



The Episcopal Parish of St. Paul
Duluth, Minnesota

Tenth Sunday after Pentecost

Holy Eucharist

July 28, 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.

Worshipping 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 is 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

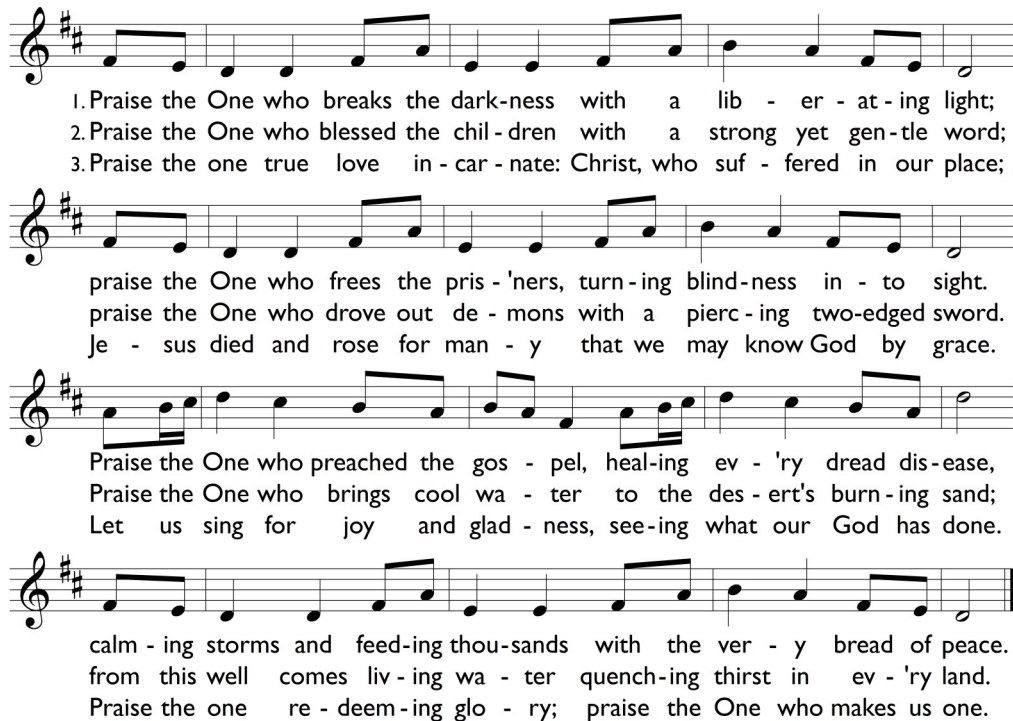
Rite I

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.

Processional Hymn — *Praise the One Who Breaks the Darkness*


1. Praise the One who breaks the dark-ness with a lib - er - at - ing light;
 2. Praise the One who blessed the chil - dren with a strong yet gen - tle word;
 3. Praise the one true love in - car - nate: Christ, who suf - fered in our place;

praise the One who frees the pris - 'ners, turn - ing blind - ness in - to sight.
 praise the One who drove out de - mons with a pierc - ing two - edged sword.
 Je - sus died and rose for man - y that we may know God by grace.

Praise the One who preached the gos - pel, heal - ing ev - 'ry dread dis - ease,
 Praise the One who brings cool wa - ter to the des - ert's burn - ing sand;
 Let us sing for joy and glad - ness, see - ing what our God has done.

calm - ing storms and feed - ing thou - sands with the ver - y bread of peace.
 from this well comes liv - ing wa - ter quench - ing thirst in ev - 'ry land.
 Praise the one re - deem - ing glo - ry; praise the One who makes us one.

