

Listening to Land, Listening to Self: An Eco-Contemplative Writing Retreat

August 29-30, 9:00 am-4:00 pm.

What does the land tell us when we truly listen? How does a pesticide-sprayed lawn or a restored oak savanna affect our bodies and minds? In this contemplative writing retreat, we'll explore the role of writers in this time of climate crisis and discover how to grieve what is lost while finding strength and joy in what is possible. You can register online on the Holy Wisdom website.

About the Instructor:

Rebecca Jamieson is the author of *The Body of All Things* and is the recipient of a 2025 Wisconsin Writers Award. Her writing has appeared in numerous publications, and she is a regular contributor to *Isthmus*. When she's not writing, you can find her hiking, baking, or cuddling her two cats.

You are invited to a concert by the **River Valley Community Choir** at St Luke Church in Plain WI on Saturday, August 29 at 7PM.

A RIBBON AT A TIME

There is a 12-piece string orchestra with the choir and will be singing the Sunrise Mass by Ola Gjeilo and 6 other pieces. The venue is marvelous for music. There are no pre-event sales. Suggested donation is \$15.

Twentieth Sunday in Ordinary Time

August 16, 2026



Welcome to Holy Wisdom Monastery!
Influenced by the Benedictine Spirit and Tradition, we welcome all to worship with us and we embrace unity around an open communion table.

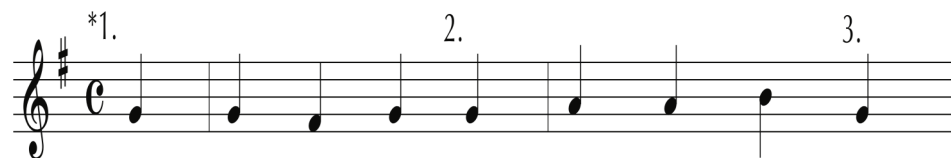
Please join us following Sunday Assembly for coffee and conversation in the Dining Room of the Monastery.



Holy Wisdom Monastery
4200 County Road M
Middleton, Wisconsin 53562
608.836.1631
Holywisdommonastery.org

Gathering

Diverse in Culture, Nation, Race



1. Di - verse in cul - ture, na - tion, race, We
2. God, let us be a bridge of care Con -
3. When cha - sms wid - en, storms a - rise, O
4. God, let us be a ta - ble spread With



come to - geth - er by your grace. God, let us be a
nect - ing peo - ple ev - 'ry - where. Help us con - front all
Ho - ly Spir - it, make us wise. Let our re - solve, like
gifts of love and bro - ken bread, Where all find wel - come,



meet - ing ground Where hope and heal - ing love are found.
fear and hate And lust for pow'r that sep - a - rate.
steel, be strong To stand with those who suf - fer wrong.
grace at - tends, And en - e - mies a - rise as friends.

Greeting, Welcome and Introduction

Opening Prayer

Today's Ministers:

Presider

Homilist

Sacristan

Lectors

Greeters

Communion

Bread Baker

Cantors

Technology

Worship/Music

Child care

Sally Bowers

Pam Shellberg

Diane Smith

Michael Shinnars

Julie Melton

Jules Lee,

Jeanne Marquis, Sue Koleczek

Bob and Paula Dinndorf

Jane Ahlstrom, Sandy Adams

Valerie Vervoort

Mary Russell

Sherri Hansen

Bruce Goodman

Bill Frederick

Nichole Rasmus, Janine Veto

Music for today is printed and streamed with permission under onelicense number A-703698. © All rights reserved. "Diverse In Culture, Nations, Race" by Ruth Duck, GIA Publications, Psalm 67 "May God Bless Us In All Mercy" by: Michel Guimont, GIA Publications, "Joyful Heart Alleluia " by Steve Angrisano and Thomas N. Tomaszek, OCP Publications, "Now The Feast And Celebration" by Marty Haugen, GIA Publications", "Lamb of God, Holy Cross Mass" David Clarke Isele, GIA Publications, "Eternal Spirit Of the Living Christ" by Frank Christensen, Hymn Society Hope Publishing, "When In Our Music, God Is Glorified" by Marty Haugen, GIA Publications.

Centering Prayer Group Wednesday August 19, 7:00-8:00 pm, RGH 10 – Time for silent prayer/meditation with a group, includes walking meditation between periods of seated meditation. Contact Barb Abbott, 608-284-7424

Summer Plant ID Walk Thursday Aug. 20th – 10:00 am-12:00 pm – Email Emma Kloes if you would like to join them! Ekloes@holylwisdommonastery.org to register.

Yearning to make a practical difference – one that is desperately needed -- in our fraught and fearful world? Wanting to join hearts with others to have an impact on our world, so beset by suffering, violence and inequity? **JOIN US!** for an introduction to the new Palestinian Connection Project!

