

ST. PAUL'S
EPISCOPAL CATHEDRAL

The Sixth Sunday after Pentecost: Proper 11

July 17, 2022

Choral Eucharist
Ten o'clock in the morning

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

Organ Voluntary

The Word of God

Hymn 423

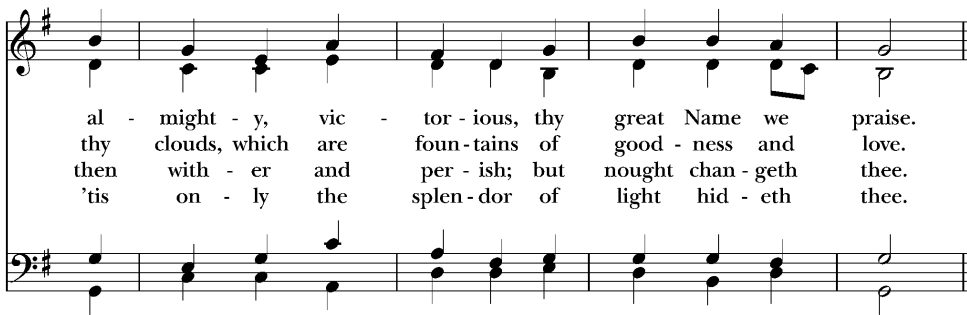
Immortal, invisible, God only wise

ST. DENIO

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
 2 Un - rest - ing, un - hast - ing, and si - lent as light,
 3 To all life thou giv - est, to both great and small;
 4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,
 nor want - ing, nor wast - ing, thou rul - est in might;
 in all life thou liv - est, the true life of all;
 thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish, like leaves on the tree,
 all laud we would ren - der: O help us to see



al - might - y, vic - tor - ious, thy great Name we praise.
 thy clouds, which are foun - tains of good - ness and love.
 then with - er and per - ish; but nought chan - geth thee.
 'tis on - ly the splen - dor of light hid - eth thee.

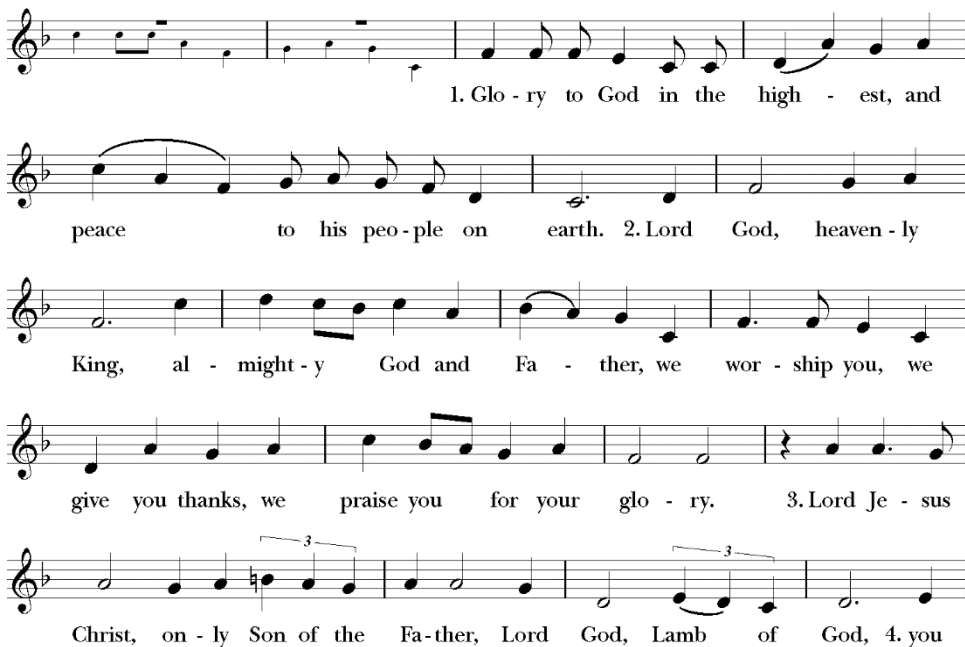
Celebrant Blessed be God: Father, Son, and Holy Spirit.
People And blessed be God's kingdom, now and for ever. Amen.

