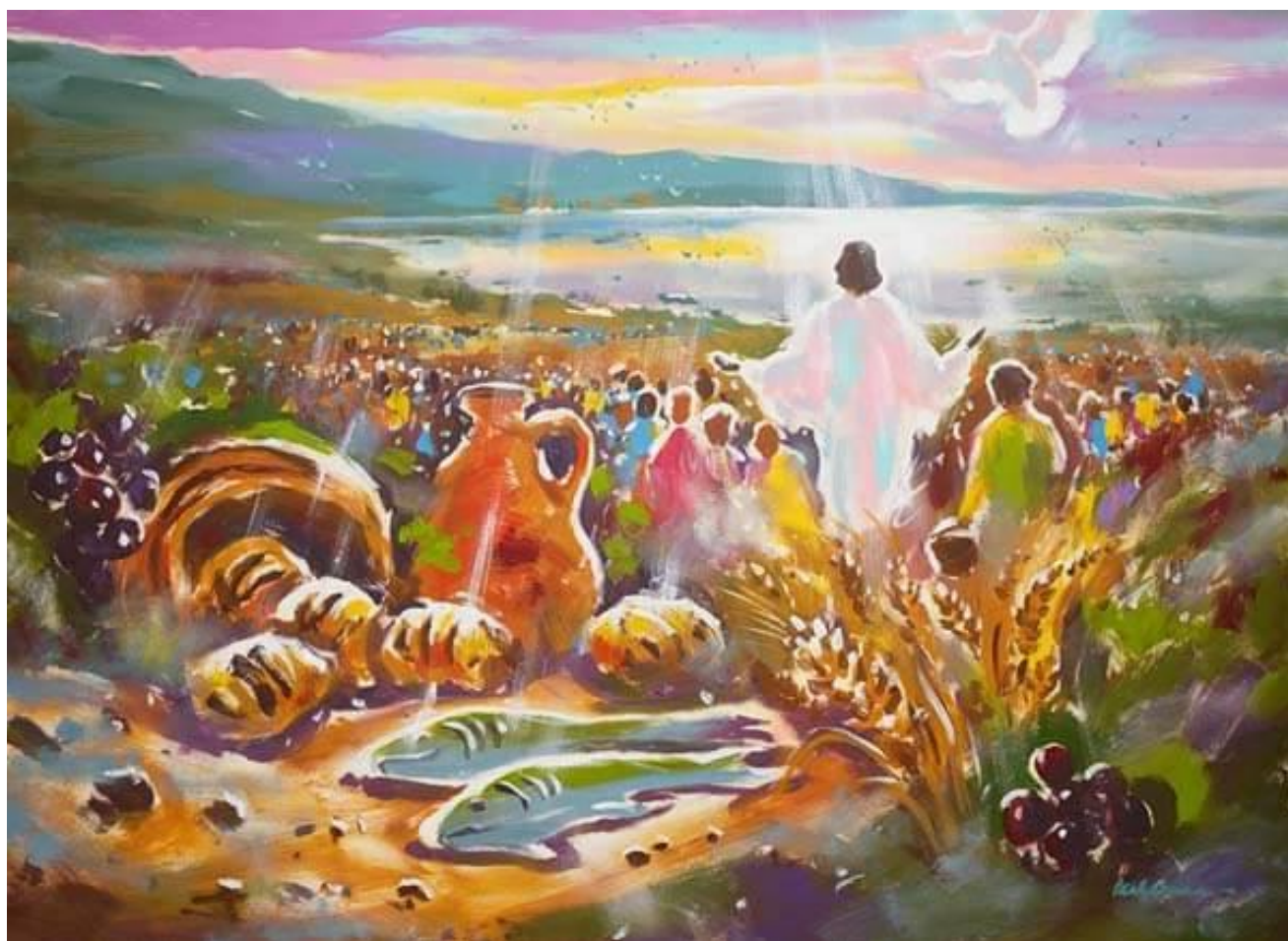




All Are Welcome at St. Alban's Episcopal Church

10:30 am Sunday August 2, 2026

The Tenth Sunday after Pentecost

St. Alban's seeks to be an open and welcoming, Christ-centered community committed to sharing Christ's love, empowering all people to grow spiritually, deepening our relationship with Christ, and living out our faith in our community and the world.

