

Holy Eucharist

Proper 7

June 21, 2026 at 10:00 am



Emmanuel Episcopal Parish
of Orcas Island

WELCOME TO EMMANUEL!

We are happy you are here. Our mission at Emmanuel is to love God and God's creation, and our neighbors as ourselves. We are a reconciling, affirming, and inclusive Christian community striving through worship and prayer, study and formation, compassion and service, fellowship and community, to welcome all people just as God created them. We welcome you wherever you are on your journey of faith, and whether you are single, married, divorced, separated, or partnered. We welcome your age, race, ethnicity, culture, gender, sexual orientation, gender expression, economic condition, physical condition, and mental ability. We believe that God delights in the diversity of creation, and so do we. We welcome you to our inclusive family; come share the journey.

A PRAYER FOR HEALING AND HOPE

O Great Spirit, God of all people and every tribe, through whom all people are related. Call us into the kinship of all your people. We give thanks for the Coast Salish peoples, especially the Lummi and Samish, and for their continued faithful care of these lands and waters. Grant us vision to see, through the lens of our Baptismal Covenant, the brokenness of the past, especially the Doctrine of Discovery that blessed conquest, sanctioned dispossession, and treated Indigenous peoples as less than fully human. Help us to listen to you and to one-another in order to heal the wounds of the present. Give us courage, patience, and wisdom to work together for healing and hope with all your people, now and in the generations to come. Mend the hoop of our hearts, and teach us to live in justice and peace; through Jesus Christ, who comes to all peoples, that all may live in dignity. Amen.

Adapted from the Indigenous Episcopal Ministry 2012 Lent resource: "Seeking God's Justice for All" p. 41.

~ MINISTERS FOR THIS MORNING'S SERVICE ~

Presider and Preacher ~ Hugh Grant

Organist ~ Karen Blinn

Lector 1 ~ Tracey Smith

Lector 2 ~ Gil Blinn

Eucharistic Minister ~ Jennifer Johnson Fralick

Healing Minister ~ Barb Mehlman

Usher ~ Piper Fox Ladd

Altar Guild ~ Sue Askevold

Flower Guild ~ Vicki Clancy

We ask you to please turn off your cellphones and to keep silence during the prelude.

Prelude: "Prelude in G Minor"

Bach

At the sound of the processional bell, please stand as you are able, and join in singing.

Hymn #537: "Christ for the world we sing"

1 Christ for the world we sing! The world to
 2 Christ for the world we sing! The world to
 3 Christ for the world we sing! The world to
 4 Christ for the world we sing! The world to

Christ we bring with lov - ing zeal; the poor, and
 Christ we bring with fer - vent prayer; the way - ward
 Christ we bring with one ac - cord; with us the
 Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,
 and the lost, by rest - less pas - sions tossed,
 work to share, with us re - proach to dare,
 souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.
 re - deemed at count - less cost from dark de - spair.
 with us the cross to bear, for Christ our Lord.
 in - spired with hope and praise, to Christ be - long.

OPENING ACCLAMATION

Presider
People

Blessed be God: Father, Son, and Holy Spirit.
And blessed be God's reign, now and for ever.
Amen.

COLLECT FOR PURITY

Presider 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.**

Hymn of Praise: "Cantad al Señor"



English: 1 Oh, sing to the Lord, oh, sing God a new song. Oh, sing to the
2 For God is the Lord, and God has done won-ders. For God is the
3 For Je - sus is Lord! A - men! Al - le - lu - ia! For Je - sus is

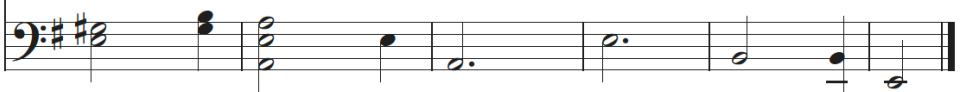
Spanish: 1 Can - tad al Se - ñor un cán - ti - co nue - vo. Can - tad al Se -
2 Pues nues - tro Se - ñor ha he - cho pro - di - gios. Pues nues - tro Se -
3 ¡Je - sús es Se - ñor! ¡A - mén! ¡A - le - lu - ya! ¡Je - sús es Se -



