



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Tenth Sunday after Pentecost
August 2, 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, let thy continual pity cleanse and defend thy Church, and, because it cannot continue in safety without thy succor, preserve it evermore by thy help and goodness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

All sit.

THE FIRST READING

GENESIS 32:22-31

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 17:1-7,16 *Exaudi, Domine Read by all in unison.*

Hear my plea of innocence, O LORD; give heed to my cry; *
listen to my prayer, which does not come from lying lips.

**Let my vindication come forth from your presence; *
let your eyes be fixed on justice.**

**Weigh my heart, summon me by night, *
melt me down; you will find no impurity in me.**

I give no offense with my mouth as others do; *
I have heeded the words of your lips.

My footsteps hold fast to the ways of your law; *
in your paths my feet shall not stumble.

I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.

Show me your marvelous loving-kindness, *
O Savior of those who take refuge at your right hand
from those who rise up against them.

But at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding your likeness.

THE SECOND READING

ROMANS 9:1-5

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Lector The Word of the Lord.

People **Thanks be to God.**

THE GOSPEL

MATTHEW 14:13-21

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

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

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and

gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

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. On the fourth Sunday of the month
the loose plate offering goes to the Clergy Discretionary Fund.*



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.**

The Celebrant continues

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 GRATEFUL THANKSGIVING FOR
THE BIRTHDAY OF TAYLOR LEA
BY LUCY, NEAL AND NAT LEA

LITURGICAL LEADERS

Celebrant and Preacher

The Rev. Peggy Cromwell, *Priest Associate for Pastoral Care*

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

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.

Back-to-School Sunday: August 9

Sunday, August 9

Lunch after the 10:30 a.m. service

Kick off a new program year with us at Trinity Cathedral! Back-to-School Sunday marks the beginning of Sunday School classes for children, youth, and adults, as well as the return of many of our regular formation offerings. During the 10:30 a.m. service, we'll offer a special blessing for all students, teachers, school staff, and college students as they begin a new academic year. Be sure to bring your backpack, briefcase, or school bag to receive a blessing and a Trinity keychain to carry with you

throughout the academic year. Following the service, the whole parish is invited to lunch in Morrison Hall as we welcome families back from the summer, celebrate the beginning of a new season of ministry, and offer our thanks and prayers for the teachers and staff of Trinity's Early Childhood Education Program. To learn more, contact Missy McCain at missy@trinitylittlerock.org.

Newcomer Gathering

Monday, August 17, 6:00 p.m. – 7:30 p.m.

Home of the Very Rev. Andrea McMillin

New to Trinity Cathedral? Join us at Dean Andrea's home for an evening of food, fellowship, and conversation as you meet other newcomers and parish leaders. Whether you've been worshipping with us for a few weeks or a few months, this is a wonderful opportunity to learn more about Trinity and begin building friendships within our parish community. To RSVP, contact Canon Michael McNeely at michael@trinitylittlerock.org.

Young Adults' Group

Saturday, August 22 at 6:00 p.m.

Home of Thomas Alexander and Lillian Hardaway

Join fellow parishioners in their 20s and 30s for a time of dinner and fellowship. This group gathers monthly at one of the member's homes. The first gathering is on Saturday, August 22 at 6:00 p.m. at the home of Thomas Alexander and Lillian Hardaway. To RSVP and receive the address, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

Next Opportunities for Holy Baptism

We will next celebrate the sacrament of Holy Baptism on Sunday, September 6 at 10:30 a.m., and then on Sunday, November 1 at 10:30 a.m. If you or a family member would like to be baptized, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

SUNDAYS BEGINNING IN AUGUST

8:45 a.m. – 9:15 a.m. – Continental Breakfast and Conversation (Morrison Hall Foyer)

9:15 a.m. – 10:15 a.m. – Children and Youth Sunday School (Parish House Classrooms)

9:15 a.m. – 10:15 a.m. – Adult Sunday School (Morrison Hall, Parish House, Room 101)

10:15 a.m. – 11:45 a.m. – Acolytes (Dean's Hall, Vesting Room)

5 p.m. – 6:30 p.m. – EKC/EYC (Chancellors Hall, Youth Room)