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 - might - 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

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

O God, you see how busy we are with many things. Turn us to listen to your teachings and lead us to choose the one thing which will not be taken from us, Jesus Christ our Lord. **Amen.**

THE LESSONS, *the People sit*

A Reading from the Book of Amos

[8: 1 – 12]


This is what the Lord God showed me—a basket of summer fruit. He said, “Amos, what do you see?” And I said, “A basket of summer fruit.” Then the Lord said to me, “The end has come upon my people Israel; I will never again pass them by. The songs of the temple shall become wailings on that day,” says the Lord God; “the dead bodies shall be many, cast out in every place. Be silent!” Hear this, you that trample on the needy, and bring to ruin the poor of the land, saying, “When will the new moon be over so that we may sell grain; and the sabbath, so that we may offer wheat for sale? We will make the ephah small and the shekel great, and practice deceit with false balances, buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat.” The Lord has sworn by the pride of Jacob: Surely I will never forget any of their deeds. Shall not the land tremble on this account, and everyone mourn who lives in it, and all of it rise like the Nile, and be tossed about and sink again, like the Nile of Egypt? On that day, says the Lord God, I will make the sun go down at noon, and darken the earth in broad daylight. I will turn your feasts into mourning, and all your songs into lamentation; I will bring sackcloth on all loins, and baldness on every head; I will make it like the mourning for an only son, and the end of it like a bitter day. The time is surely coming, says the Lord God, when I will send a famine on the land; not a famine of bread, or a thirst for water, but of hearing the words of the Lord. They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the Lord, but they shall not find it.

Leader The Word of the Lord.

People Thanks be to God.

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

Refrain

Mode 2 

We will trust in God's great mer - cy.

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

- 1 You tyrant, why do you boast of wickedness*
against the godly all day long?
- 2 You plot ruin;
your tongue is like a sharpened razor,*
O worker of deception.
- 3 You love evil more than good*
and lying more than speaking the truth.
- 4 You love all words that hurt,*
O you deceitful tongue.
- 5 Oh, that God would demolish you utterly,*
topple you, and snatch you from your dwelling,
and root you out of the land of the living!
- 6 The righteous shall see and tremble,*
and they shall laugh at him, saying,
- 7 "This is the one who did not take God for a refuge,*
but trusted in great wealth
and relied upon wickedness."
- 8 But I am like a green olive tree in the house of God;*
I trust in the mercy of God for ever and ever.
- 9 I will give you thanks for what you have done*
and declare the goodness of your Name in the presence
of the godly.

A Reading from the Letter of Paul to the Colossians

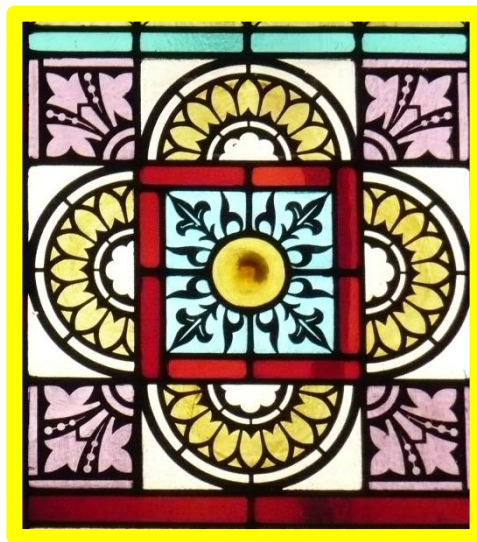
[1: 15 – 28]

Jesus is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers--all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to

reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel. I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Leader The Word of the Lord.

People Thanks be to God.



A detail from our tower window. The sunflower, a favorite Aesthetic-era motif as well as a symbol of the soul turning to Christ, is quartered and used to define a Gothic-style quatrefoil in the tower window. Stylized flowers and leaves fill the corners.

Hymn 440

Blessed Jesus, at thy word

LIEBSTER JESU

1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
 God canst win us; thou must work all good with - in us.
 Church up - rais - es; hear, and bless our prayers and prais - es.

The Holy Gospel

[Luke 10: 38 – 42]

All Stand

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

People Glory to you, Lord Christ.

Jesus and his disciples went on their way, he entered a village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

THE HOMILY

The Rev. John Doherty

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.

