



ST. PAUL'S
EPISCOPAL CATHEDRAL

The Fourth Sunday after Pentecost: Proper 9
July 3, 2022

Choral Eucharist
Ten o'clock in the morning

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

Organ Voluntary

Jerusalem, My Happy Home

Sir George Shearing

Traditional American melody *Land of Rest*

God Bless Our Native Land (America)

Wilbur Held

The Word of God

Hymn 718

God of our fathers

NATIONAL HYMN

1 God of our fa - thers, whose al - might - y
 2 Thy love di - vine hath led us in the
 3 From war's a - larms, from dead - ly pes - ti -
 4 Re - fresh thy peo - ple on their toil - some

hand leads forth in beau - ty all the star - ry band
 past, in this free land by thee our lot is cast;
 lence, be thy strong arm our ev - er sure de - fense;
 way, lead us from night to nev - er - end - ing day;

of shin - ing worlds in splen - dor through the skies,
 be thou our ru - ler, guard - ian, guide, and stay
 thy true re - li - gion in our hearts in - crease,
 fill all our lives with love and grace di - vine,

our grate - ful songs be - fore thy throne a - rise.
 thy word our law, thy paths our cho - sen way.
 thy bount - eous good - ness nour - ish us in peace.
 and glo - ry, laud, and praise be ev - er thine.

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

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; 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 Second Book of Kings

[5: 1 – 14]

Now Naaman was commander of the army of the king of Aram. He was a great man in the sight of his master and highly regarded, because through him the Lord had given victory to Aram. He was a valiant soldier, but he had leprosy. Now bands of raiders from Aram had gone out and had taken captive a young girl from Israel, and she served Naaman's wife. She said to her mistress, "If only my master would see the prophet who is in Samaria! He would cure him of his leprosy." Naaman went to his master and told him what the girl from Israel had said. "By all means, go," the king of Aram replied. "I will send a letter to the king of Israel." So Naaman left, taking with him ten talents of silver, six thousand shekels of gold and ten sets of clothing. The letter that he took to the king of Israel read: "With this letter I am sending my servant Naaman to you so that you may cure him of his leprosy." As soon as the king of Israel read the letter, he tore his robes and said, "Am I God? Can I kill and bring back to life? Why does this fellow send someone to me to be cured of his leprosy? See how he is trying to pick a quarrel with me!" When Elisha the man of God heard that the king of Israel had torn his robes, he sent him this message: "Why have you torn your robes? Have the man come to me and he will know that there is a prophet in Israel." So Naaman went with his horses and chariots and stopped at the door of Elisha's house. Elisha sent a messenger to say to him, "Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed." But Naaman went away angry and said, "I thought that he would surely come out to me and stand and call on the name of the Lord his God, wave his hand over the spot and cure me of my leprosy. Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Couldn't I wash in them and be cleansed?" So he turned and went off in a rage. Naaman's servants went to him and said, "My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, 'Wash and be cleansed'!" So he went down and dipped himself in the Jordan seven times, as the man of God had told him, and his flesh was restored and became clean like that of a young boy.

Leader The Word of the Lord.

People Thanks be to God.

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

Mode 5

Refrain

You have re - stored my life, O Lord.

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

- 1 I will exalt you, O LORD,
because you have lifted me up *
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, *
and you restored me to health.
- 3 You brought me up, O LORD, from the dead; *
you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his; *
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, *
his favor for a lifetime.
- 6 Weeping may spend the night, *
but joy comes in the morning.
- 7 While I felt secure, I said,
"I shall never be disturbed. *
You, LORD, with your favor, made me as strong as
the mountains."
- 8 Then you hid your face, *
and I was filled with fear.
- 9 I cried to you, O LORD; *
I pleaded with the Lord, saying,
- 10 "What profit is there in my blood, if I go down to the Pit? *
will the dust praise you or declare your faithfulness?
- 11 Hear, O LORD, and have mercy upon me; *
O LORD, be my helper."
- 12 You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.
- 13 Therefore my heart sings to you without ceasing; *
O LORD my God, I will give you thanks for ever.

A Reading from the Letter of Paul to the Galatians

[6: 1 – 6, 7 - 16]

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. For all must carry their own loads. Those who are taught the word must share in all good things with their teacher. Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith. See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 691

My faith looks up to thee

OLIVET

1 My faith looks up to thee, thou Lamb of Cal - va - ry,
 2 May thy rich grace im - part strength to my faint - ing heart,
 3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
 my zeal in - spire; as thou hast died for me, O may my
 be thou my guide; bid dark - ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
 love to thee pure, warm, and change-less be, a liv - ing fire.
 tears a - way, nor let me ev - er stray from thee a - side.

The Holy Gospel

[Luke 10: 1 – 11, 16 – 20]

All Stand

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

People Glory to you, Lord Christ.

The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, 'Peace to this house!' And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking

whatever they provide, for the laborer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not welcome you, go out into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near.' Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me." The seventy returned with joy, saying, "Lord, in your name even the demons submit to us!" He said to them, "I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven."

