



The Tenth Sunday after Pentecost; Proper 13

August 1 and 2, 2026

The Prelude

The Opening Hymn *O day of radiant gladness*

The Hymnal 1982, 48

Celebrant Blessed be the one, holy, and living God. Glory to God for ever and ever.

People **Blessed be our God. For ever and ever. Amen.**

Celebrant 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 Christ our Lord. **Amen.**

The Gloria *said at 5pm, 9:30am sung*

The Hymnal 1982, S-278

Glory to God in the highest,

and peace to his people on earth.

Lord God, heavenly King,

almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father. Amen.

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray.

The Collect

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The First Lesson

Genesis 32:22-31

Our Hebrew Bible reading tells how Jacob, on the night before his confrontation with his brother Esau, wrestles all night with a man he comes to recognize as God. Many years earlier Jacob had tricked Esau and stolen his blessing and birthright. Now Jacob has grown rich in the service of his father-in-law Laban, but he greatly fears his meeting with his brother. Jacob's struggle with God may in part express his guilty conscience and coming to terms with the evil he had done. He has to fight for a blessing and permission to return to his homeland. For his new life he is given a new name, Israel, but is left with an injury as a sign of God's supremacy and a reminder of his wrong.

A reading from the book of Genesis.

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

The Word of the Lord.

People **Thanks be to God.**

The Response, Psalm 17:1-7, 16

Exaudi, Domine

This Psalm is a plea for justice and protection by one who has followed God's ways.

We will read psalm 17 responsively by the half-verse.

1 Hear my plea of innocence, O Lord; give heed to my cry; *

listen to my prayer, which does not come from lying lips.

2 Let my vindication come forth from your presence; *

let your eyes be fixed on justice.

3 Weigh my heart, summon me by night, *

melt me down; you will find no impurity in me.

4 I give no offense with my mouth as others do; *

I have heeded the words of your lips.

5 My footsteps hold fast to the ways of your law; *

in your paths my feet shall not stumble.

6 I call upon you, O God, for you will answer me; *

incline your ear to me and hear my words.

7 Show me your marvelous loving-kindness, *

O Savior of those who take refuge at your right hand from those who rise up against them.

16 But at my vindication I shall see your face; *

when I awake, I shall be satisfied, beholding your likeness.

The Second Lesson

Romans 9:1-5

In this reading Paul expresses his anguish and sorrow that so many of the children of Israel, the people especially favored by God, have not found the Lord's promise. To them belong the covenants, the law, and so much else. From their nation Christ himself came. Paul would go to great lengths, even see himself an outcast, if such would help Israel to know its salvation. Later in this letter Paul tries to explain how this all may be part of God's plan of redemption, which in the end will include Israel with the Gentiles. A reading from Paul's letter to the Church of Rome.

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever

The Word of the Lord.

People **Thanks be to God.**

1. All who hun-ger gath-er glad-ly; ho-ly man-na
 2. All who hun-ger, nev-er stran-gers, seek-er, be a
 3. All who hun-ger, sing to-geth-er, Je-sus Christ is

is our bread. Come from wil-der-ness and wan-d'ring.
 wel-come guest. Come from rest-less-ness and roam-ing.
 liv-ing bread. Come from lone-li-ness and long-ing.

Here in truth we will be fed. You that yearn for
 Here, in joy we keep the feast. We that once were
 Here, in peace, we have been fed. Blest are those who

days of full-ness, all a-round us is our food.
 lost and scat-tered in com-mun-ion's love have stood.
 from this ta-ble live their days in grat-i-tude.

Taste and see the grace e-ter-nal.
 Taste and see the grace e-ter-nal.
 Taste and see the grace e-ter-nal.

Taste and see that God is good.
 Taste and see that God is good.
 Taste and see that God is good.

The Gospel *all standing, as able*

Matthew 14:13-21

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

People **Glory to you, Lord Christ.**

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord.

People **Praise to you Lord Christ.**

The Sermon

The Reverend Alan R. Hesse

The Nicene Creed

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 substance with the Father;

through him all things were made.
For us and for our salvation
he came down from heaven, was incarnate of the
Holy Spirit and the Virgin Mary
and was made human.
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,
who with the Father and the Son is worshipped
and glorified,
who 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

Lay Leader Let us offer prayers for the world and its people, for those who suffer and those in need, for the Church and its members. O God the Father of our Lord Jesus Christ, in whom you chose us, before the foundation of the world, and destined us in love to be your own: help us to pray for all your children. For the life of the world; that your peace may be known and may prevail.

Lord, hear us.

Lord, graciously hear us.

We remember those on our prayer list: We pray for healing and wholeness for Amy, Mary, MaryAnn, Cheryl, Marilyn, John, Alan, Mia, Bruce, Regina, Gerry, Herb, and Al. Have compassion for those who suffer from any grief or trouble.

