



ST. PAUL'S
EPISCOPAL CATHEDRAL

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

The Twelfth Sunday after Pentecost: Proper 15
Choral Eucharist

Sunday, August 15, 2021

Ten o'clock in the morning

*All St. Paul's Cathedral staff and Choir members are fully vaccinated.
Current CDC guidance advises everyone in Polk County
to wear a mask in indoor public places.*

Voluntary

The Word of God

Hymn 423

Immortal, invisible, God only wise

ST. DENIO

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
 2 Un - rest - ing, un - hast - ing, and si - lent as light,
 3 To all life thou giv - est, to both great and small;
 4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,
 nor want - ing, nor wast - ing, thou rul - est in might;
 in all life thou liv - est, the true life of all;
 thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish, like leaves on the tree,
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.
 thy clouds, which are foun - tains of good - ness and love.
 then with - er and per - ish; but nought chan - geth thee.
 'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt.
 Music: *St. Denio*, Welsh hymn, from *Caniadau y Cyssegr*, 1839; adapt. John Roberts (1822-1877); harm. *The English Hymnal*, 1906, 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

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE LESSONS, *the People sit*

A Reading from the First Book of Kings

[2: 10 – 12, 3: 3 – 14]

David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in He'bron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the LORD, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gib'eon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gib'eon the LORD appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O LORD my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?" It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life;

no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

Leader The Word of the Lord.

People Thanks be to God.

Psalm 111


Confitebor tibi

BCP p. 754

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

Mode 4

Refrain



The fear of the Lord is the be - gin - ning of wis - dom.

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

- 1 Hallelujah!
I will give thanks to the LORD with my whole heart,*
in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the LORD!*
they are studied by all who delight in them.
- 3 His work is full of majesty and splendor,*
and his righteousness endures forever.
- 4 He makes his marvelous works to be remembered;*
the LORD is gracious and full of compassion.
- 5 He gives food to those who fear him;*
he is ever mindful of his covenant.
- 6 He has shown his people the power of his works*
in giving them the lands of the nations.
- 7 The works of his hands are faithfulness and justice;*
all his commandments are sure.
- 8 They stand fast for ever and ever,*
because they are done in truth and equity.
- 9 He sent redemption to his people;
he commanded his covenant for ever;*
holy and awesome is his Name.

10 The fear of the LORD is the beginning of wisdom;*
those who act accordingly have a good
understanding;
his praise endures for ever.

A Reading from the Letter of Paul to the Ephesians [5: 15 – 20]

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

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,



Words: Att. Richard of Chichester (1197-1253)

MUSIC: *Summer*; Arthur Henry Biggs (1906-1954) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

The Holy Gospel

[John 6: 51 – 58]

All Stand

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

People Glory to you, Lord Christ.

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

Hymn 654

Day by day

SUMNER

Please see page 6

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; Betsey, our Bishop-elect; St. Paul's clergy and staff; and all lay and ordained ministers.

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; send down upon those who hold office in this State the spirit of wisdom, charity, and justice; 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 George, LeMars; St Paul, Council Bluffs; St. Mary and St. Peter, Montrose; St. David of Scotland, Inverbervie in Brechin; Ringasi Parish, Nzara; Ringasi Parish, Swaziland; The Anglican Church of Southern Africa, 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 God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns 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.

ANNOUNCEMENTS

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



The Holy Communion

Offertory Anthem

O Bread of Life from Heaven

Heinrich Isaac

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.

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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.

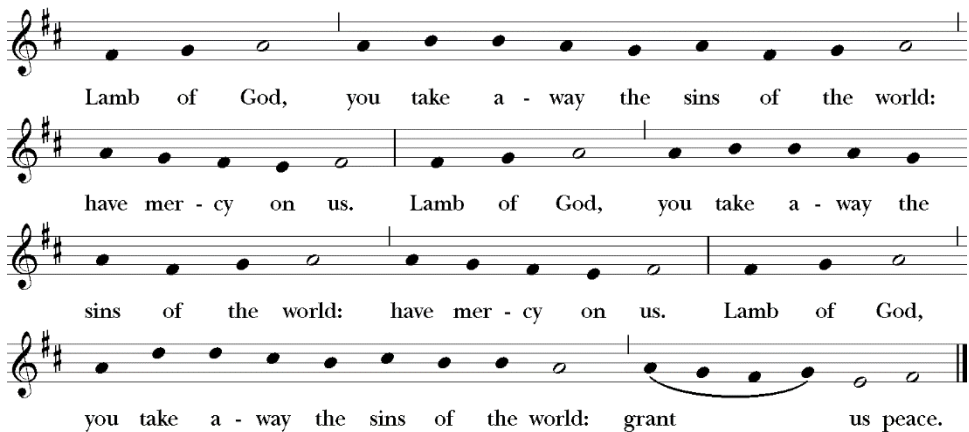
The Breaking of the Bread

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



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 335

I am the bread of life

I AM THE BREAD OF LIFE



1 I am the bread of life; — they who
 2 (The) Bread that — I will give — is my
 3 (Un-) less — you eat — of the
 4 I am the re - sur - rec - tion, —
 5 (Yes,) Lord, — we be - lieve — that —



1 come to me shall not — hun - ger; they who be -
 2 Flesh for the life of the world, — and they who
 3 Flesh of the Son of — Man — and —
 4 I — am the — life. — They who be -
 5 you — are the — Christ, — the —



1 lieve in me shall not thirst. No one can come to
 2 eat — of this bread, they shall — live for
 3 drink — of his Blood, you shall not have life with -
 4 lieve — in me, e - ven — if they
 5 Son — of God who — has



1 me — un - less the — Fa - ther draw them.
 2 ev - er. — they shall — live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, — they shall — live for ev - er.
 5 come — in - to — the — world. —

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. _____ 5 Yes, day.

last day. _____ 2 The

3 Un- day.

4 —

5 Yes, (2)

Final Ending

The descant may be sung after stanzas 4 and 5.

