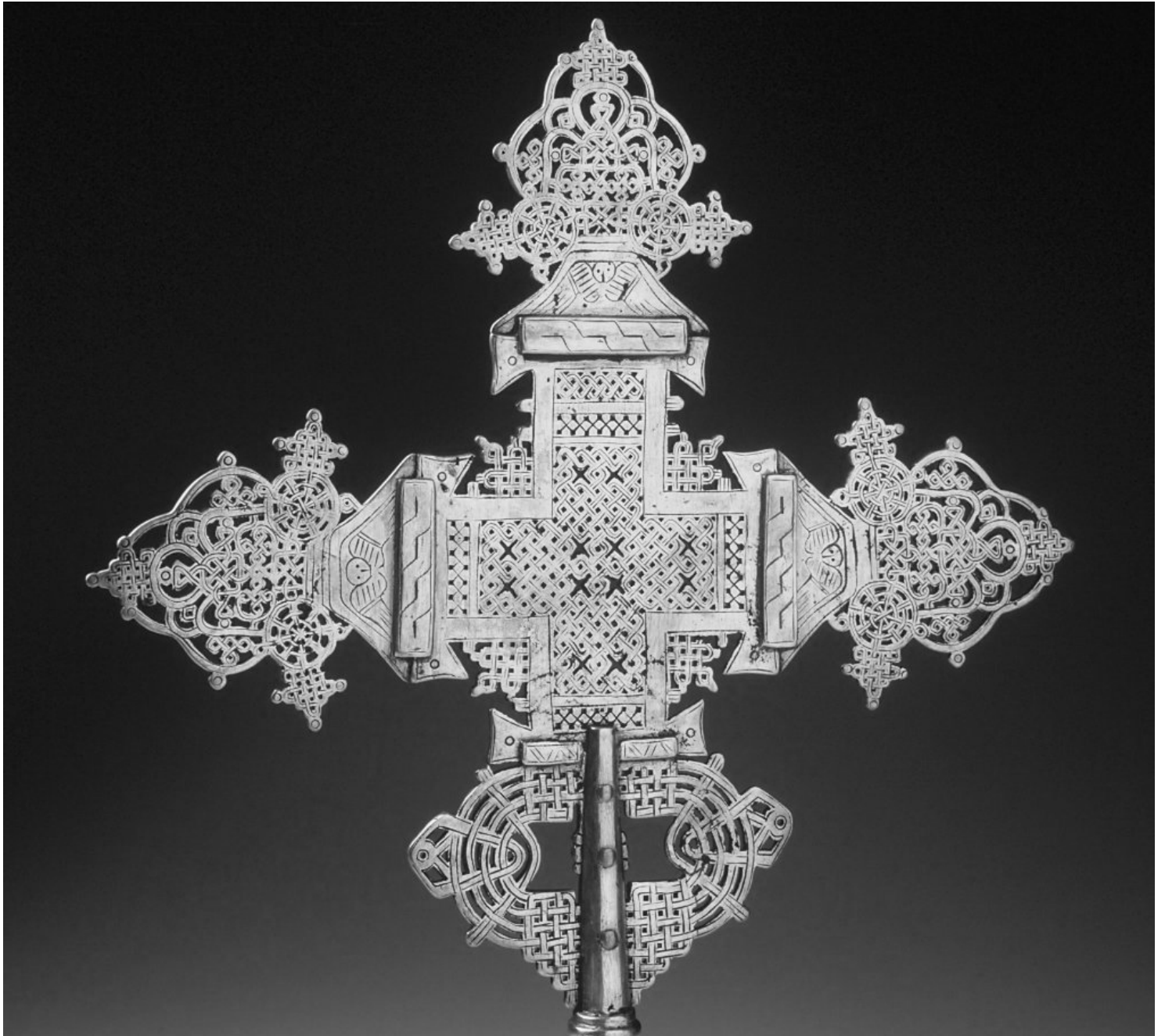


EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Jumapili ya sita ya Pentekoste
Sala ya Asubuhi
Jumapili, Julai 5, 2026
Saa 1:00 jioni



Sixth Sunday after Pentecost, Year A
Morning Prayer in Swahili
Sunday, July 5, 2026
1:00 in the afternoon

Mutu anayechunga uzima wake ataupoteza; naye anayepoteza uzima wake kwa ajili yangu, atauchunga.