Opening Hymn: *All Who Hunger Gather Gladly*



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.

Text: James E. Moore, Jr., para. of Psalm 34

Music: James E. Moore, Jr.

Priest: Welcome to St. Alban's Episcopal Church. We're here in Edmonds, WA, and wherever you are in the world, we're honored that you have welcomed us into your home this morning, as together we worship the God of all creation incarnate in Jesus of Nazareth. Whether you're with us for an hour or a lifetime, we hope and trust that you will find this a refuge that nourishes the Holy Spirit within you.

As we begin, we acknowledge that we are blessed to be situated on traditional and ancestral Snohomish, Coast Salish land. They cared for this land for millennia before it was taken from them. We honor them, and pray for the wisdom to care for it as well as they. We recognize that we are living among them still, so we are seeking ways of building relationships so that, working together, we can be better stewards of this place and all its people.

Opening Acclamation

BCP 355

Priest: Blessed be God: Father, Son, and Holy Spirit.

People: And blessed be his kingdom, now and for ever. Amen.

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.*

Gloria

Hymn 421

The Collect of the Day

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 Reading

God invites Israel to a great feast at which both food and drink are free. God also promises to make an everlasting covenant with all peoples, with promises that previously had been limited to Israel. As David was a witness to the nations, these nations shall now acknowledge the ways in which God has glorified Israel.

A Reading from Isaiah chapter 55 beginning with the 1st verse

Isaiah 55:1-5

¹Ho, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!

Come, buy wine and milk
without money and without price.

²Why do you spend your money for that which is not bread,
and your labor for that which does not satisfy?

Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

³Incline your ear, and come to me;
listen, so that you may live.

I will make with you an everlasting covenant,
my steadfast, sure love for David.

⁴See, I made him a witness to the peoples,
a leader and commander for the peoples.
⁵See, you shall call nations that you do not know,
and nations that do not know you shall run to you,
because of the LORD your God, the Holy One of Israel,
for he has glorified you.

Lector: Hear what the Spirit is saying to God's People.

People: Thanks be to God.

Psalm 145:8-9, 15-22

BCP 801

⁸The 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.
¹⁵The LORD upholds all those who fall; *
he lifts up those who are bowed down.
¹⁶*The eyes of all wait upon you, O LORD, **
and you give them their food in due season.
¹⁷You open wide your hand *
and satisfy the needs of every living creature.
¹⁸*The LORD is righteous in all his ways **
and loving in all his works.
¹⁹The LORD is near to those who call upon him, *
to all who call upon him faithfully.
²⁰*He fulfills the desire of those who fear him; **
he hears their cry and helps them.
²¹The LORD preserves all those who love him, *
but he destroys all the wicked.
²²*My mouth shall speak the praise of the LORD; **
let all flesh bless his holy Name for ever and ever.

The Second Reading

This begins a new section in Paul's letter in which he will deal with the place of Israel in God's saving plan. He opens by highlighting how Israel's heritage and legacy include being God's children, having God's covenants, being given God's law, participating in worship of God, and receiving divine promises.

A Reading from Romans chapter 9 beginning with the 1st verse

Romans 9:1-5

¹I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—²I have great sorrow and unceasing anguish in my heart. ³For 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. ⁴They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Lector: Hear what the Spirit is saying to God's People.

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

Sequence Hymn *Let Us Talents and Tongues Employ* Bulletin p. 8

1 Let us tal - ents and tongues em - ploy, reach - ing out with a shout of joy:
 2 Christ is a - ble to make us one, at his ta - ble he sets the tone,
 3 Je - sus calls us in, sends us out bear - ing fruit in a world of doubt,

bread is brok - en, the wine is poured, Christ is spok - en and seen and heard:
 teach - ing peo - ple to live to bless, love in word and in deed ex - press:
 gives us love to tell, bread to share: God Em - man - u - el ev - ery - where:

Je - sus lives a - gain, earth can breathe a - gain, pass the word a - round: loaves a - bound.

Words: Fred Kaan © 1975 Hope Publishing Company, Carol Stream, IL 60188.
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Music: *Linstead*, Jamaican folk song; adapt. Doreen Potter (1925–1980) © Hope Publishing Company,
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The Gospel

After John the Baptist is murdered, Jesus desires a time of solitude. Still, his compassion for others will not allow him to dismiss those who need him, and he is moved to perform one of his greatest miracles.

