

Holy Eucharist

Proper 9

July 5, 2026 at 8:00 a.m.

Order for Celebrating Holy Eucharist



Emmanuel Episcopal Church
of Orcas Island

WELCOME TO EMMANUEL!

We are glad 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 you regardless of your age, race, ethnicity, culture, gender, sexual orientation, gender expression, economic condition, physical condition, or 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 THE SERVICE ~

Presider & Preacher ~ Fr. Berto Gándara Perea

Lector 1 ~ Betsy Nelson

Lector 2 ~ Mary Poletti

Eucharistic Minister ~ Kira Raven

Healing Minister ~ Betsy Nelson

Usber ~ Lori Oakes

Altar Guild ~ Piper Fox Ladd

Flower Guild ~ Vicki Clancy

At the sound of the bell, please stand as you are able, as we chant

Christ be with me, (you/us)
Christ before me, (you/us)
Christ to the right of me, (you/us)
Christ behind me, (you/us)
Christ to the left of me, (you/us)
Christ above me, (you/us)
Christ below me, (you/us)
Christ within me, (you/us)

OPENING ACCLAMATION AND PRAYER

Presider Blessed be the one, holy, and living God.
People **Glory to God for ever and ever.**

Please be seated

Presider Deeply descend into I AM.
Deeply. descend into One.

A period of silent prayer follows, and the conclusion is signaled by the singing bowl.

THE COLLECT PRAYER

Presider God be with you.

Presider **And also with you.**

Presider Let us pray.

All **We give you thanks, O God of compassion, for the salvation you have revealed to the little ones through Christ Jesus, our wisdom and strength. Teach us to take up his gentle yoke and find rest from our burdens and cares. Amen.**

We chant

**Listen, listen, wait in silence listening
for the One from whom all mercy flows.**

FIRST READING

Lector 1 A reading from the Prophet Zechariah

[9:9-12 NRSV^{ue}]

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! See, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you,

I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

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

All **Thanks be to God.**

Lector 1 **A Retelling of Psalm 145: 8-15**

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.*

The Beloved is gracious and merciful, allowing every soul free will to follow the ego's illusions or to choose life.

Gratitude and quiet joy overflow as I recall the abundant blessings of your grace!

Lift up your hearts, all you who choose the path of Life! My heart is lifted up!

“Do you not know that your whole being is encompassed by My Love?

I am the infinite and the eternal within your soul; O, that I might make Myself known to you!

Choose Love that you might overcome oppression and blind obedience to false idols!”

“Divine Light shines in those who live in Love. I shall uphold all who are burdened with fear, and raise up all who call to Me.

The time is nigh for you to choose, for great is the new dawn that fast approaches...”

SECOND READING

Lector 2 A reading from the letter of Paul to the Romans [7:15-25a NRSV^{ue}]

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I who do it but sin that dwells within me. For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

So I find it to be a law that, when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched person that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

Thanks be to God.

We chant

The veil between worlds, it is opening	<i>Lk 23:45</i>
Sophia is calling our names	<i>Prov 8:1ff</i>
to listen to her wisdom	<i>Prov 9:1ff</i>
to gather 'round sacred flame.	<i>Mt 3:11</i>

THE GOSPEL READING

Presider The Holy Gospel of our LORD Jesus Christ according to Matthew [11:16-19, 25-30 NRSV^{ue}]

People **Glory to you, LORD Christ**

Jesus said to the crowd, "But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

'We played the flute for you, and you did not dance;
we wailed, and you did not mourn.'

"For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the LORD.

People **Praise to you, LORD Christ.**

We chant "The Veil"...

THE SERMON

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

WE PRAY FOR THE WORLD AND THE CHURCH

Please stand, as able, when the Intercessor invites us to pray for the world and the church.

Intercessor Lord, we give thanks for your church and all who believe. We pray you continue to inspire our leaders, Sean, Phil, Berto and Hugh to remind us to take your yoke upon us and learn from you; for you are gentle and humble in heart, and we will find rest for our souls. For your yoke is easy, and your burden is light.

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

Lord, we give thanks for these United States as we celebrate 250 years of history. Help us to acknowledge and understand that both our history and present times are not always glorious, as we may endeavor to be good citizens striving for social justice.