WIMBO WA KUINGIA

Wote kusimama

WITO WA KUABUDU

Tumekusanyika pamoja kama jamaa ya Mungu mbele ya Baba yetu, tukivutwa na Roho yake, kusifu Jina lake, kusikia na kupokea Neno lake takatifu. kumwomba usamehe kwa zambi zetu, kuombea mahitaji yetu na ya dunia, kufurahi katika mapendo yake, na kutumwa katika salama yake.

MWALIKO

Ee Bwana, ufungue midomo yetu.
Na kinywa chetu kitaonyesha sifa yako.

Bwana rehema zako ni mpya kila asubui.
Uaminifu wako ni mukubwa!
 Tangu mapambazuko hata mangaribi.
Jina la Bwana lisifiwe.

Wimbo wa Biblia au wimbo mwingine.

WIMBO

KUUNGAMA DHAMBI

Muhudumu aseme:

Kama tukisema kwamba hatuna zambi, tunajidanganya wenyewe, wala kweli si ndani yetu. Tukikiri zambi zetu, yeye ni mwaminifu na wa haki, hata atatuondolea zambi zetu, na kutusafisha na uzalimu wote. I Yoane 1:8-9

Tukiri zambi zetu kwa Mungu Mwenyezi.

Wote wapige magoti na kusema

Mungu Mwenyezi, Baba yetu ya mbinguni, tumekosea wewe, na tumekosea jirani zetu, kwa mawazo yetu, na kwa maneno yetu, na kwa matendo yetu, na kwa maovu tuliyoyatenda, na kwa mema tusiyoyatenda, kosa letu wenyewe. Sisi tunatubu kabisa. Kwa ajili ya Bwana wetu Yesu Kristo, utusamehe yote yaliyopita; utuwezeshe tangu leo kukutumikia, katika upya wa uzima. Kwa utukufu wa Jina lako. Amina.

Muhudumu au mutu mwengine asiye Kasisi, akipiga magoti atumie ombi hili.

Ee Mungu, mwenye rehema, tunakusihi, utupe sisi, watu wako waaminifu, usamehe na salama, ili tusafishwe zambi zetu zote, na tukutumikie na nia tulivu; kwa Yesu Kristo Bwana wetu.
Amina.

Zaburi ya Siku isomwe au iimbwe.

ZABURI 145:8-14

8 Bwana ana fadhili, ni mwingi wa huruma, Si mwepesi wa hasira, ni mwingi wa rehema,
 9 Bwana ni mwema kwa watu wote, Na rehema zake zi juu ya kazi zake zote.
 10 Ee Bwana, kazi zako zote zitakushukuru, Na wacha Mungu wako watakuhimidi.
 11 Wataunena utukufu wa ufalme wako, Na kuuhadithia uweza wako.
 12 Ili kuwajulisha watu matendo yake makuu, Na utukufu wa fahari ya ufalme wake.
 13 Ufalme wako ni ufalme wa zamani zote, Na mamlaka yako ni ya vizazi vyote.
 14 Bwana huwategemeza wote waangukao, Huwainua wote walioinama chini.

OPENING SENTENCE

Matthew 10:39

Whoever saves his life will lose it, but whoever loses his life for my sake will save it.

PROCESSIONAL HYMN

Stand for the Procession

CALL TO WORSHIP

We are gathered together as God's family before our Father, drawn by his Spirit, to praise his Name, to hear and receive his holy Word, to ask him to forgive us for our sins, to pray for our needs and the needs of the world, to rejoice in his love, and to be sent to his safety.

INVITATORY

O Lord, open our lips.

And our mouth shall proclaim your praise.

Lord, your mercy is new every morning.

Great is your faithfulness!