PRAYERS OF THE PEOPLE

All stand or kneel for prayer.

Deacon

Let us come before the Lord in prayerful reverence saying, "God of Glory, *reveal yourself to us.*"

Intercessor We pray for our Presiding Bishop; Betsey, our bishop; St. Paul's clergy and staff; and all lay and ordained ministers. In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of St John, Glenwood; St John, Shenandoah; St. Margaret, Lochee, Dundee, Brechin; Nakofo Parish, Nzara; Luve Parish, Swaziland; and The Episcopal Church. Grant, Almighty God, that we your Church, the body of your Son in this world, may present ourselves holy and blameless before you.

God of Glory

Reveal yourself to us.

Intercessor Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may generously welcome both friend and stranger.

God of Glory

Reveal yourself to us.

Intercessor Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may generously welcome both friend and stranger.

Intercessor Lord God, open our hearts. Inspire us to be generous with all we have and all we are. May our own generosity reflect the generosity that you show us.

God of Glory

Reveal yourself to us.

Intercessor Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may generously welcome both friend and stranger.

Intercessor Bless all those we have long loved, those we are learning to love, and those who are yet strangers in our lives; grant that we may honor the Christ in them, that our kindness may refresh and bless all we meet.

God of Glory

Reveal yourself to us.

Intercessor Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may generously welcome both friend and stranger.

Intercessor Comfort and heal all those who suffer any affliction; give them strength and courage in their troubles, and remind them of the hope of glory they find in Christ.

God of Glory

Reveal yourself to us.

Intercessor Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may generously welcome both friend and stranger.

Intercessor We commend to your mercy all who have died, that they may be eternally reconciled to you through Jesus Christ; and we pray that we may forever dwell with Mary and Martha and all your faithful servants in your blessed peace.

The Celebrant adds a concluding Collect.

God of Wisdom, you gave us Jesus to question the roles we play and the submissions we enforce: may your living truth free us from the lie of exclusion and make us all learners and doers of your word; through Jesus Christ, teacher and liberator. 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.**

WELCOME AND ANNOUNCEMENTS

We offer safe and secure online giving on our website by using the QR (“Quick Response”) Code on the right.

For on-line Giving Options: Visit cathedralchurchofstpaul.org and click “Donate Now.”

You may also put your offering in the offering plate, located near the entrance of the nave.



The Holy Communion

Offertory Anthem

THE GREAT THANKSGIVING

Eucharistic Prayer B

BCP p. 367

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 God thanks and praise.**

The Celebrant proceeds

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

The Celebrant adds the Proper Preface

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

Hymnal 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

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil,

and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

Celebrant and People

We remember his death,

We proclaim his resurrection,

We await his coming in glory;

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Paul and with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. 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 for ever. **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

Hymnal 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.



A second detail from the tower window, showing the combination of geometric and stylized plant motifs.

Hymn 382

King of glory, King of peace

GENERAL SEMINARY

1 King of glo - ry, King of peace, I will love thee;
 2 Where - fore with my ut - most art, I will sing thee;
 3 Seven whole days, not one in seven, I will praise thee;

Tenor or soprano ad libitum

3 Seven whole days, not one in seven, I will praise thee;

and that love may nev - er cease, I will move thee.
 and the cream of all my heart, I will bring thee.
 in my heart, though not in heaven, I can raise thee.

in my heart, though not in heaven, I can raise thee.

Thou hast grant - ed my re - quest, thou hast heard me;
 Though my sins a - gainst me cried, thou didst clear me;
 Small it is in this poor sort to en - roll thee;

Small it is in this poor sort to en - roll thee;

thou didst note my work - ing breast, thou hast spared me.
 and a - lone, when they re - plied, thou didst hear me.
 e'en e - ter - ni - ty's too short to ex - tol thee.

e'en e - ter - ni - ty's too short to ex - tol thee.

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

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be amongst you, and remain with you always. **Amen.**

Hymn 543

O Zion, tune thy voice

EASTVIEW

Music unavailable due to copyright

- 1 O Zion, tune thy voice, and raise thy hands on high;
tell all the earth thy joys, and boast salvation nigh.
Cheerful in God, arise and shine, while rays divine stream all abroad.
- 2 He gilds the morning face with beams that cannot fade;
his all-resplendent grace he pours around thy head;
the nations round thy form shall view, with luster new divinely crowned.
- 3 In honor to his Name reflect that sacred light;
and loud that grace proclaim, which makes thy darkness bright;
pursue his praise, till sovereign love in worlds above the glory raise.
- 4 There on his holy hill a brighter sun shall rise,
and with his radiance fill those fairer purer skies;
while round his throne ten thousand stars in nobler spheres his influence own.

