



ST. PAUL'S EPISCOPAL CATHEDRAL

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

The Seventh Sunday after Pentecost: Proper 10 Choral Eucharist

Sunday, July 11, 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 *Come Thou Fount of Every Blessing* arr. John Travers

The Word of God

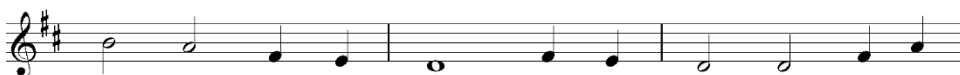
Hymn 686

Come, thou fount of every blessing

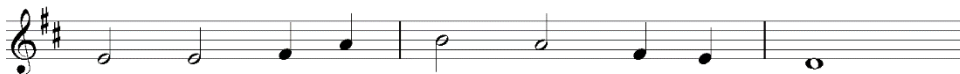
NETTLETON



1 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to

flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and

on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934) Copyright ©1971 by Walton Music Corporation. International Copyright secured. All rights reserved. Used with permission.

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 - mighty 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, 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 Second Book of Samuel

[6: 1 – 5, 12b – 19]

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Ba'ale-ju'dah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abin'adab, which was on the hill. Uz'zah and Ahi'o, the sons of Abin'adab, were driving the new cart with the ark of God; and Ahi'o went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of O'bed-e'dom to the city of David with rejoicing; and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. David danced before the LORD with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet. As the ark of the LORD came into the city of David, Mi'chal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart. They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Leader The Word of the Lord.

People Thanks be to God.

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

Refrain

Mode 1

Lift up your heads, O gates; lift them high, O ever-lasting doors.

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

- 1 The earth is the LORD's and all that is in it, *
the world and all who dwell therein.
- 2 For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the LORD? *
and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood,
nor sworn by what is a fraud.
- 5 They shall receive a blessing from the LORD *
and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 8 "Who is this King of glory?" *
"The Lord, strong and mighty,
the Lord, mighty in battle."
- 9 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 10 "Who is he, this King of glory?" *
"The LORD of hosts,
he is the King of glory."

A Reading from the Letter of Paul to the Ephesians

[1: 3 – 14]

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 538

God of mercy, God of grace

LUCERNA LAUDONIAE

1 God of mer - cy, God of grace, show the bright - ness of thy
 2 Let thy peo - ple praise thee, Lord; be by all that live a -

face. Shine up - on us, Sa - vior, shine, fill thy
 dored. Let the na - tions shout and sing glo - ry

Church with light di - vine, and thy sav - ing health ex -
 to their Sa - vior King; let all be, be - low, a -

tend un - to earth's re - mot - est end.
 bove, one in joy, and light, and love.

Words: Henry Francis Lyte (1793-1847), alt.
 Music: *Lucerna Laudoniae*, David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

The Holy Gospel

[Mark 6: 14 – 29]

All Stand

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

People Glory to you, Lord Christ.

King Her'od heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Eli'jah." And others said, "It is a prophet, like one of the prophets of old." But when Her'od heard of it, he said, "John, whom I beheaded, has been raised." For Her'od himself had sent men who arrested John, bound him, and put him in prison on account of Hero'dias, his brother Philip's wife, because Her'od had married her. For John had been telling Her'od, "It is not lawful for you to have your brother's wife." And Hero'dias had a grudge against him, and wanted to kill him. But she could not, for Her'od feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Her'od on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Hero'dias came in and danced, she pleased Her'od and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

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 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 St Andrew, Des Moines; Trinity Cush, Des Moines; St Luke, Des Moines; St Mark, Des Moines; for St. Martin, Dundee in Brechin; Mageda Parish, Nzara; Anglican Woman's Fellowship, Swaziland; The Episcopal Church in the Philippines, 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, especially Robin, 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

Show Me Thy Ways

Walter Pelz

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

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

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.

Communion Music *I Heard the Voice of Jesus Say*
Diane Hayes, soloist

Thomas Tallis

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

POST COMMUNION PRAYER

BCP p. 365

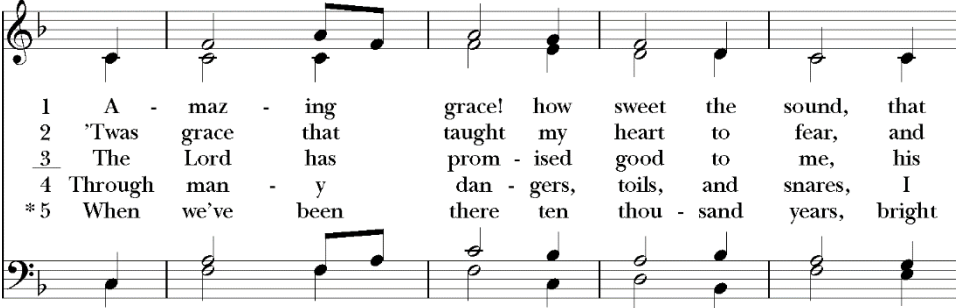
After Communion, the Celebrant says

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 A - maz - ing grace! how sweet the sound, that
 2 'Twas grace that taught my heart to fear, and
 3 The Lord has prom - ised good to me, his
 4 Through man - y dan - gers, toils, and snares, I
 *5 When we've been there ten thou - sand years, bright



1 saved a wretch like me! I once was lost but
 2 grace my fears re - lieved; how pre - cious did that
 3 word my hope se - cures; he will shield and
 4 have al - rea - dy come; 'tis grace that brought me
 5 shin - ing as the sun, we've no less days to



1 now am found, was blind but now I see.
 2 grace ap - pear the hour I first be - lieved!
 3 por - tion be as long as life en - dures.
 4 safe thus far, and grace will lead me home.
 5 sing God's praise than when we'd first be - gun.

The melody may be sung in canon at distances of either two or three beats.

Words: John Newton (1725-1807), alt.; st. 5, John Rees (19th cent.) Music: *New Britain*, from *Virginia Harmony*, 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919) Copyright ©1974 by Abingdon 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 Toccata on *Come Thou Fount of Every Blessing* Travers

Announcements for July 11, 2021

Please join us every Wednesday at 12:05 pm for our
Lunchtime Eucharist in the Chapel.

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. Parking will be available in St. Paul's lot and also in the neighboring lot to the east (Pace Juvenile Center), accessible off High Street. Additional parking is available in the parking lot north of First United Methodist Church, off 10th Street.

Our next **Choral Evensong** will be **Monday, July 12 at 5:15 pm.** Please join us.



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.