

St. Paul's Episcopal Cathedral

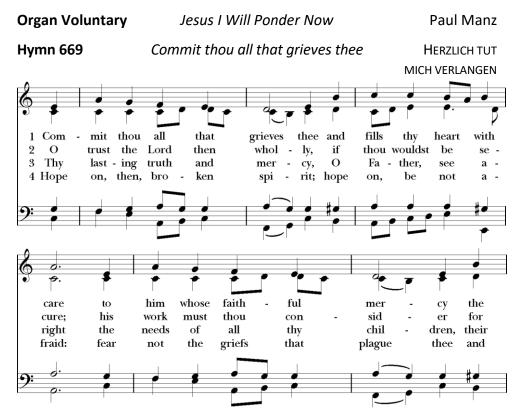
The Third Sunday in Lent Choral Eucharist

Sunday, March 20, 2022

Ten o'clock in the morning

You are welcome here.

Please wear a mask if you are not vaccinated or if you prefer.





Words: Paul Gerhardt (1607-1676); tr. Arthur William Farlander (1898-1952) and Charles Winfred Douglas (1867-1944), alt. Copyright © The Church Pension Fund. All rights reserved. Used with permission. Music: Herzlich tut mich verlangen [Passion Chorale], Hans Leo Hassler (1564-1612); adapt. and harm. Johann Sebastian Bach (1685-1750)

A PENITENTIAL ORDER FOR LENT

BCP page 351

Celebrant Bless the Lord who forgives all our sins.

People His mercy endures for ever. Amen.

THE DECALOGUE BCP p. 350

All kneeling as able

Celebrant Kneeling, let us hear the commandments of God to his

people: I am the Lord your God who brought you out of

bondage. You shall have no other gods but me.

People Amen. Lord have mercy.

Celebrant You shall not make for yourself any idol.

People Amen. Lord have mercy.

Celebrant You shall not invoke with malice the Name of the Lord

your God.

People Amen. Lord have mercy.

Celebrant Remember the Sabbath day and keep it holy.

People Amen. Lord have mercy.

Celebrant Honor your father and mother.

PeopleAmen. Lord have mercy.CelebrantYou shall not commit murder.PeopleAmen. Lord have mercy.

Celebrant You shall not commit adultery.

People Amen. Lord have mercy.

Celebrant You shall not steal.

People Amen. Lord have mercy.

Celebrant You shall not be a false witness.

People Amen. Lord have mercy.

Celebrant You shall not covet anything that belongs to your

neighbor.

People Amen. Lord have mercy.

Celebrant Since we have a great high priest who has passed

through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of

need.

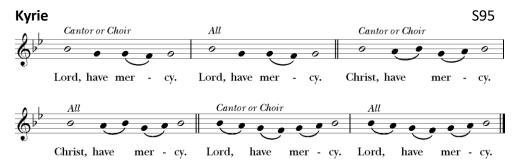
Silence may be kept.

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 people standing

CelebrantThe Lord be with you.PeopleAnd also with you.

Celebrant Let us pray.

THE COLLECT OF THE DAY

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS

A Reading from the Book of Exodus

[3: 1-15]

Moses was keeping the flock of his father-in-law Jeth'ro, the priest of Mid'ian; he led his flock beyond the wilderness, and came to Ho'reb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Ca'naanites, the Hit'tites, the Am'orites, the Per'izzites, the Hi'vites, and the Jeb'usites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, "The God of your ancestors has sent me to you," and they ask me, "What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, "I AM has sent me to you." God also said to Moses, "Thus you shall say to the

Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

Leader The Word of the Lord.

People Thanks be to God.

Psalm 63: 1 – 8 Deus, Deus meus

BCP p. 670

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



- O God, you are my God; eagerly I seek you; *
 my soul thirsts for you, my flesh faints for you,
 as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, * that I might behold your power and your glory.
- For your loving-kindness is better than life itself; * my lips shall give you praise.
- 4 So will I bless you as long as I live * and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, * and meditate on you in the night watches.
- For you have been my helper, * and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; * your right hand holds me fast.

