



**ST. DUNSTAN'S**  
EPISCOPAL CHURCH

# THE 7TH SUNDAY AFTER PENTECOST

July 16, 2023

8 am

*Welcome to St Dunstan's! We are glad you are here!*

*If you are new, or would like to update your information, please fill out a pew card.*

*Thank you for silencing your cell phones.*

---

## THE MINISTRY OF THE WORD

*The congregation is invited to observe silence during the prelude,  
out of respect for those who are listening, and as an opportunity for prayer, meditation, and healing.*

**Prelude** Pastorale BWV 590

*J. S. Bach (1685-1750)*

*All stand at the ringing of the bell.*

**Priest** Blessed be the one, holy, and living God.

**People** **Glory to God for ever and ever.**

**People** **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.**

**The Collect of the Day** *The people stand or kneel.*

**Priest** God be with you.

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

**Priest** Let us pray.

**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.**

## Genesis 25:19–34

*Esau 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.*

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.

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

People **Thanks be to God.**

**Psalm 119:105–112**

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

- 105 **Y**our 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.

## **Romans 8:1–11**

*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.*

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.

Reader Hear what the Spirit is saying to God's people.  
People **Thanks be to God.**

## **Matthew 13:1–9, 18–23**

*The parable of the sower and its interpretation. The story by itself may once have been used to stress how surprisingly fruitful God's power can be, quite apart from human expectations or control. With its explanation the parable was used as an allegory by early Christians to help them understand the missionary situation of the church. Because of the work of the devil and human weakness and sin, the word they preached did not always produce. But, in the right circumstances, its fruit could be anywhere from substantial to amazing.*

Priest 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."

Priest The Gospel of the Lord.

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

## The Sermon

Rebecca Miller

*After the sermon a brief silence is kept.*

### The Nicene Creed *All Stand.*

**W**e believe in one God, the Father, the Almighty, maker of heaven and earth,  
of all that is, seen and unseen.

**W**e 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.

**W**e believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshiped and glorified,  
who has spoken through the prophets.

**W**e believe in one holy catholic and apostolic Church.

**W**e acknowledge one baptism for the forgiveness of sins.

**W**e look for the resurrection of the dead,  
and the life of the world to come. Amen.

## The Prayers of the People

*Enriching Our Worship; Form V*

*The people stand or kneel*

Leader Comfort and liberate the lonely, the bereaved, and the oppressed. In your mercy:

**People Hear us, O Christ.**

Leader Keep in safety those who travel and all who are in peril. In your mercy:

**People Hear us, O Christ.**

Leader Heal the sick in body, mind or spirit, and provide for the homeless, the hungry and the destitute. We pray especially for \_\_\_\_\_. In your mercy:

**People Hear us, O Christ.**

Leader Guard and protect all children who are in danger. In your mercy:

**People Hear us, O Christ.**

Leader Shower your compassion on prisoners, hostages and refugees, and all who are in trouble. In your mercy:

**People Hear us, O Christ.**

Leader Forgive our enemies, persecutors and slanderers, and turn their hearts. In your mercy:

**People Hear us, O Christ.**

Leader Hear us as we remember those who have died, and grant us with them a share in your eternal glory. We pray today for \_\_\_\_\_. In your mercy:

**People Hear us, O Christ.**

Priest Merciful and loving God, by the power of your blessed Trinity you have made us one with your saints in heaven and on earth: Receive these, our heartfelt prayers, and knit us together as one community of love and prayer, that we may know that we walk not alone, but ever with you, in the grace of your love and mercy. We ask all this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. **Amen.**

## **The Confession**

Priest Let us confess our sins to God.

*Silence may be kept.*

**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.

## **The Absolution**

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

## **The Peace** *All stand.*

Priest The peace of Christ be always with you.

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

*The people exchange the peace with one another.*

## **Announcements** *All are seated.*

## **The Offertory**

Priest Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God.



# THE HOLY COMMUNION

*Eucharistic Prayer 1*

## **The Great Thanksgiving**

Priest The Lord be with you.

**People And also with you.**

Priest Lift up your hearts.

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

Priest Let us give thanks to the Lord our God.

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

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

**People Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

*The people stand or kneel.*

Priest **B**lessed 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.

Priest **O**n 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:

**People** **Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

Priest **R**emembering his death and resurrection, we now present to you from your creation this bread and this wine. 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 Dunstan, Andre 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.**

And now, as our Savior Christ has taught us, we are bold to say,

People **O**ur 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**

*The Priest breaks the consecrated bread.*

Priest **T**he 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.

### **INSTRUCTIONS FOR HOLY COMMUNION**

The bread is received in the open palm.

If you choose to receive the cup, gently guide the chalice to your lips by touching the base.

**At this time, we are not able to allow dipping the wafer into the chalice.**

Those who prefer to receive a blessing, or who choose not to receive the cup,  
may indicate this by crossing their arms over their chest.

If you have a wheat sensitivity, you may ask the priest for a gluten-free wafer.

## **The Post-Communion Prayer**

Priest Let us pray.

People **G**od 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

Priest God's Blessing be with you,  
Christ's peace be in you,  
the Spirit's outpouring guide your way,  
now and always. **Amen.**

Priest Go in peace to love and serve the Lord.  
People **Thanks be to God.**

*All are welcome to enjoy fellowship with one another outside the church during coffee hour.*



*The altar flowers are given to the Glory of God*



*St. Dunstan's Episcopal Church celebrates God's diverse creation  
and strives to build an inclusive community that welcomes everyone, no matter age, gender, sexual identity,  
culture, ethnicity, economic status, or ability.*

### ***I-Help this Thursday, July 20th***

Look for the Sign-Up sheet on  
the welcome table to bring in food for  
the men's dinner on the 20th.  
We appreciate your contributions.  
Thank you from the I-HELP Team!