DISMISSAL

The Deacon dismisses the people.

People Thanks be to God.

Organ Voluntary

Announcements for July 17, 2022

From Many, One Conversations Across Difference

Who are you? Who are we? Who are we called to become?

Small group intentional conversations with an opportunity to know one another and develop a sense of community. Attend as many as you wish!

Tuesdays

July 26, & August 9
Zoom at 7:00 p.m.

Thursdays

July 28, & August 11
Cathedral Courtyard Wine &
Cheese at 6:00 p.m.

Sign-up opportunities for the "FROM ONE MANY, Conversations Across Difference"- ZOOM session, set for July 12, 2022 at 7:00 p.m. are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: volunteersignup.org/WY9K8 To sign up, just follow the instructions on the page. It only takes a few seconds to do. Please sign up so that we can send you the ZOOM invitation for the session. Thank you for your interest!

Urban Bicycle Food Ministry

St. Paul's has been invited to partner with Urban Bicycle Food Ministry on July 21 (note date change!) to make and deliver meals to those in need on several routes in Des Moines. Spots are limited so sign up today!

Ways to participate:

1. Make square burritos (signature UBFM meal - instruction provided!)
2. Deliver meals by car
3. Deliver meals by bike

Particulars:

Gather at 5:00 pm at Capitol Hill Lutheran Church (511 Des Moines St).

Arriving by car? An adjacent barrier-controlled lot is available. Barrier code will be provided after sign-up.

Arriving by bike? Store your bike in the secure bike corral while you help prepare food; bring a backpack or paniers and a helmet and be prepared to ride approximately 10 miles at a gentle pace.

- 15 years old or younger? Bring a parent or guardian with you.
- 16 or 17 years old? A waiver is needed, signed by parent or guardian.

Ingredients are provided.

Iowa Cubs' Game Sunday, August 14

Join us August 14 at 1:08 PM for St. Paul's Outing to Iowa Cubs -- We will be seated in Section 9 Behind Home Plate -- Tickets: \$8.00. Tickets are on sale after Sunday Services or from the Cathedral Office until August 7.

You are invited to join us virtually or at Gray's Lake. This is not a race but a fun (fund) raiser!

This year, UTO is partnering with Episcopal Migration Ministries, building on 20 years of partnership between United Thank Offering (UTO) and Episcopal Migration Ministry (EMM).

When: September 11 4:00 PM or when ever. [[register here](#)]

Where: On your own wherever you wish, or join us at the SW parking lot (Concessions & Rental stand) at Gray's Lake to group up for our various activities e.g. walk, bike, run, yoga, or sit - you choose! Come to Confluence Brewery when you feel so inclined. There is more parking at Waterworks or other lots at Gray's Lake Park.

Who: This activity is open to everyone. We encourage you join us with family and friends.

How: You decide your activity if any. Be sure and join St. Paul's Cathedral, Des Moines group when you sign up.

Cost: \$15 registration, with the option to donate to either UTO or EMM.

[[Sign up today!](#)] (If you can't attend on the 11th, you can still participate - see information at the registration page.)

Today's Liturgical Ministers

Ten o'clock Eucharist:

Crucifer – Catherine Gillespie

Torch Bearers – Nathan & Sheila Brown

1st lesson – Henry Harmon

Cantor – Austin Rozendaal

2nd lesson – Scott Jeneary

Intercessor – Volunteer requested

Eucharistic Minister – Scott Jeneary, Volunteer requested

Audio – Tim Hird

Ushers – Henry Harmon, Paul Meginnis

Chapter Counters – Duane Sand, Stephanie Wells; (alt. Elvin McDonald)



ST. PAUL'S
EPISCOPAL CATHEDRAL

Mission Statement: St. Paul's Episcopal Cathedral is a welcoming, worshiping community committed to living Christ's unconditional love through fellowship, service, and kindness.