



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Seventh Sunday after Pentecost
July 12, 2026, 8 a.m.

***Welcome:** Whether you are a first-time visitor or a long-time member, we are honored to worship with you today. If you are searching for a church home, we would love to tell you more about this congregation and to learn more about you. Fill out a visitor card found in the back of the pew in front of you, drop it in the offering plate, and we'll be in conversation with you this week. Above all, please know that this is your Cathedral, and all are welcome.*

THE HOLY EUCHARIST, RITE I

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

People **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.**

Celebrant 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.

Celebrant Lord, have mercy upon us.

People **Christ, have mercy upon us.**

Celebrant Lord, have mercy upon us.

Celebrant and People **Glory be to God on high, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.**

THE LITURGY OF THE WORD

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

O Lord, we beseech thee mercifully to receive the prayers of thy people who call upon thee, and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfill the same; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

All sit.

THE FIRST READING

GENESIS 25:19-34

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.

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 19:105-112 *Lucerna pedibus meis* Read by all in unison.

Your word is a lantern to my feet *
and a light upon my path.

**I have sworn and am determined *
to keep your righteous judgments.**

**I am deeply troubled; *
preserve my life, O LORD, according to your word.**

**Accept, O LORD, the willing tribute of my lips, *
and teach me your judgments.**

**My life is always in my hand, *
yet I do not forget your law.**

**The wicked have set a trap for me, *
but I have not strayed from your commandments.**

**Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.**

**I have applied my heart to fulfill your statutes *
for ever and to the end.**

THE SECOND READING

ROMANS 8:1-11

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.

Lector The Word of the Lord.

People **Thanks be to God.**

THE GOSPEL

MATTHEW 13:1-9, 18-23

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

People **Glory be to thee, O Lord.**

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."

Deacon The Gospel of the Lord.

People **Praise be to thee, O Christ.**

THE SERMON

THE NICENE CREED

Said by all, standing

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: 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.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He 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.

THE PRAYERS OF THE PEOPLE

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

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: 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.

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

THE CONFESSION AND ABSOLUTION

Deacon Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Deacon and People

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

Celebrant 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 then says one or more of the following sentences, first saying

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and I will refresh you.

Matthew 11:28

God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3:16*

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world. *1 John 2:1-2.*

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And with thy spirit.**

Then all may greet one another in the name of the Lord.

THE HOLY COMMUNION

*At this time ushers collect an offering from the congregation.
Use the QR code to make a plate offering. .*



THE GREAT THANKSGIVING

All stand.

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **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...

...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.

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...

...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.**

Celebrant 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, for ever and ever. Amen.

THE BREAKING OF THE BREAD

A period of silence is kept.

Celebrant Alleluia. Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast. Alleluia.**

Celebrant 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.

THE ADMINISTRATION OF HOLY COMMUNION

To receive the Bread and Wine of Holy Communion, please come forward and kneel or stand at the Altar rail. Gluten-free Bread is available upon request. If you prefer not to drink the Wine, please know that receiving only Bread is a "full Communion." If you prefer to receive a blessing instead of the Bread and Wine, come forward to the rail and cross your arms over your chest. If, for whatever reason, you prefer to receive the Bread and Wine in your pew, let your usher know.

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

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 BLESSING

THE DISMISSAL

Deacon Go in peace to love and serve the Lord.

People **Thanks be to God.**

∞ ALTAR GIFTS ∞

TO THE GLORY OF GOD AND IN LOVING MEMORY OF
CARLTON McMULLIN
BY JANE McMULLIN

TO THE GLORY OF GOD AND IN GRATEFUL THANKSGIVING FOR
MARY ELEANOR FELTON ON HER BIRTHDAY
BY HER FAMILY JOSIE, DANIEL AND JOSEPHINE FELTON

LITURGICAL LEADERS

Celebrant and Preacher

The Rev. Thomas Alexander, *Associate Rector*

Lector and Lay Eucharistic Minister

Charliss Russ

ANNOUNCEMENTS

We'd love to connect with you about how to make this church your home. To do so, please fill out one of the pew cards in front of you and drop it in the offertory plate.

