



ST. PAUL'S EPISCOPAL CATHEDRAL

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

The Sixteenth Sunday after Pentecost: Proper 19 Choral Eucharist

Sunday, September 12, 2021

Ten o'clock in the morning

*Current CDC guidance advises everyone in Polk County
to wear a mask in indoor public places. Thank you for wearing your
facemask when inside at St. Paul's.*

Voluntary

Aria

Flor Peeters

The Word of God

Hymn 7

Christ, whose glory fills the skies

RATISBON

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy-less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788) Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

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

S236

1. Glo - ry to you, Lord
God of our fa - thers; you are wor - thy of praise;
glo - ry to you. 2. Glo - ry to you
for the ra - di-ance of your ho - ly Name; we will

praise you and high-ly ex - alt you for ev - er.

3. Glo - ry to you in the splen - dor of your

tem - ple; on the throne of your ma - jes - ty, glo - ry to

you. 4. Glo - ry to you, seat - ed bet -

ween the Cher - u - bim; we will praise you and

high - ly ex - alt you for ev - er.

Descant

5. Glo - ry to you, be -

5. Glo - ry to you, be - hold - ing the

hold-ing the depths; in the high vault of

depths; in the high vault of hea-ven, glo - ry to

heaven, 6. Glo - ry to you, _____
 you. _____ 6. Glo - ry to you, _____ Fa - ther,
 — Fa - ther, Son, and Ho - ly Spi - rit; we will
 Son, and Ho - ly Spi - rit; _____ we will praise you and
 high-ly ex - alt you Glo-ry to you! _____
 high-ly ex - alt you for ev - er. _____

THE COLLECT OF THE DAY

O God, because without you we are not able to please you, mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE LESSONS, *the People sit*

A Reading from the Book of Proverbs

[1:20 – 33]

Wisdom cries out in the street; in the squares she raises her voice. At the busiest corner she cries out; at the entrance of the city gates she speaks: “How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge? Give heed to my reproof; I will pour out my thoughts to you; I will make my words known to you. Because I have called and you refused, have stretched out my hand and no one heeded, and because you have ignored all my counsel

and would have none of my reproof, I also will laugh at your calamity; I will mock when panic strikes you, when panic strikes you like a storm, and your calamity comes like a whirlwind, when distress and anguish come upon you. Then they will call upon me, but I will not answer; they will seek me diligently, but will not find me. Because they hated knowledge and did not choose the fear of the LORD, would have none of my counsel, and despised all my reproof, therefore they shall eat the fruit of their way and be sated with their own devices. For waywardness kills the simple, and the complacency of fools destroys them; but those who listen to me will be secure and will live at ease, without dread of disaster.”

Leader The Word of the Lord.

People Thanks be to God.

Psalm 19

Cæli enarrant

BCP p. 606

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

Mode 4

Refrain

The stat-utes of the Lord re - joice the heart.

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

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.

- 7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.
- 9 The fear of the Lord is clean
and endures for ever; *
the judgments of the Lord are true
and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.
- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 Who can tell how often he offends? *
cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

A Reading from the Letter of James

[3: 1 – 12]

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 654*Day by day*

SUMNER

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)

Music: *Sumner*; Arthur Henry Biggs (1906-1954) Copyright © The Church Pension Fund. All rights reserved. Used with permission.**The Holy Gospel**

[Mark 8: 27 – 38]

All Stand

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

People Glory to you, Lord Christ.

Jesus went on with his disciples to the villages of Caesare'a Philip'pi; and on the way he asked his disciples, "Who do people say that I am?" And they answered him, "John the Baptist; and others, Eli'jah; and still others, one of the prophets." He asked them, "But who do you say that I am?" Peter answered him, "You are the Messiah." And he sternly ordered them not to tell anyone about him. Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke

him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things." He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

Hymn 654
(see page 8)

Day by day

SUMNER

THE HOMILY

The Rev. Nicola Bowler

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 I

BCP p. 383

All stand or kneel for prayer.

Deacon or other leader

With all our heart and with all our mind, let us pray to the Lord, saying, "Lord, have mercy."

For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord.

Lord, have mercy.

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Michael, our Presiding Bishop; Alan, our bishop; Betsey, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of St Anne, Ankeny; St. Martin, Perry; Grace, Boone; St. Christopher, Royal Marine Base, Condor, Arbroath Brechin; Parish Akorome, Nzara; Lubombo Parish, Swaziland; and The Anglican Church of Tanzania; let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of ever-blessed Virgin Mary, St. Joseph, St. Paul, and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To thee, O Lord our God.

Silence

The Celebrant adds a concluding Collect.

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord.

Amen.

THE CONFESSION AND ABSOLUTION

BCP p. 360

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

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways to the glory of your Name. Amen.

The Priest stands and says

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

THE PEACE

Celebrant The peace of the Lord be always with you.

People And also with you.

ANNOUNCEMENTS

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



The Holy Communion

Offertory Anthem *When in Our Music God is Glorified* arr. Harriet Ziegenhals

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 him 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.

