



Holy Communion: Rite Two  
Sixth Sunday after Pentecost  
July 5, 2026 | 8AM & 10AM



**WELCOME!**

We are an Episcopal (Anglican) community of various backgrounds and beliefs, drawn together by our love of God in Jesus Christ. We believe that God's radically inclusive love excludes no one. At St. Dunstan's, all people are welcome, no exceptions. Please visit our Welcome Table on the patio to get more information about our church. A "Welcome Pad" is located at the end of each pew if you would like to share your name and/or contact information. If you are interested in membership, please speak with our Rector, Rev. Rebecca. We're so glad you're here!



give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
 Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy  
 on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,  
 you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

Music: Robert Powell (b. 1932), rev. Setting: Copyright © Church Publishing Inc.

## The Collect of the Day

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

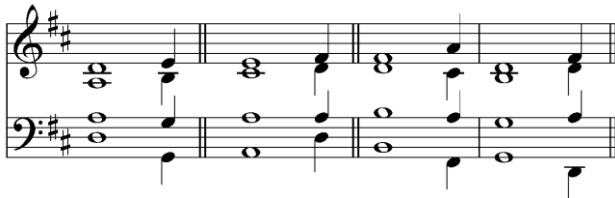
## First Reading: Zechariah 9:9-12

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

The Word of the Lord.

*Thanks be to God*

## Psalm 145:8-15 (8:00: spoken)



8 The Lord is gracious and full of compassion, \*  
slow to anger and of great kindness.

9 The Lord is loving to everyone \*  
and his compassion is over all his works.

10 All your works praise you, O Lord, \*  
and your faithful servants bless you.

11 They make known the glory of your kingdom \*  
and speak of your power;

12 That the peoples may know of your power \*  
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom; \*  
your dominion endures throughout all ages.

14 The Lord is faithful in all his words \*  
and merciful in all his deeds.

15 The Lord upholds all those who fall; \*  
he lifts up those who are bowed down.

### **Second Reading: Romans 7:15-25a**

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

The Word of the Lord.

*Thanks be to God.*

### **Sequence Hymn – “This is My Song” (Tune: *Finlandia*) (vss. 1, 3)**

This is my song, O God of all the nations, A song of peace for lands afar and mine,  
This is my home, the country where my heart is;  
Here are my hopes, my dreams, my holy shrine;  
But other hearts in other lands are beating  
With hopes and dreams as true and high as mine.

This is my prayer; O Lord of all earth's kingdoms:  
Thy kingdom come; on earth thy will be done.  
Let Christ be lifted up till all shall serve him, And hearts united learn to live as one.  
So hear my prayer, O God of all the nations, Myself I give thee; let thy will be done.

Tune: Finlandia. Text Lloyd Stone, Georgia Harkness. [c] 1962 The Lorenz Corporation. Arr. [c] 1961 The Presbyterian Board of Christian Education. ONE LICENSE #734692-A

## **The Holy Gospel: Matthew 11:16-19, 25-30**

Leader The Holy Gospel of our Lord Jesus Christ according to Matthew...

People *Glory to you, Lord Christ.*

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds." At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the Lord.

*Praise to you, Lord Christ.*

**(10:00) Children's Moment**

**Thomas Gerhart, Children's Minister**

**The Sermon**

**The Rev. Cathey Dowdle**

**The Nicene Creed**, *standing as able*

*Celebrant and people*

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of 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.

### **Prayers of the People**

Come to prayer, all who labor and are heavy-laden, and God will give us rest. Come to praise, saying: Lord, hear our prayer.

We thank you for the revelation of your gift of abundant life and for the rest coming to those who put their trust in you. For such life and rest,

*Lord, hear our prayer.*

We thank you for entrusting us with the message of grace, that we might speak a reconciling word to our age. For such mercy,

*Lord, hear our prayer.*

We thank you for leading us into the ways of peace and for transforming weapons of war into tools of charity. For such peacemaking,

*Lord, hear our prayer.*

We thank you for the people of faith who surround us and for the family and friends, teachers and clergy who assist our growth in grace. For such companions through life,  
*Lord, hear our prayer.*

We thank you for the gifts of creation and for wholesome times of recreation. For such times of harmony,  
*Lord, hear our prayer.*