A Reading from the First Letter of Paul to the Corinthians [10: 1-13]

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same

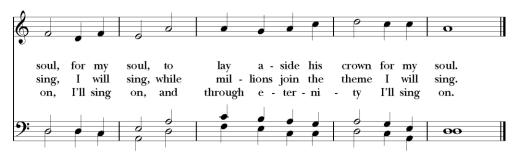
spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Leader The Word of the Lord.

People Thanks be to God.







Words: American folk hymn, ca. 1835 Music: Wondrous Love, from The Southern Harmony, 1835; harm. Carlton R. Young (b. 1926) Copyright ©1964 by Abingdon Press. All rights reserved. Used with permission.

The Holy Gospel

[Luke 13: 1-9]

All Stand

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

People Glory to you, Lord Christ.

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Silo'am fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did." Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

THE HOMILY
Silence may be kept

The Rev. Nicola Bowler

PRAYERS OF THE PEOPLE

As you are able, stand or kneel for prayer. At the end of each intercession the people respond:

Deacon Siblings in Christ, our God is faithful. Let us offer our prayers to God, saying, "O God, your faithful love is better than life itself; we bless you and we praise you."

Intercessor We pray for Michael, our Presiding Bishop; Betsey, our bishop, and for all clergy and people. In our diocese, companion dioceses, and the Anglican Communion we pray for St. Paul Indian Mission, Sioux City, St Thomas, Sioux City, All Saints, Storm Lake; Holy Trinity, Monifieth, Brechin; Rangu Arch-deaconary, Nzara; Piggs Peak Parish, Swaziland; and *La Iglesia Anglicana de Mexico*. *Silence*

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

Intercessor We pray for our President, for the leaders of the nations, and for all in authority.

Silence

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

Intercessor We pray for the world, for those who are at war, for the oppressed and for the oppressor, for captives and for captors.

Silence

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

Intercessor We pray for this city of Des Moines, for every city and community, and for those who live in them. We pray for peace to prevail here.

Silence

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

Intercessor We pray that you will comfort and strengthen innocent victims and their families. We pray for refugees and for all who are suffering.

Silence

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

Intercessor We pray for all who have died in the hope of the resurrection, and for all the departed. We pray for those who will die suddenly and unprepared.

Silence

Intercessor O God, your faithful love is better than life itself;

People We bless you and we praise you.

The Celebrant adds a concluding Collect

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen**.

THE PEACE BCP page 360

ANNOUNCEMENTS

All baptized persons are welcome to receive Holy Communion. The sacrament is also offered at our side altar, as are gluten-free wafers. All are invited to come and receive a blessing.

The Holy Communion

Offertory Music When I Survey the Wondrous Cross

Dan Forrest

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p. 361

The Lord be with you. **And also with you** Lift up your hearts. **We lift them to the Lord.** Let us give thanks to the Lord our God.

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.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

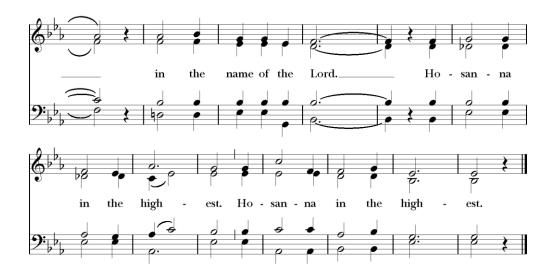
Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus S130

In unison







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:

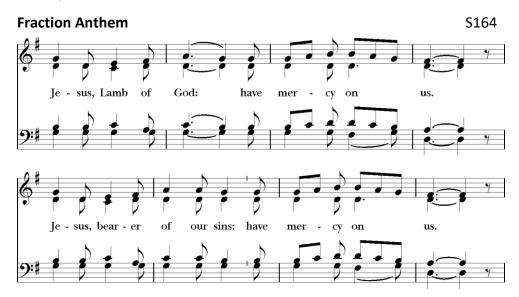
Celebrant and People:

Christ has died. Christ is risen. Christ will come again.