Lord, oh, sing God a new song. Oh, sing to the Lord, oh,
Lord, and God has done won - ders. For God is the Lord, and
Lord! A - men! Al - le - lu - ia! For Je - sus is Lord! A -
ñor un cán - ti - co nue - vo. Can - tad al Se - ñor un
ñor ha he - cho pro - di - gios. Pues nues - tro Se - ñor ha
ñor! ¡A - mén! ¡A - le - lu - ya! ¡Je - sús es Se - ñor! ¡A -



sing God a new song. Oh, sing to our God. Oh, sing to our God.
God has done won - ders. Oh, sing to our God. Oh, sing to our God.
men! Al - le - lu - ia! Oh, sing to our God. Oh, sing to our God.
cán - ti - co nue - vo. ¡Can - tad al Se - ñor, can - tad al Se - ñor!
he - cho pro - di - gios. ¡Can - tad al Se - ñor, can - tad al Se - ñor!
mén! ¡A - le - lu - ya! ¡Can - tad al Se - ñor, can - tad al Se - ñor!



COLLECT PRAYER

Presider God be with you.

People **And also with you.**

Presider Let us pray.

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING

We may be seated.

Lector 1 A reading from the prophet Jeremiah [20:7-13 NRSV^{ue}]

O Lord, you have enticed me, and I was enticed; you have overpowered me, and you have prevailed. I have become a laughingstock all day long; everyone mocks me.

For whenever I speak, I must cry out; I must shout, “Violence and destruction!” For the word of the Lord has become for me a reproach and derision all day long.

If I say, “I will not mention him or speak any more in his name,” then within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot.

For I hear many whispering: “Terror is all around! Denounce him! Let us denounce him!” All my close friends are watching for me to stumble “Perhaps he can be enticed, and we can prevail against him and take our revenge on him.”

But the Lord is with me like a terrifying warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed.

Their eternal dishonor will never be forgotten. O Lord of hosts, you test the righteous; you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause.

Sing to the Lord; praise the Lord! For he has delivered the life of the needy from the hands of evildoers.

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

All **Thanks be to God.**

Lector 1 **A Retelling of Psalm 69: 8-20**

The Lector chooses the manner of praying the Psalm or Canticle and explains it to the congregation

Direct Recitation: prayed in unison.

Antiphonal Recitation: one side of the congregation and the other.

Responsive Recitation: the Lector alternating with the congregation.

Surely, for your sake have I suffered reproach,
and shame has covered my face.

**I have become a stranger to my own kindred,
an alien to my mother's children.**

Zeal for your house has eaten me up;
the scorn of those who scorn you has fallen upon me.

**I humbled myself with fasting,
but that was turned to my reproach.**

I put on sack-cloth also,
and became a byword among them.

**Those who sit at the gate murmur against me,
and the drunkards make songs about me.**

But as for me, this is my prayer to you,
at the time you have set, O Lord:

**"In your great mercy, O God,
answer me with your unfailing help.**

Save me from the mire; do not let me sink;
let me be rescued from those who hate me
and out of the deep waters.

Let not the torrent of waters wash over me,

**neither let the deep swallow me up;
do not let the Pit shut its mouth upon me.**

Answer me, O Lord, for your love is kind;
in your great compassion, turn to me.”

**Hide not your face from your servant;
be swift and answer me, for I am in distress.**

Draw near to me and redeem me;
because of my enemies deliver me.”

SECOND READING

Lector 2 A reading from the letter of Paul to the Romans [6:1b-11 NRSV^{ue}]

Should we continue in sin in order that grace may increase? By no means! How can we who died to sin go on living in it? Do you not know that all of us who were baptized into Christ Jesus were baptized into his death? Therefore we were buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we also might walk in newness of life.