We thank you for sustaining all who are oppressed, all who suffer for reasons of conscience, all who are passionate for justice. For such signs of the coming kingdom,  
*Lord, hear our prayer.*

We thank you for those who tend the sick, accompany the frustrated, visit the lonely, comfort the dying, confront the addicted, or minister to any in need. We especially pray for those on our prayer list: Sandia, Aaron, James, Anita, Gary, Mike, Roman, Paul, Ray, Tom, Mary, Molly, Joanna, Donna, Jim, Eugene, Barbara, Brennie, Irene, Emily, Jaimy, Shirley, Mary Helen

For such attention to human anguish: *Lord, hear our prayer.*

We also pray for requests from our community:

- For an end to war and peace for the people of our nation and abroad, including the Middle East, Congo, Sudan, and Ukraine
- For all those impacted by the devastating earthquakes in Venezuela.
- For God's compassion, truth, justice and peace to rule in our hearts as a nation.
- For local and international stability and security.
- For refugees, migrants, the hungry and those who cannot afford food.

From our Anglican Cycle of Prayer, we pray for the Anglican Church of South America. From our Diocesan cycle of Prayer: We pray for the clergy and people of St. Francis, Pauma Valley.

From our Military Cycle of Prayer we pray for those who serve in the Maritime Expeditionary Security Squadron 3, Imperial Beach. We also pray for our Episcopal chaplains and service men and women who have been deployed.

You are invited to add your own intercessions out loud or in your heart.

## **Concluding Collect**

Almighty God, who hast given us this good land for our heritage:

We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in thy Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. *Amen.*

Into your hands, O God, we commend all for whom we pray, trusting in your mercy, through your Son, Jesus Christ. *Amen.*

## **Confession of Sin**

*Celebrant* Let us confess our sins against God and our neighbor.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. *Amen.*

## **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, *standing***

BCP 360

*Celebrant* The peace of the Lord be always with you.

*People* And also with you.

## **Announcements**

## Birthdays and Anniversary Prayers

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

## Prayer Quilts, *said together*

Gracious and Loving God, we thank You for the loving hands and spirits of those who created this quilt for the comfort of those in need. Let this quilt be a tangible sign and symbol of your enfolding love as Your Holy Spirit embraces them, eases their pain and worry, and brings them Your comfort and peace. In Jesus' name we pray. Amen.

## Offertory Sentence

(10:00) Offertory Anthem: *Battle Hymn of the Republic*

Peter J. Wilhousky

Mine eyes have seen the glory of the coming of the Lord;  
He is trampling out the vintage where the grapes of wrath are stored;  
He hath loosed the fateful lightning of His terrible swift sword;  
his truth is marching on.

Glory! Glory! Hallelujah! Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah! His truth is marching on.

I have seen him in the watchfires of a hundred circling camps.  
They have builded Him an altar in the evening dews and damps;  
I can read His righteous sentence by the dim and flaring lamps;  
his day is marching on.

Glory! Glory! Hallelujah! Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah! His truth is marching on.

In the beauty of the lilies Christ was born across the sea,  
with a glory in His bosom that transfigures you and me;  
as he died to make men holy, let us die to make men free;  
while God is marching on.

Glory! Glory! Hallelujah! Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah! His truth is marching on.

Glory! Glory! Hallelujah! Glory! Glory! Hallelujah!  
 Glory! Glory! Hallelujah! His truth is marching on. Amen. Amen!

(8:00) *Celebrant* All things come from thee, O Lord.  
*People* And of thine own have we given thee.

**The Great Thanksgiving: Eucharistic Prayer A**

BCP 361

*Celebrant* The Lord be with you.  
*People* And also with you.  
*Celebrant* Lift up your hearts.  
*People* We lift them to the Lord.  
*Celebrant* Let us give thanks to the Lord our God.  
*People* It is right to give him thanks and praise.

*Celebrant*  
 It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

*The Celebrant says a Proper Preface.*

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*Celebrant and People* (8:00 spoken)

Hymnal S-129

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
 might, hea - ven 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.\_\_\_\_\_

Music: Robert Powell (b. 1932). Setting: Copyright © Church Publishing Inc.

*The Celebrant continues*

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, 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 many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

*Celebrant and People*

Christ has died.

