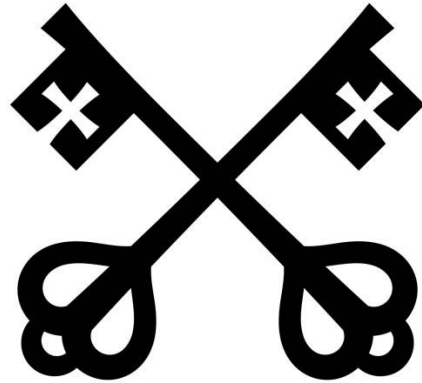




The Episcopal Parish of St. Paul
Duluth, Minnesota

Thirteenth Sunday after Pentecost

Holy Eucharist

August 23, 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 serve 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 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.

Prelude

Processional Hymn #518 — *Christ Is Made the Sure Foundation*

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, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Reading

Exodus 1:8-2:10

Now a new king arose over Egypt, who did not know Joseph. He said to his people, "Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, "When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live." But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live."

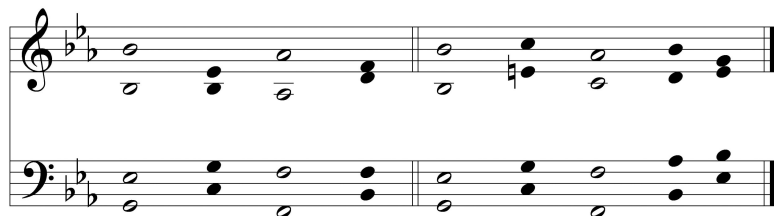
Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, "This must be one of the Hebrews' children," she said. Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

The Word of the Lord.

Thanks be to God.

Psalm 124



One: If the Lord had not been **on our side**,
let Is-rael **now say**;
If the Lord had not been **on our side**,
when enemies rose **up against us**;

All: Then would they have swallowed **us alive**
in their fierce an-**ger toward us**;
Then would the waters have **overwhelmed us**
and the torrent gone **over us**;
Then would the **raging waters**
have gone right **over us**.
Blesséd be the Lord!
God has not given us over to be a prey **for their teeth**.
We have escaped like a bird from the snare **of the fowler**;
the snare is broken, and we **have escaped**.
Our help is in the name of the Lord,
the maker of heav-**en and earth**.

Second Reading

Romans 12:1-8

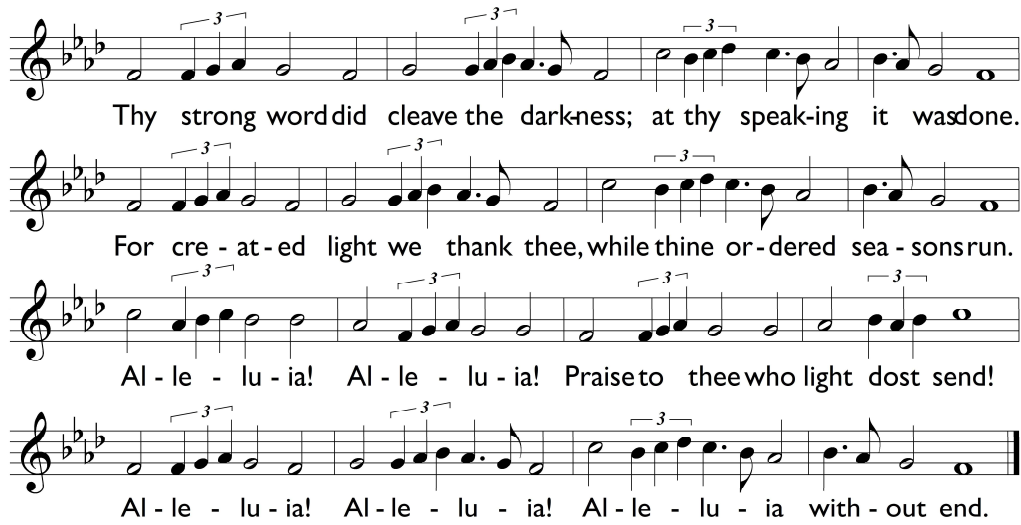
I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

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 16:13-20

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

Glory to you, Lord Christ.

When Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon

The Rev. Paul Nancarrow

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

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.

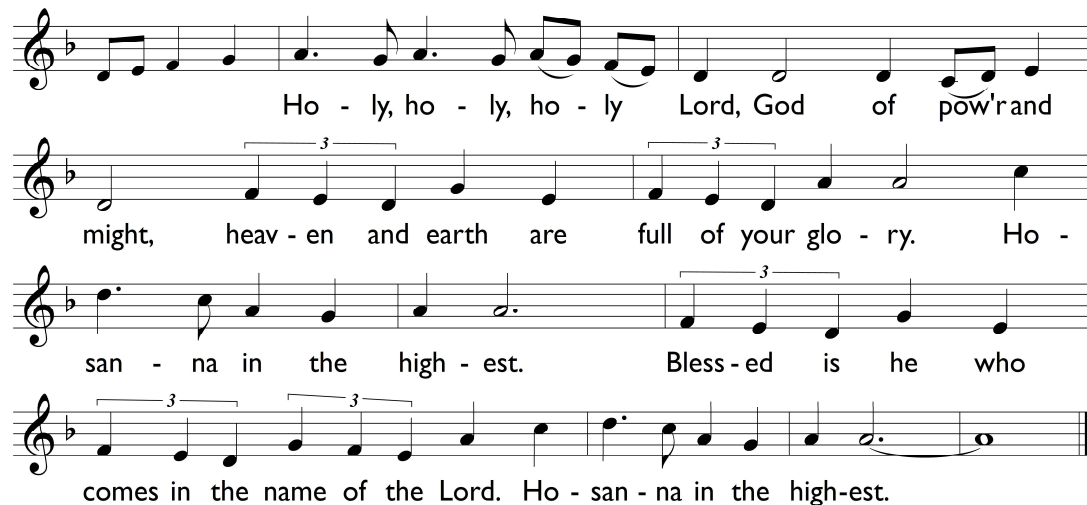
It is right to give our thanks and praise.

