

**ST. PAUL'S**  
**EPISCOPAL CATHEDRAL**

**The Fifth Sunday after Pentecost: Proper 10**  
July 10, 2022

Choral Eucharist  
Ten o'clock in the morning

815 High Street ☩ Des Moines, IA 50309 ☩ 515-288-7297  
[cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org)

Organ Voluntary

*His truth endureth to all generations*  
(Ps. 100: 5)

Lester Groom

*I will walk before the Lord* (Ps. 116: 9)  
*Beside the still waters* (Ps. 23: 2)

Groom

Groom

The Word of God

Hymn 372

*Praise to the living God!*

LEONI

1 Praise to the liv - ing God! All prais - ed be his Name  
 2 Form - less, all love - ly forms de - clare his love - li - ness;  
 3 His Spi - rit flow - eth free, high surg - ing where it will:  
 4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.  
 ho - ly, no ho - li - ness of earth can his ex - press.  
 in pro - phet's word he spoke of old; he speak - eth still.  
 his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:  
 Lo, he is Lord of all. Cre - a - tion speaks his praise,  
 Es - tab - lished is his law, and change - less it shall stand,  
 Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!  
 and ev - ery - where a - bove, be - low, his will o - beys.  
 deep writ up - on the hu - man heart, on sea, on land.  
 who was, and is, and is to be, for ay the same.

**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 Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; 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 Amos**

[7: 7 – 17]

This is what he showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the Lord said to me, “Amos, what do you see?” And I said, “A plumb-line.” Then the Lord said, “See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.” Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, “Amos has conspired against you in the very center of the house of Israel; the land is not able to bear all his words. For thus Amos has said, ‘Jeroboam shall die by the sword, and Israel must go into exile away from his land.’” And Amaziah said to Amos, “O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king’s sanctuary, and it is a temple of the kingdom.” Then Amos answered Amaziah, “I am no prophet, nor a prophet’s son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the Lord said to me, ‘Go, prophesy to my people Israel. Now therefore hear the word of the Lord. You say, “Do not prophesy against Israel, and do not preach against the house of Isaac.” Therefore, thus says the Lord: “Your wife shall become a prostitute in the city, and your sons and your daughters shall fall by the sword, and your land shall be parceled out by line; you yourself shall die in an unclean land, and Israel shall surely go into exile away from its land.’ ”

*Leader* The Word of the Lord.

**People** Thanks be to God.

**Psalm 82**

*Deus stetit*

BCP p. 705

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

Mode 7  
transposed  
modally

Refrain



Res cue the weak and the poor from the pow'r of the wick ed.

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

- 1 God takes his stand in the council of heaven; \*  
he gives judgment in the midst of the gods:
- 2 "How long will you judge unjustly, \*  
and show favor to the wicked?"

- 3 Save the weak and the orphan; \*  
defend the humble and needy;
- 4 Rescue the weak and the poor; \*  
deliver them from the power of the wicked.
- 5 They do not know, neither do they understand;  
they go about in darkness; \*  
all the foundations of the earth are shaken.
- 6 Now I say to you, 'You are gods, \*  
and all of you children of the Most High;
- 7 Nevertheless, you shall die like mortals, \*  
and fall like any prince.'"
- 8 Arise, O God, and rule the earth, \*  
for you shall take all nations for your own.

### **A Reading from the Letter of Paul to the Colossians**

[1: 1 – 14]

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, To the saints and faithful brothers and sisters in Christ in Colos'sae: Grace to you and peace from God our Father. In our prayers for you we always thank God, the Father of our Lord Jesus Christ, for we have heard of your faith in Christ Jesus and of the love that you have for all the saints, because of the hope laid up for you in heaven. You have heard of this hope before in the word of the truth, the gospel that has come to you. Just as it is bearing fruit and growing in the whole world, so it has been bearing fruit among yourselves from the day you heard it and truly comprehended the grace of God. This you learned from Ep'aphras, our beloved fellow servant. He is a faithful minister of Christ on your behalf, and he has made known to us your love in the Spirit. For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

*Leader* The Word of the Lord.

**People Thanks be to God.**

**Hymn 411***O bless the Lord my soul!*

ST. THOMAS (WILLIAMS)

1 O bless the Lord, my soul! His grace to thee pro - claim!  
 2 O bless the Lord, my soul! His mer - cies bear in mind!  
 3 He will not al - ways chide; he will with pa - tience wait;  
 4 He par - dons all thy sins, pro - longs thy fee - ble breath;  
 5 He clothes thee with his love, up - holds thee with his truth;

1 And all that is with - in me join to bless his ho - ly Name!  
 2 For - get not all his ben - e - fits! The Lord to thee is kind.  
 3 his wrath is ev - er slow to rise and rea - dy to a - bate.  
 4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.  
 5 and like the ea - gle he re - news the vi - gor of thy youth.

6 Then bless his holy Name,  
 whose grace hath made thee whole,  
 whose loving-kindness crowns thy days:  
 O bless the Lord, my soul!

