

815 High Street  $\Phi$  Des Moines, IA 50309  $\Phi$  515-288-7297 cathedralchurchofstpaul.org

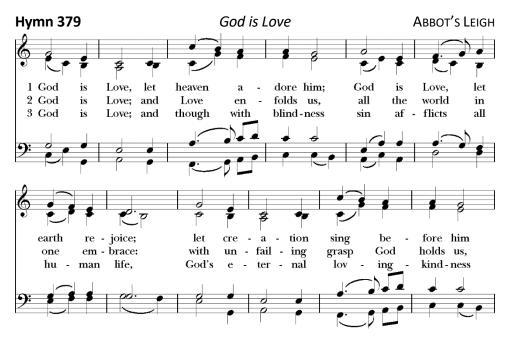
#### The Seventeenth Sunday after Pentecost: Proper 20 Choral Eucharist

Sunday, September 19, 2021 Ten o'clock in the morning

Current CDC guidance advises everyone in Polk County to wear a mask in indoor public places. Thank you for wearing your facemask when inside at St. Paul's.

#### Voluntary

#### The Word of God





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# CelebrantBlessed be God: Father, Son, and Holy Spirit.PeopleAnd blessed be God's kingdom, now and for ever.<br/>Amen.

#### Celebrant

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





Celebrant	The Lord be with you.
People	And also with you.
Celebrant	Let us pray.

#### THE COLLECT OF THE DAY

Grant us, Lord, not to be anxious about earthly things, but to love things heavenly; and even now, while we are placed among things that are passing away, to hold fast to those that shall endure; 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 Proverbs

[31: 10 - 31]

A capable wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant-girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates, taking his seat among the elders of the land. She makes linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: "Many women have done excellently, but you surpass them all."

Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

*Leader* The Word of the Lord.

# People Thanks be to God.

# Psalm 1

# Beatus vir qui non abiit

BCP p. 585

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



 Happy are they who have not walked in the counsel of the wicked,\*

nor lingered in the way of sinners,

nor sat in the seats of the scornful!

- 2 Their delight is in the law of the LORD,\* and they meditate on his law day and night.
- 3 They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither;\* everything they do shall prosper.
- 4 It is not so with the wicked;\* they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright when judgment comes,\*

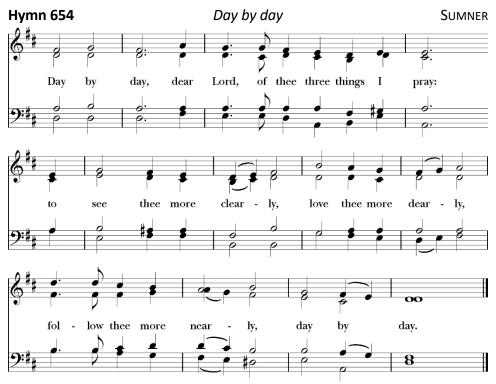
nor the sinner in the council of the righteous.

6 For the LORD knows the way of the righteous,\* but the way of the wicked is doomed.

# A Reading from the Letter of James [3: 14 – 4: 3, 7 8a]

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

Leader The Word of the Lord. People Thanks be to God.



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

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

#### The Holy Gospel

#### All Stand

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

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

Jesus and the disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him. Then they came to Caper'naum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

*Deacon* The Gospel of the Lord. **People Praise to you, Lord Christ.** 

Hymn 654	Day by day	Sumner	
(see page 7)			
THE HOMILY		The Rev. Nicola Bowler	
After the Homily, a period of silent reflection is kept.			

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 I** All stand or kneel for prayer. BCP p. 383

Deacon or other leader

With all our heart and with all our mind, let us pray to the Lord, saying, "Lord, have mercy."

For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord. **Lord, have mercy.** 

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord. Lord, have mercy. For Michael, our Presiding Bishop; Alan, our bishop; Betsey, our bishopelect, and for all clergy and people, let us pray to the Lord.

# Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

#### Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

# Lord, have mercy.

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

# Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

# Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

# Lord, have mercy.

In our diocese, companion dioceses, and the Anglican Communion we pray for the clergy and people of the Theological Seminaries, their trustees, faculties and students; and for postulants and candidates and ministry development teams in formation; For all who work with children and young people in Brechin; the Central Arch-deaconary, Nzara; Zandondo Parish, Swaziland; and The Church of the Province of Uganda; let us pray to the Lord.

# Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

# Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

#### Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

#### Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

#### Lord, have mercy.

In the communion of ever-blessed Virgin Mary, St. Joseph, St. Paul, and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

#### To thee, O Lord our God.

#### Silence

#### The Celebrant adds a concluding Collect.

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son 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**.