From dawn to dusk.

May the name of the Lord be praised.

A song from the Bible or another song is sung.

HYMN

CONFESSION OF SIN

The Minister should say:

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

1 John 1:8-9

Let us confess our sins to God Almighty.

All should kneel and say:

Almighty God, our heavenly Father, we have sinned against you and against our neighbors, in thought and word and deed, in the evil we have done and in the good we have not done, through our own deliberate fault. We are truly sorry, and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

A minister or other person who is not a priest, kneeling should use this request:

Grant, we ask you, merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind, through Jesus Christ our Lord.
Amen.

The Psalm of the Day should be read or sung.

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.

Utukufu kwa Baba, na kwa Mwana, na kwa Roho Mutakatifu:
kama ulivyokuwa mwanzo ulivyo sasa, hata milele na milele. Amina.

WIMBO

Kuketi. Kipande kinachotoka AGANO LA KALE kisomwe.

SOMO LA KWANZA

Zekaria 9:9-12

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Kitabu cha Zekaria.

Furahi sana, Ee binti Sayuni; Piga kelele, Ee binti Yerusalemu; Tazama, mfalme wako anakuja kwako; Ni mwenye haki, naye ana wokovu; Ni mnyenyekevu, amepanda punda, Naam, mwana-punda, mtoto wa punda. Na gari la vita nitaliondoa liwe mbali na Efraimu, na farasi awe mbali na Yerusalemu, na upinde wa vita utaondolewa mbali; naye atawahubiri mataifa yote habari za amani; na mamlaka yake yatakuwa toka bahari hata bahari, na toka Mto hata miisho ya dunia. Na kwa habari zako wewe, kwa sababu ya damu ya agano lako, nimewatoa wafungwa wako katika shimo lile lisilo na maji. Irudieni ngome, enyi wafungwa wa tumaini; hata hivi leo nasema ya kwamba nitakurudishia maradufu.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO

Kuketi. Kipande kinachotoka AGANO JIPIYA kisomwe.

SOMO LA PILI

Waroma 7:15-25a

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Barua kwa Waroma.

Maana sijui nifanyalo, kwa sababu lile nilipendalo, silitendi; bali lile nilichukialo ndilo ninalolitenda. Lakini kama nikilitenda lile nisilolipenda, naikiri ile sheria ya kuwa ni njema. Basi sasa si mimi nafsi yangu ninayetenda hilo, bali ni ile dhambi ikaayo ndani yangu Kwa maana najua ya kuwa ndani yangu, yaani, ndani ya mwili wangu, halikai neno jema; kwa kuwa kutaka nataka, bali kutenda lililo jema sipati. Kwa maana lile jema nilipendalo, silitendi; bali lile baya nisilolipenda ndilo nilitendalo. Basi kama lile nisilolipenda ndilo nilitendalo, si mimi nafsi yangu nilitendaye, bali ni ile dhambi ikaayo ndani yangu. Basi nimeona sheria hii, ya kuwa kwangu mimi nitakaye kutenda lililo jema, lipo lililo baya. Kwa maana naifurahia sheria ya Mungu kwa utu wa ndani, lakini katika viungo vyangu naona sheria iliyo mbali, inapiga vita na ile sheria ya akili zangu, na kunifanya mateka ya ile sheria ya dhambi iliyo katika viungo vyangu. Ole wangu, maskini mimi! Ni nani atakayeniokoa na mwili huu wa mauti? Namshukuru Mungu, kwa Yesu Kristo Bwana wetu.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO

HABARI NJEMA

Matayo 11:25-30

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Injili ya Matayo.

Wakati ule Yesu akajibu, akasema, Nakushukuru, Baba, Bwana wa mbingu na nchi, kwa kuwa mambo haya uliwaficha wenye hekima na akili, ukawafunulia watoto wachanga. Naam, Baba, kwa kuwa ndivyo ilivyopendeza mbele zako. Akasema, Nimekabidhiwa vyote na baba yangu; wala

Glory be to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and ever shall be, world without end. Amen.

