



The Episcopal Parish of St. Paul
Duluth, Minnesota

Seventh Sunday after Pentecost

Holy Eucharist

July 12, 2026

10:00 am

*After this service, please join us for Coffee Hour in the Parish Hall.
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. 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.

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 nursery located down the hall, it is not staffed during the summer months. 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 translate the good news for new times and places.

Weekly Service Schedule

Sundays

8:00 am

Rite I

(no 8:00 am services in August)

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

Andante, KV616

W. A. Mozart

Processional Hymn #291 — *We Plow the Fields and Scatter*

Opening Acclamation

Blessed be the one, holy and living God.

Glory to God forever and ever. 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.**

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 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

Genesis 25:19-34

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her,

"Two nations are in your womb,
and two peoples born of you shall be divided;
the one shall be stronger than the other,
the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

The Word of the Lord.

Thanks be to God.

Psalm 119:105-112



Your word is a lantern **to my feet**
and a light up-**on my path**.

I have sworn and **am determined**
to keep your **righteous judgments**.

I am **deeply troubled**;
preserve my life, O LORD, according **to your word**.

Accept, O LORD, the willing tribute **of my lips**,
and teach **me your judgments**.

My life is always **in my hand**,
yet I do not for-**get your law**.

The wicked have set a **trap for me**,
but I have not strayed from **your commandments**.

Your decrees are my inherit-**ance forever**;
truly, they are the joy **of my heart**.

I have applied my heart to ful-**fill your statutes**
forever and **to the end**.

Second Reading

Romans 8:1-11

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

The Word of the Lord.
Thanks be to God.

Gospel Verse

Please stand and face the procession as it moves to the center of the church for the reading of the Gospel.



Al - le-lu - ia! Lord and Sav-ior: o - pen now your sav-ing word.
Let it burn like fire with-in us; speak un-til our hearts are stirred.
Al - le-lu - ia! Lord, we sing for the good news that you bring.

Holy Gospel

Matthew 13:1-9,18-23

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

Glory to you, Lord Christ.

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon

Melanie Spencer

A 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

Form VI, BCP p. 392

Deacon: In peace, we pray to you, Lord God.

For all people in their daily life and work;

For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;

For all who work for justice, freedom, and peace.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;

For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;

For all who proclaim the Gospel, and all who seek the Truth.

For Sean Rowe, our Presiding Bishop, and Craig Loya, our Bishop, and for all bishops and other ministers;

For all who serve God in his Church.

For the special needs and concerns of this congregation.

The People may add their own petitions

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life.

The People may add their own thanksgivings

We will exalt you, O God our King;

And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

The People may add their own petitions

Lord, let your loving-kindness be upon them;

Who put their trust in you.

Deacon: We pray to you also for the forgiveness of our sins.

Silence. Please kneel or sit as you are able.

**Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. 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.

Please greet one another with a sign of God's peace.

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

Enriching Our Worship I

The Lord be with you.

And also with you.

Lift up your hearts.

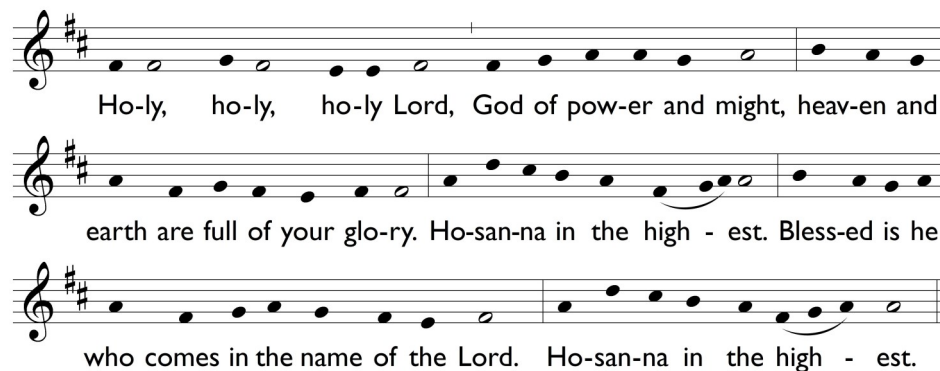
We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation 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.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love....

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine...

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, 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

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.

Invitation to Communion

*Because we believe that we gather around the Lord's table,
all are welcome and encouraged to receive communion.
Gluten-free hosts are available; please request this if needed.*

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

Enriching Our Worship

Let us pray.

**Loving God,
we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.**

Blessing

Live without fear: your Creator has made you holy, has always protected you, and loves you as a Mother. Go in peace to follow the good road, and may God's blessing be with you always.

Amen.

