



ST. MARY'S

ON THE HIGHLANDS

BIRMINGHAM, ALABAMA

August 2, 2026

Holy Eucharist

10:30 AM

Welcome to St. Mary's! We are glad that you have joined us for worship. If you are visiting today, please fill out a visitor's card and place it in the offering plate when it is passed to you.

Today is the Tenth Sunday after Pentecost. This season in our church year is one of spiritual growth, where in meditating on Jesus' parables, miracles, and challenging teachings, we learn about who our Savior is and to what sort of life he calls us.

Holy Eucharist begins on page 355 of *The Book of Common Prayer*. Hymns are found in *The Hymnal 1982*, also located in the pew rack in front of you. "S" numbers are found in the front of the hymnal.

Children are welcome in worship! Nursery is available for children younger than 3K. Over the summer, all children will begin church with parents. Children in preschool-3rd grade follow the crucifer to Children's Chapel after the Gospel reading. All children will return to their families at the peace.



The nave supports those with hearing impairments via an audio induction loop. Please set your hearing aid to "T" (Telecoil) setting.

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people, through our Lord and Savior Jesus Christ. Amen.

—"A Prayer of Self-Dedication," *The Book of Common Prayer*, 832

The moments before worship are a special opportunity for silence, for reflection, and to come before God in prayer. “Be still, then, and know that I am God” *Psalm 46:11*

Instructed Eucharist

Today’s service will be a regular Rite II communion service with additional commentary that provides the historical, theological, and symbolic context of the prayers, postures, and rituals. It will help those new to the Episcopal Church better understand the service and will enrich the worship of long-time members.

Voluntary – Mache dich, mein Herze, rein

J.S. Bach

Anna Dodd – French horn

“Heart, make yourself pure,
For I want to bury Jesus there.
So that henceforth,
He shall have his sweet rest in me,
Forever and ever.
World, get out, and let Jesus in!”

Hymn in Procession 48 – O day of radiant gladness

Es flog ein kleins Waldvögelein

THE WORD OF GOD

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

People **And blessed be his kingdom, now and forever. Amen.**

The Collect for Purity

BCP 355

Gloria in excelsis **S280**

setting – Robert Powell

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

The Collect of the Day

BCP 232

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

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 Peniel, limping because of his hip.

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 17:1-7, 16 (*read responsively by whole verse*)

- 1 Hear my plea of innocence, O LORD;
 give heed to my cry; *
 listen to my prayer, which does not come from lying lips.
- 2 **Let my vindication come forth from your presence; ***
 let your eyes be fixed on justice.
- 3 Weigh my heart, summon me by night, *
 melt me down; you will find no impurity in me.
- 4 **I give no offense with my mouth as others do; ***
 I have heeded the words of your lips.
- 5 My footsteps hold fast to the ways of your law; *
 in your paths my feet shall not stumble.
- 6 **I call upon you, O God, for you will answer me; ***
 incline your ear to me and hear my words.
- 7 Show me your marvelous loving-kindness, *
 O Savior of those who take refuge at your right hand
 from those who rise up against them.
- 16 **But at my vindication I shall see your face; ***
 when I awake, I shall be satisfied, beholding
 your likeness.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

The Second Lesson

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.

Reader The Word of the Lord.
People **Thanks be to God.**

Sequence Hymn 343 – Shepherd of souls, refresh and bless

St. Agnes

The Gospel

Matthew 14:13-21

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.
People **Glory to you, Lord Christ.**

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 to you, Lord Christ.**

Children in preschool – 3rd grade follow the crucifer to Children's Chapel

The Sermon

The Rev. Deacon Kaki O'Flinn

The Nicene Creed (*standing*) BCP 358

The Prayers of the People (*standing*) BCP 387

Confession of Sin (*kneeling*) BCP 360

The Peace (*standing*) BCP 360

Celebrant The peace of the Lord be always with you.
People **And also with you.**

Parish Announcements

All children return to participate in Holy Communion.

THE HOLY COMMUNION

The Offertory

Ascribe to the Lord the honor due his Name; bring offerings and come into his courts.

In addition to the alms basin, St. Mary's offers several ways to give electronically. You may "Text to Give" by texting the keyword 'SMOTH' to 73256. Text giving saves your payment method so you can quickly give the next time. For more information on other methods of giving, please visit www.stmarysoth.org/give/waystogive/

At the Presentation (*sung by all*) *Old 100th*
Praise God, from whom all blessings flow; praise him, all creatures here below; praise him
above, ye heavenly host: praise Father, Son, and Holy Ghost. Amen.

