



ST. PAUL'S
EPISCOPAL CATHEDRAL

815 High Street ☩ Des Moines, IA 50309 ☩ 515-288-7297
cathedralchurchofstpaul.org

The Sixth Sunday after Pentecost: Proper 9
Choral Eucharist

Sunday, July 4, 2021

Ten o'clock in the morning

*Per recent guidance from the Diocesan Task Force on Regathering,
congregations may now sing. Please remain masked.*

Voluntary

God Bless Our Native Land

Wilbur Held

The Word of God

Hymn 518

How firm a foundation

FOUNDATION



1 How firm a foun - da - tion, ye saints of the Lord,
2 "Fear not, I am with thee; O be not dis - mayed!
3 "When through the deep wa - ters I call thee to go,
4 "When through fier - y tri - als thy path - way shall lie,
5 "The soul that to Je - sus hath fled for re - pose,



1 is laid for your faith in his ex - cel - lent word!
2 For I am thy God, and will still give thee aid;
3 the riv - ers of woe shall not thee o - ver - flow;
4 my grace, all - suf - fi - cient, shall be thy sup - ply;
5 I will not, I will not de - sert to its foes;



1 What more can he say than to you he hath said,
2 I'll strength - en thee, help thee, and cause thee to stand,
3 for I will be with thee, thy trou - bles to bless,
4 the flame shall not hurt thee; I on - ly de - sign
5 that soul, though all hell shall en - deav - or to shake,



1 to you that for ref - uge to Je - sus have fled?
 2 up - held by my right - eous, om - ni - po - tent hand.
 3 and sanc - ti - fy to thee thy deep - est dis - tress.
 4 thy dross to con - sume, and thy gold to re - fine.
 5 I'll nev - er, no, nev - er, no, nev - er for - sake."

Optional Interlude



Words: K. in John Rippon's *Selection*, 1787, alt. Music: *Foundation*, melody from *The Sacred Harp*, 1844; harm. Calvin Hampton (1938-1984) Copyright ©1984, Calvin Hampton. All rights reserved. Used with permission.

Celebrant Blessed be God: Father, Son, and Holy Spirit.
People **And blessed be God's kingdom, now and for ever.**
Amen.

The Celebrant may say

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.**

The Gloria

S280



1. Glo - ry to God in the high - est, and



peace to his peo - ple on earth. 2. Lord God, heaven - ly



King, al - mighty - y God and Fa - ther, we wor - ship you, we



give you thanks, we praise you for your glo - ry. 3. Lord Je - sus

Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you
 take a - way the sin of the world: have mer - cy
 on us; 5. you are seat - ed at the right hand of the Fa-ther: re -
 ceive our prayer. 6. For you a - lone are the Ho - ly One,
 you a - lone are the Lord, 7. you a - lone are the Most
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the
 glo - ry of God the Fa - ther. A - men.

THE COLLECT OF THE DAY

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS, *the People sit*

A Reading from the Second Book of Samuel

[5: 1 – 5, 9 – 10]

All the tribes of Israel came to David at He'bron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The LORD said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at He'bron; and King David made a covenant with them at He'bron before the LORD, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At He'bron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years. David occupied the stronghold, and named it the city of David. David built the city all around from the Mil'lo inward. And David became greater and greater, for the LORD, the God of hosts, was with him.

Leader The Word of the Lord.

People Thanks be to God.

Psalm 48

Magnus Dominus

BCP p. 651

The Cantor sings the refrain initially and the People join when invited

Mode 2

Refrain

This God shall be our guide for ev - er - more.

from *Gradual Psalms for the RCL*, ed. Bruce E. Ford, Church Publishing Incorporated.

- 1 Great is the LORD, and highly to be praised; *
in the city of our God is his holy hill.
- 2 Beautiful and lofty, the joy of all the earth, is the
hill of Zion, *
the very center of the world and the city of the great King.
- 3 God is in her citadels; *
he is known to be her sure refuge.
- 4 Behold, the kings of the earth assembled *
and marched forward together.
- 5 They looked and were astounded; *
they retreated and fled in terror.

