



ST. PAUL'S

EPISCOPAL CATHEDRAL

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

cathedralchurchofstpaul.org

The Fourth Sunday after Pentecost: Proper 7

Choral Eucharist

Sunday, June 20, 2021

Ten o'clock in the morning

Per recent guidance from the Diocesan Task Force on Regathering, congregations may now sing. Please remain masked.

Organ Voluntary

The Word of God

Hymn 376

Joyful, joyful we adore thee

HYMN TO JOY

1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,

hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.
stars and an - gels sing a-round thee, cen - ter of un - bro - ken praise.
well - spring of the joy of liv - ing, o - cean-depth of hap - py rest!

Melt the clouds of sin and sad-ness; drive the dark of doubt a-way;
 Field and for-est, vale and moun-tain, bloom-ing mea-dow, flash-ing sea,
 Thou our Fa-ther, Christ our Bro-ther: all who live in love are thine;

giv-er of im-mor-tal glad-ness, fill us with the light of day.
 chant-ing bird and flow-ing foun-tain, call us to re-joice in thee.
 teach-us how to love each o-ther, lift us to the joy di-vine.

Words: Henry Van Dyke (1852-1933) Copyright © reprinted with the permission of Charles Scribner's Sons. All rights reserved. Used with permission.
 Music: *Hymn to Joy*, Ludwig van Beethoven (1770-1827); adapt. Edward Hodges (1796-1867), alt.

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

The Celebrant may say

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

The Gloria

S280

1. Glo-ry to God in the high-est, and
 peace to his peo-ple on earth. 2. Lord God, heaven-ly

King, al - might - 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

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; 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 First Book of Samuel

[17: 32 - 49]

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philis'tine." Saul said to David, "You are not able to go against this Philis'tine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philis'tine shall be like one of them, since he has defied the armies of the living God." David said, "The LORD, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philis'tine." So Saul said to David, "Go, and may the LORD be with you!" Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philis'tine. The Philis'tine came on and drew near to David, with his shield-bearer in front of him. When the Philis'tine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philis'tine said to David, "Am I a dog, that you come to me with sticks?" And the Philis'tine cursed David by his gods. The Philis'tine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the

Philis'tine, "You come to me with sword and spear and javelin; but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. This very day the LORD will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philis'tine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the LORD does not save by sword and spear; for the battle is the LORD's and he will give you into our hand." When the Philis'tine drew nearer to meet David, David ran quickly toward the battle line to meet the Philis'tine. David put his hand in his bag, took out a stone, slung it, and struck the Philis'tine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Leader The Word of the Lord.

People Thanks be to God.

Psalm 9

Confitebor tibi

BCP p. 593

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

Mode 8

Refrain

Pro - claim to the peo - ples what the Lord has done.

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

- 9 The LORD will be a refuge for the oppressed, *
a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, *
for you never forsake those who seek you, O Lord.
- 11 Sing praise to the Lord who dwells in Zion; *
proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; *
he will not forget the cry of the afflicted.
- 13 Have pity on me, O LORD; *
see the misery I suffer from those who hate me,
O you who lift me up from the gate of death;

- 14 So that I may tell of all your praises
and rejoice in your salvation *
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, *
and in the snare they set is their own foot caught.
- 16 The LORD is known by his acts of justice; *
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, *
and also all the people that forget God.
- 18 For the needy shall not always be forgotten, *
and the hope of the poor shall not perish for ever.
- 19 Rise up, O LORD, let not the ungodly have the upper hand; *
let them be judged before you.
- 20 Put fear upon them, O LORD; *
let the ungodly know they are but mortal.

A Reading from the Second Letter of Paul to the Corinthians [6: 1 – 13]

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see--we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and

yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return—I speak as to children—open wide your hearts also.

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)

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

The Holy Gospel

[Mark 4: 35 – 41]

All Stand

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

People Glory to you, Lord Christ.

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them

in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

Hymn 654

Day by day

SUMNER

Please return to 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 IV

BCP p. 388

All stand or kneel for prayer.

Deacon or other leader

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

We pray for Michael, our Presiding Bishop; Alan, our bishop; St. Paul's clergy and staff; and all lay and ordained ministers.

Silence

Lord, in your mercy

Hear our prayer.

We pray for the bishop candidates, Jennifer, Betsey, and Elizabeth, for the work of the Bishop Transition Committee, and for the Convention delegates as we approach the election of the tenth Bishop of Iowa.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Lord, in your mercy

Hear our prayer.

In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of Episcopal presence in Siouxland, St Paul Indian Mission, Sioux City; St Thomas and Calvary, Sioux City; Holy Trinity, Monifieth in Brechin; Rangu Arch-deaconary, Nzara; Piggs Peak Parish, Swaziland; The Church of North India (United), let us pray to the Lord.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

The Celebrant adds a concluding Collect.

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

THE CONFESSION AND ABSOLUTION

BCP p. 360

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

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

The Priest stands and says

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

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And also with you.**

ANNOUNCEMENTS

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



The Holy Communion

Offertory Anthem *Praise to the Lord, the Almighty* arr. Robert Powell

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p. 361

Celebrant: The Lord be with you.

People: **And also with you**

Celebrant: Lift up your hearts.