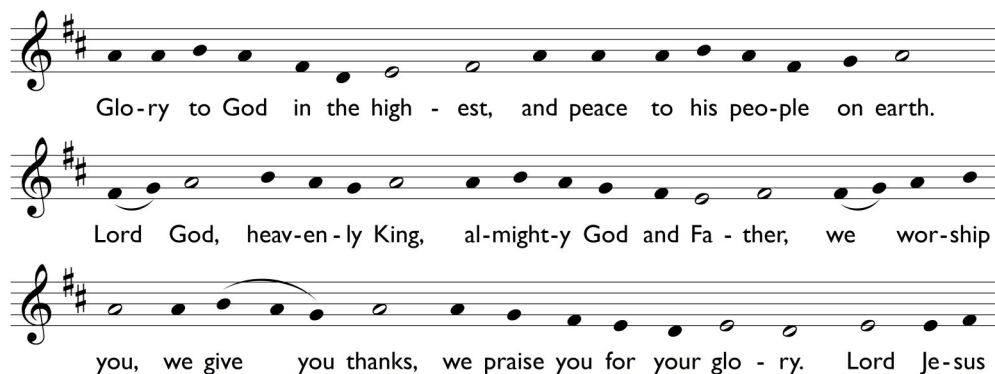
Opening Acclamation

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



Glo - ry to God in the high - est, and peace to his peo - ple on earth.

Lord God, heav - en - ly King, al - might - y God and Fa - ther, we wor - ship

you, we give you thanks, we praise you for your glo - ry. Lord Je - sus

Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, you
 take a - way the sin of the world: have mer - cy on us; you are
 seat-ed at the right hand of the Fa - ther: re-ceive our prayer. For you
 a - lone are the Ho - ly One, you a - lone are the Lord; you
 a - lone are the Most High, Je - sus Christ, with the
 Ho - ly Spir - it, in the glo - ry of God the Fa - ther. A - men.

The Collect of the Day

The Lord be with you.

And also with you.

Let us pray... *(Pause for Silent Prayer)* O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Reading

2 Samuel 11:1-15

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem.

It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, "This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite." So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, "I am pregnant."

So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, "Go down to your house, and wash your feet." Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, "Uriah did not go down to his house," David said to Uriah, "You have just come from a journey. Why did you not go down to your house?" Uriah said to David, "The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing." Then David said to Uriah, "Remain here today also, and tomor-

row I will send you back.” So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house.

In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, “Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die.”

The Word of the Lord.

Thanks be to God.

Psalm 14 — *Sung by all in unison.*



The fool has said in his heart, "There **is no God.**"

All are corrupt and commit abominable acts;
there is none who does **any good.**

The LORD looks down from heaven **on us all,**
to see if there is any who is wise,
if there is one who seeks **after God.**

Every one has proved faithless;
all alike **have turned bad;**
there is none who does good; **no, not one.**

Have they no knowledge, all those **evildoers**
who eat up my people like bread
and do not call up-**on the LORD?**

See how they trem-**ble with fear,**
because God is in the company **of the righteous.**

Their aim is to confound the plans of **the afflicted,**
but the LORD **is their refuge.**

Oh, that Israel's deliverance would come **out of Zion!**
when the LORD restores the fortunes of his people,
Jacob will rejoice and Is-**rael be glad.**

Second Reading

Ephesian 3:14-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

The Word of the Lord.

Thanks be to God.

Holy Gospel

John 6:1-21

The Holy Gospel of Our Lord Jesus Christ according to John.

Glory to you, Lord Christ.

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon

The Rev. Maggie 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

Largo (from "Xerxes")

G. F. Handel

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.

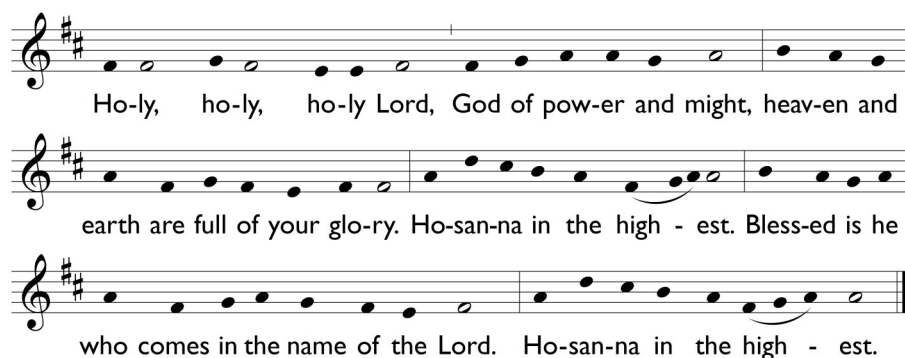
We lift them to the Lord.

