



The Episcopal Parish of St. Paul
Duluth, Minnesota

Feast of St. Francis of Assisi:
Nineteenth Sunday after Pentecost
Holy Eucharist
October 4, 2026
10:00 am

*After this service, please join us for Coffee Hour in the Parish Hall.
There will be treats for people and for pets.*

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 a staffed 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

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 #400 (Stanzas 1, 4 and 7) – *All Creatures of Our God and King*

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.**

Hymn of Praise #8 – *Morning Has Broken*

The Collect of the Day

The Lord be with you.

And also with you.

Let us pray. Most high, omnipotent, good Lord, grant your people grace to renounce gladly the vanities of this world; that, following the way of blessed Francis, we may, for love of you, delight in your whole creation with perfectness of joy; 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 1:20-25

And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day.

And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was 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.



Holy Gospel

Matthew 6:25-34

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

Glory to you, Lord Christ.

Jesus said, 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

The Gospel of the Lord.

Praise to you, Lord Christ.

Dwelling in the Word

The Rev. Maggie Nancarrow

A discussion will take place today rather than a sermon.

The Blessing of the Animals

Please bring your pet, stuffed animal or photo to the front of the church where Rev. Maggie will bless them.

The Prayers of the People

Adapted from A Season of Creation from St. Stephen's in Pittsfield, MA

Deacon: Loving God, creator of the Universe, you know every creature and its needs. Together we pray for all our siblings and for the Earth, our common home.

Eternal God, we thank you for the beauty of the World: for the teeming life of the seas, the flight of

birds, and the diversity of animal life. Grant us grace to treat Creation with respect and care; to protect endangered species, to preserve the variety of habitats, and to honor the delicate balance of nature. God of life: **hear our prayer.**

We thank you for the wealth of blessings from land and sea; for the power of wind, and the warmth of sun. We pray for the nations of the earth, give us the will to cherish this planet and to use its resources sustainably for the welfare of all. God of justice: **hear our prayer.**

We pray for the faithful witness of the Church, called to reconcile and heal: For this parish and its lay leaders and clergy, including Pat our Deacon and Maggie our Rector, for Craig our Bishop, and Sean our Presiding Bishop. God of grace: **hear our prayer.**

We pray for the human family. We exult in our diversity and giftedness, we repent of our sins, divisions, and violence. By the power of your Spirit, restore your image within us. May we care for one another with love and respect and pray for those commended to our care. God of compassion: **hear our prayer.**

We pray for those who have died, whom we entrust to your eternal love; may we support and comfort those who mourn. God of peace: **hear our prayer.**

Presider: Creator God, your name is written in every leaf, every bird, every river, every stone, every living being. Thank you for calling us by name. Thank you for your continued creating power in water, rivers, forests and oceans. Make us attentive to the wounds of the earth and willing to work for the healing of all creation, so that our children may enjoy its abundance, and a long life on your beloved earth. 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 and Eucharistic Prayer

*This Eucharistic prayer is adapted from the Iona Abbey Worship Book, p. 54
Please stand as you are able.*

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.