Please join us for coffee and continental breakfast after the service in Morrison Hall.

This week at and around the Cathedral

Monday	8:30 a.m. Morning Prayer
Tuesday	8:30 a.m. Morning Prayer
Wednesday	8:30 a.m. Morning Prayer 5 p.m. Trinity Ringing Society 5:30 p.m. Eucharist with Healing Prayers
Thursday	8:30 a.m. Morning Prayer

UPCOMING EVENTS

QR codes provided for additional information and registrations

Studying the Gospel of Matthew

Sundays, 9:15 am – 10:15 am (July 12 – August 2)

Morrison Hall

Join the Cathedral clergy for a four-week study of the Gospel of Matthew on Sunday mornings. The Gospel of Matthew features prominently in the Sunday morning lectionary this year, and this study will afford us a chance to linger with Matthew a bit longer. We encourage participants to bring a Bible with them to each session. The reading schedule is found below. To learn more or to sign up, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

July 12: Matthew 1–2

July 19: Matthew 3–10

July 26: Matthew 11–18

August 2: Matthew 19–28

Daily Morning Prayer in Pierce Chapel

Monday–Thursday at 8:30 a.m.

Would you like to deepen your prayer life using the Book of Common Prayer? Each weekday, Monday through Thursday, parishioners and staff gather in Pierce Chapel for Morning Prayer, a simple 20-minute service of psalms, Scripture readings, and prayers. Whether you are new to the Prayer Book or have prayed it for years, you are warmly invited to join us. For more information, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Give Someone a Happy Birthday

Trinity Cathedral Parish with Daughters of the King, have a birthday celebration each month for the residents of Dorcas House. They look forward to this event on the first day of each month.

We need your help to provide a birthday cake, napkins & plates for one of the parties. We are scheduling volunteers for the next few months. If you would like to volunteer please call or email Marti Thomas for additional information. 501-680-6707 or martinathomas44@outlook.com.

Refillable Water Bottles for St. Francis House

Saint Francis House needs donations of refillable water bottles to give their clients on hot summer days. Matthew 25 helped install a water bottle refill station in the client waiting area outside and these bottles will be a helpful addition this summer.

Bottles can be dropped off at the church office, or left on the table in the back of the church near the baptistry.

Summer Pick-Up Choir

This summer, Trinity is having a weekly “pick-up” choir on Sunday mornings. The choir meets on Sunday mornings at 9:30 a.m. to rehearse music for the 10:30 a.m. service. This allows people to try out choir without Thursday night rehearsals, evensongs, and with relatively simple music. If you can read music and are interested in participating, please reach out to Director of Music Colin MacKnight (colin@trinitylittlerock.org).

Community Garden Help



Help care for the Trinity’s Broadway Community Garden by signing up to adopt the garden for one week at a time! Stop by the garden two or three times during the week to check for ripe vegetables, check the water, and do a little weeding.

Participants will also need to coordinate a day during their adopted week with Denise Albert, who will meet them at the garden, show them around, and provide guidance on responsibilities and expectations. We truly appreciate your participation and support — thank you for helping care for the garden!

Back-to-School Sunday: August 9

Save-the-date for August 9, when we will officially begin the 2026-27 program year as well as honor ECEP, bless our backpacks, and kick off our fall formation programs and classes. Mark your calendars, we look forward to seeing you there.

During Sundays in the summer (May 24 - August 2) we will still offer Nursery care and an Adult Formation Class during the 9:15 a.m. hour. Children’s Sunday School and Chapel (during the 10:30 a.m. service) will not meet. Check program calendars for special summer programs for children and youth including Playground Hangouts, EKC Outings, and Convocational Youth Events!

Coming Up For Children & Youth This Summer:

July

11: Playground Hangout

28: EYC @ AR Skatium

August

9: Back-to-School Sunday

23: "Back 2 School" Bowling (Convocational Youth Event)