HYMN

All Sit. A passage from the OLD TESTAMENT should be read.

FIRST READING

Zechariah 9:9-12

Let the reader say first:

Hear the Word of the Lord as written in the Book of 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.

HYMN

All Sit. A passage from the NEW TESTAMENT should be read.

SECOND READING

Romans 7:15-25a

Let the reader say first:

Hear the Word of the Lord as written in 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.

HYMN

GOSPEL READING

Matthew 11:25-30

Let the reader say first:

Hear the Word of the Lord as written in the Gospel of St. Matthew.

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

hakuna amjuaye Mwana, ila Baba; wala hakuna amjuaye Baba, ila Mwana, na ye yote ambaye Mwana apenda kumfunulia. Njoni kwangu, ninyi nyote msumbukao na wenye kulemewa na mizigo, nami nitawapumzisha. Jitieni nira yangu, mjifunze kwangu; kwa kuwa mimi ni mpole na mnyenyekevu wa moyo; nanyi mtapata raha nafsini mwenu; kwa maana nira yangu ni laini, na mzungo wangu ni mwepesi.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO WA INJILI

KUHUBIRI

Mchungaji Bikole Mulanda

IMANI YA MITUME

Watu wasimame kuhakikisha IMANI YA MITUME

Ninamwamini Mungu, Baba Mwenyezi, Muumba wa mbingu na dunia; Na Yesu Kristo, Mwana wake wa pekee, Bwana wetu, aliyetwaa mwili kwa tendo la Roho Mutakatifu, akazaliwa na Bikira Maria. Akateswa zamani za Pontio Pilato, akasulibiwa, akafa, akazikwa, akashuka kuzimuni mwa wafu, akafufuka katika wafu siku ya tatu, akapanda mbinguni, anakaa kwa mukono wa kuume wa Mungu, Baba Mwenyezi, ndipo atakuja tena kuhukumu wazima na wafu. Ninamwamini Roho Mutakatifu, Kanisa katolika takatifu, ushirika wa watakatifu, ondoleo la zambi, ufufuko wa mwili, na uzima wa milele. Amina.

Kupiga magoti

MAOMBI

Bwana utuhurumie.
Kristo utuhurumie.
Bwana utuhurumie.

SALA YA BWANA

Baba yetu, uliye mbinguni, jina lako litukuzwe, ufalme wako uje, mapenzi yako yatimizwe, duniani kama mbinguni. Utupe leo chakula chetu cha kila siku; utusamehe makosa yetu, kama tunavyowasamehe waliotukosea. Usitulete katika majaribu, lakini utuokoe katika uovu. Kwani kwako ufalme, uwezo na utukufu, milele na milele, Amina.

Ee Bwana utuonyeshe rehema yako;
Utupe sisi wokovu wako.
Ee Bwana uwabariki watawala wetu;
Utusikie kwa rehema yako tukikuomba.
Uwavike haki wahudumu wako;
Uwafurahishe wachaguliwa wako.
Ee Bwana uwaokoe watu wako;
Uubariki uriti wako.
Ee Bwana utupe salama kwa siku zetu;
Na utukufu wako uwe popote duniani.
Ee Mungu, utusafishe mioyo yetu;
Na ututegemeze na Roho yako Mutakatifu.

SALA YA SIKU

Mungu mwaminifu, katika ubatizo wetu ulituita kutangaza kwamba ufalme wako ni karibu, utupe uhodari, kama ulivyopatia mitume, ili tushuhudie mapendo na salama zako, katika nyakati na bahati zote za maisha; kwa jina la Mukombozi wetu, Yesu Kristo. **Amina.**

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 Word of the Lord.
Thanks be to God.

HYMN OF THE GOSPEL

SERMON

The Reverend Bikole Mulanda

THE APOSTLES' CREED

All People should stand and say the APOSTLES' CREED:

I believe in God, the Father almighty, creator of heaven and earth; I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins the resurrection of the body, and the life everlasting. Amen.