The Great Thanksgiving BCP 367

Sanctus – S129 setting – Robert Powell

The Breaking of the Bread BCP 364

Celebrant Alleluia. Christ our Passover is sacrificed for us;
People **Therefore let us keep the feast. Alleluia.**

Any baptized person may receive Communion. Those who choose not to receive Communion may wish to receive a blessing, indicated by crossing one's arms over one's chest. Gluten free wafers are available by request.

Ushers will be in the center aisles. Movement is from the center aisle to the altar or Communion station to receive the bread and wine. Then return to your pew by way of the side aisle.

Music at Communion

Solo – Largo from Double Horn Concerto in F Major

Antonio Vivaldi

Anna Dodd – French horn

Hymn 309 – O Food to pilgrims given (*sung by all*)

O Welt, ich muss dich lassen

Hymn 328 – Draw night and take the Body of the Lord (*sung by all*)

Song 46

Postcommunion Prayer

BCP 365

Blessing

Hymn in Procession 690 – Guide me, O thou great Jehovah

Cwm Rhondda

Dismissal

BCP 366

Minister Go in peace to love and serve the Lord.

People **Thanks be to God.**

Voluntary – Toccata

Johann Pachelbel

The flowers on the altar are given to the Glory of God
and in loving memory of

Joseph Harrison Conzelman
Joseph Harrison Conzelman, Jr.
Joseph Harrison Conzelman, III
Thomas Hanlon Fox
Frank Allemong Lupton
Letty Watts Woods
Elizabeth Samuel Lupton
Alonzo Murray Samuel

Antoinette Dunn Conzelman
Elsie Lupton Conzelman
Thomas Dunn Conzelman
Virginia Lupton Fox
Mary Watts Woods Lupton
Micajah Woods Lupton
Elizabeth Brown Samuel
Micajah Woods Lupton, Jr.

and

Gail Gillespie Klyce

The flowers in the narthex are given to the Glory of God
and in loving memory of

Lucy Bennett Black

Assisting in our Worship Today

Preacher

The Rev. Deacon Kaki O'Flinn

Celebrant

The Rev. Richard Ahlquist

Deacon

The Rev. Deacon John I. Kennedy Jr., MD.

Musicians

Dr. James Cook – *organist*

Anna Dodd – *soloist*

The St. Mary's Choir and Dr. John T. Lowe, Jr. are serving as visiting choir-in-residence at Wells Cathedral (Somerset, United Kingdom) and return to St. Mary's on Sunday, August 9.

Assisting in Worship

Meade Whitaker

Chalice Bearer

Kyle Anderson

Lay Readers

Micki Haralson

Buddy Moon

Prayers of the People

Sharon Whatley

Acolytes

Hollaway Craft

Walker Martin

Frances McCalley

Liza Trotter

Ushers

Skip Dorlon

John Dorlon

Alex Goldsmith

Gordon Matin

Greeters

Jane Clapp

Pride Fisher

Altar Guild
Jennifer Dewees Laura McAlister
Phyllis Pelham

St. Mary's Flower Guild

VISITING ST. MARY'S?

Welcome! Please pick up a visitor packet from the table in the narthex. We also encourage you to fill out a Visitor Card (found on the back of the pew in front of you) and drop it in the offering plate. You can also scan the QR code to the right to complete the visitor card online. And please introduce yourself to one of the clergy after the service. Thank you so much for worshipping with us.



St. Mary's Building Access

Please keep the motor court beneath RMH open for drop-offs or for those needing access to the elevator. To reach the worship space without using stairs, enter Drennen House from the motor court or from 12th Avenue and take the elevator to level 3R.

Parking at St. Mary's

Monday-Saturday: Parking is available in four places.

- The motor court.
- The lot below the garden (Take steps to the garden and doors to Parish Office.)
- The lot on 12th Avenue behind Ramsay High School ("St. Mary's West Lot")
- Street parking

Sunday:

- **The motor court is reserved for handicapped parking SUNDAYS ONLY.**
- The small lot at the AT&T building- This lot is available on SUNDAYS ONLY.
- Street Parking on both sides of 12th Avenue

Please note:

- *The lot across 12th Avenue behind Mellow Mushroom is a private lot to which we do not have access. Violators will be towed.*
- *Make sure you have a parking decal on your car to avoid being towed from a St. Mary's lot. These are available in the Parish Office.*

Wheelchairs Available

Wheelchairs are available at the Parish Office reception desk, the entrance to Drennen House, and the connector. Please feel free to use them if needed.