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,
unfailingly 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



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 #685 — Rock of Ages

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 #778 (Wonder Love and Praise) — *We All are One in Mission*

Dismissal

Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia. Alleluia.

Thanks be to God. Alleluia. Alleluia.

Postlude

Prayers at St. Paul's

PRAY for The Church of the Province of West Africa.

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	Rob H
		Annie H	Doug E	Lin B

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 memory of:

Arthur F. M. Custance, who served as organist and choirmaster of St. Paul's for 28 years. He died one hundred years ago, on August 21, 1926.



ANNOUNCEMENTS

Welcome the Rev. Paul Nancarrow

This Sunday we are delighted to welcome back the Rev. Paul Nancarrow, Maggie's Dad!

Sock It To Me (for Chum)

The Chum Outreach Team is in desperate need of new socks, all sizes. Melanie Spencer has volunteered to lead a Sock Drive here at St. Paul's for them. There is a basket in the foyer area outside of the sanctuary where you may bring new socks to donate to Chum. She will take all the socks to



Chum on August 31 (that gives us three Sundays to donate). Please be generous.

Become an Acolyte

St. Paul's is looking for tweens and teens (ages 11-18) interested in becoming church acolytes. Being an acolyte is a great way to serve your church and an opportunity to make new friends! Please consider this, discuss it with your parents, and contact Holly Hansen by September 15 to sign up or ask questions. Phone: 218-310-1674; email: hlhansen13@gmail.com



REMINDER - St. Paul's has excellent scholarship opportunities for teens who are involved in the life of the parish! The easiest way to get involved is to serve as an acolyte.

Help Mail the Messenger

Thursday, August 27, 1:00 pm

Pop by the Parish Hall to fold, tab, and address the newsletters. It's a quick and fun hour to serve and socialize at church.

Service Opportunity

Saturday, August 29, 10 am

There are exciting changes happening on the 3rd floor! We are painting the hallway, and two rooms that will be used for Godly Play. We

could use some help with painting. If you are an experienced painter, or good with blue tape, please join us at 10 am on Saturday, August 29 so we can make sure these spaces are ready to go by September 20. Email Sophie at kids@stpaulsduluth.org for more information.

Landscape St. Paul's

Thursday, September 3, 4:30-6:30 pm

St. Paul's annual Landscape Maintenance Workday will be Thursday, September 3, (rain date is September 8). Join us any time between 4:30 - 6:30 pm. Projects include planting a few hostas and a tree, hauling and placing mulch and installing deer fences. Bring garden gloves; optional: shovels, pitchfork, wheelbarrow. Contact Carol Andrews (218-390-8981) or Kathy Marinac (218-341-8448) for more information.

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!

Do You Want to Be Baptized?



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.

Wednesday Night Meal Ministry

We are looking for volunteers to cook meals for Wednesday night formation gatherings at St. Paul's. If you have participated in years past, keep your eyes peeled for emails from Sophie. We could always use more help, and if you are interested in getting involved, find me (Sophie) after the 10 am service or email kids@stpaulsduluth.org

Kids' Coffee Hours

Let the fun begin! The next kids' coffee hours will be September 20 and October 25. We will be hosting in the Children's Room adjacent to the Parish Hall until noon. All ages are welcome!

White Earth 2.0

Thursday, October 15 – Saturday, October 17

Parishioners from St. Paul's are invited on another visit to White Earth over MEA weekend. We will be visiting our sister church, St. Columba's, meeting community members, visiting Tribal Headquarters and the Treaty Museum, and having some fun in between. This is an all-ages trip. Please email Sophie (kids@stpaulsduluth.org) for more details!

St. Paul's Episcopal Clergy and Staff

Phone: 218-724-3535

Clergy

The Rev. Maggie Nancarrow, Rector
The Rev. Deacon Patricia Benson

rector@stpaulsduluth.org
deacon@stpaulsduluth.org

Parish Staff

Rita Rosenberger, Parish Administrator
Sophie Gray, Faith Formation Coordinator
Thomas Hamilton, DMA, Minister of Music
Christine Melone, Bookkeeper

office@stpaulsduluth.org
kids@stpaulsduluth.org
music@stpaulsduluth.org
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. Paul Nancarrow

Deacon

The Rev. Deacon Patricia Benson

Verger

Kathleen Smith

Altar Guild

Diane Kolquist, Susan Anderson, Sue Sommer, Tamara Jansen

Lector

Kathleen Smith

Prayer Leader

John Pastor

Lay Eucharistic Ministers (Chalice)

Kathleen Smith, Matt Gustafson

Acolyte

Tanis Halverson

Music

Dr. Thomas K. Hamilton

Livestream

Nate French

Ushers

Mark & Sue Brown, Diane Kolquist, Bob Silverness

Coffee Host

Natalie Constance, Rothko Hauschildt

Lock Up

Mark Brown