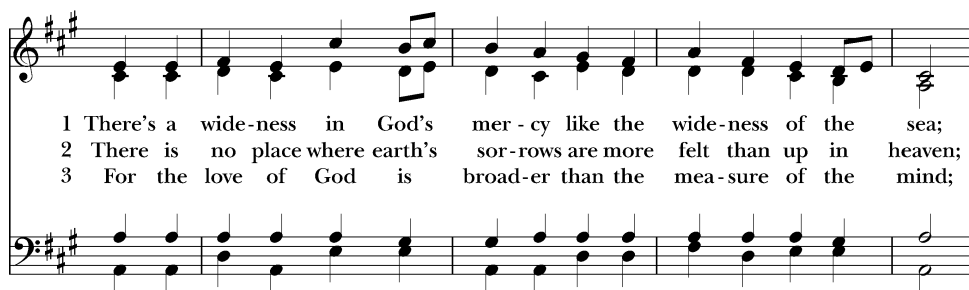
For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, so we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin once for all, but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Hear what the Spirit is saying to God’s people.

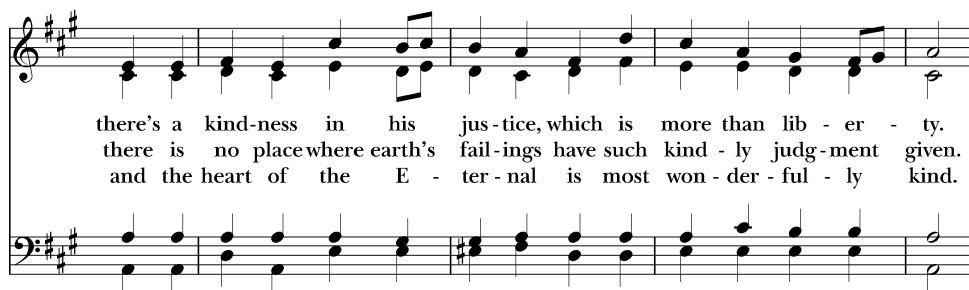
Thanks be to God.

Then all standing, as able, we sing.

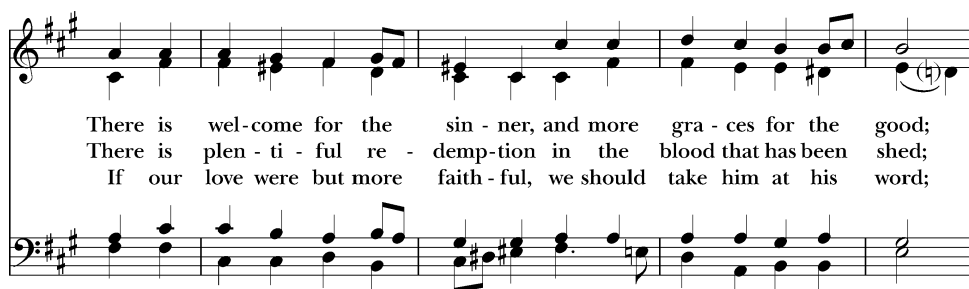
Sequence Hymn: "There's a wideness in God's mercy"^{v. 1-2}



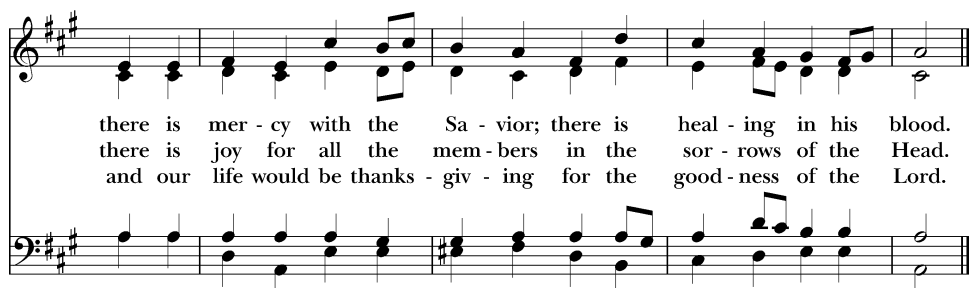
1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
2 There is no place where earth's sor - rows are more felt than up in heaven;
3 For the love of God is broad - er than the mea - sure of the mind;



there's a kind-ness in his jus - tice, which is more than lib - er - ty.
there is no place where earth's fail - ings have such kind - ly judg - ment given.
and the heart of the E - ter - nal is most won - der - ful - ly kind.