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

People: Glory to you, Lord Christ.

Matthew 14:13-21

¹³Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵When 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." ¹⁶Jesus said to them, "They need not go away; you give them something to eat." ¹⁷They replied, "We have nothing here but five loaves and two fish." ¹⁸And he said, "Bring them here to me." ¹⁹Then 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. ²⁰And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹And those who ate were about five thousand men, besides women and children.

Priest: The Gospel of the Lord.

People: Praise to you, Lord Christ.

The Sermon

Fr. Bob Carver

*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.*

The Prayers of the People

Priest: We praise your abiding guidance, O God,
for you sent us Jesus, our Teacher and Messiah,
to model for us the way of love for the whole universe.
We offer these prayers of love
on behalf of ourselves and our neighbors,
on behalf of your creation and our fellow creatures.

Sisters and brothers, give thanks to the Lord and call upon God's name!
Let us pray to God, saying, "Spirit, help us in our weakness. *Intercede for us.*"

God of the Church, may your people be as persistent as the mustard
shrub. May we spread your love and grace to all people and in all places.
May we do our kingdom work with the confidence that nothing can
separate us from your love.

Silence

Spirit, help us in our weakness.
Intercede for us.

God of the world, make known your deeds among the peoples. Bring
peace in places of conflict and violence.

Silence

Spirit, help us in our weakness.

Intercede for us.

God of creation, all of your works are marvelous. Everything in creation with which you have surrounded us speaks to your goodness. Give us eyes to see your fingerprints in our world.

I invite your thanksgivings.

Silence

Spirit, help us in our weakness.

Intercede for us.

Present God, you did not withhold your own Son, but gave him up for all of us. May we all come to know and experience the depths of your love. By your love, transform hearts and change lives.

Silence

Spirit, help us in our weakness.

Intercede for us.

God of wholeness, neither hardship nor distress can separate anyone from your love. Assure the suffering and sick, the hurt and sorrowful, that you care for them. May they remember that you are God who does marvelous things.

Today we are praying for

The Church of the Province of Uganda (Anglican Cycle of Prayer)

St. Aidan's on Camano Island and Transfiguration in Darrington
(Diocesan Cycle of Prayer)

Our Legacy Society Member: Gaylord Sisk

Our Parish Ministry: Parish Life Ministry

Parish Persons this week: C. Harvey Smith and EdnaMae

For Ron Austin who celebrates his birthday on August 3rd

For those who are ill: Suzanne, Marge, Maribell, Susan D., Aida,
Jenny, Tyler, Barbara Halterman. I invite you to share the names of
others for whom you pray.

Silence

Spirit, help us in our weakness.

Intercede for us.

God of our ancestors, you have always been mindful of your promises.
You promise that not even death can separate us from your love. May
Barbara Hatt, Tom Sine and all those who have died grow in your eternal
love.

Silence

Spirit, help us in our weakness.

Intercede for us.

Priest: Loving God,
open our ears to hear your word

and draw us closer to you,
that the whole world may be one with you
as you are one with us in Jesus Christ our Lord. Amen.

Confession and Absolution

Enriching Our Worship

Deacon or Priest: Let us confess our sins to God.

*God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.*

The Absolution

Priest: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. ***Amen.***

The Peace

Celebrant: The Peace of the Lord be always with you.

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

Birthday & Anniversary Prayers

Announcements

Offertory Hymn: *Bread of the World in Mercy Broken* Hymn 301

Doxology

Hymn 380, vs 3

Eucharistic Prayer 1

Enriching Our Worship

Celebrant: The Lord be with you.

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

Celebrant: Lift up your hearts.

