

The Episcopal Parish of St. Paul Duluth, Minnesota

Eighth Sunday after Pentecost
Holy Eucharist
July 14, 2024
10:00 am

Please join us for Coffee Hour in the Parish Hall after this service.

All ages welcome!



# Welcome to St. Paul's Episcopal Church

#### I'm New

Welcome! If you would like to stay in touch, please fill out a visitor card in the pew and place it in the offering plate after the announcements.

#### **About Our Worship Today**

Worship in the Episcopal Church is participatory and embodied. We stand and kneel, make the sign of the cross at times, sing and breathe together, and walk forward for communion each week. You are welcome to participate at your own comfort level. You will likely see people engaging differently at different times. One of the gifts of the Episcopal tradition is that there are a variety of 'right' ways to participate.

#### **Restrooms**

Exit at the side door at the front of the church and go down the hall.

#### What do I do?

This service booklet will give you the words you need and instructions. The words in **bold** print are said by everyone. Hymns can be found either in this booklet or in the blue or green hymnals in your pew.

#### May I have communion?

Yes. All may come forward to receive communion (or the Eucharist.) No one is required to receive. We are serving both bread and wine. You may choose to receive at your own comfort level, both bread and wine or just bread. You may also come forward with your arms crossed over your chest for a blessing, or you may choose not to come forward at all. Children may receive at any age.

#### Worshiping with Kids

Joyful noise is most welcome here. Many families find that sitting close to the front helps children to see and engage better with the service. There is a staffed nursery located down the hall. We also have a rocking chair in the back of church for parents with infants.

#### **About St. Paul's**

We are a community dedicated to following the Way of Love as shown to us by the life, death, and resurrection of Jesus of Nazareth. Together we practice curiosity, awe, and community to love God, love our neighbors, and love ourselves.

## The Liturgical Season

In the Episcopal Church, we follow a circular calendar with special seasons. We are currently in the season following Pentecost, also called Ordinary Time. This season in observed with green to symbolize the growing, abundant earth. Half of the Christian Year is this season after Pentecost, which is a season where we celebrate the Holy Spirit's power to send us out and translate the good news for new times and places.

## **Weekly Schedule**

# **Sundays**

8:00 am Rite I

10:00 am Rite II

## Stay in Touch

Find out more about St. Paul's or get connected with one of our leaders by emailing Rita in the parish office at office@stpaulsduluth.org.

## Prelude

Processional Hymn #7 — Christ, Whose Glory Fills the Skies

# Opening Acclamation

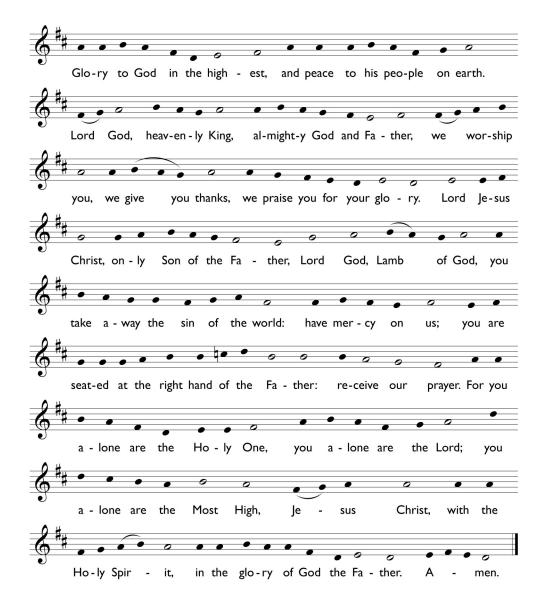
Blessed be the one, holy, and living God.

Glory to God for ever and ever. Amen.

## **Opening Prayer**

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.** 

## Gloria



# The Collect of the Day

The Lord be with you.

#### And also with you.

Let us pray... (Pause for Silent Prayer) O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.** 

First Reading

2 Samuel 6:1-5, 12b-19

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart.

They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

The Word of the Lord.

Thanks be to God.