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

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

All stand or kneel for prayer.

Deacon or other leader

Friends, let us not grow weary in doing what is right. Let us appeal to God, who is our Strength, saying, "Hear, O Lord, *and have mercy upon us.*"

Intercessor We pray for our Presiding Bishop; Betsey, our bishop; St. Paul's clergy and staff; and all lay and ordained ministers. In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of St Peter, Bettendorf; St Alban, Davenport; St Mark, Maquoketa; St. Andrew, Brechin; Rangu Parish, Nzara; Mankayane Parish, Swaziland; and The Anglican Church of Tanzania. We ask you, O Lord of the heaven, to send out laborers into your harvest. Grant us the grace of your Holy Spirit, that your Church might freely proclaim, in word and deed, the good news of your Kingdom.

Silence

Hear, O Lord,

And have mercy upon us.

Intercessor Give us, O God, the opportunity and the will to work for the good of all. Give us hearts for the people you love.

Silence

Hear, O Lord,

And have mercy upon us.

Intercessor We thank you, Almighty God, for the gift of water. In it Naaman was cleansed from his disease. By it the whole earth is refreshed. Through it we are reborn by the Holy Spirit.

Silence

Hear, O Lord,
And have mercy upon us.

Intercessor Gracious God, we thank you for our freedom. May we use it to bear one another's burdens and to live in peace.

The congregation is invited to add their own thanksgivings, followed by silence

Hear, O Lord,
And have mercy upon us.

Intercessor O Lord, our helper, you turn wailing into dancing; you dress your children in joy. We pray that you would restore to health all those who cry out to you.

The congregation is invited to add their own petitions, followed by silence

Hear, O Lord,
And have mercy upon us.

Intercessor Holy God, it is our joy that you write our names in heaven. In the fullness of time, raise us, with all the saints, to eternal life that we might give you thanks forever.

Silence

Hear, O Lord,
And have mercy upon us.

The Celebrant adds a concluding Collect.

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE CONFESSION AND ABSOLUTION

BCP p. 360

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

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

The Priest stands and says

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

THE PEACE

Celebrant The peace of the Lord be always with you.

People And also with you.

WELCOME AND ANNOUNCEMENTS

We offer safe and secure online giving on our website by using the QR (“Quick Response”) Code on the right.

For on-line Giving Options: Visit cathedralchurchofstpaul.org and click “Donate Now.”

You may also put your offering in the offering plate, located near the entrance of the nave.





The Holy Communion

Offertory Hymn 579

Almighty Father, strong to save

MELITA

1 Al - might - y Fa - ther, strong to save, whose arm hath bound the
2 O Christ, the Lord of hill and plain o'er which our traf - fic
3 O Spi - rit, whom the Fa - ther sent to spread a - broad the
4 O Trin - i - ty of love and power, our peo - ple shield in

rest - less wave, who bidd'st the might - y o - cean deep its
runs a - main by moun - tain pass or val - ley low; wher -
firm - a - ment; O Wind of hea - ven, by thy might save
dan - ger's hour; from rock and tem - pest, fire and foe, pro -

own ap - point - ed li - mits keep: O hear us when we
ev - er, Lord, thy peo - ple go, pro - tect them by thy
all who dare the ea - gle's flight, and keep them by thy
tect them where - so - e'er they go; thus ev - er - more shall

cry to thee for those in per - il on the sea.
 guard - ing hand from ev - ery per - il on the land.
 watch - ful care from ev - ery per - il in the air.
 rise to thee glad praise from space, air, land, and sea.

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 with your co-eternal Son and Holy Spirit, you are one God, one Lord, in Trinity of Persons and in Unity of Being; and we celebrate the one and equal glory of you, O Father, and of the Son, and of the Holy Spirit.

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

Celebrant and People

Sanctus

Hymnal S124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
 earth are full of your glo - ry. Ho - san - na in the high - est.



Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high - est.

The people stand or kneel. Then the Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

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

Celebrant and People

We remember his death,

We proclaim his resurrection,

We await his coming in glory;

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Paul and with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and

in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

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

The Breaking of the Bread

The Celebrant breaks the consecrated Bread

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

People; Therefore let us keep the feast. Alleluia.

Fraction Anthem

Hymnal S161

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

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

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

Hymn 313

Let thy Blood in mercy poured

JESUS, MEINE ZUVERSICHT

1 Let thy Blood in mer - cy poured, let thy gra - cious
 2 Thou didst die that I might live; bless - ed Lord, thou
 3 By the thorns that crowned thy brow, by the spear-wound
 4 Wilt thou own the gift I bring? All my pen - i -

Bo - dy bro - ken, be to me, O gra - cious Lord,
 cam'st to save me; all that love of God could give
 and the nail - ing, by the pain and death, I now
 tence I give thee; thou art my ex - alt - ed King,

Refrain

of thy bound-less love the to - ken.
 Jes - us by his sor - rows gave me. Thou didst give thy -
 claim, O Christ, thy love un - fail - ing.
 of thy match-less love for - give me.

self for me, now I give my - self to thee.