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:



Ho-ly, ho-ly, ho-ly Lord, God of pow-er and might, heav-en and
earth are full of your glo-ry. Ho-san-na in the high - est. Bless-ed is he
who comes in the name of the Lord. Ho-san-na in the high - est.

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

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

*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 #325 — Let Us Break Bread Together

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 — *Let Us Talents and Tongues Employ*



1. Let us tal - ents and tongues em - ploy, reach - ing out with a shout of joy;
2. Christ is ab - le to make us one, at the ta - ble he sets the tone,
3. Je - sus calls us in, sends us out bear - ing fruit in a world of doubt,



bread is bro - ken, the wine is poured, Christ is spo - ken and seen and heard.
teach - ing peo - ple to live to bless, love in word and in deed ex - press.
gives us love to tell, bread to share: God (Im - man - u - el) ev - 'ry - where.



Je - sus lives a - gain, earth can breathe a - gain, pass the Word a - round: loaves a - bound!

The Dismissal

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

Thanks be to God. Alleluia. Alleluia.

Postlude

Praise to the Lord

Aaron David Miller

Copyright Acknowledgments

Gloria, Sanctus, and Lamb of God: from *A New Plainsong Mass*. Music: David Hurd. ©1981, GIA Publications, Inc.. Psalm 48 **In Christ Called to Baptize:** Text: Ruth Duck, ©1995, Pilgrim Press, Inc. Music: Peter W. S. Davison, ©1995, Augsburg Fortress. **To Be Your Presence:** Text: Delores Dufner, ©2003, 2011, GIA Publications, Inc. All are reprinted under OneLicense.net A715709.

This Week at St. Paul's

<u>Monday, July 29</u>	
<u>Tuesday, July 30</u>	
<u>Wednesday, July 31</u>	10:30 am, Staff Meeting, Olcott Room 6:00 pm, Blue Stone Zen Group, Carriage House
<u>Thursday, August 1</u>	4:30 pm, <u>Practicing The Way</u> Book Study, Olcott Room
<u>Friday, August 2</u>	11:00 am, Al-Anon Friday Freedom Group, Carriage House
<u>Saturday, August 3</u>	6:00 am, Blue Stone Zen Group, Carriage House 9:00 am, Capital Campaign Discernment Team Retreat
<u>Sunday, August 4</u>	8:00 am, Holy Eucharist Rite I, Chapel 10:00 am, Holy Eucharist Rite II, Church

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

- Beach Wednesdays, August 7 and 21
- Jefferson Street Block Party, August 10
- Rally Day, September 8

Prayers at St. Paul's

PRAY for the Episcopal Church in Jerusalem and The Middle East.

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	Bill D
Heath R	Charles B	Christie S	Greta	Ann A
Michael K	Cash D	Judy D	Bjørn G	Barb F
Brian A	Thomas S	Gary B	Tyson	Ted K
Laird	Tom P	Molly F	John D	Sarah

For those serving in the armed forces:

Meagan Rizzo, Nora Maddy, and Ricky Lyle

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 Chessner, Helen Gruba, Steve Hennessy, Stan Henricksen, Joanne Marinac, Howard Martz, Anita Pollock, Robert Sederberg, Carol Spencer, Marcia Stephens

For those who have died.

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

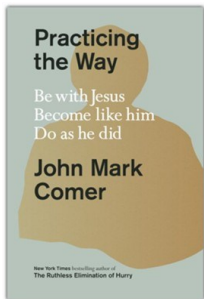
- Ray and Gwen Rouse
- Jeanne Sederberg



Announcements

Join Our Latest Book Club Thursdays, August 1, 8, 15, 22 and 29, 4:30 pm, Olcott Room

Join Deacon Pat in this summer read of John Mark Comer's book, **Practicing the Way**, recommended by The Rt. Rev. Craig Loya, X Bishop of ECMN.



