



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Twelfth Sunday after Pentecost
August 16, 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.

Grant to us, Lord, we beseech thee, the spirit to think and do always such things as are right, that we, who cannot exist without thee, may by thee be enabled to live according to thy will; 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 45:1-15

Joseph could no longer control himself before all those who stood by him, and he cried out, "Send everyone away from me." So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.' And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here."

Then he fell upon his brother Benjamin's neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 133 *Ecce, quam bonum! read by all in unison*

Oh, how good and pleasant it is, *
when brethren live together in unity!

It is like fine oil upon the head *
that runs down upon the beard,

Upon the beard of Aaron, *
and runs down upon the collar of his robe.

It is like the dew of Hermon *
that falls upon the hills of Zion.

For there the Lord has ordained the blessing: *
life for evermore.

THE SECOND READING

ROMANS II:I-2A, 29-32

Iask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Lector The Word of the Lord.

People **Thanks be to God.**

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

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

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

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.

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 LOVING MEMORY OF
DOROTHY BRITTAIN TANNER AND FRED TANNER SR
BY SYDNEY, FRED, JR, AND JILL TANNER.

LITURGICAL LEADERS

Celebrant and Preacher

The Rev. Thomas Alexander, *Associate Rector*

Lector and Lay Eucharistic Minister

Judy Barger

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

Today	5 p.m.	EKC/EYC			Community Dinner
Monday	8:30 a.m.	Morning Prayer		6 p.m.	Koinonia Eucharist
	6 p.m.	Newcomers Gathering		6:30 p.m.	Book Club
Tuesday	8:30 a.m.	Morning Prayer	Thursday	8:30 a.m.	Morning Prayer
	5:30 p.m.	Vestry Meeting		5:15 p.m.	Evening Prayer
Wednesday	8:30 a.m.	Morning Prayer		7 p.m.	Choir Rehearsal
	4 p.m.	Chorister Rehearsal			
	5 p.m.	St. Cecilia Choir Rehearsal			
		Trinity Ringing Society			
	5:15 p.m.	Eucharist with Healing Prayers			

UPCOMING EVENTS

QR codes provided for additional information and registrations

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.

The Cathedral Forum: *Artificial Intelligence and the Christian Life*

Sundays, 9:15 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. All are welcome. To learn more, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

The Trinity Book Club: *A Wrinkle in Time*

Wednesdays, 6:30 p.m. (beginning August 12)

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.

August 12: Chapters 1–3
August 19: Chapters 4–6
August 26: Chapters 7–9
September 2: Chapters 10–12

Walking the Mourner's Path

*Wednesday, September 9 – Wednesday, October 28,
6:30 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 at peggy@trinitylittlerock.org.



The Inquirers' Class: *Your Faith, Your Life* by Jennifer Gamber

*Sundays, 9:15 am (beginning September 13)
Parish House Room 101*

Led by members of the Cathedral clergy, 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. To register or learn more, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

Note: This class is designed as an introduction to the Episcopal Church. Those desiring Baptism, Confirmation, Reception, or Reaffirmation are encouraged to participate in the Catechumenate in the Spring, a more extensive course of preparation.

Choral Evensong Resumes

Sundays at 4 p.m. beginning September 13

Fresh off their successful week as choir in residence at Canterbury Cathedral, the Trinity Cathedral Choir is preparing to return to offering weekly Choral Evensongs.

Choral Evensong is a contemplative service of music, readings, and prayers that takes place in the late afternoon or early evening. It allows listeners time to meditate and transition from the busyness of the day to the peace and quiet of the evening. Evensong's distinguishing feature is that it consists primarily of music. Trinity Cathedral is one of only a handful of parishes in the country to offer this moving service every week.

Sunday Evening Youth Groups

EKC (4th–5th) & EYC (6th–12th)

Sundays, 5:00 p.m. – 6:30 p.m.

Youth Room, Chancellors Hall

Every Sunday evening, our youth gather for food and fellowship. Our two communities share dinner together for the first 30 minutes, and then gather separately for 1 hour of programming, including faith formation, games, and service projects. This is a weekly opportunity to grow as disciples in a joyful and welcoming community. We invite parents and other volunteers to help provide weekly dinner for our youth, sign up here: <https://bit.ly/tclrsundaydinners>



To learn more, contact Emma Mitchell at emma@trinitylittlerock.org.

August Schedule

Aug 16: EKC&EYC (Trinity Gym)

Aug 23: Back-to-School Bowling @ Professor Bowl
3:00 p.m. EKC; 4:00 p.m. EYC

Aug 30: EKC/EYC Cooking Night (Trinity)

Love Thy Neighbor: Awakening Hearts and Minds

Thursday, September 3, 2026

6:00 PM 8:00 PM

Saint Mark's Episcopal Church

1000 North Mississippi Street

Love Thy Neighbor is an annual interfaith service that brings central Arkansas faith communities together for an evening of music, shared wisdom, and reflection. This year's theme, "Awakening Hearts and Minds," invites participants to (re)awaken to one another and renew our shared spirit.

Speakers from various religious backgrounds will share stories, poems, and prayers from their faith traditions, and local ensembles and musicians will invite participants into times of quiet reflection and collective harmony.

This year's speaker is Khentrul Lodrö Thayé Rinpoche, a Tibetan Buddhist monk and teacher. Khentrul Rinpoche is director of Katog Choling, a nonprofit organization based in the United States, and he oversees more than twenty practice groups across North America and in China, Australia, and South Africa, as well as a large retreat center in the mountains of northwest Arkansas.

The Interfaith Food Festival will follow the service in the parish hall at Saint Mark's with delicious vegetarian dishes prepared by local caterers and faith communities.

The event is free and open to the public. While no childcare will be provided, children are welcome at this event.