

The Episcopal Parish of St. Paul Duluth, Minnesota

First Sunday of Advent Holy Eucharist December 1, 2024 10:00 am

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

All ages welcome!



#### 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. They are the first and second doors on the left side of the hallway.

#### 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. Children aged three through fifth grade are invited to Children's Church after the opening prayer.

#### 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 Service Schedule**

#### **Sundays**

8:00 am Rite I

10:00 am Rite II

#### Wednesdays

5:15 pm 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 #74 — Blest Is the King Whose Coming

#### **Opening Proclamation**

Blessed be the one holy and living God.

And blessed be God's Kingdom, now and forever. Amen.

#### **Opening Collect**

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 Jesus Christ our Lord. **Amen.** 

#### Children's Invitation

Children are invited to come forward during the lighting of the wreath. They will exit for Children's Church after the song, and return at The Peace.

#### Lighting of the Advent Wreath

As the advent candle is lit, please sing:



#### The Collect of the Day

The Lord be with you.

#### And also with you.

Let us pray... (Pause for silent prayer) Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.** 

The days are surely coming, says the LORD, when I will fulfill the promise I made to the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: "The LORD is our righteousness."

The Word of the Lord.

Thanks be to God.

#### Psalm 25:1-9

Please note: Here the **bold** print indicates the syllable on which you change notes, not that those words are only for the assembly.

To you, O LORD, I lift up my soul;

my God, I put my trust in you;

let me not be humiliated,

nor let my enemies triumph over me.

Let none who look to you be put to shame;

let the treacherous be disappointed in their schemes.

Show me your ways, O LORD,

and teach me your paths.

Lead me in your truth and teach me,

for you are the God of my salvation;

in you have I trusted all day long.

Remember, O LORD, your compas-sion and love,

for they are from everlasting.

Remember not the sins of my youth and my transgressions;

remember me according to your love

and for the sake of your good-ness, O LORD.

Gracious and upright is the LORD;

therefore he teaches sinners in the way.

God guides the humble in doing right

and teaches the way to the lowly.

All the paths of the LORD are love and faithfulness

to those who keep God's covenant and testimonies.

#### Second Reading

1 Thessalonians 3:9-13

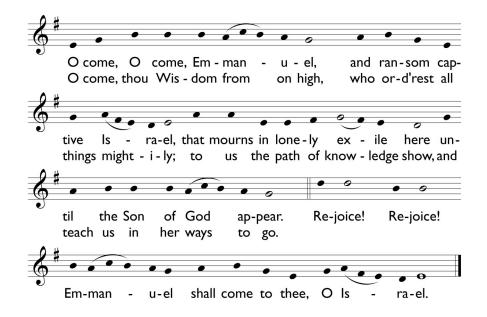
How can we thank God enough for you in return for all the joy that we feel before our God because of you? Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith.

Now may our God and Father himself and our Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

The Word of the Lord.

Thanks be to God.

Sequence Hymn — O Come, O Come, Emmanuel



Holy Gospel Luke 21:25-36

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

#### Glory to you, Lord Christ.

Jesus said, "There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near."

Then he told them a parable: "Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away.

"Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day catch you unexpectedly, like a trap. For it will come upon all who live

on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man."

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: In the hushed anticipation of your coming, O Lord, remind us that you are always with us, that like Joseph we might always be eager to fulfill your will, and be eager to pray:

Prayer Leader: O God, in days to come the mountain of your house will be established, and your joy shall reign. We pray for the church, that you might teach us your ways and that we might walk in your paths.

Come Lord Jesus, and hear our prayer.

Out of Zion shall go forth instruction, and you, O God, shall judge between the nations. We pray for our nation, and all nations, that your peace would be manifest in every corner of the earth.

Come Lord Jesus, and hear our prayer.

In your Kingdom, O Lord, wolves lie down with lambs and children play with serpents without fear. We pray for the sick, the suffering, and those in distress of any kind, including all those on our prayer list, especially Ann-Sofie who was added this past week; that you would heal all injuries, comfort all grief, and settle all wrongs.

Come Lord Jesus, and hear our prayer.

In your Kingdom, O Lord, even the wilderness and dry land are glad and rejoice. We pray for those who rejoice this week as they celebrate their birthdays; that they might obtain joy and gladness, and sorrow and sighing might flee away.

Come Lord Jesus, and hear our prayer.

In the fullness of time, O God, you sent your son, to be born of our sister Mary. And his name was Emmanuel: God With Us. We thank you for your Presence with us, and we pray that you might be always present with those whom we love but see no longer. We remember especially Fayth Carlson Glass, in whose memory today's altar flowers are given to the glory of God.