We offer you praise, dear God,

and hearts lifted high,

for in the communion of your love

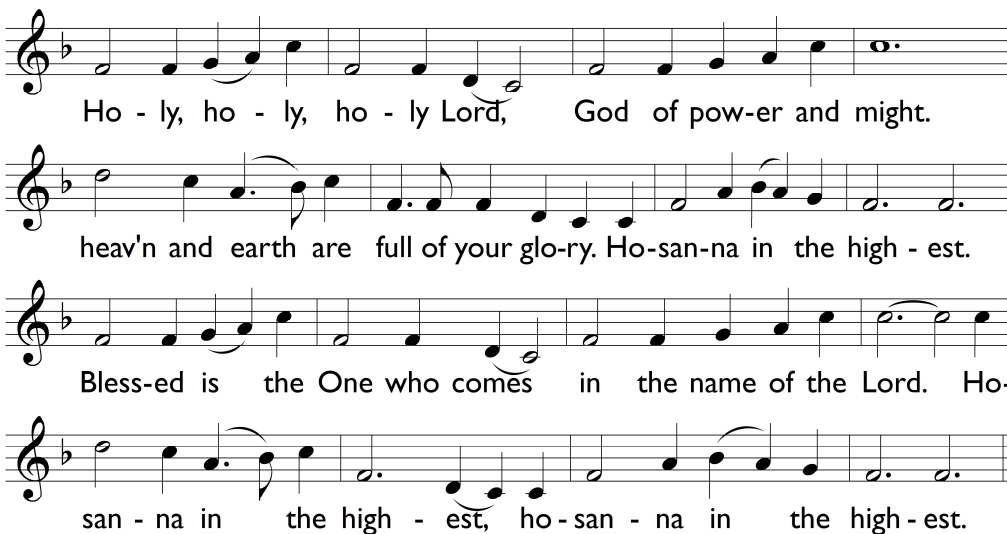
Christ comes close to us

and we come close to Christ.

Therefore, with the whole realm of nature around us

with earth, sea, and sky,

we sing to you:



Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might.

heav'n and earth are full of your glo-ry. Ho-san-na in the high - est.

Bless-ed is the One who comes in the name of the Lord. Ho-

san - na in the high - est, ho-san - na in the high - est.

Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of the bread.

On the night of his arrest, Jesus took bread, and having blessed it, he broke the bread and gave it to his disciples, saying, "This is my Body, given to you."

In the same way, he took the cup of wine. And having given thanks for it, he poured it out, saying: "This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God."

Hear us, O Christ, and breathe your spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing, and making us whole.

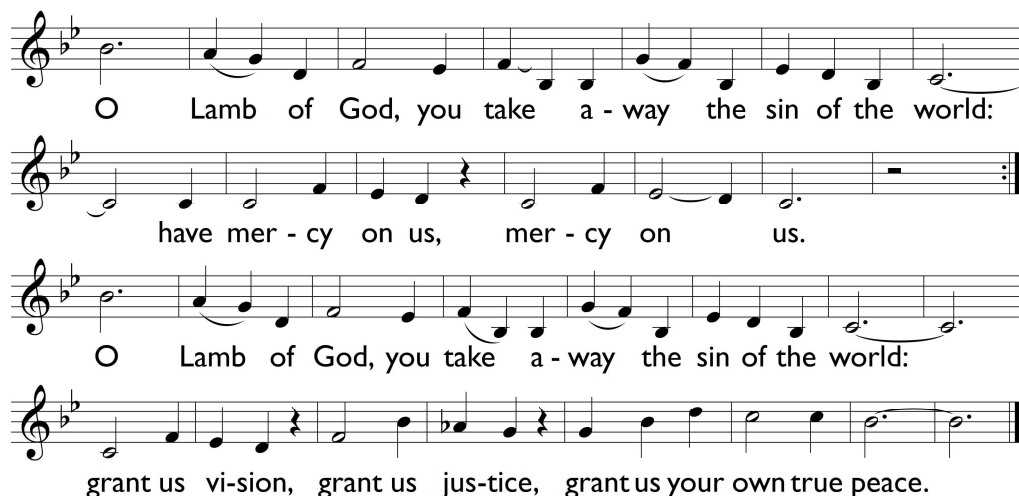
And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you: bone of your bone, flesh of your flesh, loving and caring for the world.

Through Christ and with Christ and in Christ, in the Unity of the Holy Spirit, may we praise your name for ever and ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

The Breaking of the Bread and the Fraction Anthem



O Lamb of God, you take a - way the sin of the world:

have mer - cy on us, mer - cy on us.

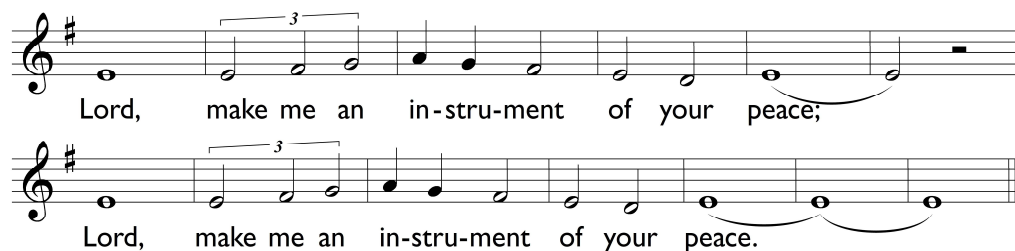
O Lamb of God, you take a - way the sin of the world:

grant us vi-sion, grant us jus-tice, grant us your own true peace.

