



The Episcopal Parish of St. Paul
Duluth, Minnesota

Tenth Sunday after Pentecost

Holy Eucharist

August 2, 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 an unstaffed 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 translate the Good News for new times and places.

Weekly Service Schedule

Sundays

8:00 am

(no 8 am services in August)

Rite I

10:00 am

Rite II

Stay in Touch

You can find email addresses for our parish leaders on the back of this bulletin. Please don't hesitate to reach out if you'd like more information.

Processional Hymn #761(WLP) — *All Who Hunger Gather Gladly*

Opening Acclamation

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.**

Gloria

S 280

Glo - ry to God in the high - est, and
 peace to his peo-ple on earth. Lord God, heav'n-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. Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Reading

Genesis 32:22-31

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip.

The Word of the Lord.

Thanks be to God.

Psalm 17:1-7, 16



Hear my plea of innocence, O Lord;
give heed **to my cry**;
listen to my prayer, which does not come from **lying lips**.
Let my vindication come forth **from your presence**;
let your eyes be **fixed on justice**.
Weigh my heart, summon **me by night**,
melt me down; you will find no impuri-**ty in me**.
I give no offense with my mouth as **others do**;
I have heeded the words **of your lips**.
My footsteps hold fast to the ways **of your law**;
in your paths my feet **shall not stumble**.
I call upon you, O God, for you will **answer me**;
incline your ear to me and **hear my words**.
Show me your marvelous **loving-kindness**,
O Savior of those who take refuge at your right hand
from those who rise **up against them**.
But at my vindication I shall **see your face**;
when I awake, I shall be satisfied, behold-**ing your likeness**.

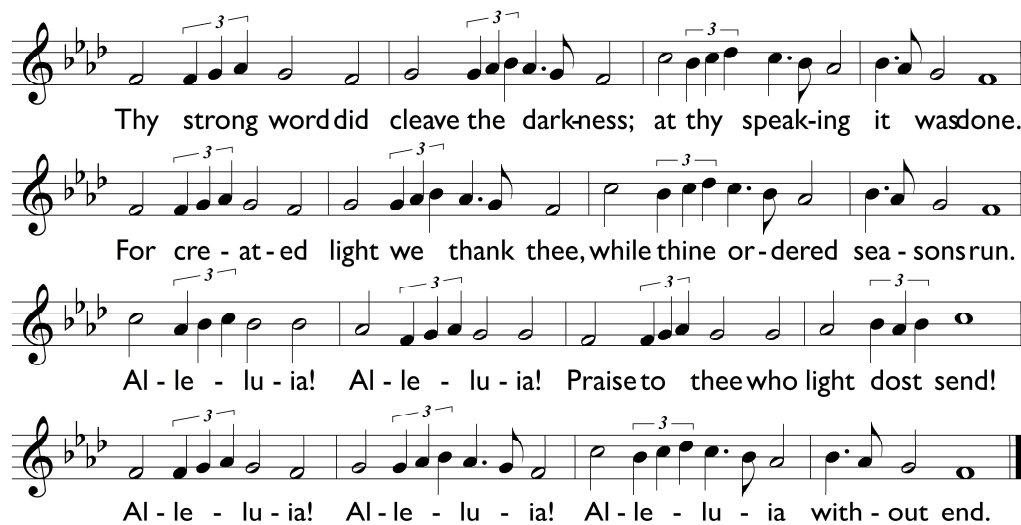
I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

The Word of the Lord.

Thanks be to God.

Gospel Acclamation

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



Holy Gospel

Matthew 4:13-21

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

Glory to you, Lord Christ.

Now when Jesus heard this, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord.
Praise to you, Lord Christ.

Sermon

The Rev. Maggie Nancarrow

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,
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 IV, BCP p. 388-389

Deacon: Let us pray for the Church and for the world.

After each prayer, the leader says Lord in your mercy,
The People respond **Hear our prayer.**

The celebrant adds a concluding collect.

The Confession

Enriching Our Worship p. 56

Let us confess our sins to God.

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

The Absolution

Almighty God have mercy on you, forgive you all your sins through the grace of 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

When We Are in Deepest Need

J. S. Bach

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

Canadian Supplementary Eucharistic 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 our thanks and praise.

Eternal God, Source of all being,
we give you thanks and praise
for your faithful love.
You call us into friendship
with you and one another
to be your holy people,
a sign of your presence in the world.

When those we trust betray us,
unfailing you remain with us.
When we injure others,
you confront us in your love
and call us to the paths of righteousness.
You stand with the weak,
and those, broken and alone,
whom you have always welcomed home,
making the first last, and the last first.

Therefore we raise our voices with angels and archangels, forever praising you and singing:

Ho - ly, ho - ly, ho - ly Lord, God of pow'r 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, O Holy One:
when Hagar was driven into the wilderness
you followed her and gave her hope.
When Joseph was sold into bondage,
you turned malice to your people's good.
When you called Israel out of slavery,
you brought them through the wilderness
into the promised land.
When your people were taken into exile
you wept with them by the river of Babylon

and carried them home.

