



*They saw him walking
on the water*

The Episcopal Parish of St. Paul
Duluth, Minnesota

Eleventh Sunday after Pentecost

Holy Eucharist

August 9, 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 #608 — *Eternal Father, Strong to Save*

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. Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 37:1-4, 12-28

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." The man said, "They have gone away, for I heard them say, 'Let us go to Dothan.'" So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, "Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him" —that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

The Word of the Lord.

Thanks be to God.

Psalm 105:1-6, 16-22, 45b



Give thanks to the Lord and call up-**on God's name**;
make known the deeds of the Lord a-**mong the peoples**.
Sing to the **Lord, sing praises**,
and speak of all God's **marvelous works**.
Glory in God's **holy name**;
let the hearts of those who seek the **Lord rejoice**.
Search for the strength **of the Lord**;
continually **seek God's face**.
Remember the marvels **God has done**,
the wonders and the judgments **of God's mouth**,
O offspring of Abra-**ham God's servant**,
O children of Jacob, God's **chosen ones**.
The Lord **is our God**;
whose judgments prevail in **all the world**,
who has always been mindful **of the covenant**,
the promise made for a thousand **generations**:
The covenant **made with Abraham**,
the oath **sworn to Isaac**,
which God established as a stat-**ute for Jacob**,
an everlasting cove-**nant for Israel**,
Saying, "To you will I give the **land of Canaan**
to be your allotted inheritance." **Hallelujah!**

Second Reading

Romans 10:5-15

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say?

"The word is near you,
on your lips and in your heart"

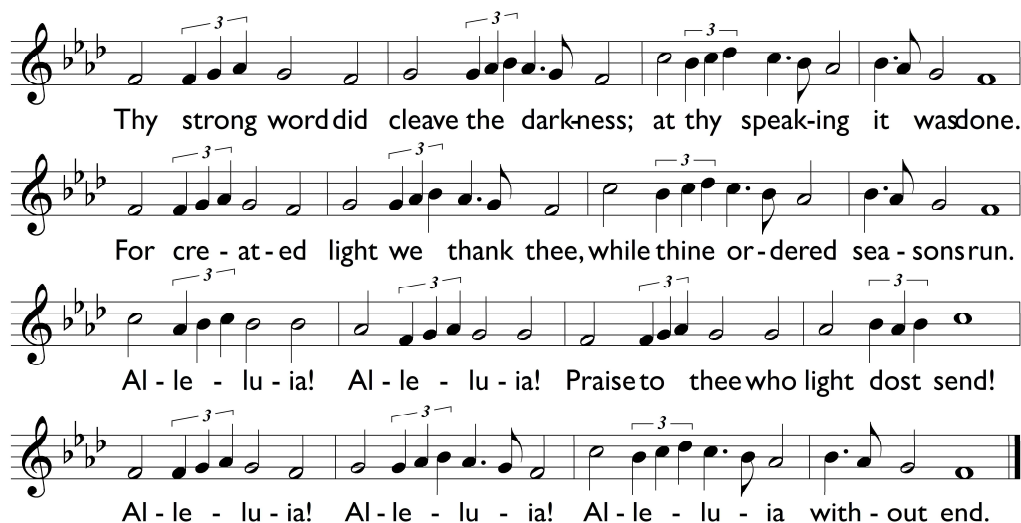
(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

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.



Thy strong word did cleave the darkness; at thy speak-ing it was done.
For cre - at - ed light we thank thee, while thine or - dered sea - sons run.
Al - le - lu - ia! Al - le - lu - ia! Praise to thee who light dost send!
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia with - out end.

Holy Gospel

Matthew 14:22-33

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

Glory to you, Lord Christ.