### ***Help us get to know you by Filling out a Pew Card***

If you are visiting us, are new to Saint  
Dunstan's, or if your contact information  
has changed, please fill out a Pew Card  
and drop it in the collection plate. Thanks!

*Sign up today to receive*

### **St. Dunstan's weekly eNews**

Getting weekly news, links to sermons,  
updates, and schedules is as simple as  
visiting [stdcv.org/subscribe](http://stdcv.org/subscribe) and  
entering your email address.

### **Deadline for eNews, Bulletin**

Items for our eNews and Sunday  
Bulletin should be submitted  
to [stdunstanschurch@gmail.com](mailto:stdunstanschurch@gmail.com)  
by midnight Monday.

## PARISH BIBLE STUDY

### **THE PATH** ***A JOURNEY THROUGH THE BIBLE***



Beginning September 10th, St. Dunstan's is offering a parish bible study, featuring the book **The Path: A Journey Through the Bible. *This Sunday***, and for the next three weeks, come by the Bible Study table on the Breezeway to check out the book, to ask any questions you may have, and to sign up to participate, so we can garner which day/time would work best for most folks.

The Path will take us on a 26-week journey through the Bible, from Genesis to Revelation. Participants are asked to read one chapter each week, and to come prepared to participate in a lay-facilitated discussion, based on both questions posed in the book and questions of our own.

And don't worry, if you need to skip a week, or can't commit to every week, that's ok. You continue to read along on your own, and then rejoin the group and discussion when you are able.

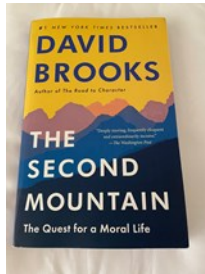
### **VOLUNTEER YOUR TIME TO HELP NANCY'S PROJECT JULY 29TH**

On **Saturday, July 29**, in Salinas, Nancy's Project is going to distribute 1100 pairs of new school shoes to farm worker children. We need about 80 volunteers to do this smoothly and successfully. Volunteers will measure children's feet (remember those metal guides you stood on to have your foot measured? We have those!), staff the tables for each size, give children a choice of shoes, We also need people to organize the lines for foot measuring and shoes and to stand by the exits and assure children don't run into the street. We also need help with setup on Friday afternoon and cleanup on Saturday. There will be music, face painting, games and other fun stuff for kids as well.

Please help get our farm worker family kids off to a good start in school with new shoes! And because we only have enough shoes for the kids of the two poorest schools in Salinas and the event is by ticket only, please keep this quiet. We don't want the word to get out so others show up and are disappointed. We will do this again and their time will come. To help contact Betty: [betty@kasson.us](mailto:betty@kasson.us); 831-277-5279 or Libby: [libby@nancysproject.org](mailto:libby@nancysproject.org) (831-920-7737).

***The Second Mountain*  
By David Brooks**

**Discussion Group**  
Sundays, 9 am  
Guild Room



In *The Second Mountain*, David Brooks explores the four main commitments that define a virtuous and meaningful life: to a spouse and family, to a vocation, to a philosophy or faith, and to a community. Our personal fulfillment ultimately depends on how well we choose and execute these commitments. We have taken individualism to the extreme, Brooks argues, and in the process we have torn the social fabric in a thousand different ways. In *The Second Mountain*, Brooks gives us the tools to repair our fractured society, and shows what can happen when we put commitment-making at the center of our lives.

For more information contact Jean Scholefield

**Pastoral Care &  
Prayer Requests**



For pastoral concerns, contact Rev. Laurel [revlaurel@stdcv.org](mailto:revlaurel@stdcv.org) or on her cell 310-562-5746. And you can always leave a message on the Pastoral Care line at church [831-624-6646](tel:310-624-6646) ext 110.

Our Daughters of the King chapter welcomes your prayer requests. Prayer requests may be sent to [dok@stdcv.org](mailto:dok@stdcv.org). The Daughters pray for members of our parish as well as many others daily.

**Dedicate Altar  
Flowers**



This is a lovely and meaningful way to give Glory to God in celebration of a birthday, or in thanksgiving, or in memory of a loved one. The cost of the flowers is \$30, but some give more. Checks should be made out to St. Dunstan's with "Altar Flowers" in the memo.

Sign up on the Welcome Table

# THIS WEEK AT ST DUNSTAN'S

PARISH OFFICE IS OPEN MONDAY - THURSDAY 9AM -1PM

---

## Sunday, July 16

8:00 am Holy Eucharist  
8:30 am Choir Rehearsal  
9:00 am Discussion Group  
10:00 am Holy Eucharist (live-streamed)  
11:00 am Coffee Hour

## Monday, July 17

## Tuesday, July 18

9:30 am Discipleship Group  
7:30 pm AA

## Wednesday, July 19

10:00 am Holy Eucharist  
11:00 am Prayer Shawl Ministry  
5:30 pm Zoom Compline

## Thursday, July 20

4:00pm I Help Men  
4:00pm Vestry Meeting

## Friday, July 21

## Saturday, July 22

9:00 am Choir Rehearsal

## Sunday, July 23

8:00 am Holy Eucharist  
8:30 am Choir Rehearsal  
9:00 am Discussion Group  
10:00 am Holy Eucharist (live-streamed)  
11:00 am Coffee Hour

---

View the entire parish calendar [stdcv.org/calendar](http://stdcv.org/calendar)

## JULY BIRTHDAYS

1—Tom Dietrich	23—Hana Ferguson
2—William Schueler	27—Elizabeth Buche
4—Tom Masters	29—Beth Stewart
8—Abby Lambert	30—Susan Schueler
12—Christine Pavloff	

# Sermon Notes