

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Sixth Sunday after Pentecost, Year A
Holy Eucharist Rite I
Sunday, July 5, 2026
8:00 in the morning

THE WORD OF GOD

The liturgy begins in silence. Please stand as the procession enters.

THE OPENING ACCLAMATION

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

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

Celebrant

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

KYRIE *Kyrie eleison*

Lord, mercy upon us.

Christ, have mercy upon us.

Lord, mercy upon us.

THE COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

The people kneel or stand

O God, who hast taught us to keep all thy commandments by loving thee and our neighbor: Grant us the grace of thy Holy Spirit, that we may be devoted to thee with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, for ever and ever. **Amen.**

All sit

FIRST READING

Zechariah 9:9-12

A reading from the Prophet Zechariah.

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, 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.

The Word of the Lord.

Thanks be to God.

PSALM 145:8-15 *Exaltabo te, Deus*

8 The 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.

10 All your works praise you, O Lord, *
and your faithful servants bless you.

11 They make known the glory of your kingdom *
and speak of your power;

12 That the peoples may know of your power *
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom; *
your dominion endures throughout all ages.

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

15 The Lord upholds all those who fall; *
he lifts up those who are bowed down.

SECOND READING

Romans 7:15-25a

A reading from the Letter to the Romans.

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 that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. 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 that 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 man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

The Word of the Lord.

Thanks be to God.

All stand for

THE GOSPEL

Matthew 11:16-19, 25-30

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

Glory be to thee, O Lord.

Jesus said to the crowd, "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 that 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.
Praise be to thee, O Christ.

THE SERMON

The Reverend Joe Biles, *Curate and Pastoral Assistant*

Following the sermon, all stand and say

THE NICENE CREED

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of his Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father; by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate; he suffered and was buried; and the third day he rose again according to the Scriptures, and ascended into heaven, and sitteth on the right hand of the Father; and he shall come again, with glory, to judge both the quick and the dead; whose kingdom shall have no end.

And I believe in the Holy Ghost the Lord, and Giver of Life, who proceedeth from the Father and the Son; who with the Father and the Son together is worshiped and glorified; who spake by the Prophets. And I believe in one holy Catholic and Apostolic Church; I acknowledge one Baptism for the remission of sins; and I look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

A Deacon or Priest says

Let us pray for the whole state of Christ's Church and the world.

All kneel or stand. The Intercessor continues with these prayers.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks on behalf of all people: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

The Celebrant says

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. Amen.

THE CONFESSION OF SIN

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

The Celebrant stands and says

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

The Celebrant may say one or more sentences of Scripture.

The People stand.

THE PEACE

The peace of the Lord be always with you.
And with thy spirit.

THE HOLY COMMUNION

OFFERTORY SENTENCE

At Heavenly Rest, we believe that we are called to respond to God's grace and generosity by giving of our time, talent, and treasure. The work of this church community is made possible by the financial contributions of those who worship here and participate in the life of this place. There are several ways to make a financial gift to Heavenly Rest: you may place cash or a check in the alms basin as it goes by; use the "Give" tab in the ChurchCenter App; or visit our website by using the QR code.

Scan for online giving.
Thank you for your generosity!



Those who are celebrating birthdays in July are invited to follow the procession to the altar rail and receive a blessing.

OFFERTORY

BIRTHDAY BLESSINGS

All things come of thee, O Lord.
And of thine own have we given thee.

THE GREAT THANKSGIVING *Eucharistic Prayer II*

The Lord be with you.

And with thy spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Here a Proper Preface is said.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

THE SANCTUS

Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy Glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

The People stand or kneel as they are able.

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies.

Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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, forever and ever. Amen.

The Celebrant breaks the consecrated bread

THE FRACTION ANTHEM

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

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

DISTRIBUTION OF COMMUNION

All baptized Christians are welcome to receive Communion. If you are not baptized, you may come forward to receive a blessing by folding your arms over your chest. Gluten-free hosts are available upon request. If you are interested in being baptized, please speak to one of the clergy after the service. Communion will be distributed at two stations: at the altar rail and in front of the pulpit. If you do not wish to receive wine, please cross your arms over your chest when the chalice comes by. Please follow the instructions of the ushers as you wait to receive Communion.

After the ministration of Communion, the Celebrant says

Let us pray.

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Commissioning of Eucharistic Visitors may be said.

In the name of this congregation, we send you forth, bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's Body and Blood. We who are many are one Body because we all share one bread and one cup.

The Celebrant blesses the people.

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Go in peace to love and serve the Lord.

Thanks be to God.

POSTLUDE

MINISTERS OF THE LITURGY

Celebrant - The Rev. Karen Boyd, Assisting Priest

Preacher - The Rev. Joe Biles, Curate and Pastoral Assistant

Assisting - The Rev. Ashley Powers, Associate Rector

Organist - Thomas Pavlechko

Lay Ministers - Tom Choate, Katherine Kinnaman

Altar Guild and Linens - Kathy Balch, Dixie Bassett, Cindy McCarty, Karen Rose, Jeannie Young

Greeters & Ushers - Mike Young, Steve Suttle

Sound - Jay Moore



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CLERGY AND STAFF

| | |
|--|---|
| The Reverend David F. Romanik, <i>Rector</i> | Thomas Pavlechko, <i>Organist and Director of Music</i> |
| The Reverend Ashley Powers, <i>Associate Rector</i> | Elizabeth Knauer, <i>Music Assistant, Choristers</i> |
| The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i> | Laura Dickson, <i>Music Assistant, Children's Choir</i> |
| The Reverend Joe Biles, <i>Curate and Pastoral Assistant</i> | Jen Rogers, <i>Director of Communications and Stewardship</i> |
| The Reverend Karen Boyd, <i>Assisting Priest</i> | Lydia Hurt, <i>Parish Manager</i> |
| The Reverend Dr. Doug Thomas, <i>Priest in Residence</i> | Brenda Fisher, <i>Parish Accountant</i> |
| The Reverend Dr. Russell Dickerson, <i>Deacon</i> | Robert Becerra, <i>Sexton</i> |
| The Reverend Bikole Mulanda, <i>Deacon and Swahili Minister</i> | Devon Castillo, <i>Assistant Sexton</i> |
| Luke Teten, <i>Vergar</i> | Dorothy Guerra, <i>Housekeeper</i> |
| Carol Ann Weston, <i>Director of Children & Family Ministries</i> | Anne Jones, <i>Nursery Manager</i> |

VESTRY AND APPOINTED OFFICERS

Kate Haney, *Senior Warden*; Dru Hall, *Junior Warden*; Sharon Lawler, *Secretary*; Kimberly Brumley, David Christianson, Michael Christie, Dru Hall, Dan Harbaugh, Gretchen Henson, Jay Moore, Dustin Rainwater, Mary Reyes, Diane Stearns, Elizabeth Niblo Wallace, *Chancellor*; and Patrick Lewis, *Treasurer*