Sending Hymn — *For the Fruit of All Creation* (Next page)

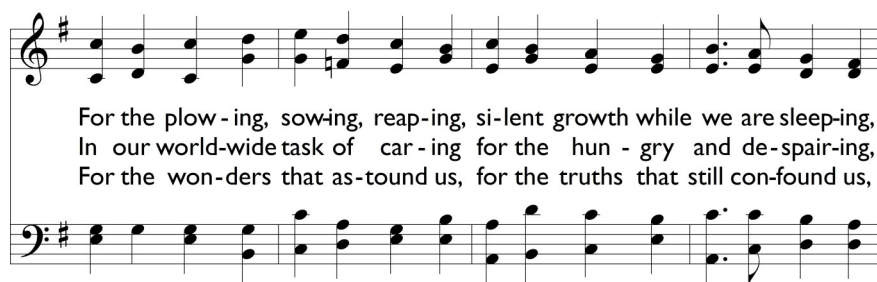
Sending Hymn — For the Fruit of All Creation




1. For the fruit of all cre - a - tion, thanks be to God.
2. In the just re - ward of la - bor, God's will be done.
3. For the har - vests of the Spir - it, thanks be to God.



For his gifts to ev - 'ry na - tion, thanks be to God.
In the help we give our neigh - bor, God's will be done.
For the good we all in - her - it, thanks be to God.



For the plow - ing, sowing, reap - ing, si - lent growth while we are sleep - ing,
In our world - wide task of car - ing for the hun - gry and de - spair - ing,
For the won - ders that as - tound us, for the truths that still con - found us,



fu - ture needs in earth's safe - keep - ing, thanks be to God.
in the har - vests we are shar - ing, God's will be done.
most of all that love has found us, thanks be to God.

Dismissal

Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia. Alleluia.
Thanks be to God. Alleluia. Alleluia.

Postlude

Fugue in C Major

Dietrich Buxtehude

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Prayers at St. Paul's

PRAY for the Province of the Episcopal Church of South Sudan.

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 Faithful Innovation and Mustard Seed, and those planting New Christian Communities.

For those who suffer and those in any trouble:

Claudia D	Tom M	Eddy M	Baby Jack & Family	Dan D
Virginia M	Ann Marie	Natalie S	Jenni & Family	Tere Y
Pat K	Charles B	Becca T	Jasmine & Family	Susan F
Callum	Bjørn G	Paul	Keith B	Lynn K
Jon G	David B	Ann-Sofie	Kevin M	Kate B
Stuart B	Tom P	Lucy J	Sue M	Annie H
John D	Gary B	Kirsti J	Wendy R	Amber S
John B	Sally R	Anita R	John S	Gerri W
JoEllen S	Eric J	John B	Rick L	Ray A
				Bonnie E

For those serving in the armed forces:

Lucy Fellman, Charles Lewis, 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:

Mary Carlson, Helen Gruba, Steve Hennessy, Stan Henricksen, Maureen Matheson, Stephen & Mary Olmsted

For those who have died.

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



This Week at St. Paul's

<u>Monday, July 13</u>	2:45-7:00 pm, Private Piano Lessons (CC), Third Floor
<u>Tuesday, July 14</u>	5:00 pm, Kindermusik with Ms. Cindy, Children's Room 6:00 pm, Blue Stone Zen Group, Carriage House
<u>Wednesday, July 15</u>	9:00 am-12:00 pm, Faith Formation Calendar Meeting (off campus) 5:00-7:00 pm, Beach Gathering, Park Point
<u>Thursday, July 16</u>	2:45-7:00 pm, Private Piano Lessons (CC), Third Floor
<u>Friday, July 17</u>	10:00 am, Book Study Group, Olcott Room 11:00 am, Al-Anon Friday Freedom Group, Carriage House
<u>Saturday, July 18</u>	6:00 am, Blue Stone Zen Group, Carriage House 2:00-5:00 pm, Neighborhood Block Party
<u>Sunday, July 19</u>	8:00 am, Holy Eucharist Rite I, Chapel 9:45 am, Holy Eucharist Rite II, St. Andrew's by the Lake

If you wish to schedule a meeting or event at St. Paul's, please contact Rita in the Parish Office, 218-724-3535 or office@stpaulsduluth.org. Thank you!



**Guest Preacher Today:
St. Paul's Member Melanie Spencer
Sunday, July 12, 10:00 am**

Born and raised in southern Iowa, Melanie moved to Duluth in 1983 after wandering the earth for several years. She has been a member at St. Paul's since 2015. Melanie is currently participating in the Lay Preacher training program - a 12 month curriculum designed to empower church members to preach effectively from the pulpit. Now that she is retired, she enjoys having time to work in the garden and bake goodies for neighbors and friends.