Come Lord Jesus, and hear our prayer.

Celebrant: O Christ, hear our prayers, restore us, and show us the glorious light of your countenance, that we might be saved. **Amen**.

Deacon: Kneeling or sitting as you are able, let us confess our sins to God.

#### 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 Call to Advent J. Jerome Williams

O Come, O Come Emmanuel, and ransom captive Israel.

That mourns in lonely exile here until the Son of God appear.

Rejoice! Rejoice! Emmanuel shall come to thee, O Israel!

Let all mortal flesh keep silence, and with fear and trembling stand;

Ponder nothing earthly minded, for with blessing in his hand,

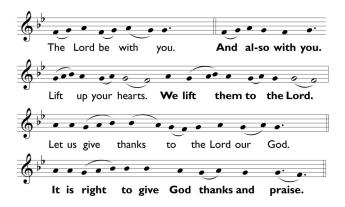
Christ our God to earth descendeth, our full homage to demand.

#### Offertory

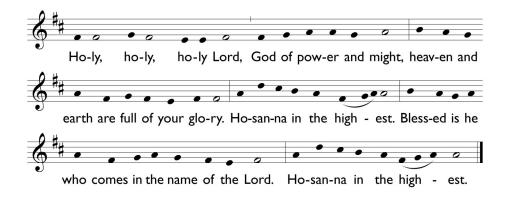
Praise God, from whom all blessings flow: Praise him, all creatures here below; Praise him above, ye heavenly host; Praise Father, Son, and Holy Ghost. Amen

#### The Great Thanksgiving

Eucharistic Prayer B, Book of Common Prayer, p. 367



It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. . . . 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:



We give thanks to you, O God... Therefore, according to his command, O Father:

We remember his death, We proclaim his resurrection, We await his coming in glory;

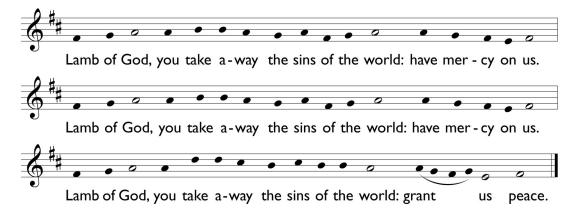
And we offer our sacrifice of praise and thanksgiving to you, O Lord of all...By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



And now, as our Savior Christ has taught us, we are bold to say,

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



#### Please be seated.

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 — #795 **Wonder, Love and Praise** — Come Now, O Prince of Peace

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

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

#### Blessing

Go in safety for you cannot go where God is not.

Go in love, for love alone endures.

Go in peace for it is the gift of God to those whose hearts and minds are in Christ Jesus.

And the blessing of God Almighty, Father, Son, and Holy Spirit, Mother of us All,

be among you and remain with you always. Amen.

#### Recessional Hymn — The King Shall Come



#### The Dismissal

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

Thanks be to God. Alleluia. Alleluia.

Postlude

O Come, O Come, Emmanuel

**Improvisation** 

#### Copyright Acknowledgments

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# This Week at St. Paul's

Monday, December 2	8:30 am –1:00 pm, St. Paul's Volunteers serve lunch at Damiano		
Tuesday, December 3	10:00 am-12:00 pm, Rector's Office Hours 3:00-8:00 pm, Private Piano lessons, Olcott Room		
Wednesday, December 4	10:30 am, Staff Meeting, Olcott Room 5:15 pm, Eucharist in Chancel 6:00 pm, Supper, Parish Hall 6:15 pm, Choir Rehearsal, Church 6:30 pm, The Spirituality of Making Art, Parish Hall 6:30 pm, Middle School Youth Group, Fourth Floor 6:30 pm, Confirmation Group, Fourth Floor 7:30 pm, Handbell Choir Rehearsal, Church		
Thursday, December 5	10:00 am, Bible Study: The Gnostic Gospels, Olcott Room 3:30 pm, Chair Yoga class, Carriage House 5:00 pm, Hatha Yoga class, Carriage House 5:30 pm, Blessed Virgin Mary series begins, Parish Hall		
Friday, December 6	11:00 am, Al-Anon Friday Freedom Group, Carriage House 3:00-8:00 pm, Private Piano lessons, Olcott Room		
Saturday, December 7	6:00 am, Blue Stone Zen Group, Carriage House		
Sunday, December 8	8:00 am, Holy Eucharist Rite I, Chapel 10:00 am, Holy Eucharist Rite II, Church 11:15 am, Property Committee, Olcott Room		

# **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.** 



# Prayers at St. Paul's

PRAY for the Anglican Church of South America.