City Action Partnership (CAPS) Service Available

CAPS is in the 5 Points South neighborhood. They are available to assist with dead batteries, locked cars, and the unhoused. Please feel free to call them for assistance or to report a concern: 205-251-0111.



PARISH EVENTS

*Scan this code for quick, easy access to our website's **EVENTS PAGE** to view all event details, registration info, and links.*

Back to School Blessing

NEXT Sunday, August 9 at 10:30 AM Worship Service

Make sure you are in church next Sunday! Special prayers will be offered for students and teachers as the new school year begins. Backpack tags will be available, along with lunchbox prayers for parents to pick up and use throughout the year to encourage students.

St. Mary's Book Movie Club

Tuesday, August 11 / Noon / Living Room

Richard Ahlquist and Jimmy Wiygul will take us through the theology of the exciting “who-dunnit” movie *Wake Up Dead Man – A Knives Out Mystery*, which is available on Netflix. **We won't watch the movie together, but take note of the time of a scene you would like to discuss with the group.** We will have the movie available so we can skip to a few scenes to refresh our memory as we discuss.

House of David

Thursdays through August 13

10:00 AM – 11:30 AM / Living Room

All are welcome! We will watch the first season of the Prime Video Series *House of David*, which depicts the rise of David, tracing his journey from his time as a shepherd to his eventual kingship with the House of David. A group discussion will follow each episode.

Built for a Purpose

Saturday, August 15 / 9:00 AM-4:00 PM / Swan Lake Stables

Built for a Purpose is a fun day for **3rd-8th grade boys** to create, sing, be silly, and learn about Jesus. Using tools, playing games, and learning new skills are all part of the day. **Men and Senior High boys are needed to lead building projects, games, cooking, worship, and Bible teaching.** Cost for campers is \$60. **Registration is open for campers and volunteers.** Scan the QR code above to visit the Events page on our website where you will find the registration links. Questions? Contact Katie Dewees at katie@stmarysoth.org or 205-881-0704.

St. Mary's Day: Sunday, August 16

Celebrate with Special Music, Potluck Lunch, and More!

This will be a special day here as we celebrate the feast day of our patron saint, St. Mary the Virgin. Here is what we have planned for our **10:30 AM worship service**:

- **Special Music!** The St. Mary's Choir and John Lowe will be joined by brass, timpani, and organ
- **Introduction of Our Newest Members**

PLUS! Immediately following the 10:30 AM service, everyone is invited to Randolph Memorial Hall for a Potluck lunch! St. Mary's will provide the fried chicken and beverages. Attendees are asked to bring side dishes and desserts:

- **If your last name starts with A-D**, please bring a salad or appetizer to serve 8-10.
- **If your name starts with E-S**, please bring a side dish to serve 8-10.
- **If your last name starts with T-Z**, please bring a dessert to serve 8-10.
- You may bring your dishes to RMH before the 10:20 AM service.

**August Gathering of *Who Knew?*
Thursday, August 20 / 12:30 PM / Living Room
“Making the Broken Beautiful”**

Join us for our August gathering as **Kaki O’Flinn** explores the Japanese art of **Kintsugi** as a metaphor for how precious we are when we are restored after great sorrow. Kintsugi involves repairing pottery with gold, rejoining the broken pieces to create something even more beautiful. As we do every month, Who Knew? invites you to listen, ask questions, and learn together. **Contact Kaki or Emily Rushing for more information or to suggest a topic for future gatherings.**

Glen Iris Elementary Christmas!

We're collecting funds for the Glen Iris Bag Packing project in December to provide meals for their students and families. Packing for 800+ students costs about \$5500, covering food, bags, and delivery. Every donation helps these children. **Please donate this summer by scanning the QR code to the right or by sending a check to Rhea Pelekis at the Parish Office.** (Be sure to put "Glen Iris Christmas" in the memo line.) *AND: Save the date of Saturday, December 12, to help pack bags.* **Thanks for your support!**



ONGOING ANNOUNCEMENTS

Morning Prayer

Wednesdays / 8:40 AM / Church

All are welcome to join us for this lay-led daily office. Enter Drennen House via the motor court door and take the elevator to Level 3R.