There is wel - come for the sin - ner, and more gra - ces for the good;
There is plen - ti - ful re - demp - tion in the blood that has been shed;
If our love were but more faith - ful, we should take him at his word;



there is mer - cy with the Sa - vior; there is heal - ing in his blood.
there is joy for all the mem - bers in the sor - rows of the Head.
and our life would be thanks - giv - ing for the good - ness of the Lord.

THE GOSPEL READING

Presider The Holy Gospel of our LORD Jesus Christ according
to Matthew *[10:24-39 NRSV^{ue}]*

People **Glory to you, LORD Christ**

Jesus said to the twelve apostles, “A disciple is not above the teacher nor a slave above the master; it is enough for the disciple to be like the teacher and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

“So have no fear of them, for nothing is covered up that will not be uncovered and nothing secret that will not become known. What I say to you in the dark, tell in the light, and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather, fear the one who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

“Everyone, therefore, who acknowledges me before others, I also will acknowledge before my Father in heaven, but whoever denies me before others, I also will deny before my Father in heaven.

“Do not think that I have come to bring peace to the earth; I have not come to bring peace but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law,
and one’s foes will be members of one’s own household.

“Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me, and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

The Gospel of the LORD.

Praise to you, Lord Christ.

Sequence: “There’s a wideness in God’s mercy” *v. 3*

THE SERMON

We may be seated for the sermon. After the sermon, we keep a time of silence before the prayers.

NICENE CREED

Please stand as you are able.

**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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly 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 worshiped 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.**

WE PRAY FOR THE WORLD AND THE CHURCH

Please stand as you are able, as the Intercessor leads us in prayer.

Intercessor Eternal God, we give thanks for this church Emmanuel and all houses on worship that inspire the faithful throughout the world. We ask that our ears be opened to the meditations of the heart of our priests Berto and Hugh so we may take up the cross and follow you.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we give thanks for our country, its beauty and all leaders and citizens. We ask that our leaders listen to our fellow citizens so that truth and justice may prevail.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we give thanks for our planet earth as it continues to evolve through earthquake, eruption, and storm. We ask that we be not afraid of change but be adaptable.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we give thanks for all nations of earth and ask for freedom and peace. Deliver the lives of the needy from the hands of evildoers.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we give thanks for all fathers, whether biological or spiritual and ask that you give them strength and courage as they sacrifice and love.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we pray for all who suffer in body, mind or spirit, from addiction, unemployment, mental illness or homelessness, particularly those we now name either silently or aloud, (pause) and especially for those on our parish prayer list... **Bill & Jane... Heather... Jan... Cheryl... Ian... James... Dick... Renee... John... Nick... Sara... David... The Rev. Pam Tinsley... Laura and Dart... Skipper... Cynthia & Bruce... Wes & Carol... Helen... Diane... Chris... Lynn... Margaret... Maria... Ali... Debbie... Carol... Julia... Jeff... John... Lalo...Morgan...Lynn... Mandy & Lara...** and those for whom no one prays; may they not fear those who kill the body for they cannot kill the soul.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Eternal God, we give thanks for those fathers who live in our memory. May they have eternal rest in your peace. Eternal God, we give thanks for the life of Ida Rae McDonald. As her Christian soul departs this world may she rest in peace in the Paradise of God.

Answer us, O Lord, for your love is kind; in your great compassion, turn to us.

Those who are celebrating birthdays and anniversaries are invited to come forward. If you would like your name printed in the bulletin, please let the parish office know.

Presider Let us pray for those celebrating birthdays this week. **O God, our times are in your hand: Look with favor, we pray, on your servant Susan Krieger (6/22) as she begins another year. Grant that she may grow in wisdom and grace, and strengthen her trust in your goodness all the days of her life; through Jesus Christ our Lord. Amen.**

Presider Let us pray for those celebrating anniversaries this week. **Grant, O God, in your compassion, that Steve Diepenbrock & Mimi Anderson (6/22) and Stewart & Barb Mehlman (6/24) may grow in forgiveness, loyalty, and love; and come at last to the eternal joys which you have promised through Jesus Christ our Lord. Amen.**

CONFESSION OF SIN

The Deacon or Celebrant says

Presider Let us confess our sins to God.