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

POST COMMUNION PRAYER

BCP p. 365

After Communion, the Celebrant says

Let us pray.

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

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

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be amongst you, and remain with you always. **Amen.**



Detail of the Hippee window on the west wall of the Nave. This quiet, painterly windows was given in 1885 by George M. and Eliza Hippee in memory of their sons William Edwin and Lewis.. Unique in its serenity, it stands apart from the other windows in ignoring the divisions of the lancet windows—the composition treats the whole window as a unified pictorial space.

Hymn 542

Christ is the world's true light

ST. JOAN

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

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

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

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

DISMISSAL

The Deacon dismisses the people.

People Thanks be to God.

Organ Voluntary *God of Our Fathers* (National Hymn) Emma Lou Diemer

Announcements for July 3, 2022

Today at St. Paul's

- We welcome today's guest organist, Canon David Raymond, Cathedral Organist Emeritus.

**Please note the Cathedral Office will be closed on Monday, July 4.
Happy holiday!**

Music for Sundays July 3 and 10

Canon Mark Babcock, Cathedral Organist/Choirmaster/Carillonneur will be on a Central College A Cappella Choir Alumni Tour to Austria which includes several Cathedral Choir members in early July. David Raymond, Cathedral Organist Emeritus will serve as guest organist. Diane Hayes and Lexie Thiessen will serve as cantors and leaders for the Summer Choir. Summer Choir meets at 9:15 a.m. in the Choir Room and is open to all singers. Choral leadership even during the summer months enhances our 10 a.m. Holy Eucharist. The carillon will play pre-programmed Patriotic hymns on Sunday, July 3rd at 9 a.m. Ben Hoskins will serve as guest carillonneur on Sunday, July 10th at 9 a.m. Thank you to all who generously share their musical gifts at St. Paul's especially during the summer months. We are blessed and inspired by your ministry among us.

We Serve Connection Café on July 11, 2022

We need the ingredients to make 140 sack lunches to be served at the Connection Café on July 11, 2022. The lunches will be made in the lower level kitchen on July 10, 2022 so all of the ingredients should be delivered no later than 9:00 a.m. on July 10, 2022. The lunches will be made after each service on July 10, 2022 and delivered to Connection Cafe on July 11, 2022. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the [sign up sheet](#). To sign up, just follow the instructions on the page. It only takes a few seconds to do. Thank you for volunteering! If you have any questions please contact Deacon Jean.

**From Many, One
Conversations Across Difference**

Who are you? Who are we? Who are we called to become?

Small group intentional conversations with an opportunity to know one another and develop a sense of community. Attend as many as you wish!

Tuesdays

July 12, 26, & August 9
Zoom at 7:00 p.m.

Thursdays

July 14, 28, & August 11
Cathedral Courtyard Wine &
Cheese at 6:00 p.m.

Urban Bicycle Food Ministry

Love to ride? Love to help others? St. Paul's has been invited to partner with Urban Bicycle Food Ministry on July 14 to make and deliver meals to those in need on several routes in Des Moines. Please see here for general information and watch for particulars in next week's eNews from St. Paul's.

Iowa Cubs' Game Sunday, August 14

Join us August 14 at 1:08 PM for St. Paul's Outing to Iowa Cubs -- We will be seated in Section 9 Behind Home Plate -- Tickets: \$8.00. Tickets are on sale after Sunday Services or from the Cathedral Office until August 7.

The Great EpisGOpal Race is back, and you're invited to join together in gratitude and race to benefit others!

This year, UTO is partnering with Episcopal Migration Ministries, building on 20 years of partnership between United Thank Offering (UTO) and Episcopal Migration Ministry (EMM).

When: September 11 [register here](#)

Where: Gather with us at Gray's Lake at 4:00 PM to group up for our various activities e.g. walk, bike, or run - you choose! Come to Confluence Brewery when you are done.

Who: This race is open to everyone. We encourage you join with your family, and friends.

How: Race your way! You decide your distance and mode. Be sure and join St. Paul's Cathedral, Des Moines group when you sign up.

Cost: \$15 registration, with the option to donate to either UTO or EMM.

[Sign up today!](#)

(If you can't attend on 9/11 you can still participate - see information at the registration page.)

Today's Liturgical Ministers

Eight o'clock Eucharist:

1st lesson and Psalm – Phyllis Melton

2nd lesson – Sharon Gentsch

Audio – Bill Gentsch

Ten o'clock Eucharist:

Crucifer – Catherine Gillespie

1st lesson – Rosa Walker

Cantor – Lexie Thiessen

2nd lesson – Peggy Aerisolphal

Intercessor – Henry Harmon

Eucharistic Minister – Scott Jeneary

Audio – Tim Hird

Ushers – Henry Harmon, John Zickefoose

Chapter Counters – Phyllis Melton,
Stephanie Murphy; (alt. Jonathan Hansen)



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.