Invitation to Communion

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

Communion Music – Prayer of St. Francis



*Choir: Where there is hatred, let me bring love; Where there is injury, let me bring pardon;
Where there is doubting, let me bring faith. **Refrain**
Where there is despairing, let me bring hope; Where there is darkness, let me bring light.
Where there is sadness, let me bring joy. **Refrain**
O Master, grant that I may not so much seek to be consoled as to console,
to be understood as to understand, to be loved as to love. **Refrain**
For it is in giving that we receive; And it is in pardoning that we are pardoned;
And it is in dying that we are born. **Refrain***

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

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 #405 – *All Things Bright and Beautiful*

Dismissal

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

Thanks be to God. Alleluia. Alleluia.

Postlude

Copyright Acknowledgments

Heleluyan: Music: Muscogee (Creek) Indian; transc. Charles H. Webb.

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Prayer of St. Francis: Music: Marty Haugen, ©1991, GIA Publications, Inc.

Prayers at St. Paul's

PRAY for Igreja Episcopal Anglicana do Brasil.

For the month of October, please pray for the Anglican Communion throughout the world; and for the Episcopal Church, and the Presiding Bishop, the Most Rev. Sean W. Rowe. Pray for the 169th ECMN Convention to be held October 23-24 in the Twin Cities.

For those who suffer and those in any trouble:

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

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

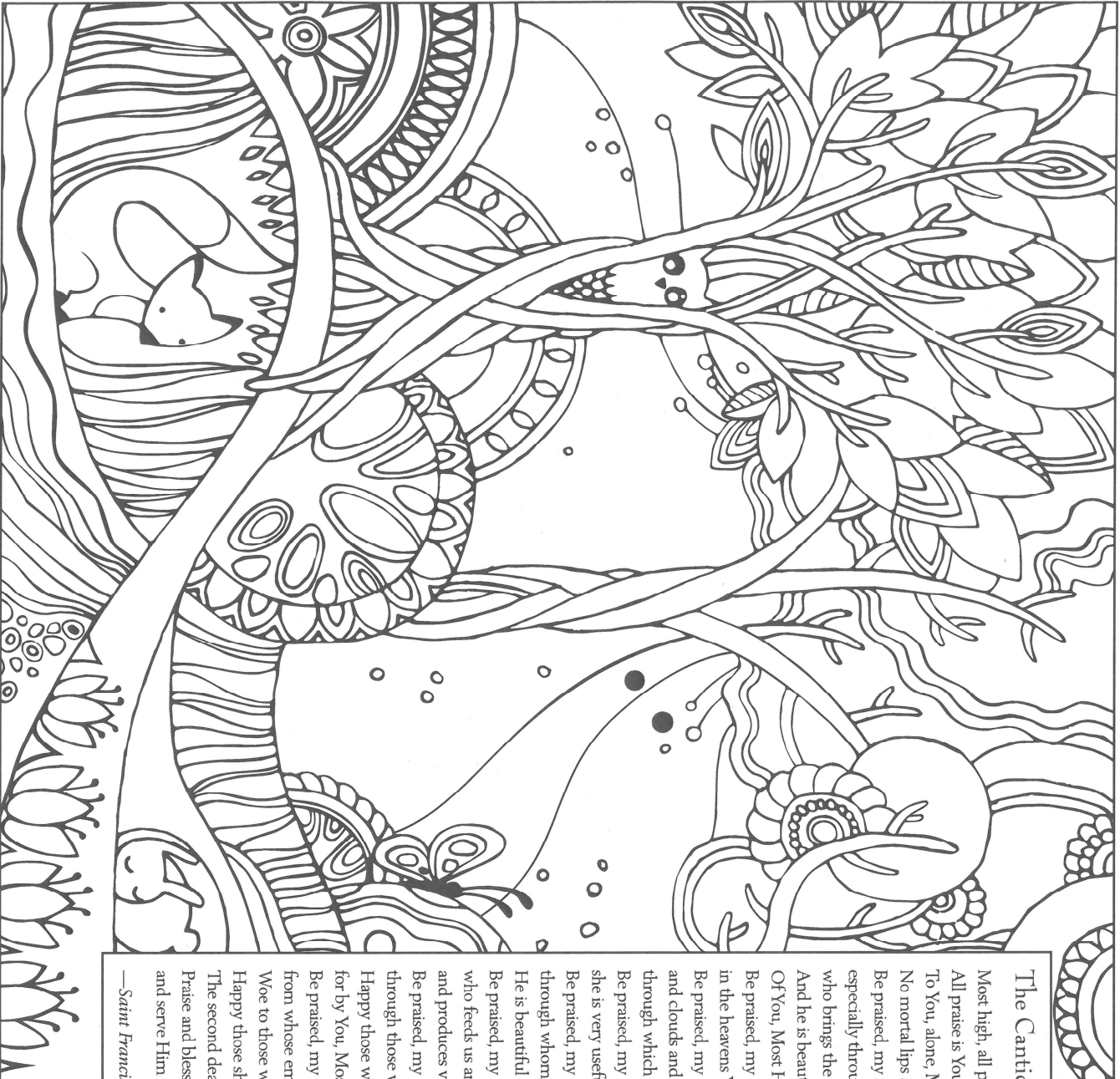
For those who have died:

Judith Fawcett, 9/18/2026

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

- Jim and Jack Elliott
- Dan & Mary Levenduski





The Canticle of Creation

Most high, all powerful, all good Lord!

All praise is Yours, all glory, all honor, and all blessing.
To You, alone, Most High, do they belong.

No mortal lips are worthy to pronounce Your name.
Be praised, my Lord, through all Your creatures,

especially through my lord Brother Sun,
who brings the day; and You give light through him.
And he is beautiful and radiant in all his splendor!

Of You, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars,
in the heavens You have made them bright, precious and beautiful.

Be praised, my Lord, through Brothers Wind and Air,
and clouds and storms, and all the weather,
through which You give Your creatures sustenance.

Be praised, my Lord, through Sister Water,
she is very useful, and humble, and precious, and pure.

Be praised, my Lord, through Brother Fire,
through whom You brighten the night.
He is beautiful and cheerful, and powerful and strong.

Be praised, my Lord, through our sister Mother Earth,
who feeds us and rules us,
and produces various fruits with colored flowers and herbs.

Be praised, my Lord, through those who forgive for love of You,
through those who endure sickness and trial.

Happy those who endure in peace,
for by You, Most High, they will be crowned.

Be praised, my Lord, through our sister Bodily Death,
from whose embrace no living person can escape.
Woe to those who die in mortal sin!

Happy those she finds doing Your most holy will.
The second death can do no harm to them.

Praise and bless my Lord, and give thanks,
and serve Him with great humility.

—*Saint Francis of Assisi*

St. Francis



ANNOUNCEMENTS

Elevator Construction



The work on the church elevator is currently underway and is expected to take approximately three weeks. **Please note that the elevator is out of service during construction.** We hope the modernized elevator will be back in service by Monday, October 19.

Youth Groups

The 4 to 6

4th – 6th grade from 4 pm to 6 pm

3rd Wednesdays of the Month – October 21

Upper Youth Group

7th grade & up from 6:30 to 8 pm

1st & 3rd Wednesdays of the Month – Oct. 7 & 21

This year we have two youth groups. Students are given their own NRSV Bibles and will spend the year learning how to use it. We are using a curriculum called Follow Me that is progressive, scriptural, and offers practical uses



for the texts. **Because we will order a Bible for each teen in each group, registration is necessary.**

Practicing The Way of Jesus

**Thursdays, 10:00 am, Parish Hall,
October 1–December 3**

This program focuses on training us to live as an apprentice of Jesus. It will be offered on Thursday mornings at 10 am in the Parish Hall with coffee and fellowship as we journey together following the Way of Jesus. There is no cost to you. Please email Deacon Pat at deacon@stpaulsduluth.org to sign up. There will be three more groups focusing on some of the Spiritual Practices from PTW. Scripture as Spiritual Practice will start later this fall.

Bible Study: Revelation

Fridays in October, 10:00 am, Olcott Room

REVELATION! Together we will wrestle with the book of Revelation—come join us to experience the final book of the Bible with all its unexpected symbols (dragons and beasts!), challenging visions (plagues and battles...), and timeless hope and promise. There will be lots to talk about and consider as we encounter John's New Creation described about 100 years after Jesus died. And listen for its relevance for faithful living in 2026. Bring your favorite translation of the Bible (or use one from the library) and join Reverends Marta Maddy and Barb Elliott et al.