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

Lord, we give thanks for this earth and every creature in the sea, on the land and in the air. We ask you to comfort those who suffer from heat in this hemisphere and cold in the southern hemisphere as well as those suffering from earthquakes, fires, floods and other disasters. We pray especially for peace in war-torn regions.

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

Lord, we know that Orcas Island is part of the glorious splendor of your kingdom and give thanks for its beauty. We pray for the grace to be gracious to summer visitors, for the wisdom and strength to be good stewards of this special place for future generations.

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

Lord, 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... Nick... Sara... David... Pam... 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...** as well as for those for whom no one prays; may the Holy Spirit remind them that you are loving to everyone.

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

Lord, we give thanks for the life of those that have died as well as their caregivers We pray that you comfort those that grieve.

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

AMEN

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 servants Michelle Yee (7/7), Christian Heisinger (7/8), Elyse Woodruff (7/8), Thom Woodruff (7/8), and Madeline Sheplor (7/10) as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

Presider Let us pray for those celebrating anniversaries this week.

Grant, O God, in your compassion, that Berto Gándara & Hugh Grant (7/11) 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 Benson 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 Live your life with love, following the example of Christ, who loved us and gave himself for us. *Ephesians 5:2a (CEB)*

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>



Please stand, as you are able, when the offering plate is brought forward and we sing

Praise God from whom all blessings flow;

Doxology: Old 100th

praise God, all creatures here below;
praise God above, ye heavenly host;
Creator, Christ, and Holy Ghost.

WE PRAY THE GREAT THANKSGIVING

Please stand as you are able.

Presider The LORD be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to LORD.**

Presider Let us give thanks to the LORD our God

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

The Presider thanks God, on our behalf, for the goodness and beauty of creation and for the story of liberation, particularly in the life of Jesus Christ, and then invites us to chant.

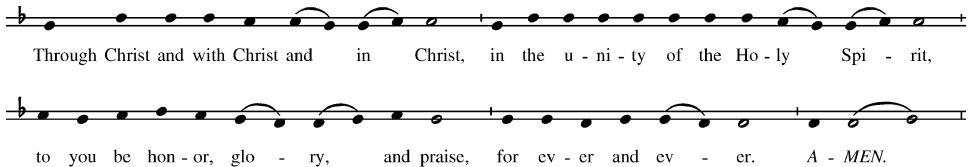
**Holy, holy, holy LORD God of power, and might.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the LORD.
Hosanna in the highest.**

The Presider continues praying, asking the Holy Spirit to transform us, along with the bread and wine, into the Body and Blood of Christ. Jesus' words from the Last Supper are spoken over the bread and wine.

The Presider will invite us to respond to the memorial by saying,

Great is the mystery of faith.
**Christ has died;
Christ is risen;
Christ will come again.**

The Presider will now pray for the world and church, concluding with the doxology



Through Christ and with Christ and in Christ, in the u - ni - ty of the Ho - ly Spi - rit,
to you be hon - or, glo - ry, and praise, for ev - er and ev - er. A - MEN.

Presider Let us pray in Christ,
**Our loving God in heaven,
holy is your Name,**

may your reign 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

The Presider breaks the consecrated Bread, and a period of silence is kept.

Then the Presider says.

Alleluia. Christ our Passover is sacrificed for us;
Therefore let us keep the feast. Alleluia.

INVITATION FOR COMMUNION

Presider The gifts of God for the people of God.

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 want to request the sacrament of Baptism, Confirmation, or Reconciliation/Confession, speak with one of our priests.

Receiving the Bread, the Body of Christ: *You can 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 provide you with the cup to drink directly from; please guide and tip the chalice so you can drink comfortably. If you would not rather partake of the Blood of Christ, cross your hands over your chest. To the minister's words, "the Blood of Christ, the cup of salvation," it is customary to respond 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 do so.*

Healing Ministry: *A healing minister will be available to pray for you or a loved one. They are seated towards the right of the altar rail, behind the priest's chair. Feel free to approach them and share your intentions.*

PRAYER AFTER COMMUNION

Please stand as you are able.

Presider Let us pray.