Centering Prayer

Tuesdays / 11:30 AM / Chapel

Centering Prayer is an ancient Christian form of silent prayer that is ideal for both corporate and private worship. Our group meets in-person and via Zoom. For Zoom: meeting ID is 3891069314; password is Prayer.

Opportunities to Serve

- **Highlands United Methodist Church Breakfast Ministry** St. Mary's provides volunteers on **Thursdays, 8:30-10:00 AM**. Questions? Contact Monica Sargent (205-913-4689 or monica@stmarysoth.org). To volunteer, please visit www.stmarysoth.org/outreach.

Pastoral Care Ministries

- **The “Loving Well” Support Group for Caregivers is taking a summer break. Home Communion:** If you or someone you know is unable to worship in person and would like to receive a home communion visit, please get in touch with The Rev. Deacon Kaki O’Flinn at kaki@stmarysoth.org or 205-881-1532.
 - **Hospital Visits:** If you would like to specifically request a visit from the clergy or Pastoral Care Team member, please contact Kaki O’Flinn.
-

PRAYERS FOR OUR PARISH

You may email prayer requests to cissy@stmarysoth.org or call (205) 933-1140.

In an effort to stay current, names will be kept on the list for a month after the date given. If you wish to continue beyond that, please contact us.

For those who await the birth or adoption of a child:

Charles and Olivia Lewis, Brittney and Kellen Watkins

Please pray for our parishioners and staff:

John, Ann, Margaret, Bill, Mike, Jean, Sharon, Debby, Joanne, Chuck, Robin, Bert, Ricky, Billy

For our families, friends, and neighbors:

Kylie, Linda, Nancy, Teeney, Andy, Joe, Carl, Teeney, Jim

For those who are grieving:

Family of Jeff Grisham, Family of Bryan Ratliff, Family of Roger Killian, Family of Kristen DeLaney, Family of Charlie Whittemore, Family of Betty Little

For those who experience ongoing challenges:

Patty, Judy, Patrick, Todd, Norma, Carley, Betty, Bart, Natalie, Linda M., Emily

And for those serving in the Armed Forces:

Alex, Brian, Steven, Daniel, Marjory, Jack, Jesse, Richard, Jonah, Robert, John, Isabelle, Frank, Emilio, Truitt, Gilbert

ST. MARY'S ON THE HIGHLANDS EPISCOPAL CHURCH

1910 12th Avenue South, Birmingham, Alabama 35205

205-933-1140 / www.stmarysoth.org

CLERGY

The Rev. H. Huey Gardner, Rector

The Rev. Richard Ahlquist, Associate Rector

The Rev. Deacon Kaki O'Flinn/Pastoral Care

The Rev. Deacon John I. Kennedy Jr., MD./Episcopal DIOALA Chaplain to UAB Medical Center

RETIRED CLERGY

The Rev. Grady Richardson

The Rev. Gates Shaw

Retired clergy who worship and occasionally serve at St. Mary's

LAY STAFF

Emily Ball – *Asst. Children's Minister*

Katie Dewees – *Children's Minister*

Melodie Elam – *Director of Communications and
Hospitality Ministries*

Jessica Hall – *Youth and Young Adult Minister*

Cissy Hartz – *Ministries Coordinator*

Dr. John T. Lowe, Jr. – *Director of Music and
Organist*

Anne Morgan – *Asst. Children's Minister*

Evan Pezant – *Asst. Youth Minister*

Rhea Pelekis – *Director of Finance*

Monica Sargent – *Outreach Ministries*

Blair Trotter – *Technical Support*

Matt Watson – *Facilities Manager*

Cindy Wiley – *Parish Engagement/Spirituality
Ministries*

VESTRY

Cheryl Brakefield – *Sr. Warden*

George Newton – *Jr. Warden*

Lora Blalock

David Cain

Gordon Martin

Clayton Trotter

Camille Epps

Emily Holmes

Jeanie MacKenzie

Larry Sedar

Brooks Adams

Bert Amason – *Clerk*

Stuart Beale

Kelly Seibels

Elizabeth Wyatt

Bentley Sloan – *Treasurer*

Patrick Toomey – *Asst. Treasurer*

Meade Whitaker – *Legal Counsel*



ST. MARY'S
ON THE HIGHLANDS