Words: Suzanne Toolan (b. 1927); adapt. of John 6, Copyright ©1971, G.I.A. Publications, Inc. Music: *I Am the Bread of Life*, Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928) Copyright ©1970, 1975, Celebration. 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

The wisdom of God, the Love of God, and the Grace of God strengthen you to be Christ's hands and heart in this world, in the name of the Holy Trinity. Amen.

Hymn 555

Lead on, O King eternal

LANCASHIRE

1 Lead on, O King e - ter - nal, the day of march has come;
2 Lead on, O King e - ter - nal, till sin's fierce war shall cease,
3 Lead on, O King e - ter - nal: we fol - low, not with fears;

hence - forth in fields of con - quest thy tents shall be our home:
and ho - li - ness shall whis - per the sweet a - men of peace;
for glad - ness breaks like morn - ing wher - e'er thy face ap - pears.

The musical score consists of two systems of music. Each system has a treble clef staff and a bass clef staff. The first system contains three lines of lyrics. The second system contains three lines of lyrics. The music is written in a simple, hymn-like style with block chords and single notes.

through days of prep - a - ra - tion thy grace has made us strong,
 for not with swords loud clash - ing, nor roll of stir - ring drums,
 Thy cross is lift - ed o'er us; we jour - ney in its light:

and now, O King e - ter - nal, we lift our bat - tle song.
 but deeds of love and mer - cy, the heaven - ly king - dom comes.
 the crown a - waits the con - quest; lead on, O God of might!

Words: Ernest Warburton Shurtleff (1862-1917) Music: *Lancashire*, Henry Thomas Smart (1813-1879)

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 August 15, 2021

Today at St. Paul's

*Today's altar flowers are given by are given by Zoë Rawson
in loving memory of Thomas Rawson and Tim Rawson*

Neighborhood Walk - Tuesday, August 17 at 4:30 pm St. John's Lutheran

All are Welcome to Join the Chapter and Others in Upcoming Neighborhood Walks and Planned Tours of our Bridge Partnership Neighborhood Churches

- The St. Paul's Chapter, clergy and other interested parishioners are planning two upcoming neighborhood walks with tours of two of our neighborhood Bridge partnership Churches. The first walk and tour is planned for August 17, 2021 at 4:30 and will feature a tour of St. John's Lutheran Church. The second is planned for August 25, 2021 at 9:30 and will feature a tour of First United Methodist Church. A third walk and tour is being planned for St. Ambrose Cathedral but that date is not confirmed as yet. The purpose of the walks and tours is twofold. First, the tours will permit us to see how these other churches have planned their outreach and social space to meet ministry needs. It is hoped that these tours will inform the decisions which need to be made regarding the restoration and redesign of our undercroft space. Second, by walking the neighborhood, as suggested in the recent Episcopal Church Revival materials, we may gain insight into ministry needs which exist in our downtown neighborhood. *If you are interested but cannot walk these distances, car travel will be arranged. If you have questions, please contact Amma Nicola or Deacon Jean.*

Sunday, August 22: Quiches in the Courtyard after the 10:00 am service.

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. Please RSVP by contacting the Cathedral Office (515-288-7297) or email administrator@cathedralchurchofstpaul.org

St. Paul's Cathedral Arts Garden Party - Sunday, August 29th at 4pm

Home of Mark Babcock and Tony Braida

1804 28th St., Des Moines, 50310

A wonderful opportunity to hear about and support
the 2021 - 2022 Cathedral Arts Season!

Please RSVP to babcockm@central.edu by August 23rd

Cathedral Financial Questions

If you have questions about finance, please contact Rick Stearns:
financial@cathedralchurchofstpaul.org

New Contact information for Deacon John

Deacon John has a new email address:
johndeacon@cathedralchurchofstpaul.org. His personal contact information remains the same. He no longer has office hours at the church. Financial questions may be sent to the treasurer, Rick Stearns.

Morning Prayer Wednesday at 9:15 am

Please contact administrator@cathedralchurchofstpaul.org in order to receive the Zoom meeting information by email. If you do not have a copy of the Book of Common Prayer at home, you may access it online at bcponline.org

Visitors

If you are visiting today, we extend to you a warm welcome! Please make yourself known to a greeter, usher, or one of the clergy. 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. You may sit, kneel or stand throughout the service, following the guidance in this bulletin or as you prefer. The Episcopal church offers communion in two kinds, both consecrated bread and wine. While the coronavirus pandemic continues, bread alone is offered. In this case and if you prefer to receive only the bread or the wine, know that you have made a full communion. We are so glad you are with us today.



St. Paul's audio system includes the T-coil Hearing Loop. If you have questions or need assistance, please speak with one of our Audio Coordinators.



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.