



ST. HELENA'S

CHURCH AT FRIPP ISLAND

Raising up Servant Leaders and Gospel Communities in Beaufort and Beyond



SUNDAY 9AM

July 5, 2026

Welcome and Call to Worship

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

People: And blessed be his kingdom, now and for ever. Amen.

House of the Lord

We worship the God who was we worship the God who is

We worship the God who evermore will be

He opened the prison doors He parted the raging sea

My God He holds the victory

Chorus

There's joy in the house of the Lord

There's joy in the house of the Lord today

And we won't be quiet we shout out Your praise

There's joy in the house of the Lord

Our God is surely in this place and we won't be quiet

We shout out Your praise we shout out Your praise

We sing to the God who heals we sing to the God who saves

We sing to the God who always makes a way

'Cause He hung up on that cross then He rose up from that grave

My God's still rolling stones away

We were the beggars now we're royalty

We were the prisoners now we're running free

We are forgiven accepted redeemed by His grace

Let the house of the Lord sing praise

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Better is One Day

How lovely is your dwelling place
Oh, Lord Almighty
For my soul longs and even faints for You
For here my heart is satisfied
Within Your presence
I sing beneath the shadow of Your wings

Better is one day in Your courts
Better is one day in Your house
Better is one day in Your courts
Than thousands elsewhere

One thing I ask and I would seek
To see Your beauty
To find You in the place Your glory dwells
One thing I ask and I would seek
To see Your beauty
To find You in the place Your glory dwells

My heart and flesh cry out
For You, the living God
Your Spirit's water to my soul
I've tasted and I've seen
Come once again to me
I will draw near to You
I will draw near to You

Prayers of the People

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Prayer of Confession (saying together)

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

The Peace

Officiant: The peace of the Lord be always with you.

People: And with your spirit.

Announcements

Scripture Reading: Micah 6:6-8

⁶ “With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? ⁷ Will the LORD be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” ⁸ He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Reader: The Word of the Lord.

People: Thanks be to God.

Gospel Reading: Luke 10:38-42

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” ⁴¹ But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Reader: The Word of the Lord.

People: Thanks be to God.

The Sermon: “Better Than Busy”

The Rev. Todd Simonis

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 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.

Holy Communion

Officiant: The Lord be with you.

People: And with your spirit.

Officiant: Lift up your hearts.

People: We lift them up to the Lord.

Officiant: Let us give thanks to the Lord our God.

People: It is right to give him thanks and praise.

Words at the Table

Officiant: Therefore we proclaim the mystery of faith:

People: Christ has died.

Christ is risen.

Christ will come again.

The Lord's Prayer (saying together)

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, forever and ever. Amen.

The Table

I will feast at the table of the Lord
I will feast at the table of the Lord
I won't hunger anymore at His table

Chorus

Come all you weary come and find
His yoke is easy His burden light
He is able He will restore at the table of the Lord

There is peace at the table of the Lord
There is peace at the table of the Lord
I won't worry anymore at His table

There is healing at the table of the Lord
There is healing at the table of the Lord
Oh and I won't suffer anymore at His table

Bridge

I know He has a place for me oh what joy will fill my heart
With the saints around the mercy seat of God

I'm invited to the table of the Lord
I'm invited to the table of the Lord
He says come just as you are to His table

He Is

If you're troubled, heavy hearted
Come to Jesus and find your peace
If you're run down, empty handed
Come to Jesus and find your strength

(He is) Hope for the hopeless
Rest for the weary
Help for the hurting He is He is
Mending the broken
Bearing the burdens
All that you're needing He is

If you're wandering, in the darkness
Come to Jesus and find your way
If you want freedom, need forgiveness
Just come to Jesus and find His grace

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Turn Your Eyes

Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow strangely dim
In the light of His glory and grace

Turn your eyes to the hillside
Where justice and mercy embrace
There the Son of God gave His life for us
And our measureless debt was erased

Chorus

Jesus to You we lift our eyes
Jesus our glory and our prize
We adore You behold You our Savior ever true
Oh Jesus we turn our eyes to You

Turn your eyes to the morning
And see Christ the lion awake
What a glorious dawn fear of death is gone
For we carry His life in our veins

Turn your eyes to the heavens
Our King will return for His own
Every knee will bow every tongue will shout
All glory to Jesus alone

Oh Jesus we turn our eyes...to You

George Romanacce, Helen H. Lemmel, Kevin Winebarger, Nathan Stiff, Nic Trout
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Post-Communion Prayer (saying together)

Heavenly Father, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the body of your Son, and heirs of your eternal Kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Blessing

Living Hope

How great the chasm that lay between us
How high the mountain I could not climb
In desperation I turned to heaven
And spoke Your name into the night
Then through the darkness Your loving-kindness
Tore through the shadows of my soul
The work is finished the end is written
Jesus Christ my living hope

Who could imagine so great a mercy
What heart could fathom such boundless grace
The God of ages stepped down from glory
To wear my sin and bear my shame
The cross has spoken I am forgiven
The King of kings calls me His own
Beautiful Savior I'm Yours forever
Jesus Christ my living hope

Chorus

Hallelujah praise the One who set me free
Hallelujah death has lost its grip on me
You have broken every chain
There's salvation in Your name
Jesus Christ my living hope

Then came the morning that sealed the promise
Your buried body began to breathe
Out of the silence the Roaring Lion
Declared the grave has no claim on me
Jesus yours is the victory

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The Dismissal

Officiant: Go in peace to love and serve the Lord.

People: Thanks be to God. Alleluia, alleluia, alleluia.

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