- 6 Trembling seized them there; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind shatters them.
- 7 As we have heard, so have we seen,
in the city of the LORD of hosts, in the city of our God; *
God has established her for ever.
- 8 We have waited in silence on your loving-kindness, O God,
in the midst of your temple.
- 9 Your praise, like your Name, O God, reaches to
the world's end; *
your right hand is full of justice.
- 10 Let Mount Zion be glad
and the cities of Judah rejoice, *
because of your judgments.
- 11 Make the circuit of Zion;
walk round about her; *
count the number of her towers.
- 12 Consider well her bulwarks;
examine her strongholds; *
that you may tell those who come after.
- 13 This God is our God for ever and ever; *
he shall be our guide for evermore.

A Reading from the Second Letter of Paul to the Corinthians [12: 2 – 10]

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows—was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed

to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 707

Take my life and let it be consecrated

HOLLINGSIDE

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im-pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.
 Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876)

The Holy Gospel

[Mark 6: 1 – 13]

All Stand

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

People **Glory to you, Lord Christ.**

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Jo'ses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave,

shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

THE HOMILY

The Rt. Rev. Alan Scarfe, Bishop of Iowa

After the Homily, a period of silent reflection is kept.

THE NICENE CREED, standing

BCP p. 358

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.

All stand or kneel for prayer.

Deacon or other leader

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

We pray for Michael, our Presiding Bishop; Alan, our bishop; St. Paul's clergy and staff; and all lay and ordained ministers.

Silence

Lord, in your mercy

Hear our prayer.

We pray for the bishop candidates, Jennifer, Betsey, and Elizabeth, for the work of the Bishop Transition Committee, and for the Convention delegates as we approach the election of the tenth Bishop of Iowa.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Lord, in your mercy

Hear our prayer.

In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of St Paul, Durant; Trinity, Muscatine; Church of the Saviour, Clermont; for St. Margaret's Home Dundee in Brechin; Parish Naakiri, Nzara; Mothers Union, Swaziland; The Anglican Church of Papua New Guinea, let us pray to the Lord.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

The Celebrant adds a concluding Collect.

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

THE CONFESSION AND ABSOLUTION

BCP p. 360

Deacon: Let us confess our sins against God and our neighbor.

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 Priest stands and says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And also with you.**

ANNOUNCEMENTS

On-line Giving Options: Visit cathedralchurchofstpaul.org and click "Donate Now" or you can scan now. *Thank you!*



The Holy Communion

Offertory Anthem *Come, Ye That Love the Lord* arr. Alice Parker

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p. 361

Celebrant: The Lord be with you.

People: **And also with you**

Celebrant: Lift up your hearts.

People: **We lift them to the Lord.**

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

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

The Celebrant continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

Sanctus

S124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The people stand or kneel. Then the Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself; and when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the New Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People:

Christ has died. Christ is risen. Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. **AMEN.**

And now, as our Savior Christ has 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

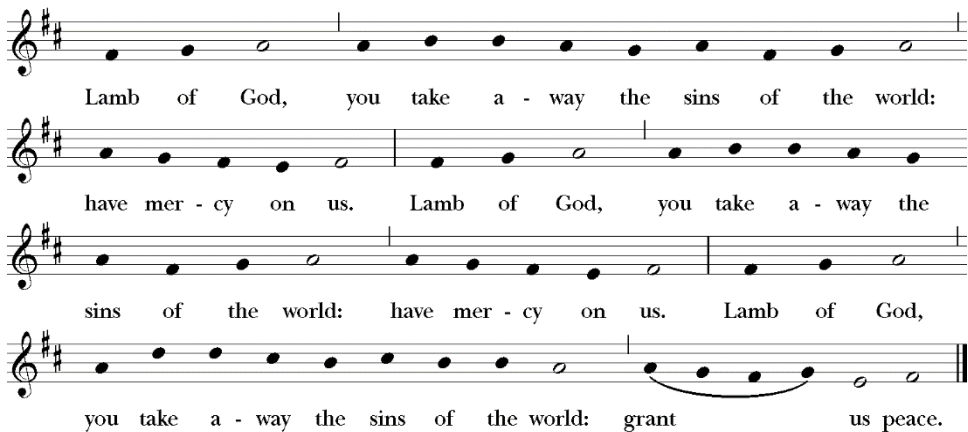
The Celebrant breaks the consecrated Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