Wednesday Night Meal Ministry

We still need you to sign up to help! Food prep, setup and cleanup volunteers are needed. We especially need someone to cook/provide main dish on October 7 and November 4. Visit our website for more info and to add your name to the sign-up genius for the date/task you want to help with: www.stpaulsduluth.org/sign-up

Wednesday Adult Forums

Next Session: Wednesday, October 7

1st & 3rd Wednesdays of the Month

Join us every first and third Wednesday of the month after the 6 pm meal for a Cafe Discussion on building discipleship. Led by the Rev. Sue Sommer and a team of lay volunteers, this adult version of this fall's youth group programming will let parishioners discuss and examine our walk in faith, while parents of teens can continue the conversation on the drive home and beyond.

Clean the Sanctuary

Saturday, October 10, 10 am

Join in a cleaning get together. We will gather at 10 am to clean the Sanctuary. Everyone is encouraged to lend a hand to vacuum, dust and clean the wood. Bring the whole family to share in the joy of our beautiful church. Sign-up sheets in front and back of church, and in Parish Hall. – *Lynnea Hultkrantz*

White Earth 2.0

Thursday, October 15 –

Saturday, October 17

You are invited to White Earth over MEA weekend. We will visit our sister church, St. Columba's, meet community members, visit Tribal Headquarters and the Treaty Museum. This is an all-ages trip. Please email Sophie (kids@stpaulsduluth.org) for more details!

Duluth Sacred Harp

Saturday, October 10, 10 am – 3 pm

Unitarian Church,

835 W College St., Duluth

An all-day Singing of the Sacred Harp will take place next Saturday at the Unitarian Universalist Congregation of Duluth, from 10 am to 3:00 pm, with potluck dinner at noon. This event is free and open to the public. Free will donations will be gratefully accepted. Sacred Harp, or shape note music, is an early American folk music tradition. A form of hymn singing in four-part harmony, it is sung unaccompanied (a cappella) and with great feeling. Everyone is welcome, even if you've never sung before. Come for an hour or stay all day! For more information, contact duluthshapenote@gmail.com

Jefferson Street Block Party

Saturday, October 10 from 2:00-5:00 pm

1600 block of Jefferson St

The block party is hosted by the Loaves & Fishes Community, and St. Paul's Outreach Committee is joining the fun at this potluck event, with live music, the slowest bicycle race, cider pressing, and more! Tom Diener is coming with an apple press he built (of course he did!), but we will need apples and clean plastic wide mouth bottles. Think Simply Juice large size for bottling the juice to share with our neighbors, and take some home with you! Please contact Deacon Pat if you would like to join the party or have anything to contribute to the event! deacon@StPaulsDuluth.org

Youth Are Waiting for a Christian Mentor

Mentor North is looking for caring adults with a Christian background to mentor local youth. Mentors commit to four hours per month for at least one year, building a consistent relationship around a young person's interests and goals. Every match receives support from a Mentor North Program Advocate, plus access to monthly mentoring community events, free cultural tickets, and discounts at 40+ local businesses. Interested? Visit MentorNorth.org or contact Joe at JMurphy@MentorNorth.org or call/text [218-606-2568](tel:218-606-2568).

Mentor North is an inclusive, non faith-based mentoring program serving youth of all backgrounds in the Twin Ports.

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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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. Maggie Nancarrow

Deacon

The Rev. Deacon Patricia Benson

Verger

Kathleen Smith

Altar Guild

Kathy Leonard, Susan Cox, Maggie Malone

Lector

Zabelle Stodola

Prayer Leader

Kathleen Smith

Lay Eucharistic Ministers (Chalice)

Susan Anderson, Kathleen Smith, Zabelle Stodola

Acolytes

Caitlin Gustafson, Riley Wall, Quinn Wall

Music

Thomas K. Hamilton

Livestream

Jay Austin

Ushers

Gary Olson, Matt Gustafson, Paul Waite, Jason Butcher

Nursery Attendants

Ya'myali Quinn-Sikorski, Arna Rennan

Coffee Host

Harley & Janice Schreck

Lock Up

Sophie Gray