Members of the HWM Social Justice Committee invite you to join us in the Board Room after liturgy on **Sunday, August 23, 2026**, to hear about the new Palestinian Connection Project, a heart-to-heart relationship between our Sunday Assembly community and the approximately 2,000 Palestinian people in 12 villages at the southern end of the West Bank. These are the villages about which we learned in last year's viewing of the film, No Other Land. The villages are currently under a demolition order; it is now impossible to be employed in the West Bank, and aid organizations are no longer able to work here. The villagers' goal is simple: to maintain their villages, remain on their land, and raise the families. Through this project, members of Sunday Assembly have an opportunity to directly and meaningfully address the injustice and suffering of this small community, and to build a lasting relationship of support and solidarity with these families.

Liturgy of the Word

Reading

Isaiah 56:1, 6-8

Following each reading,

Reader

The Word of Salvation

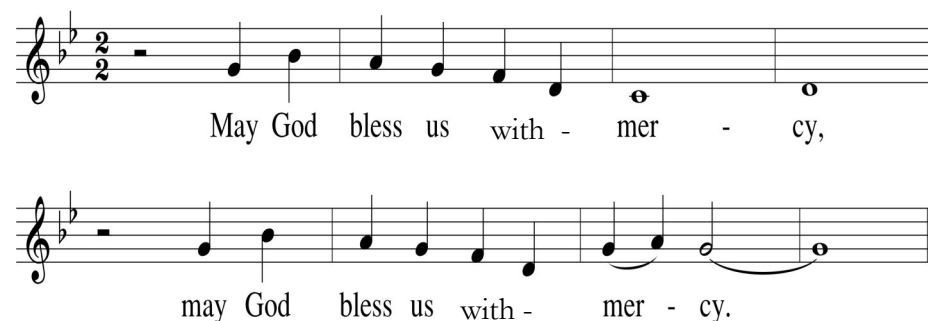
All

Thanks be to God

A time of silent reflection follows each reading as we practice the Benedictine value of listening.

Psalm 67

May God Bless Us With Mercy



1. O God, be gracious and bless us, and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help.
2. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth.
3. Let the peoples praise you, O God; let all the peoples praise you. May God will give us blessing till the ends of the earth stand in awe.

Reading

Romans 11:1-2a, 29-32

Gospel Acclamation

Joyful Heart Alleluia



Gospel

Matthew 15:21-28

Before the Gospel,

Reader A reading from the holy Gospel
according to Matthew

All Glory to you, O Christ

Following the Gospel,

Reader The holy Gospel

All Praise to you, O Jesus Christ

Homily

Intercessions

R/.God of love, hear our prayer.

Sign of Peace

Presentation of the Gifts

*A basket is available on the table to receive your donations.
Thank you for your generosity. The gifts of bread, wine
and our offering are brought to the altar.*

Personal Listening Devices We have eight personal listening devices available for anyone to use during worship. They can be picked up and returned in the Sacristy. For more information, or if you are having trouble using the devices see Bill Frederick.

Anyone interested in baking bread for Sunday Assembly? I am in need of 2 more bread bakers for Sunday Assembly! If you are interested in being part of this very important ministry, please let Bill know! Bfrederick@holywisdommonastery.org or (608)821-1154.

The next Flower Market will be September 6, 2026. We hope you enjoy the Benedictine value of beauty expressed through a bouquet of monastery grown zinnias, wildflowers and prairie grasses. We ask for a suggested donation of \$20 of cash or check (made out to Benedictine Women of Madison). The bouquets will be in a quart-sized, narrow-mouth mason jar, and we ask that you return the jars to the monastery front desk at your convenience. **We are looking for several people** to help arrange the bouquets on Saturday Sep. 5 from 1:00-3:30 pm. Interested? Register

at <https://volunteer.bloomerang.co/JE/4k05ab1tt7qmo2>

New Flooring for the Retreat and Guest House: We are happy to announce that the RGH building will be getting new carpet installed at the end of August. Thanks to many donors who have made this possible. More gifts toward this project will still be accepted until Sept 1. Join a program or retreat this fall to check out the renewed space!

Madison's Magic Pride Festival will take place today Sunday August 16th from 1-6pm at Warner Park on the north side of Madison. Holy Wisdom Monastery will take part for our second year! Please come and support us, and wear bright colorful clothes! It will be such a fun day for everyone!

Kids On The Prairie September 13

Seeds and Cider. Did you know we have orchards at Holy Wisdom? Join us for collecting prairie seeds, picking apples and making cider. Taste the goodness of organically grown apples. Learn about seeds. Each family group will get some native plant seeds to take home.