Lord, hear us.

Lord, graciously hear us.

For all who exercise rule and authority; that they may acknowledge your power:

For Donald our President, for Maura our Governor, for our Senators Edward and Elizabeth, for our Representative Bill, and for all our elected officials,

Lord, hear us.

Lord, graciously hear us.

For the Church which is Christ's body; that it may live for the praise of your glory:

In our prayers, we hold our Presiding Bishop- Sean, our Diocesan Bishop-Julia and our Rector Alan.

Lord, hear us.

Lord, graciously hear us.

We remember all those who have died in the hope of resurrection, especially Judy Moakler, Cynthia Henrich, and Phyllis Briggs.

Lord, hear us.

Lord, graciously hear us.

The altar flowers have been given to the Glory of God and in loving memory of Phil Patterson from Joan and the girls.

Lord, hear us.

Lord, graciously hear us.

We pray for those in our Diocesan Cycle of Prayer. We give thanks for the churches of the Mystic Valley Deanery: **St. Luke's Church/Iglesia de San Lucas** (Chelsea), **Grace Church Federated** (East Boston), the **South Sudanese Congregation**, the **Hispanic Ministry Committee**, and the **Creation Care Justice Network**.

Lord, hear us.

Lord, graciously hear us.

Let us pray for our own needs and those of others. I invite you to lift up your personal thanksgivings and petitions.

Celebrant O God, you exerted your strength and power when you raised Christ from the dead, putting everything in subjection beneath his feet: accept the prayers which we offer in Christ's name for the world you have created and redeemed; through Christ in whom you have set forth the mystery of your will, to unite all things in heaven and on earth,

your Son, our Lord Jesus Christ. **Amen.**

The Confession and Absolution

Celebrant Let us confess our sins to God.

Minister and People

**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.**

Celebrant 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 *Then, all standing in body or spirit.*

Celebrant The peace God be always with you.

People **And also with you.**

The Offertory Music

The Offertory Prayer, *at 5pm and 9:30pm then, all standing in body or spirit.*

All things come of Thee O Lord, and of Thine own have we given Thee.



The Great Thanksgiving

Enriching our Worship, Form 2

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 our thanks and praise.**

Celebrant We praise you and we bless you, holy and gracious God, source of life abundant.

From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing.

You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us.

Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing (say)

The Sanctus *said at 5pm; sung at 9:30am*

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory.

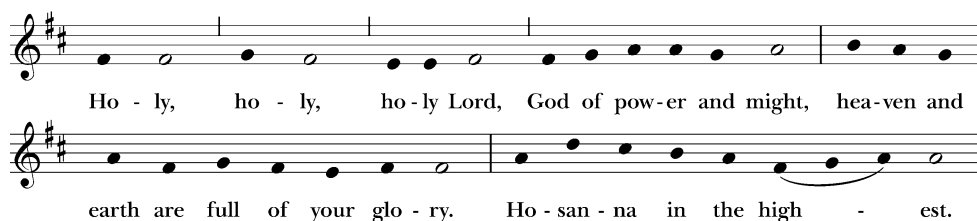
Hosanna in the highest.

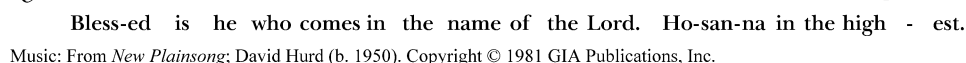
Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

The Sanctus

The Hymnal 1982, S-124





To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love.

On the night before he died for us, Jesus was at table with his friend. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine. Again he gave thanks to you, gave it to them, and said: “Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Now gathered at your table, O God of all creation, and remembering Christ crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with (— and) all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, 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,
for ever and ever. Amen.

Celebrant We break this bread to share in the Body of Christ.

People **We who are many are one body, for we all share in the one bread.**

The Fraction Anthem *9:30am*

Alleluia, alleluia, alleluia.

**Christ our Passover is sacrificed for us;
therefore let us keep the feast.**

Alleluia, alleluia, alleluia.

The Hymnal 1982, S-154

Celebrant 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.

All who seek God and are drawn to Christ, are welcome at the Lord's Table.

Hold out your hand to receive the host. You may receive the wine by the chalice or in the small cups in the tray.

If you prefer not to receive the wine, cross your arms and wait for the minister to say *The blood of Christ, the cup of salvation.*

If you **prefer to receive a blessing** you may cross your arms across your chest.

As you return to your seats, deposit your cup in the place provided in a white pedestal table.

If you would like to **remain in your seat** and receive communion, please **let an usher know.**

Postcommunion Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth.

Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for-ever in the risen life of Christ our Savior. Amen.

The Blessing

Welcome, Announcements, and Celebrations

The Closing Hymn *I come with Joy to meet my Lord*

The Hymnal 1982, 304

The Dismissal

Go in peace to love and serve the Lord.

