

# The Seventh Sunday after Pentecost; Proper 10



July 11 and 12, 2026

**The Prelude** *Adagio for the Glass Harmonica*

*W.A. Mozart*

**The Opening Hymn** *O Christ, the Word Incarnate*

*The Hymnal 1982, 632*

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.

*The Book of Common Prayer, page 355*

*People* **And blessed be his kingdom, now and for 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-280*

**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* The Lord be with you.

*People* **And also with you.**

*Celebrant* Let us pray.

## The Collect

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## The First Lesson

**Genesis 25:19-34**

*Easu and Jacob are born to Isaac and Rebekah, but it is the second and younger twin who makes himself first, upsetting the established cultural pattern of primogeniture. God's purposes are fulfilled within the untidy and compromised patterns of human interaction. Jacob deceives his brother Esau, who, driven by his appetites, loses his birthright. A reading from the book of Genesis.*

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived.

The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her,

*"Two nations are in your womb,  
and two peoples born of you shall be divided;  
the one shall be stronger than the other,  
the elder shall serve the younger."*

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

The Word of the Lord.

People **Thanks be to God.**

## The Response, Psalm 119:105-112

*Lucerna pedibus meis*

*Even in times of hardship, the psalmist is committed to following the statutes and precepts of the Lord.*

*We will read Psalm 119 responsively by half-verse.*

105 Your word is a lantern to my feet \*

**and a light upon my path.**

106 I have sworn and am determined \*

**to keep your righteous judgments.**

107 I am deeply troubled; \*

**preserve my life, O LORD, according to your word.**

108 Accept, O LORD, the willing tribute of my lips, \*

**and teach me your judgments.**

109 My life is always in my hand, \*

**yet I do not forget your law.**

110 The wicked have set a trap for me, \*

**but I have not strayed from your commandments.**

111 Your decrees are my inheritance for ever; \*

**truly, they are the joy of my heart.**

112 I have applied my heart to fulfill your statutes \*

**for ever and to the end.**

## The Second Lesson

**Romans 8:1-8**

*In this lesson Paul draws a sharp contrast between the mind set on the flesh, and the mind set on the Spirit. The person oriented only toward this temporal world with its rewards and pleasures can neither keep the law nor please God. Only through the grace of God in Christ can a fundamental reorientation toward God's Spirit occur. When God's Spirit quickens faith there is no longer any condemnation, for the Spirit that raised Jesus from the dead now indwells those so animated. A reading from Paul's letter to the Church of Rome.*

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life

because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

The Word of the Lord.

*People* **Thanks be to God.**

**The Gradual Hymn** *Lord, make us servants of your peace*

*The Hymnal 1982, 593*

**The Gospel** *all standing, as able*

**Matthew 13:1-9,18-23**

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

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

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

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, Judy, Marilyn, John, Alan, Mia and Bruce. 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 Janet Richards and Alden Robbins.

Lord, hear us.

**Lord, graciously hear us.**

The altar flowers have been given to the Glory of God and in loving memory of the Reverend John E. McGinn, by Marion McGinn.

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 Mt. Hope-Buzzards Bay Deanery: **Church of the Holy Spirit** (Fall River), **St. Luke's Church** (Fall River), **St. Gabriel's Church** (Marion), **St. Philip of Bethsaida** (Mattapoisett) and **Clergy spouses and families.**

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* God is love and we are God's children. There is no room for fear in love. We love because God loved us first. Let us confess our sins in penitence and faith.

**God our Father, we confess to you and to our fellow members in the Body of Christ that we have sinned in thought, word and deed, and in what we have failed to do.**

**We are truly sorry.**

**Forgive us our sins, and deliver us from the power of evil.**

**For the sake of your Son who died for us, Jesus Christ, our Lord.**

*Celebrant* God, who is both power and love, forgive you and free you from your sins, heal and strengthen you by the Holy Spirit and raise you to new life in Christ our Lord. **Amen.**

**The Peace** *Then, all standing in body or spirit.*

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

*People* **And also with you.**

**The Offertory Music** *For the Fruit of All Creation*

*setting by Thomas Keesecker*

**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-129*

Musical notation for the Sanctus hymn, consisting of four staves of music in G major. The lyrics are written below the notes. The first staff contains the lyrics: "Ho - ly, ho - ly, ho - ly Lord, God of pow - er and". The second staff contains: "might, hea - ven and earth are full of your glo - ry. Ho -". The third staff contains: "san - na in the high - est. Bless - ed is he who". The fourth staff contains: "comes in the name of the Lord. Ho - san - na in the high - est." There are triplets indicated by a '3' over a group of three notes in the second, third, and fourth staves.

