

ST. PAUL'S
EPISCOPAL CATHEDRAL

The Eleventh Sunday after Pentecost: Proper 16

August 21, 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 437

Tell out, my soul

BIRMINGHAM

1 Tell out, my soul, the great-ness of the Lord!
 2 Tell out, my soul, the great-ness of his Name!
 3 Tell out, my soul, the great-ness of his might!
 4 Tell out, my soul, the glo-ries of his word!

Un - num - bered bless - ings give my spi - rit voice;
 Make known his might, the deeds his arm has done;
 Powers and do - min - ions lay their glo - ry by.
 Firm is his prom - ise, and his mer - cy sure.

ten - der to me the prom - ise of his word;
 his mer - cy sure, from age to age the same;
 Proud hearts and stub - born wills are put to flight,
 Tell out, my soul, the great-ness of the Lord

in God my Sa - vior shall my heart re - joice.
 his ho - ly Name— the Lord, the Might - y One.
 the hun - gry fed, the hum - ble lift - ed high.
 to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary* Copyright ©1962 by Hope Publishing Company. All rights reserved.
 Used with permission. Music: *Birmingham*, from *Repository of Sacred Music, Part II*, 1813; harm. *Songs of Praise*, 1925

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

Celebrant

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

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; 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 Isaiah

[58: 9b – 14]

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in. If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the LORD, and I will make you ride upon the heights of the earth; I will feed you with the heritage of your ancestor Jacob, for the mouth of the LORD has spoken.

Leader The Word of the Lord.

People Thanks be to God.

Psalm 103: 1 – 8

Benedic, anima mea

BCP page 733

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

Mode 8

Refrain

The Lord is full of com - pas - sion and mer - cy, slow to an - ger
and of great kind - ness.

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

- 1 Bless the LORD, O my soul, *
and all that is within me, bless his holy Name.
- 2 Bless the LORD, O my soul, *
and forget not all his benefits.
- 3 He forgives all your sins *
and heals all your infirmities;
- 4 He redeems your life from the grave *
and crowns you with mercy and loving-kindness;

- 5 He satisfies you with good things, *
and your youth is renewed like an eagle's.
- 6 The LORD executes righteousness *
and judgment for all who are oppressed.
- 7 He made his ways known to Moses *
and his works to the children of Israel.
- 8 The LORD is full of compassion and mercy, *
slow to anger and of great kindness.

A Reading from the Letter to the Hebrews

[12: 18 – 29]

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken--that is, created things--so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

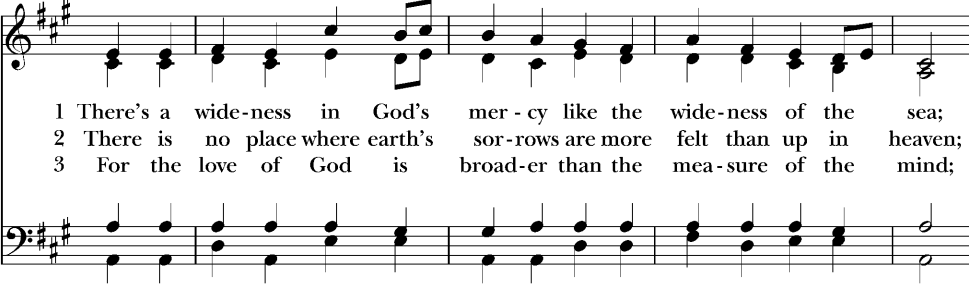
Leader The Word of the Lord.

People Thanks be to God.

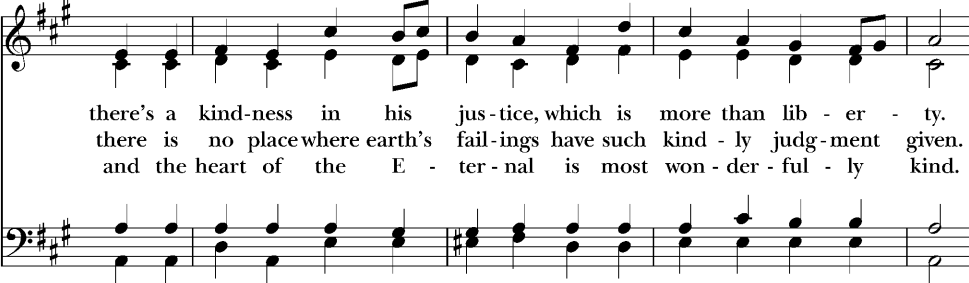
Hymn 470

There's a wideness in God's mercy

BEECHER



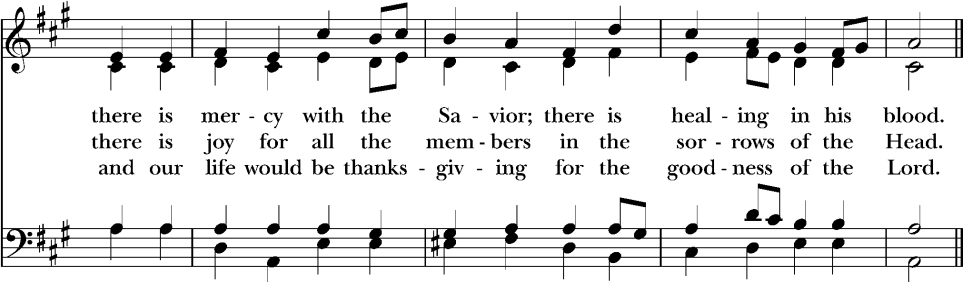
1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
 2 There is no place where earth's sor - rows are more felt than up in heaven;
 3 For the love of God is broad - er than the mea - sure of the mind;



