



# ST. PAUL'S EPISCOPAL CATHEDRAL

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

## The Twentieth Sunday after Pentecost: Proper 23 Choral Eucharist

**Sunday, October 10, 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**

*O Jesus I Have Promised*

Dale Wood

### The Word of God

**Hymn 432**

*O praise ye the Lord!*

LAUDATE DOMINUM

*(St. 1, 2, & 4)*

1 O praise ye the Lord! Praise him in the height;  
2 O praise ye the Lord! Praise him up - on earth;  
\*3 O praise ye the Lord! All things that give sound;  
4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;  
in tune - ful ac - cord, all ye of new birth;  
each ju - bi - lant chord re - ech - o a - round;  
to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,  
 praise him who hath brought you his grace from a - bove,  
 loud or - gans, his glo - ry forth tell in deep tone,  
 For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.  
 praise him who hath taught you to sing of his love.  
 and sweet harp, the sto - ry of what he hath done.  
 for grace of sal - va - tion, O praise ye the Lord!

Words: Henry Williams Baker (1821-1877), alt.; based on Psalm 148 and 150 Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918)

**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**

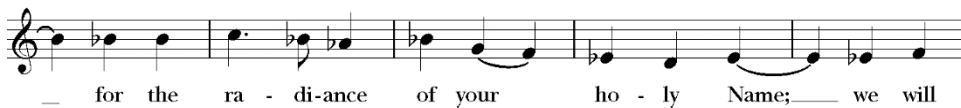
S236

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



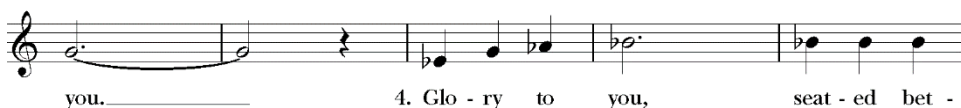
praise you and high-ly ex - alt you for ev - er.



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  
 hea - ven, 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.

*Celebrant* The Lord be with you.

**People** **And also with you.**

*Celebrant* Let us pray.

## THE COLLECT OF THE DAY

Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## THE LESSONS, *the People sit*

### A Reading from the Book of Job

[23: 1 – 9, 16 – 17]

Job said: "Today also my complaint is bitter; his hand is heavy despite my groaning. Oh, that I knew where I might find him, that I might come even to his dwelling! I would lay my case before him, and fill my mouth with arguments. I would learn what he would answer me, and understand what he would say to me. Would he contend with me in the greatness of his power? No; but he would give heed to me. There an upright person could reason with him, and I should be acquitted forever by my judge. If I go forward, he is not there; or backward, I cannot perceive him; on the left he hides, and I cannot behold him; I turn to the right, but I cannot see him. God has made my heart faint; the Almighty has terrified me; if only I could vanish in darkness, and thick darkness would cover my face! "

*Leader* The Word of the Lord.

**People** Thanks be to God.

**Psalm 22:** 1 – 15

*Deus, Deus meus*

BCP p. 610

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



Be not far from me, O God.

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

- 1 My God, my God, why have you forsaken me?\*  
and are so far from my cry  
and from the words of my distress?

2 O my God, I cry in the daytime, but you do not answer;\*  
by night as well, but I find no rest.

3 Yet you are the Holy One,\*  
enthroned upon the praises of Israel.

4 Our forefathers put their trust in you;\*  
they trusted, and you delivered them.

5 They cried out to you and were delivered;\*  
they trusted in you and were not put to shame.

6 But as for me, I am a worm and no man,\*  
scorned by all and despised by the people.

7 All who see me laugh me to scorn;\*  
they curl their lips and wag their heads, saying,

8 “He trusted in the LORD; let him deliver him;\*  
let him rescue him, if he delights in him.”

9 Yet you are he who took me out of the womb,\*  
and kept me safe upon my mother’s breast.

10 I have been entrusted to you ever since I was born;\*  
you were my God when I was still in my  
mother’s womb.

11 Be not far from me, for trouble is near,\*  
and there is none to help.

12 Many young bulls encircle me;\*  
strong bulls of Bashan surround me.

13 They open wide their jaws at me,\*  
like a ravening and a roaring lion.

14 I am poured out like water;  
all my bones are out of joint;\*  
my heart within my breast is melting wax.

15 My mouth is dried out like a pot-sherd;  
my tongue sticks to the roof of my mouth,\*  
and you have laid me in the dust of the grave.

**A Reading from the Letter to the Hebrews**

[4: 12 – 16]

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no

creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

*Leader* The Word of the Lord.

**People** Thanks be to God.

**Hymn 655**

*O Jesus, I have promised*

NYLAND

(St. 1 & 2)



1 O Je - sus, I have prom - ised to serve thee to the end:  
 2 O let me hear thee speak - ing in ac - cents clear and still,  
 3 O Je - sus, thou hast prom - ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;  
 a - bove the storms of pas - sion, the mur - murs of self - will;  
 that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,  
 O speak to re - as - sure me, to has - ten or con - trol;  
 and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.  
 O speak, and make me lis - ten, thou guard - ian of my soul.  
 O give me grace to fol - low, my Mas - ter and my friend.