People: ***We lift them to the Lord.***

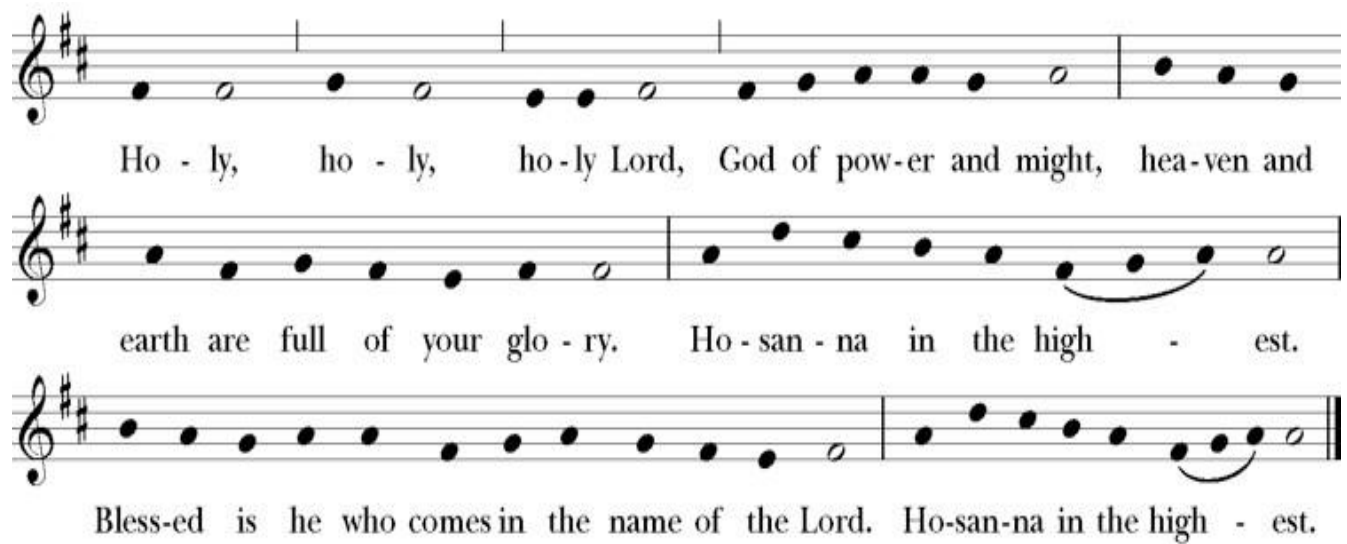
Celebrant: Let us give thanks to the Lord our God.

People: ***It is right to give our thanks and praise.***

Celebrant: It is truly right, and good and joyful,
to give you thanks, all-holy God,
source of life and fountain of mercy.

Celebrant: You have filled us and all creation with your blessing
and fed us with your constant love; you have redeemed us in Jesus Christ
and knit us into one body. Through your Spirit you replenish us
and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of
every generation, we lift our voices with all creation as we sing:



Celebrant: Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

Remembering his death and resurrection,
we now present to you from your creation
this bread and this wine and ourselves as a living sacrifice.
By your Holy Spirit may they be for us
the Body and Blood of our Savior Jesus Christ.
Grant that we who share these gifts
may be filled with the Holy Spirit
and live as Christ’s Body in the world.
Bring us into the everlasting heritage
of your daughters and sons,
that with Mary, Joseph, Alban, and all your saints,
past, present, and yet to come,
we may praise your Name for ever.
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.***

The Lord's Prayer

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.

The Breaking of the Bread

Antiphon
Cantor; then All



The dis-ci-ples knew the Lord Je-sus in the break-ing of the bread.

Cantor



1. The bread which we break, al-le-lu-ia,



is the com-mun-ion of the bo-dy of Christ. [Ant.]

Cantor



2. One bo-dy are we, al-le-lu-ia,



for though man-y we share one bread. [Ant.]

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God.

Take them in remembrance that Christ died and is risen for you, and feed on him in your hearts by faith, with thanksgiving.

The Prayer of Spiritual Communion

For those who unable to attend worship in person

*Beloved Jesus,
I believe that you are present in the
Blessed Sacrament of the Altar.
I love you above all things, and I
desire to receive you into my soul.
Since I cannot at this moment receive
you in the Sacrament of your Body and Blood,
come spiritually into my heart.
I embrace you and unite myself entirely to you.
Let me never be separated from you in this life
or in the life to come. Amen*