At the right time you sent your Anointed One
to stand with the poor, the outcast, and the oppressed.
Jesus touched lepers, and the sick, and healed them.
He knew the desolation of the cross
and opened the way for all humanity
into the redemption of your reconciling love.

On the night he was betrayed,
Jesus, at supper with his friends,
took bread, gave you thanks, broke the bread,
gave it to them, and said, "Take and eat:
this is my body which is given for you.
Do this for the remembrance of me."

After supper he 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 shed for you and for all
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me."

Loving and Holy One,
recalling Christ's death and resurrection,
we offer you these gifts,
longing for the bread of tomorrow
and the wine of the age to come.

Therefore we proclaim our hope:

**Dying you destroyed our death,
rising you restored our life.
Lord Jesus, come in glory.**

Pour out your Spirit on these gifts
that through them you may sustain us
in our hunger for your peace.
We hold before you
all whose lives are marked by suffering,
our sisters and brothers.
When we are broken and cast aside,
embrace us in your love.

Through Christ, with Christ, and in Christ
in the unity of the Holy Spirit,
all honor and glory are yours,

O Source of all life,
now and forever. **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



Al - le - lu - ia, al - le -
lu - ia, al - le - lu - ia. Christ our Pass - o - ver is
sac - ri - ficed for us; there-fore let us keep the feast.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

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 Music

Come and fill our hearts with your peace. You alone, O Lord, are ho-ly.

Come and fill our hearts with your peace, al-le-lu - ia!

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, p. 70

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

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!

Dismissal

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

Postlude

In Thee Is Gladness

J. S. Bach

Prayers at St. Paul's

PRAY for The Church of the Province of Uganda.

For the month of August, please pray for all hospital chaplaincies, counseling chaplaincies and Spiritual Directors throughout ECMN. Pray for faith community nurses, health ministers and all those who minister to the sick.

For those who suffer and those in any trouble:

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

For those who have died:

Stan Henricksen: July 15, 2026

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

Sue Nell MacDonald; A. Blake MacDonald

ANNOUNCEMENTS

From Your Bookkeeper

Second quarter statements were emailed out on Tuesday, July 14, 2026. If you do not see it in your inbox, please be sure to check your spam/junk folder. Those few that go out via US postal service were mailed on Tuesday, July 14, 2026. Please call or email Christine, bookkeeper@stpaulsduluth.org, with any questions. Thank you all for your continued generosity!

Beach Wednesday

Wednesday, August 5, 5:00-7:00 pm
St. Andrews'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. For more info contact Sophie at kids@stpaulsduluth.org

Do You Want to Be Baptized?

Upcoming Dates: September 13 and November 1

St. Paul's has two baptism dates coming up this fall: Sunday, September 13 (Rally Day) and Sunday, November 1 (All Saints Sunday). If you are seeking baptism for your child, please reach out to the Parish Office to begin the process. There will be a preparation class for parents and elementary-aged candidates on August 30 and October 25 at 11:30 am. Parents of infants will make separate arrangements for time with the Rector in advance of the baptism. Adults seeking baptism are invited pursue a course of study over the fall and winter, culminating in baptism at the Easter Vigil on March

27, 2027. Adults interested in baptism should reach out to the parish office in the early fall to begin the process.

The Rev. Sue Sommer

Sunday, August 9, 10:00 am

St. Paul's own Sue Sommer will preach and preside for us next Sunday, August 9, while Maggie is on vacation. Welcome back to the pulpit, Sue!

Celebrate Pride Sunday

Sunday, September 6

The Duluth-Superior Pride celebration takes place on Labor Day Weekend. This year, we join with Peace UCC, the UUs of Duluth, and Pilgrim Congregational for a joint worship service at St. Paul's. We hope to share the rich tradition of the Episcopal Church with all who are longing for a liturgical church that truly welcomes and affirms LGBTQIA+ folks. Help us spread the word and celebrate Pride on Sunday, September 6. We will use special texts for the occasion at 10 am and have a 'regular' Rite I service at 8 am with the texts appointed for the day.

Rally Day

Sunday, September 13

Rally Day will be held on Sunday, September 13. There will be a picnic and play space for the kids. Mark your calendars!

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 (*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

Thomas Hamilton, DMA, Minister of Music (*sabbatical until 8/18/26*)

music@stpaulsduluth.org

Christine Melone, Bookkeeper

bookkeeper@stpaulsduluth.org

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 This Sunday

Presider

The Rev. Maggie Nancarrow

Verger

Kathleen Smith

Altar Guild

Kathy Leonard, Susan Cox, Maggie Malone

Lector

Matt Gustafson

Prayer Leader

John Pastor

Lay Eucharistic Ministers (Chalice)

Matt Gustafson, John Pastor

Acolyte

Caitlin Gustafson

Music

Rev. Dr. David Tryggestad

Livestream

Chris Meehan

Ushers

Diane Morin, Karen Swanson, James Sontag

Coffee Hosts

Holly Hansen

Lock Up

Don Pederson