Words: John Ernest Bode (1816-1874), alt. Music: Nyland, Finnish folk melody; adapt. and harm. David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

## **The Holy Gospel**

[Mark 10: 17 – 31]

*All Stand*

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

**People Glory to you, Lord Christ.**

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, "How hard it will be for those who have wealth to enter the kingdom of God!" And the disciples were perplexed at these words. But Jesus said to them again, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." They were greatly astounded and said to one another, "Then who can be saved?" Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible." Peter began to say to him, "Look, we have left everything and followed you." Jesus said, "Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age--houses, brothers and sisters, mothers and children, and fields with persecutions--and in the age to come eternal life. But many who are first will be last, and the last will be first."

*Deacon* The Gospel of the Lord.

**People Praise to you, Lord Christ.**



**Hymn 655**

*O Jesus, thou hast promised*

NYLAND

*(St. 3, please see page 7)*

**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 Michael, our Presiding Bishop; Alan, our bishop; Betsey, our bishop-elect, and for all 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 Trinity, Iowa City, Old Brick, Iowa City; St. Laurence, Laurencekirk, St. John the Baptist, Drumlithie, St. Palladius, Drumtocht, Brechin; Gangara Parish, Nzara; Big Bend Parochial District, Swaziland; and The Church of the Province of West Africa; 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 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 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.**

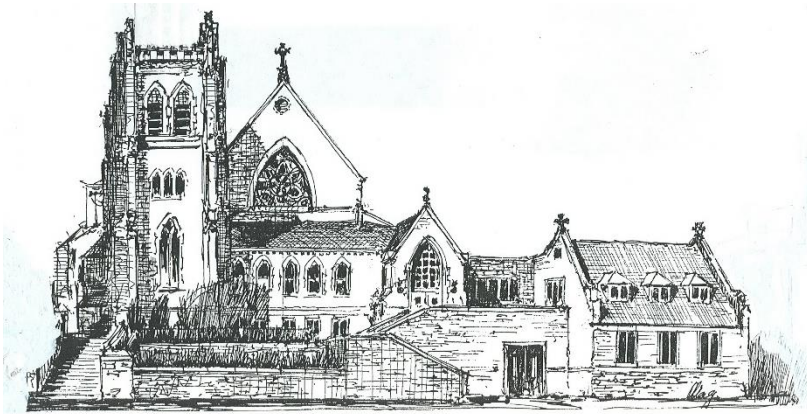
**THE PEACE**

*Celebrant* The peace of the Lord be always with you.

**People** **And also with you.**

**ANNOUNCEMENTS**

**On-line Giving Options:** Visit [cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org) and click "Donate Now" or you can scan now. *Thank you!*



## The Holy Communion

### Offertory Anthem

*O For a Closer Walk with God* Charles Villiers Stanford

### 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.

For by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world.

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.*

## Hymn 707

*Take my life and let it be consecrated*

HOLLINGSIDE

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;  
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.  
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im - pulse of thy love;  
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.  
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876)

*After the people receive Communion a period of silent reflection is kept*



*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 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.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Copyright © by permission of the Estate of Eleanor Hull and Chatto & Windus Ltd. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

**DISMISSAL**

*The Deacon dismisses the people.*

**People Thanks be to God.**

**Organ Voluntary**

*Praeludium in C Major*

Camille Saint-Saëns

**Announcements for October 10, 2021**

**Today at St. Paul's**

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

**St. Paul's Sr. Men's Study Group meets Wednesdays at 10:00 am, in the Guild Hall.** For more information, please contact John McKinney:

[j123mck@aol.com](mailto:j123mck@aol.com) or the cathedral Office  
[administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org)

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

**St. Paul's Cathedral Arts**

Sunday, October 17 at 4:00 pm, Choral Evensong sung by the Cathedral Choir

**169th Annual Convention of the Episcopal Diocese of Iowa**

*October 29 – 31, 2021.*

Convention Eucharist services at St. Paul's on Friday, October 29 at 7:00 pm and Sunday, October 31 at 10:00 am.

## **St. Paul's Children's Formation**

We are excited to offer a hybrid formation program in Fall 2021, with in-home devotions (with crafts and coloring pages!) for your family and small group gatherings. Look out for packages arriving for your children in the mail, and save the following Saturday mornings (more details to come).

- November 13, Singalong at church
- December 11, Carol singing at church

All activities will begin at 10:00 am.

*Note: all participants in in-person activities are required to wear a facemask when indoors, and follow social distancing guidelines.*

## **Episcopal Migration Ministries (EMM)**

**Please consider donating to Neighbors Welcome: Afghan Allies Fund**

Make a donation [online](#)

<https://episcopalmigrationministries.org/donate-afghan-allies/>.

**Please help people affected by the earthquake in Haiti:**

<https://support.episcopalrelief.org/haiti->

[relief?ID=210816DWMDS0100&utm\\_medium=web&utm\\_campaign=fy21haitiearthquake&utm\\_source=210816DWMDS0100](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. 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. 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.