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon

The Rev. Sue Sommer

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

Blessed Jesus, At Thy Word, BWV 731

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

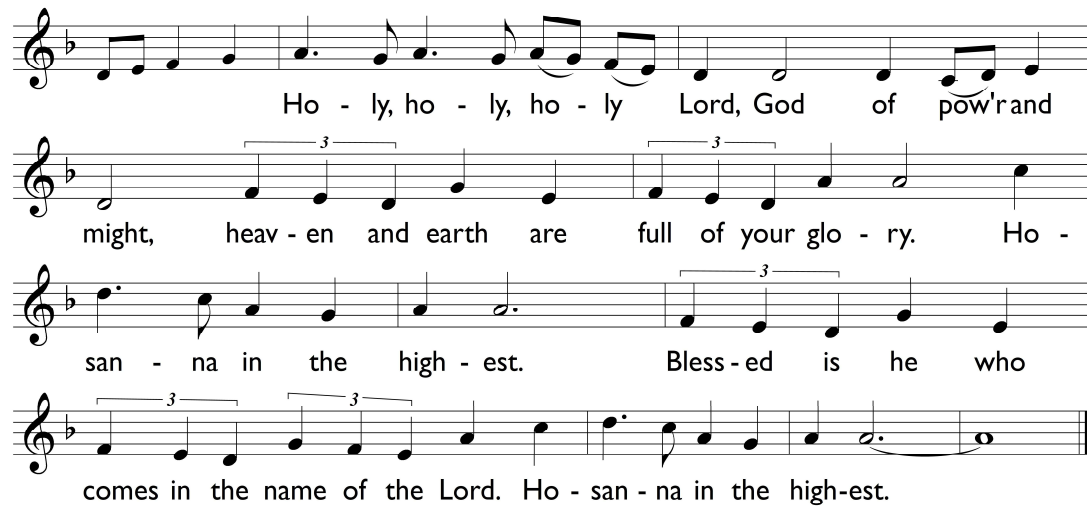
with you and one another

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:



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,
 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 – *How Can I Keep From Singing?*



1. My life flows on in end-less song A -
2. Through all the tu - mult and the strife, I
3. What though the tem - pest 'round me roars, I
4. The peace of Christ makes fresh my heart, a
bove earth's lam - en - ta - tion. I hear the real though
hear that mu - sic ring - ing. It finds an ech - o
hear the truth it liv - eth. What though the dark - ness
foun - tain ev - er spring-ing. All things are mine, since
far - off hymn that hails a new cre - a - tion.
in my soul. How can I keep from sing - ing?
'round me close, Songs in the night it giv - eth.
I am his! How can I keep from sing - ing?

Refrain
No storm can shake my in - most calm while
to that Rock I'm cling - ing. Since Love is Lord of
heav'n and earth, How can I keep from sing-ing?

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 #680 — *O God, Our Help in Ages Past*

Dismissal

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

Postlude

Now Thank We All Our God

Egil Hovland

Prayers at St. Paul's

PRAY for The Episcopal Church.

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	
		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.

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

Everyone involved in St. Paul's Lay Ministries: Acolytes, Altar Guild, Archivists, Coffee Hosts, Committee Members, Convention Delegates, Cooks, Counters, Faith Formation Guides, Gardeners, Lay Eucharistic Ministers, Lay Preachers, Lay Visitors, Lectors, Librarians, Livestreamers, Lock Up Volunteers, Messenger Mailers, Musicians, Office Angels, Prayer Leaders, Ushers, Vergers and Vestry Members

ANNOUNCEMENTS

The Rev. Sue Sommer

Today

St. Paul's own Sue Sommer is presiding and preaching today, while Maggie is on vacation. Welcome back to the pulpit, Sue!

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(ren), 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.

Welcome the Rev. Sarah Hoch

Sunday, August 16, 10:00 am

Next Sunday we welcome the Rev. Sarah Hoch to St. Paul's to preach and preside while Maggie is on vacation. Sarah manages the Holy Orders process for ECMN and supports individuals who are in formation. She was ordained a priest in Minneapolis in 2023.

Messenger Deadline

Thursday, August 20, 8:00 am

If you have an item to submit for the September issue of the Messenger, please email it to office@stpaulsduluth.org by August 20. Thanks!

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. Sue Sommer

Verger

Kathleen Smith

Altar Guild

Carlyle Conrad, Amber Sadowski, Katie Timmerman

Lector

Zabelle Stodola

Prayer Leader

John Groth

Lay Eucharistic Ministers (Chalice)

Nancy Diener, John Pastor

Acolyte

Jack Shambour

Music

Rev. Dr. David Tryggstad

Livestream

David Barthel

Ushers

Gary Olson, Matt Gustafson, Paul Waite, Eirik Rennan

Coffee Hosts

Harley & Janice Schreck

Lock Up

Tom Diener