Silence may be kept.

Presider 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.**

ABSOLUTION

Presider 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.**

ANNOUNCEMENTS & WELCOME OF VISITORS

Please be seated. If you are visiting us this morning, we warmly welcome you! You may introduce yourself if you would like. We invite you to join us at coffee hour after the service in Parish Hall. Sign up for our weekly eNews by scanning this QR code:



WE SHARE THE PEACE OF CHRIST

Please stand as you are able.

Presider The peace of Christ be always with you
People **And also with you.**

We share a sign of peace with those around. Please be mindful of other people's boundaries.

WE PREPARE THE ALTAR AND PRESENT OUR OFFERINGS

Presider Let us with gladness present the offerings and oblations of our life and labor to the Lord.

The gifts of bread and wine and our offerings for our parish's support are placed on the offering plate. We thank you for your generous financial support. Checks may be made out to Emmanuel Parish. If you are not a pledging member, we invite you to consider making a yearly pledge to Emmanuel. Ask for a pledge card. You can also donate online at: <https://bit.ly/donateEmmanuel>

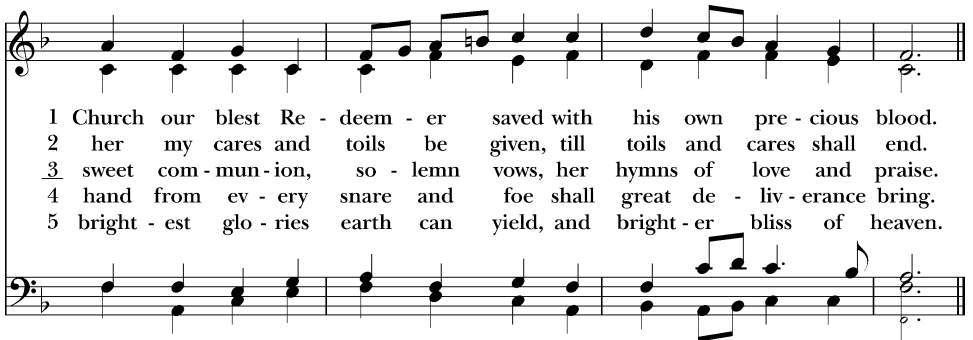


Organ Offertory: "Andante"

Bendel



1 I love thy king-dom, Lord, the house of thine a - bode, the
2 For her my tears shall fall; for her my prayers a - scend; to
3 Be - yond my high - est joy I prize her heaven - ly ways, her
4 Je - sus, thou friend di - vine, our Sa - vior and our King, thy
5 Sure as thy truth shall last, to Zi - on shall be given the



1 Church our blest Re - deem - er saved with his own pre - cious blood.
2 her my cares and toils be given, till toils and cares shall end.
3 sweet com - mun - ion, so - lemn vows, her hymns of love and praise.
4 hand from ev - ery snare and foe shall great de - liv - erance bring.
5 bright - est glo - ries earth can yield, and bright - er bliss of heaven.

Please stand, as you are able.

Doxology:

Old 100th

**Praise God from whom all blessings flow;
praise God, all creatures here below;
praise God above, ye heavenly host;
Creator, Christ, and Holy Ghost.**

EUCCHARISTIC PRAYER C

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

The people remain standing. The Presider says

God of all power, Source and Sustainer of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason, and skill. You made us the stewards of your creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your eternal Word, born of your servant Mary, to fulfill your Law, opening for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Presider and People:

Sanctus WLP 785: Santo, Santo, Santo

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
 heart is glad to say the words: you are ho - ly, Lord.

The people stand or kneel. Then the Presider continues

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, 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.”

After supper, Jesus took the cup of wine, gave thanks, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

We celebrate Christ's death and resurrection as we await the day of his coming.

Therefore, O God, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior. Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.
Risen Lord, be known to us in the breaking of the Bread.

God of our ancestors; Redeemer and Mother of Israel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only and not for strength; for pardon only and not for renewal.

Accept these prayers and praises, Almighty God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

As our Savior Christ has taught us, we now pray,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours,
now and for ever. Amen.**

The Breaking of the Bread and Invitation to the Table

The Presider breaks the consecrated Bread. A period of silence is kept.