The Celebrant continues

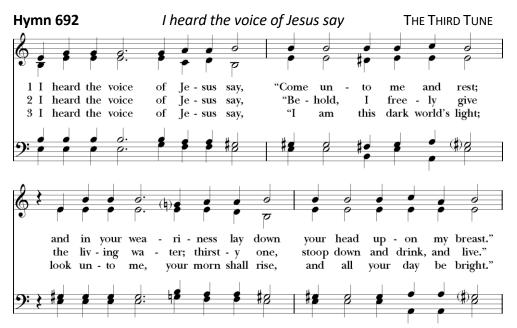
We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending 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.

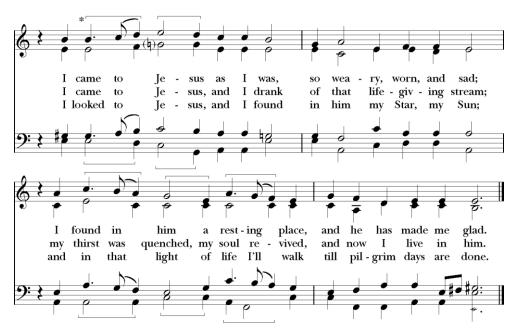
All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. **AMEN.**





Celebrant: The gifts of God for the People of God.





^{*}The bracketed notes are to be treated as triplet groups.

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All baptized persons are welcome to receive Holy Communion. Please remain in place and communion will be brought to you by a minister. You are welcome to receive a blessing, indicated by crossing your arms over your chest.

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 PRAYERS OVER THE PEOPLE

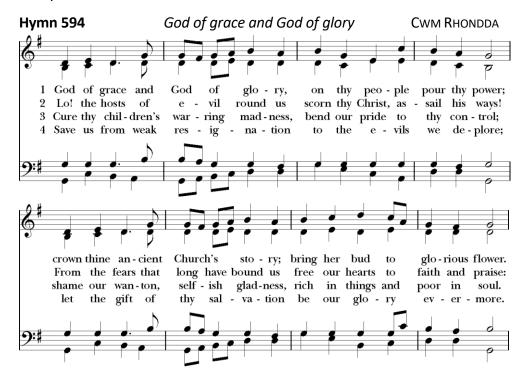
The Deacon or, in the absence of a deacon the Celebrant says

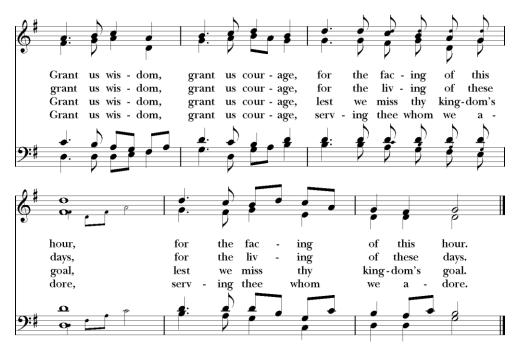
Deacon

Let us bow down before the Lord.

The people kneel and the Celebrant says one of the following prayers:

Celebrant Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**





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DISMISSAL

The Deacon dismisses the people.

People Thanks be to God.

Organ Voluntary God of Grace and God of Glory

Manz

Announcements for March 20, 2022

Today at St. Paul's

Choral Evensong at 4:00 pm

Sung by the Howells Scholars and members of the Cathedral Choir under the direction of Mark Babcock, and featuring the music of Herbert Howells. The organist will be Canon David Raymond, Cathedral organist emeritus.

Financial Update

Income and expenses are as anticipated for the months of January and February. St. Paul's Cathedral Chapter voted on March 15 to pass the 2022 budget presented to you at the annual meeting on February 27, that includes a ~\$100,000 shortfall that we are working diligently to overcome. If you would like to increase your pledge for 2022, please call the Cathedral (515-288-7297). If you have not made a pledge for 2022, you still can! Please fill out a pledge card or go online and select "Pledge" or "General Fund" from the drop-down menu. You can also call the number above.

