



ST. PAUL'S
EPISCOPAL CATHEDRAL

The Seventh Sunday after Pentecost: Proper 12

July 24, 2022

Choral Eucharist
Ten o'clock in the morning

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

Organ Voluntary

Praise, My Soul, the King of Heaven

Gerhard Krapf

The Word of God

Hymn 410

Praise, My Soul, the King of Heaven

LAUDA ANIMA

Music unavailable due to copyright

- 1 Praise, my soul, the King of heaven;
to his feet thy tribute bring;
ransomed, healed, restored, forgiven,
evermore his praises sing:
Alleluia, alleluia!
Praise the everlasting King.
- 2 Praise him for his grace and favor
to his people in distress;
praise him still the same as ever,
slow to chide, and swift to bless:
Alleluia, alleluia!
Glorious in this faithfulness.
- 3 Father-like he tends and spares us;
well our feeble frame he knows;
in his hand he gently bears us,
rescues us from all our foes.
Alleluia, alleluia!
Widely yet his mercy flows.
- 4 Angels, help us to adore him;
ye behold him face to face;
sun and moon, bow down before him,
dwellers all in time and space.
Alleluia, alleluia!
Praise with us the God of grace.

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, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; 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 Book of Hosea

[1: 2 – 10]

When the LORD first spoke through Hose'a, the LORD said to Hose'a, "Go, take for yourself a wife of whoredom and have children of whoredom, for the land commits great whoredom by forsaking the LORD." So he went and took Go'mer daughter of Dibla'im, and she conceived and bore him a son. And the LORD said to him, "Name him Jez'reel; for in a little while I will punish the house of Je'hu for the blood of Jez'reel, and I will put an end to the kingdom of the house of Israel. On that day I will break the bow of Israel in the valley of Jez'reel." She conceived again and bore a daughter. Then the LORD said to him, "Name her Lo-ruha'mah, for I will no longer have pity on the house of Israel or forgive them. But I will have pity on the house of Judah, and I will save them by the LORD their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen." When she had weaned Lo-ruha'mah, she conceived and bore a son. Then the LORD said, "Name him Lo-am'mi, for you are not my people and I am not your God." Yet the

number of the people of Israel shall be like the sand of the sea, which can be neither measured nor numbered; and in the place where it was said to them, "You are not my people," it shall be said to them, "Children of the living God."

Leader The Word of the Lord.

People Thanks be to God.

Psalm 85


Benedixisti, Domine

BCP p. 708

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

Mode 1

Refrain



Show us your mer - cy, O Lord, and grant us your sal - va - tion.

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

- 1 You have been gracious to your land, O Lord, *
you have restored the good fortune of Jacob.
- 2 You have forgiven the iniquity of your people *
and blotted out all their sins.
- 3 You have withdrawn all your fury *
and turned yourself from your wrathful indignation.
- 4 Restore us then, O God our Savior; *
let your anger depart from us.
- 5 Will you be displeased with us for ever? *
will you prolong your anger from age to age?
- 6 Will you not give us life again, *
that your people may rejoice in you?
- 7 Show us your mercy, O LORD, *
and grant us your salvation.
- 8 I will listen to what the LORD God is saying, *
for he is speaking peace to his faithful people
and to those who turn their hearts to him.
- 9 Truly, his salvation is very near to those who fear him, *
that his glory may dwell in our land.
- 10 Mercy and truth have met together; *
righteousness and peace have kissed each other.
- 11 Truth shall spring up from the earth, *
and righteousness shall look down from heaven.

- 12 The LORD will indeed grant prosperity, *
and our land will yield its increase.
- 13 Righteousness shall go before him, *
and peace shall be a pathway for his feet.

A Reading from the Letter of Paul to the Colossians [2: 6 – 15, (16 – 19)]

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it. Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 654

Day by day

SUMNER

The hymn is sung twice

Day by day, dear Lord, of thee three things I pray:
to see thee more clear - ly, love thee more dear - ly,
fol - low thee more near - ly, day by day.

Words: Att. Richard of Chichester (1197-1253)

Musical: Sumner, Arthur Henry Biggs (1906-1954) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

The Holy Gospel

[Luke 11: 1 – 13]

All Stand

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

People Glory to you, Lord Christ.

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say: 'Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial.'" And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up

and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs. So I say to you, ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

THE HOMILY

Mr. Jonathan Hansen, M. Div.