National Cathedral Sunday Online Service 6.13.2021

Communion Hymn: *I Come with Joy to Meet My Lord* Hymn 304

Post Communion Prayer

from Enriching Our Worship

Celebrant: 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,*

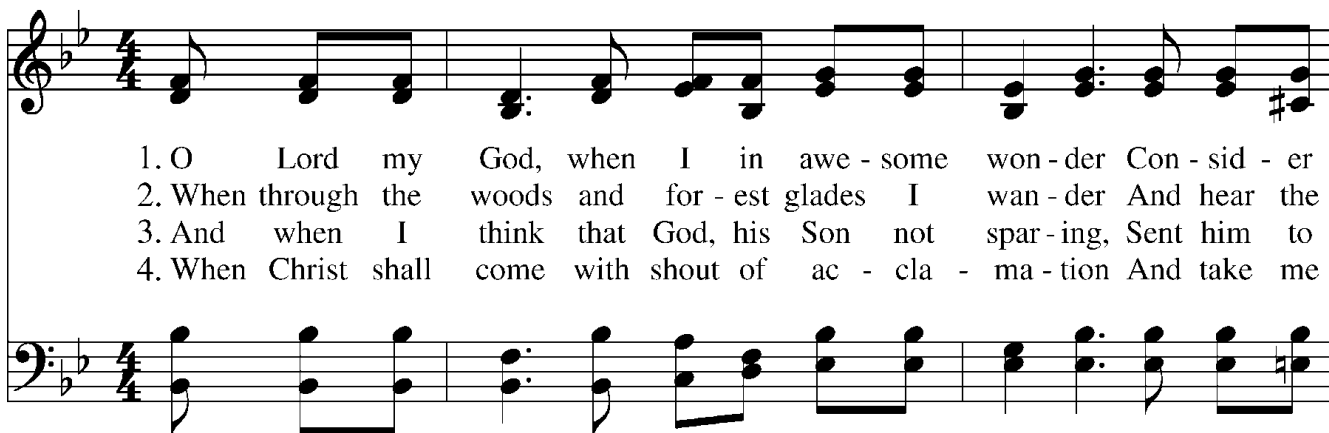
*forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.*

The Blessing

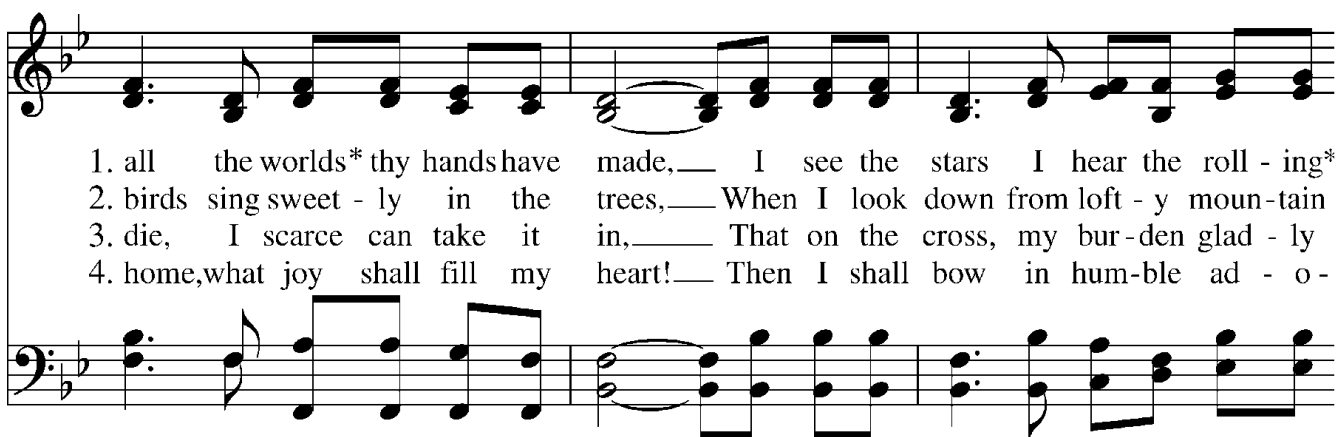
Closing Hymn:

How Great Thou Art

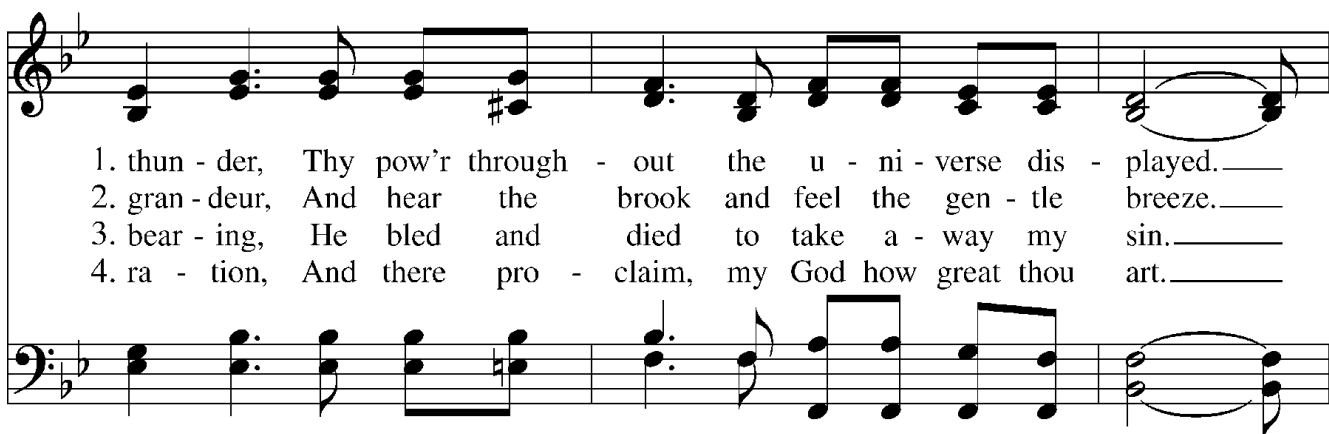
Bulletin pp. 20-21



1. O Lord my God, when I in awe - some won - der Con - sid - er
2. When through the woods and for - est glades I wan - der And hear the
3. And when I think that God, his Son not spar - ing, Sent him to
4. When Christ shall come with shout of ac - cla - ma - tion And take me



1. all the worlds* thy hands have made, — I see the stars I hear the roll - ing*
2. birds sing sweet - ly in the trees, — When I look down from loft - y moun - tain
3. die, I scarce can take it in, — That on the cross, my bur - den glad - ly
4. home, what joy shall fill my heart! — Then I shall bow in hum - ble ad - o -



1. thun - der, Thy pow'r through - out the u - ni - verse dis - played. —
2. gran - deur, And hear the brook and feel the gen - tle breeze. —
3. bear - ing, He bled and died to take a - way my sin. —
4. ra - tion, And there pro - claim, my God how great thou art. —

Then sings my soul, my Sav - ior, God, to Thee: How great Thou

** The translator's original words are "works" and "mighty."*

art, how great Thou art! Then sings my soul, my Sav - ior, God, to

Thee: How great Thou art, how great Thou art!

Text: Stuart K. Hine (1899-1989)

Music: Traditional Swedish folk tune/adapt. Stuart K. Hine

Dismissal

Postlude

Announcements

Adult Bible Study Sundays at 9:30am: Join us for Adult Christian Education class (Bible Study) led by Robin McClelland on Sundays at 9:30am in the Annex and also on Zoom (see link below).

<https://us02web.zoom.us/j/83625063228?pwd=bcgNjSKTjQaV8OTcwoeaNgIbbx30Er.1>

Welcome Fr. Bob Carver: We are very grateful to Fr. Bob Carver who is with us this first Sunday Fr. Greg is on vacation. Please give him a warm welcome!

Chase Lake School Supplies: Once again we will be collecting school supplies to support Chase Lake Elementary School during August. A list of requested supplies is in Parish Hall near the donation collections box for this ministry.

Evening Prayer Team Off in August: The Evening Prayer Team will take a summer break during August. The last Evening Prayer service before the break will be on July 29th, and services will resume on September 2nd. We give thanks for this faithful ministry and wish the team a restful and renewing time.

Blessings Pantry Requests: When asked, clients of St. Alban's Food Ministry request the following foods for our Blessing Pantry: almond milk, soy milk, yogurt, fresh green beans and other fruits/veggies, canned fruit, cabbage, zucchini, ground chicken. Thank you all for your willing hearts and eager generosity.