**The Holy Gospel**

[Luke 10: 25 – 37]

*All Stand*

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

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

Just then a lawyer stood up to test Jesus. "Teacher," he said, "what must I do to inherit eternal life?" He said to him, "What is written in the law? What do you read there?" He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And he said to him, "You have given the right answer; do this, and you will live." But wanting to justify himself, he asked Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road;

and when he saw him, he passed by on the other side. So likewise a Le'vite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, 'Take care of him; and when I come back, I will repay you whatever more you spend.' Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?" He said, "The one who showed him mercy." Jesus said to him, "Go and do likewise."

*Deacon* The Gospel of the Lord.

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

**THE HOMILY**

The Rev. Jean Davis

*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*

Brothers and sisters, grace to you and peace from God our Father. Let us pray in hope, trusting that God receives our prayers, saying, "Lord, in your mercy, *hear our prayer.*"

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 Trinity, Iowa City; Old Brick, Iowa City; St. Laurence, Laurenceckirk; St. John the Baptist, Drumlithie; St. Palladius, Drumtochty; St. Andrew, Fasque, Brechin; Gangara Parish, Nzara; Big Bend Parochial District, Swaziland; and The Church of the Province of Uganda. Grant to your Church, O God, understanding that we may know your will for us, and also may have the grace and power faithfully to accomplish those things to which you call us.

*Silence*

Lord, in your mercy,

**Hear our prayer.**

Intercessor Arise, O God, and rule the earth. Save the weak and the orphan; defend the humble and the needy; deliver them from the power of the wicked.

*Silence*

Lord, in your mercy,

**Hear our prayer.**

Intercessor Bless those who tend to herds. Bless those who dress trees. Bless those who care for the earth. Bless those who work so that we might enjoy the fruits of their labor.

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

Lord, in your mercy,

**Hear our prayer.**

Intercessor We pray, O Lord, that we might be good neighbors. Increase in our hearts compassion for the vulnerable in our own city and in the surrounding communities.

*Silence*

Lord, in your mercy,

**Hear our prayer.**

Intercessor Gracious God, show mercy to those who are suffering. Renew them; make them strong with all the strength that comes from your glorious power.

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

Lord, in your mercy,

**Hear our prayer.**

Intercessor We give you thanks, O God. You have enabled us to share in the inheritance of the saints in the light. Heavenly Parent, you have rescued us from the power of darkness and transferred us into the kingdom of your beloved Son, in whom we have redemption.

*Silence*

Lord, in your mercy,

**Hear our prayer.**

*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](http://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 658

*As longs the deer*

MARTYRDOM

1 As longs the deer for cool - ing streams in  
2 For thee, my God, the liv - ing God, my  
3 Why rest - less, why cast down, my soul? Hope  
4 To Fa - ther, Son, and Ho - ly Ghost, the

parched and bar - ren ways, so longs my soul, O  
thirst - y soul doth pine: O when shall I be -  
still, and thou shalt sing the praise of him who  
God whom we a - dore, be glo - ry, as it

God, for thee and thy re - fresh - ing grace.  
hold thy face, thou Ma - jes - ty di - vine?  
is thy God, thy health's e - ter - nal spring.  
was, is now, and shall be ev - er - more.

## 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 God 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.

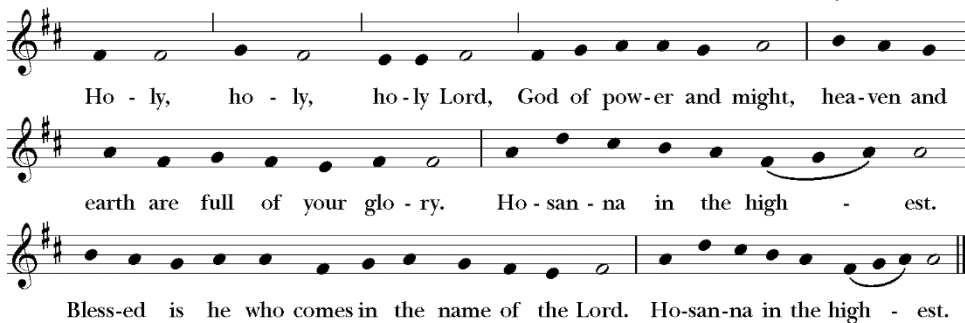
*The Celebrant adds the Proper Preface*

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 302

## Father we thank thee

## RENDEZ À DIEU

1 Fa - ther, we thank thee who hast plant - ed thy ho - ly Name with -  
2 Watch o'er thy Church, O Lord, in mer - cy, save it from e - vil,

in our hearts. Know - ledge and faith and life im - mor - tal Je - sus thy  
guard it still, per - fect it in thy love, u - nite it, cleansed and con -

Son to us im - parts. Thou, Lord, didst make all for thy plea - sure,  
formed un - to thy will. As grain, once scat - tered on the hill - sides,

didst give us food for all our days, giv - ing in Christ the  
was in this bro - ken bread made one, so from all lands thy



Bread e - ter - nal; thine is the power, be thine the praise.  
Church be gath - ered in - to thy king - dom by thy Son.