People: **We lift them to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

People: **It is right to give him thanks and praise.**

The Celebrant continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

For 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

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

Holy and gracious Father: In your infinite love you made us for yourself; and when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the New Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People:

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

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

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

And now, as our Savior Christ has taught us, we are bold to say,
Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Breaking of the Bread

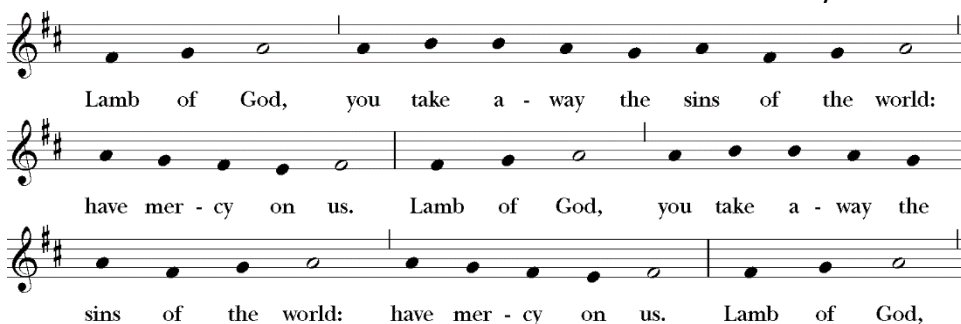
The Celebrant breaks the consecrated Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us.


People; Therefore let us keep the feast. **Alleluia.**

Fraction Anthem

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.

Prayer for Spiritual Communion (St. Alphonsus de Liguori, 1696-1787)

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. **Amen.**

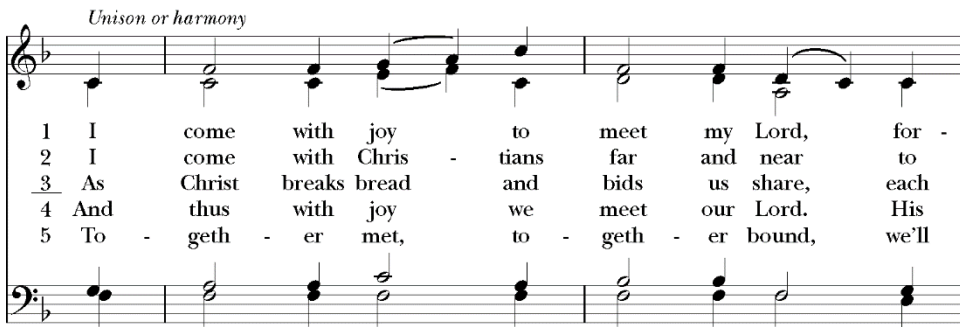
All baptized persons are welcome to receive Holy Communion by moving forward to the altar rail or by remaining in your place. In either case you are welcome to receive a blessing, indicated by crossing your arms over your chest.

Hymn 304

I come with joy to meet my Lord

LAND OF REST

Unison or harmony



1 I come with joy to meet my Lord, for -
 2 I come with Chris - tians far and near to
 3 As Christ breaks bread and bids us share, each
 4 And thus with joy we meet our Lord. His
 5 To - geth - er met, to - geth - er bound, we'll



1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us
 4 pres - ence, al - ways near, is in such friend - ship
 5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.
 4 bet - ter known: we see, and praise him here.
 5 in the world, we'll live and speak his praise.

Words: Brian A. Wren (b. 1936), alt. Copyright ©1971 by Hope Publishing Company. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983) Copyright ©1938 by J. Fischer & Bro., a division of Belwin-Mills Publishing Corp. Copyright renewed. All rights reserved. Used with permission.

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

POST COMMUNION PRAYER

BCP p. 365

After Communion, the Celebrant says

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Bishop when present, or the Priest, may bless the people

May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. **Amen.**



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*Deacon*

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

People**Thanks be to God.****Organ Voluntary**

Announcements for June 20, 2021

Today at St. Paul's

We welcome back our wonderful Sexton, Jovan Sankovic!

We give thanks for all who have cared for us as a loving father with gifts of affection, nurturing, education, and friendship. As you leave the sanctuary today, please select a carnation to take home or to give to someone else as a token of thanks this Father's Day.

*Today's altar flowers are given by John Fletcher and Mark Thompsen
in loving memory of our parents*

Episcopal Migration Ministries offers virtual Prayer Vigil for World Refugee Day

Offering solidarity and support for refugees worldwide, Episcopal Migration Ministries will host a virtual prayer vigil for World Refugee Day on Sunday, June 20, 7–8 p.m. ET. All are welcome to join this gathering in recognition of those forced to leave their homes and seek new beginnings elsewhere. [Read more in English or Spanish](#)

Mark your calendars for Fourth Sunday Brunch on June 27th.

Quiches in the Courtyard – all are welcome to come, connect, and enjoy a light lunch of quiches, fruit, and pastries within the shelter of the Cathedral courtyard. No charge. RSVP on line, or by calling the Cathedral Administrator (515-288-7297).

St. Paul's Youth Summer Fine Arts Camp

July 19 – July 23, 9:00 am – 12:30 pm

Ages 8 – 13 – Registration fee \$45 or \$80 for 2

Includes all materials, lunch, and snacks: scholarships available. Curriculum will incorporate music theory, church music, vocal exercise, handbells, architecture, and prayer. Choral experience welcome, not required. You can register on our website.

Please register by Thursday, July .1

Parish Meeting: July 7, 4:30 – 6 pm, What is a Bishop?

Join St. Paul's clergy and convention delegates to reflect on the role and desired characteristics of those called to the office of Bishop.

The Diocese of Iowa announces three candidates for the 10th Bishop of Iowa. The candidates will visit St. Paul's the evening of Monday July 12, to Meet & Greet the community. Evensong at 5:15 pm with Question-and-Answer sessions beginning at 6:00 pm.



ST. PAUL'S
EPISCOPAL CATHEDRAL

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.