Fraction Anthem: WLP 867 “The bread which we break”

The bread which we break is a shar - ing in the
Bo - dy of Christ. We be - ing ma - ny are one
bread, one bo - dy, for we all share in the one bread.

The musical score is written in treble clef with a key signature of one flat (Bb). It consists of three staves. The first staff is in 4/4 time and contains the melody for the first line of text. The second staff begins in 3/4 time, then changes to 4/4 time for the second line of text, and returns to 3/4 time for the third line. The piece concludes with a double bar line.

The Presider then says the following Invitation:

The Gifts of God for the People of God.

Invitation to Communion: *All are welcome to receive Christ’s sacramental presence in Holy Communion. Our catechism (BCP p. 860) says that what is required is that we examine our lives and commit to the transformation of our hearts and lives, striving to live in love with God, all people, and creation. If, for personal reasons, you feel you cannot receive Communion at this time, you are nonetheless welcome to come to receive a blessing; indicate this by crossing your arms over your chest. If you would like to request the sacrament of reconciliation or confession speak with one of our priests.*

Receiving the Bread, the Body of Christ: *You are invited to kneel or stand at the Communion rail, filling it from right to left. The tradition is to receive the Body of Christ forming “a throne” with your hands, your two palms open one on top of the other in a receptive position. To the minister’s words, “the Body of Christ, the bread of heaven,” it is customary to respond: Amen.*

Receiving the Wine, the Blood of Christ: *If you wish to dip the Bread in the Wine, leave it in your hand and the minister will come by to offer you the chalice. If you want to drink directly from the Chalice consume the Bread before the minister arrives and they will offer you the cup to drink directly from it; please guide and tip the chalice so you can drink comfortably. If you would not rather partake of the Blood of Christ just cross your hands over your chest. To the minister’s words, “the Blood of Christ, the cup of salvation,” it is customary to respond to both by saying: Amen.*

Receiving Communion in your Pew: *if you would like the ministers to bring Communion to your seat please let the usher know and we will be glad to come to you.*

Healing Ministry: *there will be a healing minister available for prayer for yourself or a loved one. Feel free to approach them and share your intention.*

Music during communion: “Benedictus & Agnus Dei II from Missa Pange Lingua”

*Josquin Des Prez
arranged for 8-string guitar by J. Steele*

PRAYER AFTER COMMUNION

Please stand as you are able

Presider Let us pray: **Eternal God, you have graciously accepted us as living members of 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 Savior. Amen.**

BLESSING

Presider God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always.

People **Amen.**

Closing Hymn #675: "Take up your cross"



1 Take up your cross, the Sa - vior said, if
2 Take up your cross, let not its weight fill
3 Take up your cross, heed not the shame, and
4 Take up your cross, then, in his strength, and
5 Take up your cross, and fol - low Christ, nor



1 you would my dis - ci - ple be; take up your cross with
2 your weak spi - rit with a - larm; his strength shall bear your
3 let your fool - ish heart be still; the Lord for you ac -
4 calm - ly ev - ery dan - ger brave: it guides you to a -
5 think till death to lay it down; for on - ly those who



1 will - ing heart, and hum - bly fol - low af - ter me.
2 spi - rit up, and brace your heart, and nerve your arm.
3 cept - ed death up - on a cross, on Cal - vary's hill.
4 bun - dant life and leads to vic - tory o'er the grave.
5 bear the cross may hope to wear the glo - rious crown.

DISMISSAL

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

People **Thanks be to God.**

Postlude: “Jesu Joy of Man’s Desiring”

Bach

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**Coffee Hour Hosted today by Deborah Hansen**

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Please pray for those on our Parish Prayer List: Bill & Jane Newchurch, Heather Smith, Jan Koltun, Cheryl Danskin, Ian McDonald, James Hardman, Dick Thompson, Renee Hill, John Ehrmantraut, Nick Redfield, Sara Gerakaris, David Liebenberg, Pam Tinsley, Laura and Sherwood Botsford, and James Lawrence Botsford, Cynthia & Bruce Hubert, Wes & Carol Burger, Helen Menefee, Diane Gillespie, Chris, Lynn Jenssen, Margaret Black, Maria Bullock, Ali Walker, Debbie Durand, Carol Wright, Julia de Peyster, Jeff Johnson, John Olson, Lalo Gándara, Morgan Persons, Lynn Dziekan, and Mary & Lara Sirdah.