National Night Out: On Tuesday, August 4, from 4:00 to 8:00pm, please join us in welcoming friends, neighbors, and strangers alike that live in our 5 Corners neighborhood during our 2nd National Night Out celebration.

We can use help: starting at 3:00pm with setting up; greeting neighbors; helping with games for children; food; cleaning up. You don't have to be present for the entire time either. To volunteer, please contact Anna Sharpe: 425-221-9154; anna.carskad@gmail.com, Event Chair or Debby Wilson: 206-683-4251; dgzrus@gmail.com, Day of Event chair.

Chinese Art Show & Fundraiser September 12th: Save the Date for Chinese Art Show and Fundraiser September 12th at St. Alban's! More info to come.

Announcements

Welcome Back Sunday, September 13th: Join us for Welcome Back Sunday on September 13th! We'll have a special breakfast after the 8am service around 9:15am and our Annual Parish Picnic following the 10:30am service about noon. Come to one or both! This is a special time for us to gather in worship and enjoy a delicious meal with friends old and new.

St. Alban's will provide quiches, coffee and tea for breakfast. And later for our picnic St. Alban's will provide hamburgers, hot dogs, sodas and nonalcoholic drinks. **Also included are fruit, salads, sides, and sweets contributed by our parishioners. Sign-up sheets are in the Parish Hall.**

Please join us for this wonderful time of friendship, fellowship and breaking bread together. It's a memorable day for all!

Mediation Workshop this Fall: Learn skills that help you avoid and/or resolve conflicts~with family, co-workers, friends, neighbors, clergy. Jim Gilman will be teaching a workshop this fall at St. Alban's on **How to Avoid/Resolve Conflict**. There are three sessions scheduled: Saturday Oct. 3; Saturday Nov. 7; Saturday Dec. 5~each session from 12 to 2 pm. The course book *How to Resolve Conflict: A Practical Mediation Manual* (by James Gilman) will be provided to those who register. **There will be a sign-up sheet in the Parish Hall until September 1st.** We hope to provide live streaming for those who are remote. For those who register there is an expectation that they will attend and participate in all three sessions. Questions? Email Jim at namlig74@gmail.com.

Indigenous Circle Meetings Resume this Fall: St. Alban's Indigenous Circle resumes its monthly meetings this Fall. The next meeting is Saturday, Sept. 18 at 11:00 am in the Parish Hall. NOTE: this is a new time: 11:00 am (not 10:30). The Circle is inviting new members to join them in this adventure into the world~past, present, and future~of our Native American Elders. Curiously, in September we are showing an award-winning, provocative film *The Primal Mind* by Jamake Highwater. It is a film the Circle began with three years ago. It's a good way to initiate new members into the Circle and an occasion for regular members to reflect and review where we've been. If you would like to join us, please email Jim Gilman at namlig74@gmail.com. Welcome.

St. Alban's Episcopal Church

21405 82nd Place West, Edmonds, WA 98026 Office (425) 778-0371

Sunday Worship 8 a.m. & 10:30 a.m. Bible Study 9:30 a.m.

Email: StAlbansEdmonds@gmail.com

Fr. Greg Email: gwpeters.stalbansedmonds@gmail.com

Website www.StAlbansEdmonds.org

the Rt. Rev. Philip LaBelle, Bishop Diocese of Olympia

the Rev. Greg Peters, Rector

Dan Mullene, Parish Care Minister

Serving in Today's Worship

Celebrant & Preacher

Organist

Lectors, Chalice & Alms Bearers

Altar Guild

A/V Ministry

Father Bob Carver

Nat Bartels

Judy Kistner

Judy Fleenor

Judy Kistner

Phil McClelland

Denise Robertson

Brad Goergen

*Flowers are given to the glory of God by Teddi Balagot
in loving memory of Ricardo Balagot and in celebration of his heavenly birthday.*

Weekly Sunday Outreach Basket Offerings

1st week—Food Bank

2nd week—Discretionary Fund

3rd week—Quarterly Outreach Offering

4th week—International Relief Offering

5th Week—Indigenous Women's Offering



For Online donations: go to
www.StAlbansEdmonds.org and click on
"Donate Now" or use QR code above.

Scripture Readings for August 9th

1 Kings 19:9-18; Psalm 85:8-13; Romans 10:5-15; Matthew 14:22-33