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

Brothers and sisters, God's salvation is very near. Reverently and fearfully, let us pray to the Lord, saying, "We call to you, O God; *answer us.*"

Intercessor We pray for Michael, 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 New Song, Coralville; Church of the Savior, Orange City; Vestry Members and Lay Representatives; Church Musicians and Volunteers, Brechin; Yabongo Deanary, Nzara; Victims of HIV and AIDS and all caring for them and their welfare, Swaziland; and The Diocese of Maseno West – The Anglican Church of Kenya. Make your Church alive, O God, together with your risen Christ. Forgive our trespasses, erase all records that stand against us and save us from the time of trial

Silence

We call to you, O God;

Answer us.

Intercessor By your victory on the cross, Lord Christ, you have triumphed over all things. We pray that we may witness your kingdom come, your will be done, on earth as in heaven.

Silence

We call to you, O God;

Answer us.

Intercessor Help us to be good stewards of your creation, that each and every person will be given their daily bread.

The congregation is invited to add their prayers of thanks giving, followed by silence.

We call to you, O God;

Answer us.

Intercessor We pray, God our protector, for all those with uncertain futures. Make your good purpose known, O God, in their lives. May they know that you, Father, give good gifts to your children.

Silence

We call to you, O God;

Answer us.

Intercessor Comfort and heal all those who are in pain or sorrow or any kind of trouble. Do not abandon the works of your hands. Be found, Gracious God, by all those who search for you.

The congregation is invited to add their petitions, followed by silence.

We call to you, O God;

Answer us.

Intercessor We commend to your mercy all who have died. And, we thank you, Gracious God, that all who are buried with Christ in baptism shall also experience the power of his resurrection.

Silence

We call to you, O God;

Answer us.

The Celebrant adds a concluding Collect.

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; 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.

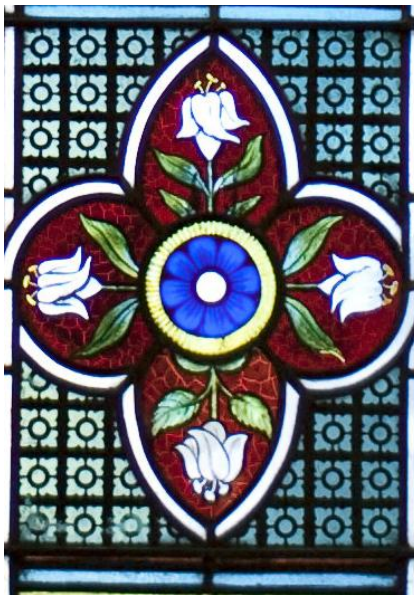
People **And also with you.**

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

When Peace Like a River

Dale Grotenhuis

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.

Hymn 711

Seek ye first

SEEK YE FIRST

Music unavailable due to copyright

- 1 See ye first the kingdom of God and its righteousness,
And all things shall be added to you;
Allelu, alleluia!
- 2 Ask, and it shall be given to you, seek, and ye shall find,
Knock, and the door shall be opened unto you.
Allelu, alleluia!

Refrain following Stanza 2

Alleluia, alleluia, alleluia!

Allelu, alleluia!

Communion Music

God be in my head

John Rutter

Sung by members of St. Paul's Cathedral Choir

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 488

Be thou my vision

SLANE



1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true word;
 3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—
 I ev - er with thee and thou with me, Lord;
 may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought,— by day or by night,
 thou my great Fa - ther; thine own may I be;
 Heart of my heart,— what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 still be my vis - ion, O Ru - ler of all.

DISMISSAL

The Deacon dismisses the people.

People Thanks be to God.

Organ Voluntary

Trumpet Voluntary in D

John Stanley

Announcements for July 24, 2022

*Today's altar flowers are given are given by Paul & Colin Meginnis
in loving memory of Kay Meginnis*

**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" 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!

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.



ST. PAUL'S
EPISCOPAL CATHEDRAL

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

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 – Henry Allard

1st lesson – Kirsten Buniak

Cantor – Tom Smith

2nd lesson – Laurie Theis

Intercessor – Volunteer requested

Eucharistic Minister – Scott Jeneary, Volunteer requested

Video – Volunteer requested

Audio – Harold Alexander

Ushers – John Zickefoose, Volunteer requested

Chapter Counters – Kirsten Buniak, Mike Gillespie; (alt. Jolene Phelps)