



The Episcopal Parish of St. Paul
Duluth, Minnesota

Fourteenth Sunday after Pentecost
Holy Eucharist
August 30, 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.

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

Rite I

10:00 am

Rite II

Wednesdays

5:15 pm

Starting September 9

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 #473 — *Lift High the Cross*

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

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. Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; 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 3:1-15

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'"

God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever, and this my title for all generations.

The Word of the Lord.

Thanks be to God.

Psalm 105:1-6, 23-26, 45c

One: Give thanks to the LORD and call up-**on God's name**;
make known the deeds of the LORD a-**mong the peoples**.

All: Sing to **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**.

Israel came **into Egypt**,

and Jacob became a sojourner in the **land of Ham**.

The LORD made the people exceed-**ingly fruitful**;

God made them stronger **than their enemies**;

Whose heart God turned, so that they hat-**ed God's people**,

and dealt unjustly with the ser-**vants of God**.

The LORD sent the **servant, Moses**,

and Aaron God's chosen one. **Hallelujah!**

Second Reading

Romans 12:9-21

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

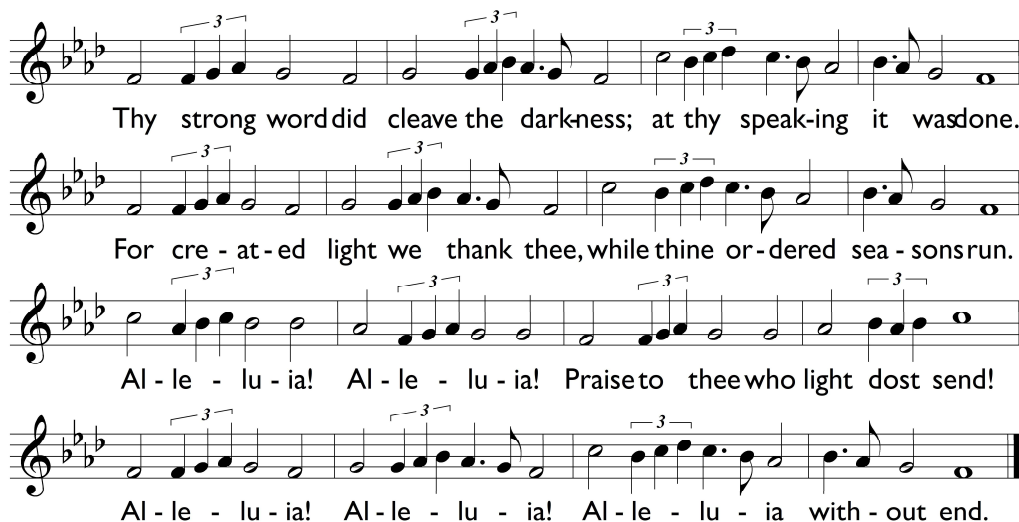
Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

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 16:21-28

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

Glory to you, Lord Christ.

Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things."

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?"

"For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

The Gospel of the Lord.

Praise to you, Lord Christ.

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, Book of Common Prayer, 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.

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 God 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,
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 — *The Servant Song*

1. Will you let me be your ser - vant,
2. We are pil - grims on a jour - ney,
3. I will hold the Christ - light for you
4. I will weep when you are weep - ing;
5. When we sing to God in heav - en

Let me be as Christ to you; Pray that I may
We are trav - lers on the road; We are here to
In the night - time of your fear; I will hold my
When you laugh I'll laugh with you. I will share your
We shall find such har - mo - ny, Born of all we've

have the grace to let you be my ser - vant, too.
help each oth - er Walk the mile and bear the load.
hand out to you, Speak the peace you long to hear.
joy and sor - row 'Til we've seen this jour - ney through.
known to - geth - er Of Christ's love and ag - o - ny.

(Repeat stanza 1)

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.

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 #294 — *Now the Green Blade Rises*

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 the Green Blade Rises

Marcel Dupré

Prayers at St. Paul's

PRAY for The Church in the Province of the West Indies.

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	Ann Marie	Becca T	Ketih B	Amber S
Virginia M	Charles B	Paul	Kevin M	Gerri W
Pat K	Bjorn G	Ann-Sofie	Dad D	Ray A
Callum	David B	Lucy J	Wendy R	Bonnie E
Jon G	Tom P	Kirsti J	John S	LeeAnn R
Stuart B	Gary B	Sue M	Tere Y	Rob H
John D	Sally R	Annie H	Doug E	Lin B
John B	Susan F	Jack & Family	Lynn K	Kal C
JoEllen S	Eddy M	Jennie & Family	Kate B	
Tom M	Natalie S	Jasmine & Family	April C	

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:

Guilford Graham & Caroline Woodward Hartley



ANNOUNCEMENTS

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.

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!

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 host in the Children's Room downstairs 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

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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
Deacon
Verge
Altar Guild
Lector
Prayer Leader
Lay Eucharistic Ministers (Chalice)
Acolyte
Music
Livestream
Ushers
Coffee Host
Lock Up

The Rev. Maggie Nancarrow
The Rev. Deacon Patricia Benson
Kathleen Smith
Lynnea Hultkrantz, Laurie Kania
Melanie Spencer
John Groth
Nancy Diener, Sue Sommer
Anna Keto
Thomas K. Hamilton
Jay Austin
Diane Morin & Karen Swanson, James Sontag, Nancy Schuldt
Bob & Kathy Silverness
Bill Stapp