



ST. PAUL'S

EPISCOPAL CATHEDRAL

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

cathedralchurchofstpaul.org

The Eleventh Sunday after Pentecost: Proper 14

Choral Eucharist

Sunday, August 8, 2021

Ten o'clock in the morning

All St. Paul's Cathedral staff and Choir members are fully vaccinated.

*Current CDC guidance advises **everyone in Polk County***

to wear a mask in public places.

Voluntary

Aria

G. F. Handel

Air

Handel

The Word of God

Hymn 48

O day of radiant gladness

ES FLOG EIN

KLEINS WALDVÖGELEIN

1 O day of ra - diant glad - ness, O day of joy and
 2 This day at the cre - a - tion, the light first had its
 3 This day, God's peo - ple meet - ing, his Ho - ly Scrip - ture
 4 That light our hope sus - tain - ing, we walk the pil - grim

light, O balm of care and sad - ness, most
 birth; this day for our sal - va - tion Christ
 hear; his liv - ing pres - ence greet - ing, through
 way, at length our rest at - tain - ing, our

beau - ti - ful, most bright; this day the high and
 rose from depths of earth; this day our Lord vic -
 Bread and Wine made near. We jour - ney on, be -
 end - less Sab - bath day. We sing to thee our

low - ly, through a - ges joined in tune, sing,
 to - rious the Spi - rit sent from heaven, and
 liev - ing, re - newed with heaven - ly might, from
 prais - es, O Fa - ther, Spi - rit, Son; the

“Ho - ly, ho - ly, ho - ly,” to the great God Tri - une.
 thus this day most glo - rious a tri - ple light was given.
 grace more grace re - ceiv - ing on this blest day of light.
 Church her voice up - rais - es to thee, blest Three in One.

Words: Sts. 1-2, Christopher Wordsworth (1807-1885), alt.; st. 3, Charles P. Price (b. 1920) Copyright ©1982, Charles P. Price; st. 4, *Hymnal 1982*
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 harm. George Ratcliff Woodward (1848-1934)

Celebrant
People

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

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 [18: 5 – 9, 15, 31 – 33]

The king ordered Jo'ab and Abi'shai and It'tai, saying, "Deal gently for my sake with the young man Ab'salom." And all the people heard when the king gave orders to all the commanders concerning Ab'salom. So the army went out into the field against Israel; and the battle was fought in the forest of E'phraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Ab'salom happened to meet the servants of David. Ab'salom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Jo'ab's armor-bearers, surrounded Ab'salom and struck him, and killed him. Then the Cu'shite came; and the Cu'shite said, "Good tidings for my lord the king! For the

LORD has vindicated you this day, delivering you from the power of all who rose up against you." The king said to the Cu'shite, "Is it well with the young man Ab'salom?" The Cu'shite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man." The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Ab'salom, my son, my son Ab'salom! Would I had died instead of you, O Ab'salom, my son, my son!"

Leader The Word of the Lord.

People Thanks be to God.

Psalm 130

De profundis

BCP p. 784

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

Mode 3 

With the Lord there is mer - cy and plen - teous re - demp - tion.

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

- 1 Out of the depths have I called to you, O LORD;
LORD, hear my voice;*
let your ears consider well the voice of my supplication.
- 2 **If you, LORD, were to note what is done amiss,***
O LORD, who could stand?
- 3 For there is forgiveness with you;*
therefore you shall be feared.
- 4 **I wait for the LORD; my soul waits for him;***
in his word is my hope.
- 5 My soul waits for the LORD,
more than watchmen for the morning,*
more than watchmen for the morning.
- 6 **O Israel, wait for the LORD,***
for with the LORD there is mercy;
- 7 With him there is plenteous redemption,*
and he shall redeem Israel from all their sins.

A Reading from the Letter of Paul to the Ephesians [4: 25 – 5: 2]

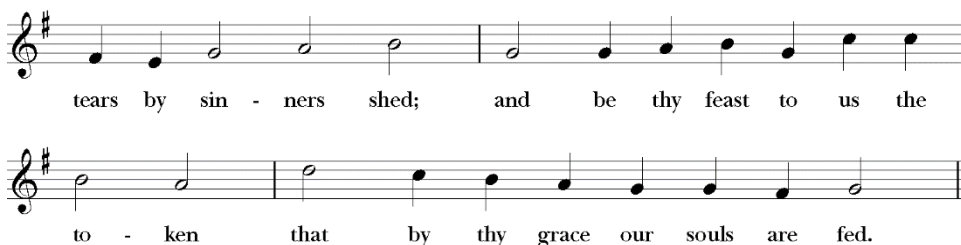
So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 301 *Bread of the world in mercy broken* RENDEZ À DIEU

Bread of the world, in mer - cy bro - ken, Wine of the
soul, in mer - cy shed, by whom the words of life were
spo - ken, and in whose death our sins are dead:
look on the heart by sor - row bro - ken, look on the



Words: Reginald Heber (1783-1826). Music: *Rendez à Dieu*, melody att. Louis Bourgeois (1510?-1561?), harm. Claude Goudimel (1514-1572), alt.

The Holy Gospel

[John 6: 35, 41 – 51]

All Stand

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

People Glory to you, Lord Christ.

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

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 FORM IV

BCP p. 388

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; Betsey, our bishop-elect; St. Paul's clergy and staff; and all lay and ordained ministers.