Announcements

Pastoral Care Services are available to members of the Holy Wisdom Monastery communities. For more information or to receive care, contact Jane Ahlstrom at 608-222-5139 or janeahlstrom@sbcglobal.net.

A Gender Neutral Restroom can be found in the Hospitality Room in the hallway just after the coat racks.

Are you new to Sunday Assembly or are you interested in joining Sunday Assembly? Welcome, we are glad you are here. We invite you to sign the Guest Registry in the lobby (found on the table beneath the television monitor) to receive communications from the monastery. Please join us again soon. You are always welcome here.

Have you been worshipping with us frequently over the last few months? We hope that you've found a spiritual home with us and invite you to consider becoming a member of Sunday Assembly. It's simple. Gold membership forms can be found at the monastery entrance. Just fill it out and return in the collection basket, send by mail, or sign-up through our website. You will then receive welcome information from the Director of Music and Worship.

Sunday Assembly Childcare 9-10am in our Hospitality Room. Childcare is available during Sunday Assembly worship each Sunday. We have qualified care givers and lots of things to keep your little ones active!

Nametags: If you are a visitor at Sunday Assembly, please stop at the nametag table and create a nametag for yourself so we can welcome you and get to know you better!

As we anxiously await word from the Lilly Foundation regarding our recent grant application, Rachel and Erin would like to make themselves available to continue the conversation with our community about the concepts and ideas that were submitted. We want to know what resonated in the proposal for you? For example, if we don't get funded, what do you think we should prioritize from the proposal and continue to pursue? Join us in the Board Room today after Sunday Assembly on August 16th from 10:15 - 11:15. If you would like to review the proposal, it was published in May and recently on July 17th.

Liturgy of the Eucharist

Eucharistic Prayer VII for Ordinary Time

"Walking the Prophetic Journey"

All join in proclaiming the Eucharist Prayer.

*The Assembly parts are in **bold**.*

Presider May the Holy One be with you.

ALL And also with you.

Lift up your hearts.

We lift them up to our God.

Let us give thanks to the God of all.

It is right to give God thanks and praise.

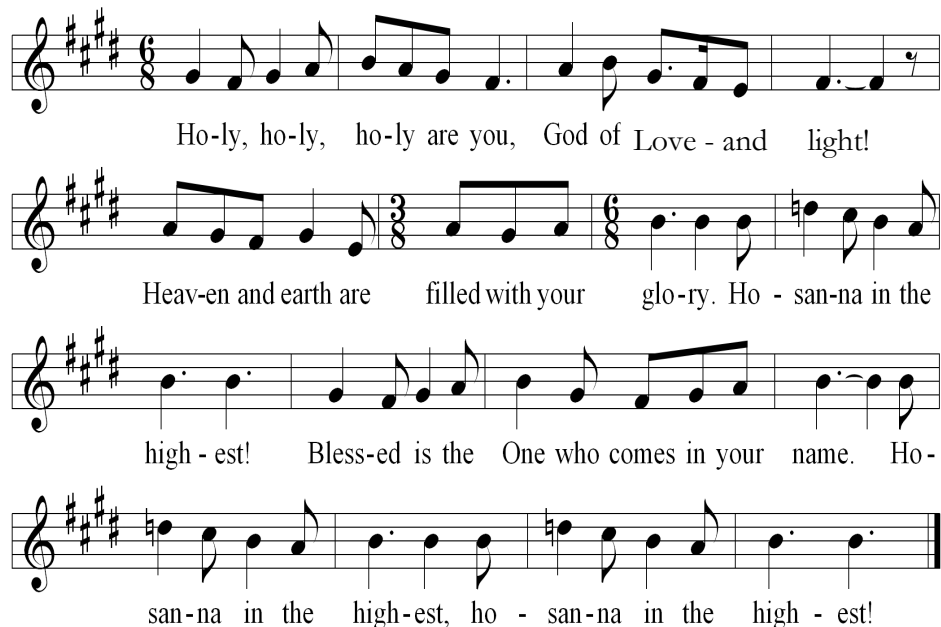
Great and holy designer of all that is,
from everlasting you are the Source of our Being.

**You weave the fabric of the universe
and spread it as the dwelling tent of your glory.
You invite all Creation to robe itself
in the love pouring out from your heart
as from a fountain of never-ending abundance.**

We thank you for the extravagance of your giving,
for the endless communion of your presence
among us and in all that is.

**We thank you that throughout history
you have been calling the human family
together and inspiring us to love one another
and to learn from the humblest parts of creation
your hidden ways.**

Joining now with all the cosmos
and every living creature, we sing your praise.



Ho-ly, ho-ly, ho-ly are you, God of Love - and light!