Calendar for This Week:

| | | | | |
|------------|----------------|----------------|---------------------------------|--------------------|
| Sun | June 21 | 8&10 am | Eucharist | Church |
| Sun | June 21 | 11:30 am | Peace Vigil | Main St. |
| Tue | June 23 | 6:30-8 pm | Orcas-tra | Church |
| Tue | June 23 | 5:30 pm | Scripture Study | Retreat Room |
| Wed | June 24 | 12-2 pm | Peace Meditation-Letter Writing | Church/BH |
| Wed | June 24 | 5:30 pm | Sophia Circle | Church |
| Thu | June 25 | 12:15 pm | Lectio Divina | Benson Hall |
| Thu | June 25 | 1:00 pm | Book Club | Benson Hal |
| Thu | June 26 | 5 pm | Dinner Kitchen | Parish Hall |
| Fri | June 27 | 12:15 pm | Centering Prayer | Church |
| Fri | June 27 | 1 pm | Devotional Chanting | Retreat Room |

Calendar for Next Week:

| | | | | |
|------------|----------------|--------------|---------------------------------|--------------------|
| Sun | June 28 | 8&10 am | Eucharist | Church |
| Sun | June 28 | 11:30 am | Peace Vigil | Main St. |
| Sun | June 28 | 12 pm | Diocesan Refugee Program | Parish Hall |
| Tue | June 30 | 6:30-8 pm | Orcas-tra | Church |
| Tue | June 23 | 5:30 pm | Scripture Study | Retreat Room |
| Wed | July 1 | 12-2 pm | Peace Meditation-Letter Writing | Church/BH |
| Thu | July 2 | 12:15 pm | Lectio Divina | Benson Hall |
| Thu | July 2 | 1:00 pm | Book Club | Benson Hall |

| | | | | |
|-----|--------|----------|---------------------|--------------|
| Fri | July 3 | 12:15 pm | Centering Prayer | Church |
| Fri | July 3 | 1 pm | Devotional Chanting | Retreat Room |

New Event! Every Tuesday, 5:30-6:30; Scripture Study from the coming week's Lectionary. St. Hildegard's Retreat Room. [*Please come in by back door, and bring water if you think you might need it so we do not disturb adjacent meeting. We will use our phones for the Lectionary, or you can print it out at home and bring it with you. Note: please print both tracks, as they may have some bearing on our discussion.*] For information please call or text: 360-421-7755.]

12-Step Meetings in Benson Hall

- Sundays at 5:30 pm AA open meeting, (*hybrid*)
- Mondays at 5:30 pm AA open meeting, (*hybrid*)
- Tuesdays at 1 pm AlAnon meeting, (*hybrid*)
- Tuesdays at 5:30 pm AA Women's meeting, (*hybrid*)
- Tuesdays at 7 pm AA Men's meeting, (*hybrid*)
- Thursdays at 5:30 pm AlAnon meeting, (*hybrid*)
- Fridays at 5:30 pm AA open meeting, (*hybrid*)
- Fridays at 7 pm AA open meeting (*in person only*)
- Saturdays at 8 am AA open meeting, (*hybrid*)

~ Text Attributions ~

- This Holy Eucharist taken from *The Book of Common Prayer, Enriching Our Worship I* and the *Rite II expansive language* approved by the 2018 General Convention.
- Scripture readings from *The New Revised Standard Version updated edition*. Used with permission.
- Writers of the Prayers of the People: Antoinette Botsford, Jennifer Johnson-Fralick, Stewart Mehlman & Nancy Reas.
- Prayer for Birthdays and Wedding Anniversary from *The Book of Common Prayer* and the *The Book of Occasional Services 2018*.
- Opening Hymn #537: "*Christ for the world we sing*". Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916, based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1872).
- Hymn of praise: "*O sing to the Lord*". Words: Brazilian folk song, Sp. & Eng. tr. Gerhard M. Cartford (b. 1923). Music: Brazilian melody; arr. Jack Schrader (b. 1942).
- Psalm tone S412: Music: Robert Knox Kennady (1979).
- Sequence #470: "*There's a wideness in God's mercy*". Words: Frederick William Faber (1814-1863), alt. Music: *Beecher*, John Zundel (1815-1882), alt.
- Sanctus WLP 785: "*Santo, Santo, Santo*". Words: Variation on a traditional liturgical text. Music: Composer of melody unknown; arr. 1990 Iona Community, admin. by GIA Publications, Inc. based on a two-part version as taught by Pablo D. Sosa (b. 1933).