All **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.**

FINAL CHANT

**The energy of love surrounds me
The energy of love moves through me
Guiding my way in all I do and say
Yes the energy of love surrounds me**

**The energy of love surrounds you.
The energy of love moves through you.
Guiding your way in all you do and say.
Yes, the energy of love surrounds you.**

**The energy of love surrounds us.
The energy of love moves through us.
Guiding our way in all we do and say.
Yes, the energy of love surrounds you.**

DISMISSAL

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

People **Thanks be to God.**

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*Please stay for coffee hour following this service in Benson Hall.*

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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, 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 Mandy & Lara Sirdah.

Calendar for This Week:

Sun	July 5	8&10 am	Eucharist	Church
Sun	July 5	11:30 am	Peace Vigil	Main St.
Tue	July 7	6:30-8 pm	Orcas-tra	Church
Tue	July 7	5:30-6:30 pm	Scripture Study	Retreat Room
Wed	July 8	12-2 pm	Peace Meditation-Letter Writing	Meditation Room
Wed	July 8	12 pm	Music at Emmanuel Turtleback Brass	Church/BH
Thu	July 9	12:15 pm	Lectio Divina	Benson Hall
Thu	July 9	1:00 pm	Book Club	Benson Hall
Fri	July 10	12:15 pm	Centering Prayer	Church
Fri	July 10	1 pm	Devotional Chanting	Retreat Room
Sat	July 11	10-3 pm	Vestry Retreat	Parish Hall

Calendar for Next Week:

Sun	July 12	8&10 am	Eucharist	Church
Sun	July 12	11:30 am	Peace Vigil	Main St.
Tue	July 14	6:30-8 pm	Orcas-tra	Church
Wed	July 15	12-2 pm	Peace Meditation-Letter Writing	Meditation Room
Wed	July 15	12 pm	Music at Emmanuel The Irthlingz Duo	Church/BH
Thu	July 16	12:15 pm	Lectio Divina	Benson Hall
Thu	July 16	1:00 pm	Book Club	Benson Hall
Fri	July 17	12:15 pm	Centering Prayer	Church
Fri	July 17	1 pm	Devotional Chanting	Retreat Room
Sat	July 18	9-11:30 am	Sally O'Brien's Meditation Class	Parish Hall

New Event! Every Tuesday, 5:30-6:30 pm; 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*)

~ Attributions~

This “Order for Celebrating Holy Eucharist” follows the instructions in the Book of Common Prayer, pages 400-405, Enriching Our Worship 1, pages 65-68, and the 2015 General Convention resolution D050 with permission from Bishop Greg Rickel. We are in the process of renewing our permission with Bishop Phil LaBelle.

- Cover image: Gáspár, Péter. Memorial to the Persecuted. "Bearing a Heavy Weight Together".
 - Prayers for Anniversary for one who is deceased: adapted from “*Changes*” by the Standing Commission on Liturgy and Music of the Episcopal Church.
 - Writers of the Prayers of the People: Antoinette Botsford, Jennifer Johnson-Fralick, Stewart Mehlman, Nancy Reas, and Sharon Nelson.
 - Eucharistic Prayers from Samuel Wells and Abigail Kocher, Eucharistic Prayer (William B. Eerdmans Publishing Company, 2016).
 - Opening Chant: Text and music Ruth Cunningham.
 - Opening and Collect Prayer from the *Revised Common Lectionary Prayers*.
 - Sequence Prayer: Latin, 12th cent.; tr. John Webster Grant (b. 1919), alt. Hymnal 1982 #228.
 - The adapted Lord’s Prayer from the Breviary of the Order of St. Helena.
 - Final hymn, Energy of Love, by Heather Houston <https://heatherhoustonmusic.com/song/energy-of-love-heather-houston/>
- Permission to print/podcast/stream the music in this service obtained from *OneLicense* with license **#A-720811**.

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website: <http://orcasediocese.org>

www.facebook.com/orcasediocese

<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, S'TL (*Rector*)

berto@orcasediocese.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, Jeffrey Steele

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

~ Treasurer ~

Stewart Mehlman

~ Stewardship Committee ~

Stewart Mehlman, Berto Gandara, 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

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

Wednesdays at noon