Supporting Humanitarian Response to the Crisis in Ukraine

St. Paul's Cathedral Chapter has voted to donate from our budget \$2,500 for Ukraine refugees. The power of this donation will become even more effective when added to other donations given through the Episcopal Relief & Development Fund. The Episcopal Relief & Development Agency has joined with agencies on the ground to provide emergency assistance such as food, shelter, water and basic supplies for refugees forced to leave and for those displaced within Ukraine. Please consider adding your donation and your prayers to that of the Chapter for an even more powerful response to this tragedy. Your check should be made out to St. Paul's Episcopal Cathedral with "Ukraine Fund" on the memo line.

Lenten Zoom Book of Luke Study with Compline

Please join us this Lenten Season for a study of the Gospel of Luke and a Compline service on Zoom on Tuesdays at 7:00 pm. We will walk with each other and with Jesus as he makes his journey to the cross in Jerusalem. Each week we will discuss the assigned readings as a group and reflect on a few prompts. Following our Luke discussion, time will be dedicated for Compline Prayer. All are welcome, but if you are able, please RSVP so that we can send you discussion questions ahead of time. Email: johndeacon@cathedralchurchofstpaul.org and nathan.brown2111 @gmail.com

Palm Sunday Procession for Peace: Bishop Monnot speaking



Palm Sunday Procession for Peace

Sunday, April 10, 2022 "Who Are My Adversaries?"

2:30-2:45 pm

Gather in the south parking lot at the Des Moines Intentional Eucharistic Community 3306 University Des Moines, Iowa

3:00 pm

Proceed to
Grace United Methodist
Church
3700 Cottage Grove
Des Moines, Iowa

3:30 pm

Worship at Grace United Methodist Church 3700 Cottage Grove Des Moines, Iowa

We will express a vision of peace and justice and a position against racism and war, remembering the true meaning of Palm Sunday, and renew our commitment to be instruments of God's peace. Our speaker will be the Rt. Reverend Betsey Monnot, Bishop of the Episcopal Diocese of lowa.

Please bring palms from your Sunday morning service.

Des Moines Faith Committee for Peace

"Linens in Lent" Project

The St. Paul's Social Justice and Care of Creation Committees are sponsoring a new "Linens in Lent" project. As the name implies, this project is a linens drive to collect new or gently used bed linens to be donated to the Free Store in Des Moines. The Free Store is a non profit organization, staffed by volunteers, which provides household furnishings to displaced families affected by domestic violence and natural disasters. Last year, the Free Store served over 250 families and provided those families with 200 tons of furniture.

Please consider a donation of new or gently used, clean linens of any bed size. If you donate gently used linens, please make sure they are bagged and labeled for the correct size. Donations should be placed on the bench by the Blessing Box. At the end of Lent, all donations will be transported to the Free Store. The "Linens in Lent" project will continue throughout Lent. Thank you for your consideration.

A Message from Deacons John and Jean

Episcopal Migration Ministries (EMM) has just announced a new way to welcome and assist refugees from Afghanistan who are being settled in the Des Moines area. The program is called "Sponsor Circles" and it is designed to allow individuals to team up to help settle and support the newly arriving Afghans. This team of five individuals, once formed, will receive training, support and resources from EMM. Each team makes a commitment to work with an Afghan family or group of individuals for up to 90 days. The Sponsorship Circle will develop a plan of assistance tailored to the group's needs. The components of such a plan will include: locating and furnishing permanent housing; the provision of limited financial support as the group gets settled; assistance in transportation; and assistance in accessing job training and English language training.

Carillon concerts will continue on Sunday mornings at 9:00 am provided that the temperature is above 10 degrees Fahrenheit.

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: i123mck@aol.com or the cathedral Office

administrator@cathedralchurchofstpaul.org



We hope you will consider pledging to our Stewardship campaign. If you need a pledge card, they are available in the Narthex. If you received a pledge card in the mail, please be sure to mail it to the Cathedral. You can also place it in the plate. Thank you!



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.