Announcements

Summer French Festival

TODAY, July 12, 3:00 pm

**Pilgrim Congregational Church,
2310 East Fourth Street, Duluth**

The Arrowhead Chapter of the American Guild of Organists is presenting "A Summer French Festival" at Pilgrim Congregational Church, 2310 East 4th Street in Duluth, at 3:00 pm on July 12, in honor of Bastille Day. Our own Charles Sundquist, along with other local musicians, will play (and sing) French music on a French organ with French delicacies served following the concert. A free-will offering (\$20 recommended donation) will be received in support of chapter programming.

Beach Wednesdays

July 15, 5:00 - 7:00 pm

August 5, 5:00 - 7:00 pm

St. Andrew's | 2802 Minnesota Ave

Join St. Paul's families with kids and teens at the beach near St. Andrew's Episcopal Church. You're welcome to bring snacks, beach gear, or drinks that are not in glass containers. We will have access to the restroom at St. Andrew's for those who need it. Need info? Contact Sophie at kids@stpaulsduluth.org

Celebrate Our Neighborhood

Saturday, July 18, 2:00-5:00 pm

1600 Block, Jefferson Street, Duluth

Rain Location: St. Paul's Parish Hall

Our neighbors at Loaves & Fishes are hosting their annual Block Party. They requested that St. Paul's continue the tradition of offering root beer floats to celebrate community with our neighborhood.

Natalie Constance is looking for volunteers to help scoop ice cream, pour root beer, and get better acquainted with our neighbors! Sign up with a text, email or phone call to Natalie C. Thanks!

Lake Superior Sunday

Sunday, July 19, 9:45 am

St. Andrew's by the Lake Episcopal Church, 2802 Minnesota Ave, Duluth

We will once again celebrate Lake Superior Sunday together with St. Andrew's by the Lake! Our preacher will be Mary Dragich. Join us for beach church, a relaxed



Eucharist on the shores of the Greatest of the Lakes. Bring a chair or blanket to sit on. *Note, we will start the service at 9:45 am, which is St. Andrew's typical start time. (This allows us to time our arrival with the bridge).* **Carpooling from St. Paul's is encouraged.** Since the beach is not accessible for folks with limited mobility, our 8:00 am service will be held at St. Paul's for anyone who cannot join us. If it rains, or conditions do not allow for beach church, we will worship in St. Andrew's sanctuary.

Church Night at the Wade

Wednesday, July 29, 6:35 pm

101 N. 35th Ave. W, Duluth

Tickets \$11.50, RSVP by July 17



Cheer on our local baseball team, the Duluth Huskies! This is always a delightful summer gathering for church members of all ages and friends. We get a Group Rate of \$11.50 per person. Call or email

Rita in the Parish Office by Friday, July 17 to reserve your tickets: 218-724-3535

office@stpaulsduluth.org. **Please reserve early,**

Pay Rita directly by cash, check, PayPal or Venmo.

Bring your family, bring your friends, and bring your spirit of joy—this event promises to be a divine evening filled with laughter, camaraderie, and, of course, baseball!

Thank You to Charles

Sundquist!

For the last five weeks, Chuck Sundquist has been our organist while Tom Hamilton is on sabbatical. Please thank him for his effort to keep our music flowing well during this time. Starting July 26, David Tryggstad will be our guest organist until Tom Hamilton returns on August 16.

St. Paul's Episcopal Clergy and Staff

Phone: 218-724-3535

Clergy

The Rev. Maggie Nancarrow, Rector

rector@stpaulsduluth.org

The Rev. Deacon Patricia Benson (*on sabbatical until 8/9/26*)

deacon@stpaulsduluth.org

Parish Staff

Rita Rosenberger, Parish Administrator

office@stpaulsduluth.org

Sophie Gray, Faith Formation Coordinator

kids@stpaulsduluth.org

Tom Hamilton, Minister of Music (*on sabbatical until 8/18/26*)

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

Presider:	The Rev. Maggie Nancarrow
Preacher:	Melanie Spencer
Vergers:	John Pastor
Altar Guild:	Carlyle Conrad, Sherry Hall, Amber Sadowski, Katie Timmerman
Lector:	Sue Sommer
Prayer Leader:	John Pastor
Music:	Charles Sundquist, organist
Lay Eucharistic Ministers (Chalice):	Sue Sommer, Susan Anderson
Acolyte:	Caitlin Gustafson
Livestream:	David Barthel
Ushers:	Gary Olson, Matt Gustafson, Paul Waite, Eirik Rennan
Coffee Hosts:	Chris Meehan & Eric Jundt
Lock-Up:	Mark Brown