People; Therefore let us keep the feast. **Alleluia.**

Fraction Anthem

S161



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

Celebrant: The gifts of God for the People of God.

All baptized persons are welcome to receive Holy Communion by moving forward to the altar rail or by remaining in your place. In either case you are welcome to receive a blessing, indicated by crossing your arms over your chest.

Communion Music

After the people receive Communion a period of silent reflection is kept

POST COMMUNION PRAYER

BCP p. 365

After Communion, the Celebrant says

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Bishop when present, or the Priest, may bless the people

May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. **Amen.**

1 O God, our help in a - ges past, our hope for years to come,
 2 un - der the sha - dow of thy throne thy saints have dwelt se - cure;
 3 Be - fore the hills in or - der stood, or earth re - ceived her frame,
 4 A thou - sand a - ges in thy sight are like an eve - ning gone;
 5 Time, like an ev - er - roll - ing stream, bears all our years a - way;

1 our shel - ter from the storm - y blast, and our e - ter - nal home;
 2 suf - fi - cient is thine arm a - lone, and our de - fense is sure.
 3 from ev - er - last - ing thou art God, to end - less years the same.
 4 short as the watch that ends the night be - fore the ris - ing sun.
 5 they fly, for - got - ten, as a dream dies at the o - pen - ing day.

6 O God, our help in ages past,
 our hope for years to come,

be thou our guide while life shall last,
 and our eternal home.

Words: Isaac Watts (1674-1748), alt.; para. of Psalm 90:1-5

Music: *St. Anne*, melody att. William Croft (1678-1727), alt.; harm. William Henry Monk (1823-1889)

DISMISSAL

Deacon

Let us go forth into the world, rejoicing in the power
 of the Spirit.

People

Thanks be to God.

Organ Voluntary Variations on *The Star Spangled Banner* Dudley Buck

Announcements for July 4, 2021

Today at St. Paul's

We welcome The Rt. Rev. Alan Scarfe, Bishop of Iowa, who is preaching at both services today.

**The Cathedral Office will be closed on Monday, July 5th.
Have a wonderful holiday!**

Wednesday Luchtime Eucharist begins July 7 at 12:05 pm in the Chapel.

This spoken service will last about one-half hour, and we hope you will join us.

St. Paul's Youth Summer Fine Arts Camp

July 19 – July 23, 9:00 am – 12:30 pm

Ages 8 – 13 – Registration fee \$45 or \$80 for 2

Includes all materials, lunch, and snacks: scholarships available. Curriculum will incorporate music theory, church music, vocal exercise, handbells, architecture, and prayer. Choral experience welcome, not required. You can register on our website.

Parish Meeting: July 7, 4:30 – 6 pm, What is a Bishop?

Join St. Paul's clergy and convention delegates to reflect on the role and desired characteristics of those called to the office of Bishop.

The Diocese of Iowa announces three candidates for the 10th Bishop of Iowa.

The candidates will visit St. Paul's the evening of Monday July 12, to Meet & Greet the community. Evensong at 5:15 pm with Question-and-Answer sessions beginning at 6:00 pm. Parking will be available in St. Paul's lot and also in the neighboring lot to the east (Pace Juvenile Center), accessible off High Street. Additional parking is available in the parking lot north of First United Methodist Church, off 10th Street.

Our next **Choral Evensong** will be **Monday, July 12 at 5:15 pm**. Please join us.



Mission Statement: The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church.