#### Psalm 24



The earth is the LORD's and all that is in it,
the world and all who dwell there-in.

For it is God who founded it upon the seas
and made it firm upon the rivers of the deep.

"Who can ascend the hill of the LORD?
and who can stand in God's holy place?"

"Those who have clean hands and a pure heart, \*
who have not pledged themselves to falsehood,
nor sworn by what is false.

They shall receive a blessing from the LORD \* and a just reward from the God of their sal-vation." Such is the generation of those who seek **God**, of those who seek your face, O God of Jacob. Lift up your heads, O gates; lift them high, O everlasting doors; and the King of glory shall come in. "Who is this King of glory?" "The LORD, strong and mighty, the LORD, mighty in battle." Lift up your heads, O gates; lift them high, O everlasting doors; and the King of glory shall come in. "Who is he, this King of glory?" "The LORD of hosts, he is the King of glory."

Second Reading Ephesians 1:3-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

The Word of the Lord.

Thanks be to God.

Sequence Hymn #635 — If Thou But Trust in God to Guide Thee

Holy Gospel Mark 6:14-29

The Holy Gospel of Our Lord Jesus Christ according to Mark. Glory to you, Lord Christ.

King Herod heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for

you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Gospel of the Lord.

Praise to you, Lord Christ.

#### Sermon

The Rev. Paul Nancarrow

A brief contemplative silence is kept after the sermon

#### The Nicene Creed

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 he is worshiped and glorified.

He 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.

# The Prayers of the People

Deacon: God of all creation, we come before you humbled by the bounty and grace of our lives. Trusting in your love, we offer our prayers and petitions.

After each petition, the prayer leader says "Let us pray to our God" and the congregation responds: **Spirit of truth, set us free.** 

Celebrant: God who sets our hearts on fire, we offer these prayers to you. Accept them as our offering of love and the pledge of our hearts to seek and serve you in all that we do. Through Christ, who is all in all. **Amen.** 

Deacon We pray to you also for the forgiveness of our sins, kneeling or sitting as you are able:

#### The Confession of Sin

Please kneel or sit. Silence is kept for reflection and self-examination.

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.

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

The peace of Christ be always with you.

And also with you.

#### **Announcements**

Those who are celebrating a birthday or anniversary will be invited forward after the announcements.

## Birthday and Anniversary Prayer

Dear Father, we thank thee that all the year through Thy goodness has blest them with gifts ever new. And, oh, wilt thou grant them a happy new year, Dear Father, we pray thee, be thou ever near. Amen.

Walk in love, as Christ loved us, and gave himself for us, an offering and sacrifice to God.

## Offering

## Offertory

#### Praise God, from whom all blessings flow:

Praise him, all creatures here below; Praise him above, ye heavenly host; Praise Father, Son, and Holy Ghost. Amen.

The Great Thanksgiving and Eucharistic Prayer

Enriching Our Worship Prayer 2

The Lord be with you.

And also with you.

Lift up your hearts.

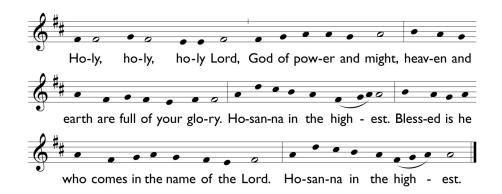
We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

We praise you and we bless you, holy and gracious God, source of life abundant. ...

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:



Glory and honor and praise to you, holy and living God. ...

On the night before he died for us, Jesus was at table with his friends. ...

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.** 

And now in the words that Jesus taught us, we pray:

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,

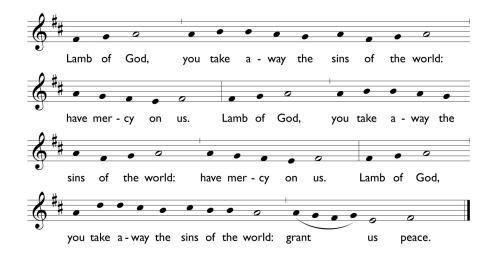
but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

forever and ever. Amen.