there's a kind-ness in his jus - tice, which is more than lib - er - ty.
 there is no place where earth's fail - ings have such kind - ly judg - ment given.
 and the heart of the E - ter - nal is most won - der - ful - ly kind.



There is wel - come for the sin - ner, and more gra - ces for the good;
 There is plen - ti - ful re - demp - tion in the blood that has been shed;
 If our love were but more faith - ful, we should take him at his word;



there is mer - cy with the Sa - vior; there is heal - ing in his blood.
 there is joy for all the mem - bers in the sor - rows of the Head.
 and our life would be thanks - giv - ing for the good - ness of the Lord.

The Holy Gospel

[Luke 13: 10 – 17]

All Stand

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

People Glory to you, Lord Christ.

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

THE HOMILY

The Rev. Patrick Généreux

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

Sisters and brothers, the Lord is full of compassion and mercy. Let us then pray to the Lord, saying, "You, O God, are our hope; *incline your ear to 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 St. Mark, Fort Dodge; St Anne, Ankeny; St. Ternan, Muchalls, Brechin; Yabua Arch-deaconary, Nzara; Piggs Peak Parish, Swaziland; and The Episcopal/Anglican Province of Alexandria. O Lord, may your Church take delight in you above all else. Fill our hearts with joy and gladness as we worship in your presence. May we faithfully keep the feast. You, O God, are our hope;

Incline your ear to us.

Intercessor Give to the leaders of nations, O Lord, compassion for the hungry; satisfy the needs of the afflicted. May we, satisfied with good things, show mercy to the poor and oppressed. You, O God, are our hope;

Incline your ear to us.

Intercessor God, you are a consuming fire. Your light rises in the darkness and our gloom becomes like the noonday. Continue to make yourself known to us in your creation – in the stars of the night and the new light of the morning. You, O God, are our hope;

Incline your ear to us.

Intercessor You call us, O God, into a great community of believers; to join with angels and saints, with those you have made righteous, and with your Son Jesus, the mediator of the new covenant. We pray for our fellow Christians around the world, especially those facing persecution. Protect and strengthen them. Have mercy, Lord. You, O God, are our hope;

Incline your ear to us.

Intercessor We pray for the healing of those who are spiritually and physically broken. May all who are troubled by the power of evil find freedom in the hands of your Son. You, O God, are our hope;

Incline your ear to us.

Intercessor O God, you redeem life from the grave through the resurrection of Christ. We pray for those who have died in hope; may they eternally be satisfied with good things. You, O God, are our hope;

Incline your ear to us.

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.**

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.

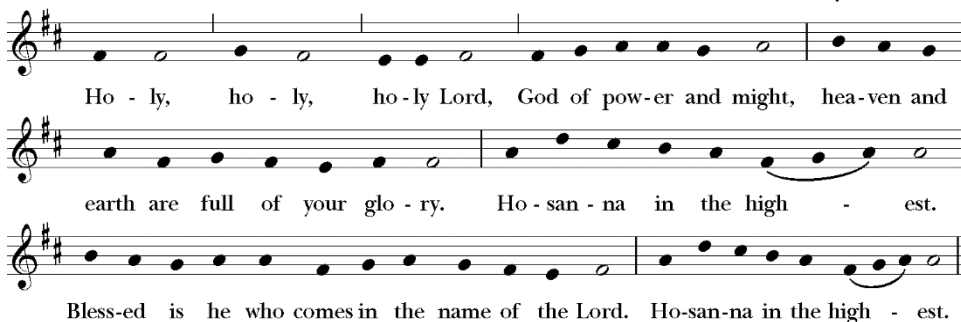
The Celebrant adds the Proper Preface

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.

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

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 542

Christ is the world's true Light

ST. JOAN

1 Christ is the world's true Light, its Cap-tain of sal - va - tion,
 2 In Christ all rac - es meet, their an-cient feuds for - get - ting,
 3 One Lord, in one great Name u - nite us all who own thee;

the Day - star clear and bright of ev - ery race and na - tion;
 the whole round world com - plete, from sun-rise to its set - ting;
 cast out our pride and shame that hin - der to en - throne thee;

new life, new hope a - wakes, for all who own his sway:
 when Christ is throned as Lord all shall for - sake their fear,
 the world has wait - ed long, has tra - vailed long in pain;

free - dom her bond - age breaks, and night is turned to day.
 to plough-share beat the sword, to prun - ing - hook the spear.
 to heal its an - cient wrong, come, Prince of Peace, and reign.