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

**POST COMMUNION PRAYER**

BCP p. 365

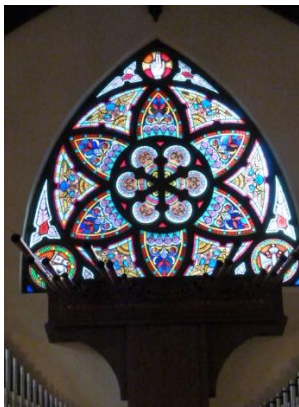
*After Communion, the Celebrant says*

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.**



Hymn 450

All hail the power of Jesus' Name!

CORONATION

6 Let ev - ery kin - dred, ev - ery tribe, on this ter - res - trial

1 All hail the power of Je - sus' Name! Let an - gels pros - trate  
 2 Crown him, ye mar - tyrs of our God, who from his al - tar  
 3 Hail him, the Heir of Da - vid's line, whom Da - vid Lord did  
 \* 4 Ye heirs of Is - rael's cho - sen race, ye ran - somed of the  
 \* 5 Sin - ners, whose love can ne'er for - get the worm - wood and the

ball, to him a - scribe, and

1 fall; bring forth the roy - al di - a - dem, and  
 2 call: praise him whose way of pain ye trod, and  
 3 call, the God in - car - nate, Man di - vine, and  
 4 fall, hail him who saves you by his grace, and  
 5 gall, go, spread your tro - phies at his feet, and

crown him Lord of all! to him a -

1 crown him Lord of all! bring forth the roy - al  
 2 crown him Lord of all! praise him whose way of  
 3 crown him Lord of all! the God in - car - nate,  
 4 crown him Lord of all! hail him who saves you  
 5 crown him Lord of all! go, spread your tro - phies

scribe, and crown him Lord of all!

1 di - a - dem, and crown him Lord of all!  
 2 pain ye trod, and crown him Lord of all!  
 3 Man di - vine, and crown him Lord of all!  
 4 by his grace, and crown him Lord of all!  
 5 at his feet, and crown him Lord of all!

6 Let every kindred, every tribe,  
 on this terrestrial ball,  
 to him all majesty ascribe,  
 and crown him Lord of all!

**DISMISSAL**

*The Deacon dismisses the people.*

**People**                      **Thanks be to God.**

**Organ Voluntary**

*Psalm 19*

Benedetto Marcello

*("The heavens declare the glory of the Lord")*

**Announcements for July 10, 2022**

*Today's altar flowers are given by Barbara and Douglas Hein*

*In honor of The Rev. Muffy Harmon*

**Today at St. Paul's**

- We welcome today's Guest Organist, Canon David Raymond, Cathedral Organist Emeritus.
- We welcome today's Guest Carillonneur, Ben Hoskins
- 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.

**Music for Sunday July 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. 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.

Sign-up opportunities for the "FROM ONE MANY, Conversations Across Difference"- ZOOM session, set for July 12, 2022 at 7:00 p.m. are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: [volunteersignup.org/WY9K8](https://volunteersignup.org/WY9K8) To sign up, just follow the instructions on the page. It only takes a few seconds to do. Please sign up so that we can send you the ZOOM invitation for the session. Thank you for your interest!

### **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 21 to make and deliver meals to those in need on several routes in Des Moines, and volunteer opportunities for "Urban Bicycle Food Ministry" are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: [volunteersignup.org/TM7TA](http://volunteersignup.org/TM7TA). To sign up, just follow the instructions on the page. It only takes a few seconds to do. Thank you for volunteering!

### **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.

### **You are invited to join us virtually or at Gray's Lake. This is not a race but a fun (fund) raiser!**

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 4:00 PM or when ever. [[register here](#)]

**Where:** On your own wherever you wish, or join us at the SW parking lot (Concessions & Rental stand) at Gray's Lake to group up for our various activities e.g. walk, bike, run, yoga, or sit - you choose! Come to Confluence Brewery when you feel so inclined. There is more parking at Waterworks or other lots at Gray's Lake Park.

**Who:** This activity is open to everyone. We encourage you join us with family and friends.

**How:** You decide your activity if any. 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 the 11th, you can still participate - see information at the registration page.)

### Today's Liturgical Ministers

*Crucifer* – Catherine Gillespie

*1<sup>st</sup> lesson* – Elizabeth Skinner

*Cantor* – Lexie Thiessen

*2<sup>nd</sup> lesson* – Barbara Duro

*Intercessor* – Diane Hayes

*Eucharistic Minister* – Scott Jeneary, Volunteer requested

*Video* – Volunteer requested

*Audio* – Tim Hird

*Ushers* – Rick & Cheryl Stearns

*Chapter Counters* – John Stender-Custer, Tom Smith; (alt. Henry Harmon)



**ST. PAUL'S**  
EPISCOPAL CATHEDRAL

**Mission Statement:** St. Paul's Episcopal Cathedral is a welcoming, worshiping community committed to living Christ's unconditional love through fellowship, service, and kindness.