Christ is risen.

Christ will come again.

*The Celebrant continues*

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

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

### *People and Celebrant*

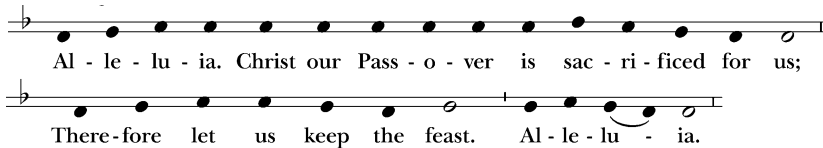
Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from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

### **The Breaking of the Bread**

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

### **Christ our Passover** (8:00 spoken)



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

### **The Communion**

*All are welcome to receive Holy Communion in the Episcopal Church regardless of your church/ denominational background. Please extend 2 hands if you wish to have your bread dipped into the wine and extend one hand if you prefer to receive bread only and/or the common cup. If you need gluten free bread or prefer no wine, please indicate this. If you do not want Communion, you can come forward for a blessing instead, indicated by crossing your hands over your chest or simply remain in your seat.*

**(10:00) Communion Solo: *Let Freedom Ring***

Dennis Jernigan

In the heart of every person Is a longing to be free  
Free from fear and persecution Free to think and free to speak  
Too many hearts have now been silenced to the song of liberty.  
Let the heart of every person be a place where freedom rings

*(Refrain) Let freedom ring from the mountains Freedom ring from sea to sea  
Let freedom ring to every heart that longs for hope and liberty  
Let freedom ring to every nation freedom ring near and far  
Let freedom ring with celebration in the halls of every heart let freedom ring.*

From the heart of every prisoner Bound because of their belief  
From the heart of every mother Wondering how her child will eat  
From the heart of those who suffer Knowing well the price might be  
Laying down their lives and saying with their lives let freedom ring.

*(Refrain)*

From the heart of every patriot Rings the song of liberty  
It's a song that breaks oppression's hold and cries let freedom ring

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**(10:00) Communion Hymn #599**

*Lift Every Voice and Sing*

**Sending out of Eucharistic Visitors**

*Priest* In the name of Christ Jesus, and through the family of St. Dunstan's, we send you out bearing these holy gifts for God's holy people: that those who will receive them with us may experience the majesty and the mystery of His presence. We who are many are one body,

*People* because we all share one bread and one cup.

**Post Communion Prayer**

**BCP 366**

*Celebrant* Let us pray.

*Celebrant and People*

Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food

in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. *Amen.*

### **The Blessing**

May the Lord Bless you and keep you.  
May the Lord make his face to shine upon you and be gracious unto you.  
May God give you grace not to sell yourselves short,  
Grace to risk something big for something good,  
Grace to remember that the world is now too dangerous for anything but truth, and too small  
for anything but love.  
May God take your minds and think through them.  
May God take your lips and speak through them.  
May God take your hands and work through them.  
May God take your hearts and set them on fire.  
And the Blessing of God Almighty, the Father, the Son, and the Holy Spirit be upon you and  
those you love, this day, and forever more. *Amen.*

**Closing Hymn 579** (vss 1,4)

*Almighty Father, Strong to Save*

### **The Dismissal**

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

**The Postlude** *God of Our Fathers*

arr. Robert J. Hughes



## PARISH NOTICES



The banner features the St. Dunstan's Episcopal Church logo on the left, which includes a cross and the text "St. Dunstan's - EPISCOPAL CHURCH -". The main text reads "St. Dunstan's Annual RUMMAGE SALE" in large, bold, white letters. A black starburst graphic on the right contains the text "SAVE THE DATES!". Below the main text, it states "Rummage Collection Begins: Sunday, July 19, 2026" and "SALE DATES: AUGUST 28 & 29, 7 A.M. TO 2 P.M." in white text on a dark blue background.

**Rummage Sale Volunteer Info and Training Meetings:** Please attend ONE session on Tuesday, July 7, 2026 @ 10:00 AM OR Wednesday, July 8, 2026 @ 7:00 PM. **Rummage collections begins** on Sunday, July 19, 2026: 7:30-Noon. Please drop off items on following days: Wednesday-Friday: 9:00 AM-5:00 PM; Saturday: 10:00 AM-2:00 PM; Sunday: Until Noon; Closed Mondays & Tuesdays.