# The Breaking of the Bread and the Fraction Anthem



Because we believe that we gather around the Lord's table, all are welcome and encouraged to receive communion.

The bread is typically received in the hand. You may dip the bread or take a sip from the cup. Low-gluten hosts (<.002%) are available for those with wheat sensitivities.

Communion Hymn #304 — I Come With Joy to Meet My Lord

Sending (Used when Lay Eucharistic Visitors are sent to bring communion to those unable to be with us.)

[Name] in the name of this congregation, I send you forth bearing these holy gifts, that [Name], to whom you go, may share with us in the communion of Christ's body and blood.

We who are many are one Body because we share one bread, one cup.

## Post Communion Prayer

Please stand as you are able.

Let us pray.

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 for ever in the risen life of Christ our Savior. Amen.

#### Blessing

Recessional Hymn #397 — Now Thank We All Our God

The Dismissal

Go in peace to love and serve our God. Alleluia. Alleluia.

Thanks be to God. Alleluia. Alleluia.

**Postlude** 

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# **Prayers at St. Paul's**

PRAY for the Church of Ireland.

For the month of July, please pray for all who will go to ECMN camps and all who are embarking on mission projects during the summer. Please also pray for all lay and ordained leaders engaged in the Faithful Innovation process and those seeding New Christian Communities.

# For those who suffer and those in any trouble:

JoEllen S	Victor S	Jon G	Baby Jack & Family	Stan H
Jack J	Virginia M	Barbara H	Carol S	Jennifer L
Pat K	Sharon M	Jim L	Stuart	Paula M
Maureen M	Shawn F	Wendy R	Jenni & Family	Joel
Heath R	Charles B	Christie S	Greta	Bill D
Michael K	Cash D	Judy D	Bjørn G	
Brian A	Thomas S	Gary B	Tyson	
Laird	Tom P	Molly F	John D	

# For those serving in the armed forces:

Nora Maddy, Ricky Lyle, and Lucy Fellman

For those who are in seminary or in discernment.

## And for those who are in long-term care facilities or are homebound:

Noreen Anderson, JoAnn Chesser, Helen Gruba, Steve Hennessy, Stan Henricksen, Joanne Marinac, Howard Martz, Anita Pollock, Robert Sederberg, Carol Spencer, Marcia Stephens

#### For those who have died:

Dr. Vernon Amundson, died July 2, 2024

## The flowers on the altar are given to the glory of God in memory of:

James Hartley & Nancy Heimbach Claypool; James Verner & Irma Hartley Claypool

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# This Week at St. Paul's

Monday, July 15	2:00-6:00 pm, Church Work Week		
Tuesday, July 16	2:00-6:00 pm, Church Work Week 2:30-6:30 pm, private piano lessons, Olcott Room		
Wednesday, July 17	2:00-6:00 pm, Church Work Week 6:00 pm, Blue Stone Zen Group, Carriage House		
Thursday, July 18	2:00-6:00 pm, Church Work Week		
Friday, July 19	2:00-6:00 pm, Church Work Week 11:00 am, Al-Anon Friday Freedom Group, Carriage House		
Saturday, July 20	6:00 am, Blue Stone Zen Group, Carriage House		
Sunday, July 21	8:00 am, Holy Eucharist Rite I, Chapel 10:00 am, Lake Superior Sunday at St. Andrew's		

# Coming Soon! More details available in Announcements on pages 14-15.

- Church Work Week, July 14-20
- Lake Superior Sunday, July 21
- Jefferson Street Block Party, August 10



AUGUST IOTH, 205 1600 BLOCK

LIVE MUSIC, FOOD, GAMES! ALL ARE WELCOME!

Potluck sign-up: https://bit.ly/tcVzibhel

# **Announcements**

# Welcome!

Today we are delighted to welcome The Rev. Paul Nancarrow to serve as our guest preacher. He grew up in Michigan, where he was ordained in 1986. He has served churches in the dioceses of Michigan, Tennessee, Minnesota and Southwestern Virginia.