All that are able to should kneel:

THE PRAYERS

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

THE LORD'S PRAYER

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.

Show us your mercy, O Lord;
And grant us your salvation.
O Lord, save the State;
And mercifully hear us when we call upon you.
Endue your ministers with righteousness;
And make you chosen people joyful.
O Lord, save your people;
And bless your inheritance.
Give peace in our time, O Lord.
May your glory be everywhere in the world .
O God, make clean our hearts within us;
And take not your Holy Spirit from us.

THE COLLECT OF THE DAY

Faithful God, in our baptism you called us to proclaim that your kingdom is near, grant us courage, as you gave it to the apostles, so that we may witness to your love and protection, in all the times and fortunes of life; in the name of our Redeemer, Jesus Christ. **Amen.**

SALA KWA SALAMA

Mungu Mutawala wetu, mwenye nuru, uhuru, na nguvu, utusaidie kukujua vizuri, ili tukutambue katika mahitaji ya wengine, na kukutumikia pasipo choyo, tukifuata mufano wa Mwana wako Bwana yetu Yesu Kristo. **Amina.**

SALA KWA NEEMA

Ee Bwana, Baba yetu ya mbinguni, Mungu Mwenyezi unayeishi milele, uliyetusaidia tuione siku hii salama; utulinde leo kwa uwezo wako mkuu, tusianguke katika zambi, wala tusiingie katika hatari yo yote, lakini matendo yetu yote yaongozwe nawe, ili tuyatende siku zote yaliyo ya haki mbele yako, kwa Yesu Kristo, Bwana wetu. Amina.

MAOMBI YA KANISA

Tuombe Kanisa na dunia na tumushukuru Mungu kwa wema wake wote.

Mwombezi huomba kwa ajili ya mahitaji ya kanisa na ya ulimwengu pasipo kuona.

Muombezi anamaliza sala kwa maneno haya:

Na tunalisifu jina lako takatifu kwa watumishi wako wote wanaotoka katika uzima huu, wanaokuamini na wanaokuogopa. Tunakusihi utupe neema tufuate desturi zao nzuri, tukutane nao katika ufalme wako wa mbinguni. Utupe sisi hivi, Ee Bwana, kama tunavyoviomba kwa Yesu Kristo Mwana wako, Mwokozi wetu. **Amina.**

Maombi mengine yanaweza kusemwa.

MATANGAZO NA SADAKA

Wimbo na kupokea sadaka.

NEEMA

Neema ya Bwana wetu Yesu Kristo, na mapendo ya Mungu Baba, na ushirika wa Roho Mutakatifu, ukae nasi sote, milele na milele. Amina.

WIMBO YA KUTOKA

THE COLLECT FOR PEACE

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

THE COLLECT FOR GRACE

O Lord, our heavenly Father, almighty and everlasting God, who has safely brought us to the beginning of this day; defend us in the same with your mighty power; and grant that this day we fall into no sin, neither run into any kind of danger, but that all our doings may be ordered by your governance, to do always that is righteous in your sight; through Jesus Christ our Lord. Amen.

PRAYERS OF THE CHURCH

Let us pray for the Church and the world and let us thank God for all his goodness.

The intercessor prays for the needs of the church and the world extemporaneously.

The intercessor ends the prayer with these words:

And we praise your holy name for all your servants who have departed this life, who believe in you and who fear you. We ask you to give us the grace to follow their good example, to meet them in your heavenly kingdom. Grant this, O Lord, as we ask for it from Jesus Christ your Son, our Savior. **Amen.**

Other prayers may be said.

ANNOUNCEMENTS AND OFFERING

A song is sung during the offering.

THE GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

RECESSIONAL HYMN

WAHUDUMU WA LITURUJIA

Muhubiri/Preacher - The Rev. Bikole Mulanda, Deacon and Swahili Minister

Kwaya/Choir - Aleluya Kwaya

Musomaji/Lay Minister - Bijoux Mashauri

Washemasi/Greeters & Ushers - Baya Lushiawe, Mkyombwe



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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>Vergers</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*