For the month of December, please pray for the foundations that minister to children with special needs, especially for the work of the Sheltering Arms Foundation and for all who work in child protection agencies throughout the state of Minnesota..

#### For those who suffer and those in any trouble:

JoEllen S	Victor S	Jon G	Baby Jack & Family	John B
Laird	Virginia M	Barbara H	Jenni & Family	Owen N
Pat K	Sharon M	Bill D	Bjørn G	Paul
Maureen M	Jennifer L	Wendy R	Tyson	Anonymous
Carol S	Charles B	Christie S	Mark K	Ann-Sofie
Michael K	Stan H	Stuart	Sally M	
Brian A	Thomas S	Gary B	Doug M	
Antonia	Tom P	John D	Callum	

#### For those serving in the armed forces:

Lucy Fellman, Ricky Lyle and Nora Maddy

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, 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:

Fayth Carlson Glass

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#### **Announcements**

#### Make a New Advent Wreath

#### Sunday, December 1, 11:15 am (TODAY)

It's time! After today's service, you are invited to stay to make an Advent wreath of your own. We will be wrapping, glueing and merrymaking in the Parish Hall after coffee hour. Please join us!

# **Pledge Cards Still Welcome**

Thank you to everyone who has already submitted a pledge card. If you haven't yet submitted one, we invite you to put a pledge card in the offertory plate today. If you forgot to bring one, there are extra pledge cards in the pews.

#### **Share the Warmth**

Please be aware that our Giving Warmth Line is now up and has been filled with scarves, hats, gloves, and socks. Enjoy taking a moment to add to the line. Check your home for extra items to donate. And as you fill your shopping cart, please consider adding something extra for the line outside the church on Superior Street.

### **Christmas Eve Pageant Service**

We invite young people who sing or play an instrument to play a prelude piece for the 4:00 pm Christmas Eve pageant service. The carols played should be sacred. This is a great opportunity for children to start using their musical gifts in worship. Contact Tom Hamilton with questions. There is a sign-up sheet outside the sacristy.

#### **New Christmas Floral Memorials**

If you wish to begin a new Christmas memorial by donating towards the church decorations, please submit your request to the Altar Guild on or before December 9. Contributions are accepted in any amount: suggested minimum is \$25. All memorials are continued year-to-year unless you indicate otherwise. Contact Carrie Miller at <a href="mailto:carmil4@msn.com">carmil4@msn.com</a>

## The Spirituality of Art

#### Wednesday, December 4, 6:30 pm

Art can be a way to connect with the divine, and the act of creating art can be a form of prayer or ritual. Join our panel discussion about "The Spirituality of Making Art"

this week. Supper will be served at 6:00 pm, program will begin at 6:30 pm. The Middle School youth group and the Confirmation group will also meet at 6:30 pm.

# Advent Series About the Blessed Virgin Mary

# Thursdays, December 5, 12, & 19, 5:30 pm, Parish Hall

During Advent, Fr. Rick will facilitate a weekly discussion about the Blessed Virgin Mary. He invites anyone interested to join in these discussions.



### **Giving Tree**

#### Now through December 9



Help us spread God's love to our neighbors by purchasing a new gift for the folks at Loaves & Fishes in our neighborhood, Life House and for the women and children at Safe Haven Shelter Resource Center. A tree is set up by the elevator: it holds tags describing a desired toy or gift. Please select one of these tags, purchase the gift requested and

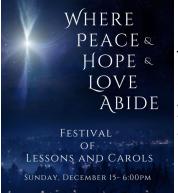
return it unwrapped, with the tag attached, by **Monday, December 9**. (If you'd like to put the item in a gift bag that is fine.) If questions, please call Susan Anderson or Val Groth.

# **Greening of the Church**

#### Sunday, December 15, 11:30 am

The Altar Guild invites you to enjoy the fellowship and festive atmosphere of a wonderful St. Paul's tradition as we hang wreaths, etc. We also welcome financial contributions toward purchasing all the natural wreaths.

#### **Festival of Lessons & Carols**



# Sunday, December 15, 6:00 pm

Join us as we listen to familiar words of scripture, pray and sing. Tom Hamilton guarantees it will be good for your spirit! Bring a friend. Cookie Reception in Parish Hall afterwards.