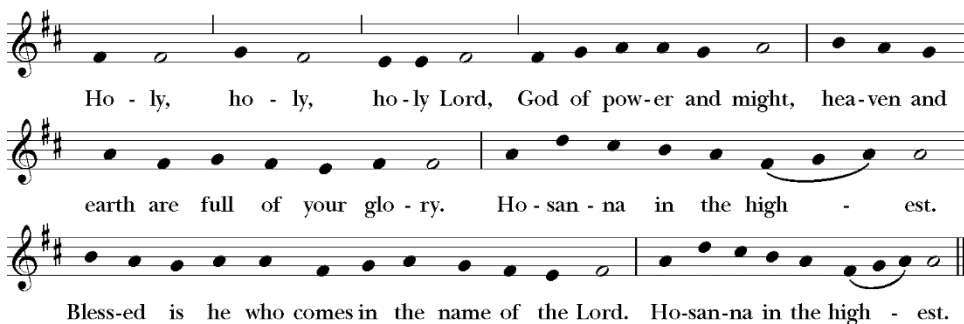
Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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

Celebrant and People

Sanctus

S124



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

The people stand or kneel. Then the Celebrant continues

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

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 Anthem *Blessed Be the Lord, My Rock* Abby Betinis

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.

Hymn 675
(St. 1, 2, 4, & 5)

Take up your cross

BOURBON



1 Take up your cross, the Sa - vior said, if
2 Take up your cross, let not its weight fill
3 Take up your cross, heed not the shame, and
4 Take up your cross, then, in his strength, and
5 Take up your cross, and fol - low Christ, nor



1 you would my dis - ci - ple be; take up your cross with
2 your weak spi - rit with a - larm; his strength shall bear your
3 let your fool - ish heart be still; the Lord for you ac -
4 calm - ly ev - ery dan - ger brave: it guides you to a -
5 think till death to lay it down; for on - ly those who



1 will - ing heart, and hum - bly fol - low af - ter me.
2 spi - rit up, and brace your heart, and nerve your arm.
3 cept - ed death up - on a cross, on Cal - vary's hill.
4 bun - dant life and leads to vic - tory o'er the grave.
5 bear the cross may hope to wear the glo - rious crown.

Words: Charles William Everest (1814-1877), alt. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859);
harm. John Leon Hooker (b. 1944) Copyright ©1984, John Hooker. All rights reserved. Used with permission.

DISMISSAL

The Deacon dismisses the people.

Organ Voluntary

Exultate

Gerwyn Thomas

Announcements for September 12, 2021

Today at St. Paul's

Today's altar flowers are given by the C. Robert Benton family in memory of Mary Campbell, who served for many years on the Altar Guild

Our Litany of Blessing following both services today. Please gather at the side altar in the sanctuary for an extended blessing that includes opportunity for healing prayer.

Sunday, September 19

- The new St. Paul's Cathedral Arts season begins at 4:00 pm on Sunday, September 19th with Choral Evensong sung by the Howells Scholars.

Sunday, September 26

- Quiche in the Courtyard following the 10:00 service
- St. Paul's Social Justice Committee meets after the 10:00 service, and all are welcome.
- Bike Ride at 4:00 pm, details forthcoming

Men's Book Club resumes 9/15 at 10:00 am, in the Guild Hall

For more information, please contact John McKinney jmckinney3@msn.com or the cathedral Office (administrator@cathedralchurchofstpaul.org)

St Paul's offers Wednesday Eucharist at 12:05 pm every week in the Chapel. Please join us.

Hearing Devices

For the parishioners using hearing devices, the audio crew wants to determine the brands of hearing aids in use so we may enhance the availability of transmission. Please send an email indicating the type of device you use to:

John Zickefoose: administrator@cathedralchurchofstpaul.org

Episcopal Migration Ministries (EMM)

Please consider donating to Neighbors Welcome: Afghan Allies Fund

As we continue to welcome and resettle Afghan allies to the U.S. through our affiliate network, the greatest need continues to be assistance with housing. Your financial donation will directly support providing basic services and assistance with housing to newly arrived Afghan allies and assist EMM expanding its work in developing sponsorships for Afghan allies. Make a donation online

(<https://episcopalmigrationministries.org/donate-afghan-allies/>). You can also donate by mail and send checks to:

DFMS-Protestant Episcopal Church US

P.O. Box 958983

St. Louis, MO 63195-8983

(Include Episcopal Migration Ministries and Afghan allies in the memo line.)

Please help people affected by the deadly earthquake in Haiti through this link to Episcopal Relief and Development:

https://support.episcopalrelief.org/haiti-relief?ID=210816DWMDS0100&utm_medium=web&utm_campaign=fy21haitiearthquake&utm_source=210816DWMDS0100

Visitors

If you are visiting today, we extend to you a warm welcome! Please make yourself known to a greeter, usher, or one of the clergy. 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. You may sit, kneel or stand throughout the service, following the guidance in this bulletin or as you prefer. The Episcopal church offers communion in two kinds, both consecrated bread and wine. While the coronavirus pandemic continues, bread alone is offered. In this case and if you prefer to receive only the bread or the wine, know that you have made a full communion. We are so glad you are with us today.

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.