Although he officially retired a few years ago, he currently serves at the Church of the Holy Cross in Southeast Missouri. He went to seminary at Seabury-Western, and holds a doctorate in theology from Vanderbilt University. As you may have guessed, he is the father of our Rector.

# St. Paul's Work Week

## July 14-20, 2:00 pm-6:00 pm

It's fast approaching! Here's what to know: There are jobs for all abilities! Some examples staff have come up with are: paper pile abatement, tidying the Narthex, painting projects on the 3<sup>rd</sup> floor, weeding and landscaping, deep cleaning the kitchen, organizing the kids library, assembling activity bags for children during church, decorating bulletin boards, sorting and storing toys, tidying meeting places, organizing the garage, washing windows, deep cleaning the nursery, and much more!

Work Week is from July 14-21 and is an open call for eyes and hands on our beloved building. Stay as little or as long as you're able. This will be outside of building office hours from 2-6 pm daily. Sophie will be available to help and let people in and out of the Church, and to feed helpers if needed! The Church has tools and cleaning supplies available, otherwise you are welcome to bring your own! Signing up on https://

www.signupgenius.com/go/10C0845A8AA29ABFFC07-49994314-stpauls is greatly appreciated.

Please reach out to Sophie Spehar, Faith Formation Coordinator with ideas and questions. kids@stpaulsduluth.org. Let's make it fun!

# **Summer Parking Lot Concert**

Monday, July 15, 6:30 pm

# (Rain date July 29)

# Coppertop, 230 E. Skyline Pkwy, Duluth

Big Wave Dave & The Ripples perform. Freewill donations will cover concert expenses and support Chum. Children's activities and food truck. Chairs available or bring your own.

# **Beach Wednesdays**

Wednesday, July 17, 5:00 pm



July 17, August 7, and August 21 are the remaining days for Summer. We meet at the beach behind St. Andrew's on 28th and Minnesota Avenue on Park Point from 5-7 pm.

Bring yourself, whatever you would ordinarily bring to the beach (blankets, towels, drinks, toys, life jackets, etc.), and come play! Or just sit and enjoy companionship and the lake. Food is still a work in progress with sand and varying numbers, but can be ordered! It's a go if it's above 65 and dry.

# Messenger Deadline

## Thursday, July 18, 8:00 am

Our next issue of the Messenger will be the August issue; it will be bulk mailed on July 25. Please email your newsletter submissions to <a href="mailto:office@stpaulsduluth.org">office@stpaulsduluth.org</a> no later than 8:00 am, Thursday, July 18.

# **Lake Superior Sunday**

Sunday, July 21, 10 am St. Andrew's by the Lake Episcopal Church, 2802 Minnesota Ave, Duluth



Worship on the beach with us, next Sunday July 21.
Our 10 am service will be held jointly at St. Andrew's on Park Point. We will worship on the beach in good weather; or in the St. Andrew's Sanctuary if the weather is rainy. **Please** 

note that there will not be a 10 am Eucharist at St. Paul's on July 21. We will have the 8 am service

# **Announcements (cont.)**

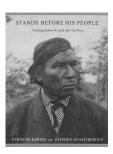
in the Chapel for any who wish to worship at St. Paul's. Please bring a camp chair or blanket for beach church.

# **Dr. Vernon Amundson**

## Friday, July 26, 1:00 pm

We celebrate the life of Vern Amundson here at St. Paul's with his family on July 26. Visitation at noon, memorial service at 1:00 pm, followed by a reception in the Parish Hall.

# Read About St. Enmegahbowh



The Rev. Stephen Schaitberger and Mr. Verne Pickering have published a book called <u>Stands Before His People</u>. It is a biographical history of Enmegahbowh and the Ojibwe community. Fr. Steve was kind enough to hand deliver more copies of his book. They are for sale for \$35 each. Proceeds go to Indian Ministries in

ECMN. Please contact Rita in the Parish Office if you wish to purchase a copy. Only two remain.

