glorious than all, higher than all, and exalted above all, keep your Church in your compassion and save her children by your Cross.

The Lections

Deuteronomy 5:16-6:3

"Honor your father and your mother, as the LORD your God commanded you; that your days may be prolonged, and that it may go well with you, in the land which the LORD your God gives you.

"You shall not kill.

"Neither shall you commit adultery.

"Neither shall you steal.

"Neither shall you bear false witness against your neighbor.

"Neither shall you covet your neighbor's wife; and you shall not desire your neighbor's house, his field, or his

manservant, or his maidservant, his ox, or his ass, or anything that is your neighbor's.'

"These words the LORD spoke to all your assembly at the mountain out of the midst of the fire, the cloud, and the thick darkness, with a loud voice; and he added no more. And he wrote them upon two tables of stone, and gave them to me. And when you heard the voice out of the midst of the darkness, while the mountain was burning with fire, you came near to me, all the heads of your tribes, and your elders; and you said, 'Behold, the LORD our God has shown us his glory and greatness, and we have heard his voice out of the midst of the fire; we have this day seen God speak with man and man still live. Now therefore why should we die? For this great fire will consume us; if we hear the voice of the LORD our God any more, we shall die. For who is there of all flesh, that has heard the voice of the living God speaking out of the midst of fire, as we have, and has still lived? Go near, and hear all that the LORD our God will say; and speak to us all that the LORD our God will speak to you; and we will hear and do it.'

"And the LORD heard your words, when you spoke to me; and the LORD said to me, 'I have heard the words of this people, which they have spoken to you; they have rightly said all that they have spoken. Oh that they had such a mind as this always, to fear me and to keep all my commandments, that it might go well with them and with their children for ever! Go and say to them, "Return to your tents." But you, stand here by me, and I will tell you all the commandment and the statutes and the ordinances which you shall teach them, that they may do them in the land which I give them to possess.' You shall be careful to do therefore as the LORD your God has commanded you; you shall not turn aside to the right hand or to the left. You shall walk in all the way which the LORD your God has commanded you, that you may live, and that it may go well

with you, and that you may live long in the land which you shall possess.

"Now this is the commandment, the statutes and the ordinances which the LORD your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it; that you may fear the LORD your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life; and that your days may be prolonged. Hear therefore, O Israel, and be careful to do them; that it may go well with you, and that you may multiply greatly, as the LORD, the God of your fathers, has promised you, in a land flowing with milk and honey."

The Shuraya

Who is the man that fears the LORD? *

Him will he instruct in the way that he chooses. *

His soul shall abide in favor, *

And his seed shall possess the land. *

The mind of the LORD is toward those who fear him, *

And he makes known to them his covenant. *

Glory be to the Father, and to the Son, and to the Holy Spirit;
*

From everlasting, and for ever and ever. Amen.

The Apostle

2 Corinthians 10

I, Paul, myself entreat you, by the meekness and gentleness of Christ—I who am humble when face to face with you, but bold to you when I am away!—I beg of you that when I am present I may not have to show boldness with such confidence as I count on showing against some who suspect us of acting in worldly fashion. For though we live in the world we are not carrying on a worldly war, for the weapons of our warfare are not worldly but have divine power to destroy strongholds. We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.

Look at what is before your eyes. If any one is confident that he is Christ's, let him remind himself that as he is Christ's, so are we. For even if I boast a little too much of our authority, which the Lord gave for building you up and not for destroying you, I shall not be put to shame. I would not seem to be frightening you with letters. For they say, "His letters are weighty and strong, but his bodily presence is weak, and his speech of no account." Let such people understand that what we say by letter when absent, we do when present. Not that we venture to class or compare ourselves with some of those who commend themselves. But when they measure themselves by one another, and compare themselves with one another, they are without understanding.

But we will not boast beyond limit, but will keep to the limits God has apportioned us, to reach even to you. For we are not overextending ourselves, as though we did not reach you; we were the first to come all the way to you with the gospel of Christ. We do not boast beyond limit, in other

men's labors; but our hope is that as your faith increases, our field among you may be greatly enlarged, so that we may preach the gospel in lands beyond you, without boasting of work already done in another's field. "Let him who boasts, boast of the Lord." For it is not the man who commends himself that is accepted, but the man whom the Lord commends.

The Zumara

Have mercy on me, O God, according to your loving-kindness; according to the abundance of your mercies blot out my sins. *

Wash me thoroughly from my iniquity, and cleanse me from my sins! For I know my transgressions, and my sins are always before me. *

The Gospel

Mark 7:1-23

Now when the Pharisees gathered together to [Jesus], with some of the scribes, who had come from Jerusalem, they saw that some of his disciples ate with hands defiled, that is, unwashed. (For the Pharisees, and all the Jews, do not eat unless they wash their hands, observing the tradition of the elders; and when they come from the market place, they do not eat unless they purify themselves; and there are many other traditions which they observe, the washing of cups and pots and vessels of bronze.) And the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with hands defiled?" And he said to

them, "Well did Isaiah prophesy of you hypocrites, as it is written,

'This people honors me with their lips,
but their heart is far from me;
in vain do they worship me,
teaching as doctrines the precepts of men.'

You leave the commandment of God, and hold fast the tradition of men."

And he said to them, "You have a fine way of rejecting the commandment of God, in order to keep your tradition! For Moses said, 'Honor your father and your mother'; and, 'He who speaks evil of father or mother, let him surely die'; but you say, 'If a man tells his father or his mother, What you would have gained from me is Corban' (that is, given to God)—then you no longer permit him to do anything for his father or mother, thus making void the word of God through your tradition which you hand on. And many such things you do."

And he called the people to him again, and said to them, "Hear me, all of you, and understand: there is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him." And when he had entered the house, and left the people, his disciples asked him about the parable. And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a man from outside cannot defile him, since it enters, not his heart but his stomach, and so passes on?" (Thus he declared all foods clean.) And he said, "What comes out of a man is what defiles a man. For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness. All these evil things come from within, and they defile a man."

Anthem of the Mysteries

Text: I am the living bread which came down from heaven.
This is the living bread which came down from heaven.

See, then, that it is I; the poor shall eat and be satisfied.

I am the Bread which came down from on high, said our Savior in a mystery to his disciples. Everyone who draws near and receives me shall live by me for ever and inherit the Kingdom.

Who is the man that desires life?

I am the Bread which came down from on high, said our Savior in a mystery to his disciples. Everyone who draws near and receives me shall live by me for ever and inherit the Kingdom.

Anthem of the Bema

Behold, within the Church the Medicine of Life is administered, which descended from on high and is hidden mystically in bread and wine.

Then stretch out your hands, O mortals. Receive and be pardoned; acquire life and reign with Christ. Cry out aloud and say, Hallelujah!

Verses:

This is the bread by which any who eats of it is delivered from Gehenna.

Then stretch out your hands, O mortals. Receive and be pardoned; acquire life and reign with Christ. Cry out aloud and say, Hallelujah!