DISMISSAL

The Deacon dismisses the people.

People **Thanks be to God.**

Organ Voluntary

Announcements for August 21, 2022

*Today's altar flowers are given by Bob and Sue Owens
in celebration of their sixty-fifth wedding anniversary*

Today at St. Paul's

- We welcome The Rev. Patrick Généreux, who is celebrating with us at both services today.

ST. PAUL'S
EPISCOPAL CATHEDRAL

ALL ARE INVITED

SERVICE OF BLESSING FOR EDUCATORS

A TIME FOR COMMUNITY
CONNECTION, PRAYER, AND
A REFLECTION GIVEN BY 50-
YEAR-CAREER TEACHER
PEGGY AERISOLPHAL

TUESDAY, AUGUST 23
5:30 PM

Our Sunday August 28 10:00 am service will include a *Back to School Blessing* for students of all ages. Come at 9:15 am to hear a presentation by Eleanor Whipple on her experiences on pilgrimage earlier this year.

Our Blessing Box Needs to be Restocked!

The following items are needed for the Blessing Box as the Box has seen a lot of activity of late:

Jars of Peanut Butter	Canned Fruit
Canned Vegetables	Canned dinners
Canned Tuna	Boxes of Pasta
Paper Products	

Please place all donated items on the bench by the north entrance. All donations will then be stocked. Thank you!

St. Paul's is seeking a part-time Youth Formation Missioner, to prepare, coordinate and run (with volunteer assistance) a program of Christian formation and fun for St. Paul's middle and high-school youth. Please talk with Amma Nicola if you are interested (actingdean@stpaulsdm.org).

Volunteer office assistance is needed from Monday September 12, 9:00 am to 2:00 pm, Monday through Friday for approximately six weeks. Be a welcoming presence, receive mail, receive inquiries, take messages, assist with service leaflets preparation and printing in simplified form, and help with matters arising! Please consider a two- or three-hour commitment either occasionally or regularly to assist in the smooth running of the cathedral while John Zickefoose is absent. Contact John at execadmin@stpaulsdm.org or on (515) 288-7297 so that we can build a volunteer schedule. Thank you!

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).

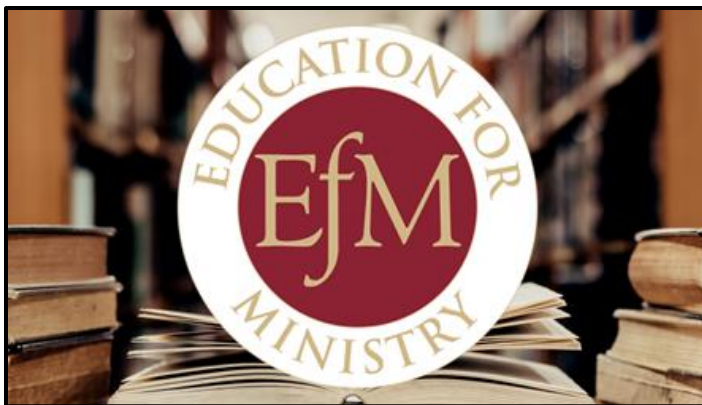
When: September 11 4:00 PM or when ever. [[register here](#)]

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.)



Education for Ministry (EfM) Study Group Forming this Fall

As we faithfully listen to how God is leading us back and refreshing our spirits with in-person experiences, we are looking for more people to join an Education for Ministry (EfM) cohort this fall. Maybe you have thought about EfM in the past or are looking to deepen your studies and personal connections within this community. We would love to hear from you by August 22 in order to organize registration. Please contact Anna Whipple at anna.whipple@gmail.com about the St. Paul's/Des Moines Metro EfM group.

EfM (Education for Ministry) is a 4-year extension program in theological study through The University of the South at Sewanee, TN. It is open to all the faithful to explore their call as a Christian and to call each other into a deeper spiritual journey. The course of study includes Old Testament, New Testament, history of the Church Universal, and contemporary theology. Each year of the program follows a theme, which guides participants beyond just academic study to forming spiritual meaning and practice in their daily lives. The themes are: Living Faithfully in Your World, Living Faithfully in a Multicultural World, Living as Spiritually Mature Christians, and Living into the Journey with God.

Deacon John Doherty is the Diocesan Director of the program. Anna Whipple and Rev. Jean McCarthy are the Co-Mentors of the St. Paul's/Des Moines Metro EfM group. We meet as a small group of 6-10 people and usually start in September and go through May each year. While completing the program in 4 years makes for the richest learning experience, participants commit to joining for one year at a time.

Today's Liturgical Ministers

Ten o'clock Eucharist:

Crucifer – Catherine Gillespie

1st lesson – Elizabeth Skinner

Cantor – Lexie Thiessen

2nd lesson – Laurie Theis

Intercessor – Volunteer requested

Eucharistic Minister – Scott Jeneary, Volunteer requested

Video – Volunteer requested

Audio – Tim Hird

Ushers – Paul Meginnis, Henry Harmon

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



Mission Statement:

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