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, life-long faith. Rethink your assumptions about discipleship and embrace apprenticeship under Jesus!

If you have questions, please contact Deacon Pat. deacon@stpaulsduluth.org or 218-206-5349.



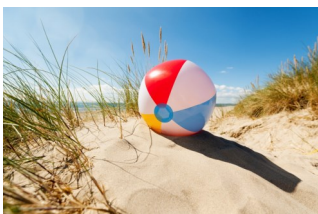
Welcome the Rev. Canon Blair Pogue

**Sunday, August 4,
10:00 am**

On Sunday, August 4 we have a visit from the Rev. Blair Pogue, Canon for Vitality and Innovation at the Diocese. She will be preaching at the 10 am service next weekend and hosting a coffee hour forum to share about learnings from the Faithful Innovation Process, which St. Paul's participated in with the 2022-2023 cohort.

Beach Wednesdays

Wednesday, August 7, 5:00 pm



August 7 and August 21 are the remaining dates for Summer Beach Wednesdays. We meet at the beach behind St. An-

drew'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. — Sophie Gray Spehar

Block Party

Jefferson Street 1600 Block

Saturday, August 10, 2:00 –5:00 pm



St. Paul's will host our 3rd 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: deacon@stpaulsduluth.org or 218-206-5349.

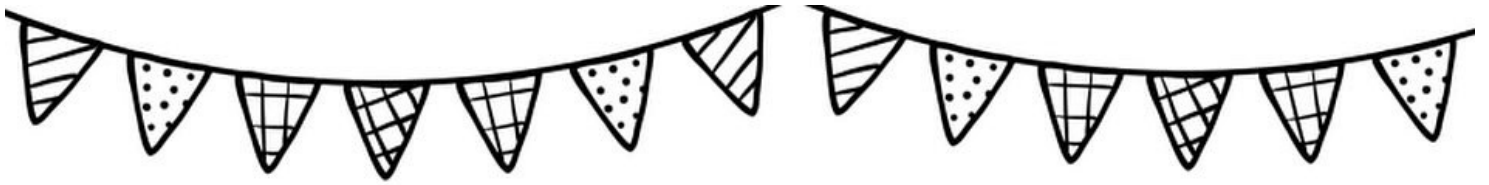


laundry love[®]

Laundry Love Help Needed

Tuesday, August 13, 8:15 –11:30 am

St. Paul's helps folks launder their clothing free of charge at Spin City Laundry, 232 Central Ave, Duluth. Contact Lara Hill if you are interested in learning more about this program. To sign up to be a volunteer, visit this Sign Up Genius link: <https://www.signupgenius.com/go/10C054AA9A62DA7FC1-48759102-laundry#/>



JEFFERSON



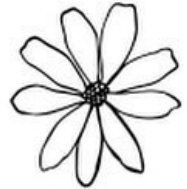
STREET



BLOCK



PARTY



AUGUST 10TH, 2-5
1600 BLOCK

LIVE MUSIC, FOOD, GAMES!
ALL ARE WELCOME!

Potluck sign-up:

<https://bit.ly/4cVxbhd>

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

Rita Rosenberger, Parish Secretary

office@stpaulsduluth.org

Sophie Gray Spehar, Faith Formation Coordinator

kids@stpaulsduluth.org

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

Deacon:

The Rev. Patricia Benson

Verger:

Kathleen Smith

Altar Guild:

Susan Anderson, Susan Cox, Diane Kolquist

Lector:

Natalie Constance

Prayer Leader:

John Groth

Music:

Charles Sundquist, DMA; Carol Faber, handbells

Chalice Bearers:

John Pastor, Natalie Constance

Acolyte:

Jack Shambour

Livestream:

Ernie Barthel

Coffee Host:

The Spehar Family: Sophie, Tommy, Mathilda and Arthur

Ushers:

Diane Kolquist, Mark & Sue Brown

Lock-Up:

Bill Stapp