- WLP 867: Fraction anthem. “*The bread which we break.*” Setting: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants* (1997).
- Closing Hymn #675: “*Take up your cross*”. Words: Charles William Everest (1814-1877), alt. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859).
- Blessing From The Book of Occasional Services 2018, Copyright © 2018 by the Church Pension Fund. Used by permission.

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Music at Emmanuel 2026

7/1 Orcatrazz: *Swingin' & Rockin'*

Featuring the great swing band dance music of the early years

7/8 Turtleback Brass: *From Medieval to Modern*

Some new ones and some old favorites

7/15 The Irthlingz Duo: *Harmony, Humor & Healing*

Sharon Abreu & Michael Hurwicz celebrate the earth in song

7/22 Clint McCune: *Songs to Come Alive To*

Known for his electric stage presence and rousing lyrics

7/29 Orcas Kanikapila: *The Joy of the Ukulele*

Emerging out of a very fun class at the Senior Center

8/5 Martin Lund: *Jazz multi-instrumentalist*

A master improviser, Martin typically invites surprise guest performers

8/12 Jeffry Steele: *Polyphony of the Ancestors*

Early 16th-century vocal and plucked-string music adapted to 8-string guitar

8/19 Grace McCune & Anna Mueller: *Music for the Heart*

Known for their stellar Orcas Center musical theater performances

8/26 Lee & Scott Rome: *Songs for Inner Peace*

Original music influenced by jazz, folk, and funk centered on universal connectedness

Emmanuel Episcopal Church

242 Main St, Eastsound

Freewill offering to benefit the music scholarship fund

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Wednesdays at noon

Emmanuel Episcopal Parish of Orcas Island

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website: <http://orcsepiscopal.org>

www.facebook.com/orcsepiscopal

<https://www.youtube.com/@EmmanuelOrcas>

~ Office Hours ~

Office hours: Tuesday through Friday, 9 am—1 pm

~ Clergy ~

The Most Rev. Sarah Mullally (*Archbishop of Canterbury*)

The Most Rev. Sean Rowe (*Presiding Bishop and Primate*)

The Rt. Rev. Dr. Philip N. LaBelle, (*Bishop, Diocese of Olympia*)

The Rev. José Roberto Gándara Perea, STL (*Rector*)

berto@orcsepiscopal.org Cell 360-386-5282 Home 360-376-8081

The Rev. Hugh M. Grant (*Assistant Priest*)

hughmgrant@gmail.com Cell 646-330-0920 Home 360-376-8081

~ Vestry Members ~

Class of 2027 ~ Lynn Baker (*Clerk*), Laura Doss, Betsy Nelson

Class of 2028 ~ Heidi Sophia Hudlet, Luann Pamatian, Jeffry Steele

Class of 2029 ~ Sue Askevold, Margie Bangs (*Senior Warden*), Colin Ensminger-Stapp
(*Junior Warden*)

~ Treasurer ~

Stewart Mehlman

~ Stewardship Committee ~

Stewart Mehlman, Berto Gándara, Hugh Grant, Bill & Margie Bangs, Sarah Moore,
Cindy Wolf, Karen Blinn, & Jenny Hovelman.

~ Diocesan Convention Delegates ~

Delegates ~ Millie Novak and Tracey Smith

Alternates ~ Sally O'Brien and Luann Pamatian

~ Employees ~

Organist and Choir Director ~ Marianne Lewis

Sexton ~ Tim Webster

Parish Office Administrator ~ Kira Raven

~ Independent Contractor ~

Bookkeeper ~ Danelle Bregant