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 Luke, Fort Madison; St John, Keokuk; the Diocesan Council in Brechin; Yubu Parish, Nzara; the Department of Training, Swaziland; The Church of South India (United), 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

Hymn 393

Praise our great and gracious Lord

MOAZ ZUR



1 Praise our great and gra - cious Lord, call up - on his ho - ly Name;
2 God has given the cloud by day, given the mov - ing fire by night;



raisi - ng hymns in glad ac - cord, all his might - y acts pro - claim:
guides his Is - rael on their way from the dark - ness in - to light.



how he leads his cho - sen un - to Ca - naan's prom - ised land,
God it is who grants us sure re - treat and re - fuge nigh;



how the word we have heard firm and change - less still shall stand.
light of dawn leads us on: 'tis the Day - spring from on high.

Words: Harriet Auber (1773-1862), alt. Music: *Maoz Zur*, Hebrew melody; adapt. and arr. Eric Werner (b. 1901) Copyright ©1960, Conference of American Rabbis. All rights reserved. Used with permission.

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.

For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

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

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 335

I am the bread of life

I AM THE BREAD OF LIFE

1	I	am	the	bread	of	life;	_____	they	who
2 (The)	Bread	that	_____	I	will	give	_____	is	my
3 (Un-)	less	_____	_____	you	eat	_____	_____	of	the
4	I	am	the	re -	sur -	rec -	tion,	_____	_____
5 (Yes,)	Lord,	_____	we	be	-	lieve	_____	that	_____

1	come	to	me	shall	not	_____	hun -	ger;	they	who	be -
2	Flesh	for	the	life	of	the	world,	_____	and	they	who
3	Flesh	of	the	Son	of	_____	Man	_____	and	_____	_____
4	I	_____	am	the	_____	life.	_____	They	who	be -	_____
5	you	_____	are	the	_____	Christ,	_____	_____	the	_____	_____

1	lieve	in	me	shall	not	thirst.	_____	No	one	can	come	to
2	eat	_____	of	this	bread,	_____	_____	they	shall	_____	live	for
3	drink	_____	of	his	Blood,	_____	you	shall	not	have	life	with -
4	lieve	_____	in	me,	_____	_____	_____	e -	ven	_____	if	they
5	Son	_____	of	God	_____	_____	_____	who	_____	_____	has	_____



1 me un - less the Fa - ther draw them.
2 ev - er. they shall live for ev - er.
3 in you. you shall not have life with - in you.
4 die, they shall live for ev - er.
5 come in - to the world.

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

1-4

Final Ending

last day. 5 Yes, day.

last day. 2 The 3 Un- day. 4 — 5 Yes, (♯)

The descant may be sung after stanzas 4 and 5.

Words: Suzanne Toolan (b. 1927); adapt. of John 6, Copyright ©1971, G.I.A. Publications, Inc. Music: *I Am the Bread of Life*, Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928) Copyright ©1970, 1975, Celebration. All rights reserved. Used with permission.

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 wisdom of God, the Love of God, and the Grace of God strengthen you to be Christ's hands and heart in this world, in the name of the Holy Trinity. Amen.

1 God of grace and God of glo - ry, on thy peo - ple pour thy power;
 2 Lo! the hosts of e - vil round us scorn thy Christ, as - sail his ways!
 3 Cure thy chil - dren's war - ring mad - ness, bend our pride to thy con - trol;
 4 Save us from weak res - ig - na - tion to the e - vils we de - plore;

crown thine an - cient Church's sto - ry; bring her bud to glo - rious flower.
 From the fears that long have bound us free our hearts to faith and praise:
 shame our wan - ton, self - ish glad - ness, rich in things and poor in soul.
 let the gift of thy sal - va - tion be our glo - ry ev - er - more.

Grant us wis - dom, grant us cour - age, for the fac - ing of this
 grant us wis - dom, grant us cour - age, for the liv - ing of these
 Grant us wis - dom, grant us cour - age, lest we miss thy king - dom's
 Grant us wis - dom, grant us cour - age, serv - ing thee whom we a -

hour, for the fac - ing of this hour.
 days, for the liv - ing of these days.
 goal, lest we miss thy king - dom's goal.
 dore, serv - ing thee whom we a - dore.

Words: Harry Emerson Fosdick (1878-1969), alt. Copyright © by permission of Harry Emerson Fosdick. All rights reserved. Used with permission.
 Music: *Cum Rhonda*, John Hughes (1873-1932)

DISMISSAL

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

People **Thanks be to God.**

Organ Voluntary

Fugue à la Gigue

J. S. Bach

Announcements for August 8, 2021

Today at St. Paul's

Altar flowers are given by Babette Brenton celebrating the memory of Bob Brenton and their wedding anniversary on August 9, 1952.

- Special thanks to our Guest Carillonneur, Mark Pritchard
- Special thanks to our Guest Organist, Canon David Raymond
- **Our new Litany of Blessing begins today, following both services.**
 Please gather at the side altar in the sanctuary for an extended blessing that includes opportunity for healing prayer.

St. Paul's Cathedral Arts Garden Party - Sunday, August 29th at 4pm

Home of Mark Babcock and Tony Braid

1804 28th St., Des Moines, 50310

A wonderful opportunity to hear about and support
 the 2021 - 2022 Cathedral Arts Season!

Please RSVP to babcockm@central.edu by August 23rd

Cathedral Financial Questions

If you have questions about finance, please contact Rick Stearns:
financial@cathedralchurchofstpaul.org

New Contact information for Deacon John

Deacon John has a new email address:

johndeacon@cathedralchurchofstpaul.org. His personal contact information remains the same. He no longer has office hours at the church. Financial questions may be sent to the treasurer, Rick Stearns.

Morning Prayer Wednesday at 9:15 am

Please contact administrator@cathedralchurchofstpaul.org in order to receive the Zoom meeting information by email. If you do not have a copy of the Book of Common Prayer at home, you may access it online at bcponline.org

St. Paul's audio system includes the T-coil Hearing Loop. If you have questions or need assistance, please speak with one of our Audio Coordinators.



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.