# **Announcements (continued)**

#### **Christmas Cookie Bake-off!**

Saturday, December 14, times vary Gloria Dei Church,

219 N. 6th Ave E., Duluth

Do you like making Christmas cookies but don't want them around to tempt you to eat them all? Mark your calendar and join the Chum Cookie Bake-off! We are baking treats for those who have no access to a kitchen, the Homeless Memorial Vigil,

and Warming Center guests. Bring your favorite recipe and any special ingredients, and have fun with us as we spread a bit of holiday joy. Sign up here: <a href="https://www.chumduluth.org/secondsaturdays">https://www.chumduluth.org/secondsaturdays</a>

# Help This Holiday Shine for Our Friends at Loaves & Fishes

Saturday, December 14, 2:00-5:00 pm St. Paul's Parish Hall

The Loaves & Fishes community seeks volunteers to help host their annual Christmas Party. They need people to assist with setup on Friday and meal prep, serving, dishes, clean up, or providing rides on Saturday. If interested, please email <a href="mailto:duluthcatholicworker@gmail.com">duluthcatholicworker@gmail.com</a>

### **Blue Christmas Service**

Sunday, December 15, 4:00 pm St. Andrew's by the Lake, 2802 Minnesota Ave, Duluth

The Christmas season is not always happy. If you have lost someone you love, a job, your good health, a special relationship, or anything else, and you are grieving and struggling to find joy in the midst of the Christmas merriment, this service is for you. It will speak to your hurt and offer hope for the future. Gather to acknowledge our losses and find comfort through readings, music, and candle lighting. You are invited to bring whatever is weighing on your heart, mind, and spirit into this service and to know that God sees you and stands with you this season.



# **Wednesday Church Nights**

12.4 / 12.18 / 1.15

Wednesday Church nights are twice monthly gatherings that include a simple service of communion, a meal, and faith education for teens and adults.

# Every Wednesday from September to May:

5:15 Weekly Wednesday Eucharist6:15 Choir Practice7:30 Bell Choir PracticeCanceled on Holidays

#### **Twice-Monthly Wednesday Programming:**

5:15 Weekly Wednesday Eucharist6:00 Community Meal6:30 Adult Forum, Middle School & Confirmation

#### Middle School Youth Group: December 4

5<sup>th</sup> - 8<sup>th</sup> Grade | Leader: Sophie Gray Spehar Wednesday Nights at 6:30, Twice Monthly Meetings are discussion based with a focus on creativity, giving the kids a supportive and interactive space to talk about God, their identity as young Christians, and ask big questions.

#### **Confirmation: December 4**

9<sup>th</sup> - 12<sup>th</sup> Grade | Leader: Karen Allison Wednesday Nights at 6:30, Twice Monthly Confirmation is a two-year process for high school students that helps teens learn and claim their Christian faith as their own.

#### Upcoming:

12.4 The Spirituality of Making Art12.18 The Spirituality of Knitting1.15 The Spirituality of Making Music

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

#### Clergy

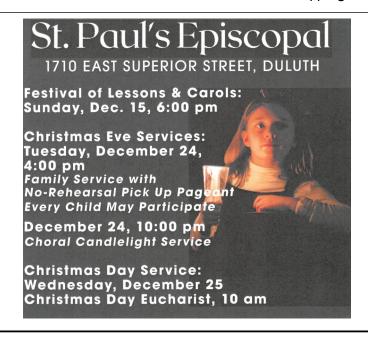
The Rev. Maggie Nancarrow, Rector rector@stpaulsduluth.org
The Very Rev. Rick Swenson, Associate Rector associate@stpaulsduluth.org
The Rev. Deacon Patricia Benson deacon@stpaulsduluth.org

#### Parish Staff

Rita Rosenberger, Parish Secretary Sophie Gray Spehar, Faith Formation Coordinator Thomas K. Hamilton, DMA, Minister of Music Christine Melone, Bookkeeper

Bill Stapp, Sexton

office@stpaulsduluth.org kids@stpaulsduluth.org music@stpaulsduluth.org bookkeeper@stpaulsduluth.org bill.stapp@gmail.com



### **Serving Today**

Celebrant: The Rev. Maggie Nancarrow
Assisting: The V. Rev. Rick Swenson

Verger: Kathleen Smith

Altar Guild: Kathy Leonard, Susan Cox, Maggie Malone

Lectors: Kathleen Smith, Matt Gustafson

Prayer Leader: Olivia Morin-Swanson

Music: Thomas Hamilton, organ; Chancel Choir

Lay Eucharistic Ministers: Kathleen Smith, Matt Gustafson, Susan M. Anderson

Acolytes: Olivia Morin-Swanson, Tanis Halverson, Eliana Erspamer

Livestream: Jay Austin

Ushers: Gary Olson, Paul Waite, Sue Brown, Rick Lyle
Coffee Host: The Erspamer Family: Ryan, Joanne, Evan and Eliana

Lock-Up: Jay Austin