Heav-en and earth are filled with your glo-ry. Ho - san-na in the

high - est! Bless-ed is the One who comes in your name. Ho -

san-na in the high-est, ho - san-na in the high - est!

Holy One who gathers us,
we honor the ones who have revealed your ways
and we thank you for the courage and fidelity
of all whom you have sent
to prepare a path for us to follow-
all holy people of every age and culture.

**We especially thank you for Jesus
who comes to us as bread for our journey,
In him you revealed the complete
mystery of love
that is the human family.
We seek to follow Jesus' example
and become the Body of Christ
in all our interactions and relationships.**

A brief period of silence follows Communion

Prayer after Communion

Blessing and Sending Forth

Hymn of Praise

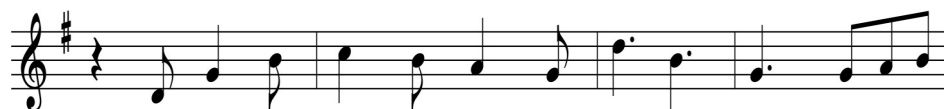
When In Our Music God Is Glorified



1. When, in our mu - sic, God is glo - ri - fied,
2. How of - ten, mak - ing mu - sic, we have found
3. So has the Church, in lit - ur - gy and song,
4. And did not Je - sus sing a psalm that night
5. Let ev - 'ry in - stru-ment be tuned for praise!



And ad - o - ra - tion leaves no room for pride,
A new di - men - sion in the world of sound,
In faith and love, through cen - tu - ries of wrong,
When ut - most e - vil strove a - gainst the Light?
Let all re - joice who have a voice to raise!



It is as though the whole cre - a - tion cried:
As wor - ship moved us to a more pro - found
Borne wit - ness to the truth in ev - 'ry tongue: Al-le-lu -
Then let us sing, for whom he won the fight:
And may God give us faith to sing al - ways:



ia! Al-le-lu - ia! Al-le-lu - ia!

**All So all of us are one body,
all who share the one bread and drink
from the cup.**

Communion Rite

Reception of Communion

Our Communion bread is gluten-free. All are welcome to receive Communion. Come to any one of the four locations in the room. Two stations are behind the Table, one at the side exit, and one near the organ. The **Cup of Wine, in the glass cup** will be distributed behind the Table, as will the **grape juice in the pewter cup**.

Communion Eternal Spirit Of The Living Christ



1. E - ter - nal Spir - it of the liv - ing Christ,
2. Come, pray in me the prayer I need this day;
3. Come with the strength I lack, bring vi - sion clear



I know not how to ask or what to say;
Help me to see your pur - pose and your will,
Of hu - man need; oh, give me eyes to see



I on - ly know my need, as deep as life,
Where I have failed, what I have done a - miss;
Ful - fill - ment of my life in love out - poured:



And on - ly you can teach me how to pray.
Held in for - giv - ing love, let me be still.
My life in you, O Christ; your love in me.

On the night before he died,
Jesus gathered his friends together for a meal
and shared with them his life and love.

While they were at supper he took bread,
gave you thanks,
broke it and passed it among them saying:
"Take this all of you, and eat.
This is my body which is given up for you."

Then he took the cup of wine,
said the blessing,
and gave it to them saying:
"Take this, all of you, and drink.
This is the cup of my blood,
poured out for you and for all,
so that creation may be reconciled.
Every time you do this,
do this in remembrance of me."

Let us proclaim the mystery of faith:



Christ has died. Christ is ris-en. Christ will come, come a - gain.

Giver of every blessing,
send your gracious Spirit upon us
and upon these gifts of bread and wine.

**Help us to recognize the reality of Christ
present among us.**

**Grant us the courage and the power
to be your justice and your peace
in our world.**

**Give us open hearts and minds
to welcome all who are outcast,
especially the immigrant and the refugee.
Teach us to live gently and gratefully
upon this planet
and upon the pathway you have chosen
for us from among the stars.**

As we make our prayer to you, O Holy One,
we remember all our loved ones who have died.
Give comfort to all who suffer,
and may the fullness of your peace
be revealed in every land.

Through Christ, with Christ, in Christ,
In the unity of the Spirit, all glory and honor is
Yours O God, now and forever...



The Prayer of Jesus

**Holy One, our only home,
blessed be your name.**

**May your day dawn,
your will be done,
here as in heaven.**

**Feed us today, and forgive us,
as we forgive each other.**

**Do not forsake us at the test,
but deliver us from evil.**

**For the glory, the power,
and the mercy are yours,
now and forever. Amen**

Breaking of Bread



Presider The bread which we break,
is it not communion in the body of Christ?

The cup of blessing which we share,
is it not communion in the blood of Christ?