People **Thanks be to God.**

The Postlude *Organ Voluntary*

Announcements

THANK YOU to all who joined us for the repeat presentation by Dr. Timothy Orwig, author of *Cape Cod Canal*, and Professor at Boston College, charting the history of the canal and its impact on everything Cape Cod. Tim's January presentation on this topic, part of our Caring for Creation Series, was so well attended that we offered it a second time.

CONCERT SERIES NEWS: Be sure to catch the **next concert** on Saturday, August 15 at 6:30, under the tent in the back yard, with the Cape Cod Ukulele Club. Enjoy great food, good company, pop-to-bluegrass music, and take a chance on our golf raffle or 50-50 raffle. Bring a comfy chair, friends, and family members. Extra hands are welcome to help with set-up, food serving, raffle ticket sales, and clean-up. Concerts are free and open to the public; food and beverages are available for purchase. **THANK YOU** to our steadfast group of volunteers who continue to help with these concerts!

St. John's "Golf Outing for 4" raffle: Tickets are available now through August 29th

Contact the Parish Office or see a volunteer after worship for your chance to win:

18 holes for 4 players with carts at White Cliffs Country Club in Plymouth OR

18 holes for 4 players with carts at Quashnet Valley Country Club in Mashpee

Tickets are \$10 each or 6 tickets for \$50. Raffle tickets are available for purchase at each service, in the Church Office during business hours, and the Thrift Shop. The drawing will be held at the final Summer Breeze Concert on August 29th.

Again this year, we are working with the Cape Cod Council of Churches and Hands of Hope Pantry to support their Annual School Supplies Program. New and gently used backpacks, pencils, pens, highlighters, crayons, markers, notebooks (regular and college-ruled), filler paper, and 2-pocket folders are the most requested items. Your generous contributions can be left in the basket in the Narthex or bring them to the office during business hours (9am-2pm Tues-Fri).

Hour of Prayer: The church is open for your quiet prayers weekly, on Wednesdays, from 12-1pm.

Caring for Creation Committee: Meeting Fridays at 11:00 AM Zoom link: <https://us06web.zoom.us/j/86013659293>

August 1-9, 2026

Saturday, August 1

9:30am AA, Parish Hall

5pm Worship Service with Holy Eucharist

Sunday, August 2

9:30am Worship Service with Holy Eucharist

10:15am Lemonade on the Lawn

Monday, August 3

9am-Noon Lasit Performing Arts Camp,

Church and Hall

10am Al-Anon, Undercroft

Tuesday, August 4

9am-Noon Lasit Performing Arts Camp,

Church and Hall

12noon AA, Undercroft

Wednesday, August 5

9am-Noon Lasit Performing Arts Camp,

Church and Hall

12pm-1pm Open Prayer, Church

Thursday, August 6

9am-Noon Lasit Performing Arts Camp,

Church and Hall

12noon and 6pm AA, Undercroft

Friday, August 7

9am-Noon Lasit Performing Arts Camp,

Church and Hall

1-2pm Performance, Church and Hall

11am Caring for Creation Zoom link:

<https://us06web.zoom.us/j/86013659293>

Saturday, August 8

9:30am AA, Parish Hall

5pm Worship Service with Holy Eucharist

5:30pm Second Saturday Social, Parish Hall

Celebrant: The Reverend Alan R. Hesse

Director of Music: Misao Koyama

Lay Eucharistic Ministers: Mary Ames and Jared Cohen

Lectors: Nancy Silva and Sylvia Connor

Altar Guild: Melissa Abbott, Jann Czarnetzki, Judy Cohen, Dee McLaughlin, and Sharon Therriault

Usher: Mary Howe

Hospitality: Volunteers Needed for serving punch on the lawn.

Liturgical Note: Introduction to the readings come from Fredrick Borsch's "Introducing the Lessons of the Church Year, 3rd Edition" Morehouse 2009.

Welcome to St. John's!

Whether this is your first visit to St. John's or you are a long-time member, please know that there is a warm welcome for you here!

Please feel free to participate fully in our service today and in the life of the parish. We are glad you have come and hope you leave feeling closer to God! At several points in the service, you may notice that some people are kneeling, some are standing and some are sitting. We are given this choice and you should feel free to do whichever is most appropriate for you. Please know that you are invited to fully participate in the Holy Eucharist as a Baptized Christian.

If you would like to know more about St. John's and may be interested in membership or interested in being placed on our email mailing list, please contact the church office.



Saint John's Episcopal Church

The Episcopal Church of Sandwich Est. 1854

159 Main St, Sandwich, MA

Office Hours, Tues-Fri 9am-2pm Parish Office 508-888-2828

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The Rev. Alan R. Hesse, Rector 508-888-2828 extension 2, text 508-505-5668, Rector@StJohnsSandwich.org