Adult Sunday School

The Cathedral Forum

Sundays, 9:15 a.m. – 10:15 a.m.
Morrison Hall

The Cathedral Forum is Trinity's principal adult education gathering each Sunday morning, bringing together clergy, parishioners, and guest speakers for engaging presentations and discussions. Our first series will be "Artificial Intelligence and the Christian Life," a chance for us to respond faithfully to the rise of AI in society and in the workplace today. To learn more, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

The Inquirers' Class:

Your Faith, Your Life by Jennifer Gamber
Sundays, 9:15 am – 10:15 am (beginning September 13)

Dining Room, Parish House Room 101

Our Inquirers' Class is a welcoming introduction to the Episcopal Church for newcomers and a refresher for longtime Episcopalians. Together, we'll explore the beliefs, worship, history, and practices of the Episcopal Church, while getting to know one another in a relaxed setting. Our textbook is *Your Faith, Your Life: An Invitation to the Episcopal Church* by Jennifer Gamber (ISBN: 0819233714). To register or learn more, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

WEDNESDAYS BEGINNING IN AUGUST

Every Wednesday of the program year, the Cathedral gathers for an evening of worship, fellowship, learning, and music across a variety of options. Whether you join us for community dinner, one of our weekly Eucharists, Book Club, or chorister rehearsals, Wednesdays offer an opportunity to pause in the middle of the week and be renewed in faith and community. We hope you'll make Wednesdays at Trinity a part of your weekly rhythm. Wednesday programs begin on August 12.

*4:00 p.m. – 5:30 p.m. – Trinity Chorister Rehearsal
(Parish House, Room 201)*

*5:00 p.m. – 5:30 p.m. – St. Cecilia Choir Rehearsal
(Parish House, Room 203)*

*5:00 p.m. – 6:15 p.m. – Trinity Ringing Society
Rehearsal (Cathedral Bell Tower)*

*5:15 p.m. – 6:15 p.m. – Community Dinner
(Morrison Hall)*

*5:15 p.m. – 5:45 p.m. – Healing Eucharist (Pierce
Chapel)*

*6:00 p.m. – 6:30 p.m. – Koinonia Eucharist
(Cathedral)*

*6:30 p.m. – 7:30 p.m. – Book Club (Dining Room,
Parish House, Room 101)*

The Trinity Book Club: A Wrinkle in Time

Wednesdays, 6:30 p.m. – 7:30 p.m.

(beginning August 12)

Dining Room, Parish House Room 101

Join us each Wednesday evening as we read and discuss classic and contemporary books that deepen our understanding of the Christian life. Our conversations are thoughtful, welcoming, and open to anyone who enjoys reading alongside others. We begin with *A Wrinkle in Time* by Madeleine L'Engle (ISBN: 0312367546), the beloved Newbery Medal-winning novel that has captivated generations of readers. L'Engle, a faithful Episcopalian, once remarked that if readers wanted to understand her theology, they should read *A Wrinkle in Time*. The discussion will be led by the Rev. Peggy Cromwell.

To sign up, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

Walking the Mourner's Path

*Wednesday, September 9 – Wednesday, October 28,
6:30 p.m. – 8:00 p.m.*

Baker Parlor, Keller House

Walking the Mourner's Path is an 8-week grief group for anyone who has suffered a significant loss and would like to process it in a group setting. The purpose is to transform grief into joyful living by offering the outstretched hand of Christ during bereavement. Loss due to a death is always difficult. The support group invites those who have faced death and suffered the loss of a loved one to come into God's loving presence in community with others. Walking the Mourner's Path is not group therapy, but is spiritually directed. Through the eight-week program, complete with workbook, mourners learn ways in which they may honor their loved ones, seek spiritual direction, and discover God's promise of comfort in community.

The fee is \$80 for the program, and the group will be limited to 10 participants. Scholarships are available. This Fall's group will be co-facilitated by the Rev. Peggy Cromwell and Trinity parishioner John Williams. To register, please fill out the form found in the QR Code and send payment to Trinity Cathedral with "Mourner's Path" in the memo line. To learn more, contact the Rev. Peggy Cromwell (peggy@trinitylittlerock.org).