# **ECMN Women's Ordination Celebration**

Friday, July 26, 3:00-8:00 pm St. Mark's Cathedral, Minneapolis



Episcopal Church in Minnesota

All Minnesota Episcopalians are invited to join in a day of celebrating the 50th anniversary of the ordination of women in the Episcopal Church. Led by a cohort of women clergy from around the diocese, this joyful day will include story-sharing, a screening of *The Philadelphia Eleven* and panel dis-

cussion, potluck dinner on the lawn of St. Mark's Cathedral, the premiere of a brand-new, Minnesota-specific documentary about how the ordination of women to the priesthood has shaped the diocese in the last fifty years--and for the next fifty--and a concluding Eucharist. History displays and videos will be available for viewing during the festivities.

3:00 pm: Screening of The Philadelphia Eleven: Courage and Change

4:30 pm: Panel Discussion

5:00 pm: Potluck Supper

6:45 pm: Premiere of a new documentary about wom-

en's ordination in Minnesota

7:00 pm: Women's Ordination Anniversary Eucharist

# **Quarterly Statements**

Second quarter giving statements were emailed July 2 (sent via USPS for those without an email address on file). These reflect contributions received through June 30, 2024. Please contact Christine Melone, the bookkeeper, if you have any questions about your statement or did not receive one. <a href="mailto:bookkeeper@stpaulsduluth.org">bookkeeper@stpaulsduluth.org</a>, 218-724-3535.

# **Block Party**

Jefferson Street Block Party Saturday, August 10, 2:00 -5:00 pm



St. Paul's will host our 3<sup>rd</sup> annual Root Beer Floats table! Come meet our neighbors and lend a hand scooping ice cream. Let's help our friends at Loaves & Fishes put on

this wonderful event. Contact Deacon Pat for details and to sign up: <a href="mailto:deacon@stpaulsduluth.org">deacon@stpaulsduluth.org</a> or 218-206-5349.

# Join a Book Club

Bishop Craig Loya has invited us to a summer read of John Mark Comer's book, **Practicing the Way.** Description of book: Feel like there's more to life? You're right! Best-selling author Comer unpacks God's vision for the journey of our souls; reveals obstacles holding us back from authentically following Christ; and suggests countercultural spiritual practices--like hospitality, simplicity, and community--that can connect us with a vibrant, lifelong faith. Rethink your assumptions

about discipleship and embrace apprenticeship under Jesus!

Practicing
the Way

Be with Jesus
Become like him
Do as he did

John Mark
Comer

If you would like to get together to discuss this book, please contact Deacon Pat. deacon@stpaulsduluth.org or 218-206-5349.

# St. Paul's Episcopal Clergy and Staff Phone: 218-724-3535

Clergy

The Rev. Maggie Nancarrow, Rector rector@stpaulsduluth.org
The Very Rev. Rick Swenson, Associate Rector associate@stpaulsduluth.org
The Rev. Deacon Patricia Benson deacon@stpaulsduluth.org

Parish Staff

Lock-Up:

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Thomas K. Hamilton, DMA, Minister of Music music@stpaulsduluth.org
Christine Melone, Bookkeeper bookkeeper@stpaulsduluth.org

Bill Stapp, Sexton bill.stapp@gmail.com

# **Electronic Giving**

You may donate checks or cash in the alms basins during the Offertory. If you prefer to donate to St. Paul's electronically, you may use this QR code to easily access our website donation page. **Thank you for your generosity.** 



**Serving Today** 

Celebrant: The Rev. Maggie Nancarrow
Preacher: The Rev. Paul Nancarrow
Deacon: The Rev. Patricia Benson

Verger: Kathleen Smith

Altar Guild: Carlyle Conrad, Sherry Hall, Amber Sadowski, Katie Timmerman

Lector: Zabelle Stodola

Prayer Leader: Leslie Brunfelt

Music: Thomas Hamilton, DMA, organ Chalice Bearers: Susan Anderson, Zabelle Stodola

Acolyte: Susan Anderson, Zabelle Stodola Calvin Butcher

Livestream: David Barthel

Coffee Host: Bob & Kathy Silverness

Ushers: Gary Olson, Paul Waite, Matt Gustafson, Rick Lyle

Don Pederson