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

Glory and honor and praise to you, holy and living God.

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.

Then the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

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** *5pm*

*Celebrant* Lamb of God, you take away the sins of the world:

*People* **have mercy on us.**

*Celebrant* Lamb of God, you take away the sins of the world:

*People* **have mercy on us.**

*Celebrant* Lamb of God, you take away the sins of the world:

*People* **grant us peace.**

#### **The Fraction Anthem** *9:30am*

***Bread of life, hope of the world,  
Jesus Christ, our brother:  
Feed us now, give us life,  
Lead us to one another.***

As we proclaim your death,  
as we recall your life,  
we remember your promise  
to return again. **Refrain**

5 You are the bread of peace,  
you are the wine of joy,  
broken now for your people,  
poured in endless love. **Refrain**

*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** *Spread, O spread, thou mighty word*

*The Hymnal 1982, 530*

### The Dismissal

Go in peace to love and serve the Lord.

*People* **Thanks be to God.**

**The Postlude** *Organ Voluntary*

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## Announcements

**Our Pancake Breakfast was a huge success THANKS to many, many talented and dedicated volunteers!** We estimated that nearly 300 people enjoyed breakfast in the Parish Hall and throughout the church, staying for the Town of Sandwich 4<sup>th</sup> of July Parade which followed. **THANK YOU** Sue Nee for driving the “float” which featured Fr. Al in period costume, and Alan Carlson tolling the church bell as they passed out front.

**St. John's Summer Concert Series:** begins Saturday, July 11th under the tent behind the 161 building. Admission is free, food is available for purchase, bring a comfy beach chair and your friends and family, and enjoy an evening of great music! Additional dates, July 25, August 15, and August 29. We will need extra hands to help with set-up and clean-up, greeting, cooking, raffle sales, and kitchen staff.

**Cape Cod Hydrangea Festival:** July 10-19, 2026. Get the latest information at [capecodhydrangeafest.com](http://capecodhydrangeafest.com).

Participating from St. John's are Mary and Arnold Howe's garden at 1124 Old Stage Road, Centerville on Friday July 10 and Saturday, July 11 from 9am to 1pm both days, and all mornings for the remainder of the week.

Also from St. John's is the “woodland” theme at 7 Jeanne's Way, Forestdale, home of Phyllis and Don Helfrich, on Saturday, July 11th and Friday, July 17 from 10:30am-3pm both days. Phyllis and Don have 40 - count 'em - bushes! Proceeds from these weekend garden visits benefit St. John's.

**Vestry:** meets Tuesday, July 14 at 6:30pm in the Parish Hall.

**The BARN** has closed up shop for the time being. Plans are in the works for a Holiday themed re-opening. Stay tuned!

**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>.

**Second Saturday Social** is on hold for the month of July due to the Summer Concert Series on July 11 and 25. Join us again on August 8<sup>th</sup> in the Parish Hall following the 5pm service for good food and fellowship.

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## July 11-19, 2026

### Saturday, July 11

9:30am AA, Parish Hall

5pm Worship Service with Holy Eucharist

6:30pm **Summer Concert Series**

### Sunday, July 12

9:30am Worship Service with Holy Eucharist

10:15am Lemonade on the Lawn

**Monday, July 13**

10am Al-Anon, Parish Hall

10am AA, Undercroft (First Church Group)

**Tuesday, July 14**

12noon AA, Parish Hall

6:30pm Vestry, Parish Hall

**Wednesday, July 15**

12pm-1pm Open Prayer, Church

**Thursday, July 16**

12noon AA, Parish Hall

6-7pm AA, Undercroft

**Friday, July 17**

11am Caring for Creation Zoom link:

<https://us06web.zoom.us/j/86013659293>**Saturday, July 18**

9:30am AA, Parish Hall

5pm Worship Service with Holy Eucharist

**Sunday, July 19**

9:30am Worship Service with Holy Eucharist

10:15am Lemonade on the Lawn

**Celebrant:** The Reverend Alan R. Hesse**Director of Music:** Misao Koyama**Lay Eucharistic Ministers:** Mary Ames and Deacon Cathy Harper**Lectors:** Susan Sharpe, Wendy Nevins, and Celia Ochoa**Altar Guild:** Melissa Abbott, Judy Cohen, Jann Czarnetzki, Dee McLaughlin, and Sharon Therriault**Usher:** Mary Howe**Hospitality:** Volunteers Needed!

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

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## 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.

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## Saint John's Episcopal Church

The Episcopal Church of Sandwich Est. 1854

159 Main St, Sandwich, MA

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