### **SUMMER FUN WITH SCRIP!**

Our Scrip program - the sale of merchant gift cards to benefit St Dunstan's Outreach programs - will continue after each service throughout the summer. The Scrip table, located right outside the church main doors, is staffed by our stalwart volunteers. You may purchase cards from the inventory or special order them from hundreds of merchants and service providers. Payment is accepted by cash or check only. For more information, please stop by the Scrip table on Sundays or contact Christine Bagley (ccb92120@icloud.com).

**Grief Support Group:** Our grief group's will continue meeting through the summer! The next book is: *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by [Mary-Frances O'Connor](#). Our first meeting on this book will be on Wednesday, July 1 at 5:00 pm and we welcome new members.

**SUMMER CHOIR IS BACK!** Come any Sunday at 9 AM to rehearse the music for that day. Participants may attend whenever they want during the summer! This is a very casual, drop-in activity. You do not need to be a member of the Parish Choir to participate. All are welcome to join in the fun!

**TUESDAY NOON BOOK STUDY** will be meeting next Tuesday, June 30th, in the Office Conference Room or by Zoom to start a discussion of our next book, **CELTIC CHRISTIANITY: DEEP ROOTS** by Ray Simpson. All are welcome!

We are also looking forward to discussing the following book which will be **LIVING WITH A WILD GOD: A NONBELIEVER'S SEARCH FOR THE TRUTH ABOUT EVERYTHING** by Barbara Edrenreich.

Discussions are always lively, interesting and thought provoking as we continually search for new ways to reflect on our faith journeys.

**LOOKING FOR NEW BOOKS TO READ?** It's time for St. Dunstan's annual All-Parish Summer Book Reading! This year, the congregation will be reading two books:

- How We Learn to be Brave by the Right Rev. Mariann Edgar Budde
- Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline by Lauren F. Winner

In addition to bookstores and other outlets, these two books may also be available in print and online at the county and/or city libraries. In September, we will gather for a book discussion - see you then!

**WANT TO LEARN HOW TO SEW?** Sandia Tuttle's free sewing class will meet from 9:30 AM to noon every Thursday through the end of August in St. Dunstan's Conference Room. Participants (ages 10 to 99+) will make lap quilts. Bring your own machine. If you don't have one, Sandia has two extra ones that participants may borrow.



## ASSISTING IN TODAY'S SERVICE

Clergy	The Rev. Cathey Dowdle
Music	Sue Caldwell, Pianist
Readers	David Bagley & Joy Smith Russ & Sunny Finch, Lisa Chaddock
Eucharistic Ministers	David Bagley Ann Jarrett, Mindy Wilcox
Healing Prayer Team	Jessie Thivierge & Matt Brown Diane LeBlanc
Acolytes	Winston
Sunday Sexton	Ryan Sifton

## INFORMATION FOR THE SERVICE

**St. Dunstan's Pledge cards** are available in the back of the church. You can mail a check to the office or donate online through ACS or on [www.stdunstans.org](http://www.stdunstans.org) or in person on Sunday morning.

If you wear **hearing aids with T-coil** you can hear our service directly through your hearing aids. If you do not have T-coil, or have hearing loss and are not yet ready for hearing aids, you can use one of our portable receivers and headset. A "**quiet room**" with streaming of the service is available in the back corner of this building and accessible seating options are marked and available throughout the church. Check with a Hospitality Minister for assistance.

**Children of all ages** are welcome in our services (noises and all). Our nursery is also open all morning for ages 0-3 (located on the east side of this building) and our "Pray-Ground" (front-left pew of the church) is open during the service with quiet children's activities. Christian education is at 9:00am for all ages (Sept-May) and during the 10:00am service children are welcome to come forward for a "Children's Moment" and may leave with teachers during the sermon for brief children's education and return just before Holy Communion. Children of all ages may receive Holy Communion at their parent's discretion.

**Accessible bathrooms** are located inside the church to the left and right of the main entrance. Please let a Hospitality Minister know if you need assistance with anything or have any questions.

**St. Dunstan's Episcopal Church | 6556 Park Ridge Blvd. | 619-460-6442 | [StDunstans.org](http://StDunstans.org)**