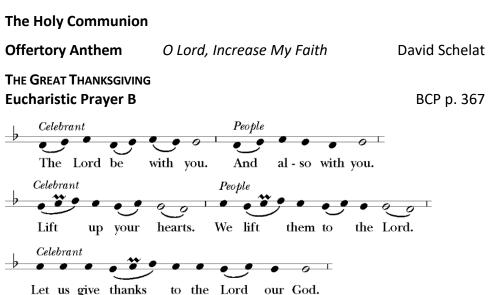
THE PEACE

CelebrantThe peace of the Lord be always with you.PeopleAnd also with you.

#### ANNOUNCEMENTS

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





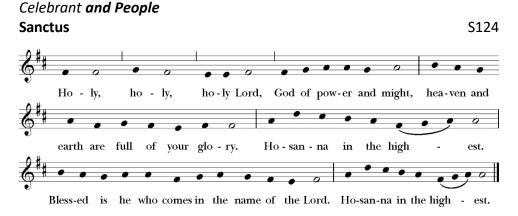


#### The Celebrant proceeds

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 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:



#### 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.

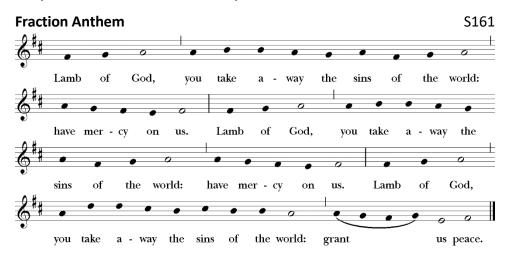


And now, as our Savior Christ has taught us, we are bold to say,

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

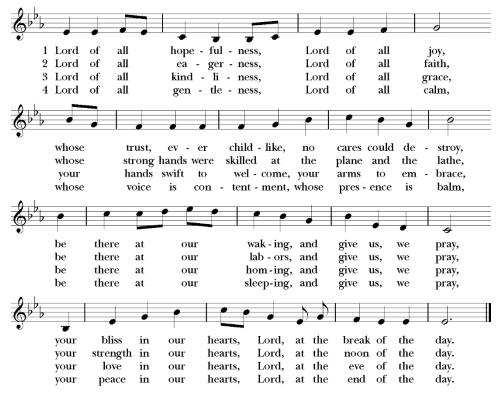
The Celebrant breaks the consecrated BreadCelebrant: Alleluia. Christ our Passover is sacrificed for us.People; Therefore let us keep the feast. Alleluia.



*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 482

Lord of all hopefulness



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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.** 





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**DISMISSAL** The Deacon dismisses the people. **People Thanks be to God.** 

#### **Organ Voluntary**

#### Announcements for September 19, 2021

#### Today at St. Paul's

Today's altar flowers are given by Debbie Wells in memory of John Robert Morrison

#### The new St. Paul's Cathedral Arts season begins at 4:00 pm today with Choral Evensong sung by the Howells Scholars.

#### Sunday, September 26

- Quiche in the Courtyard following the 10:00 service. No charge. Please RSVP by contacting the Cathedral Office (515-288-7297) or email <u>administrator@cathedralchurchofstpaul.org</u>
- St. Paul's Social Justice Committee meets after the 10:00 service, and all are welcome.
- Bike Ride at 4:00 pm. Meet at St. Paul's for a one-hour ride concluding at Confluence Brewing Company (1235 Thomas Beck Rd, Des Moines, IA 50315). Those not wishing to ride may meet at the Pub at 5:00 pm!

**St. Paul's Sr. Men's Study Group meets Wednesdays at 10:00 am, in the Guild Hall.** For more information, please contact John McKinney <u>j123mck@aol.com</u> or the cathedral Office <u>administrator@cathedralchurchofstpaul.org</u>

# St Paul's offers Wednesday Eucharist at 12:05 pm every week in the Chapel. Please join us.

# Episcopal Migration Ministries (EMM)

Please consider donating to Neighbors Welcome: Afghan Allies Fund As we continue to welcome and resettle Afghan allies to the U.S. through our affiliate network, the greatest need continues to be assistance with housing. Your financial donation will directly support providing basic services and assistance with housing to newly arrived Afghan allies and assist EMM expanding its work in developing sponsorships for Afghan allies. Make a donation <u>online</u> (<u>https://episcopalmigrationministries.org/donate-afghan-allies/</u>. You can also donate by mail and send checks to:

DFMS-Protestant Episcopal Church US

P.O. Box 958983

St. Louis, MO 63195-8983

(Include Episcopal Migration Ministries and Afghan allies in the memo line.)

# Please help people affected by the deadly earthquake in Haiti through this link to Episcopal Relief and Development:

https://support.episcopalrelief.org/haiti-

relief?ID=210816DWMDS0100&utm\_medium=web&utm\_campaign=fy21 haitiearthquake&utm\_source=210816DWMDS0100

# **Hearing Devices**

For the parishioners using hearing devices, the audio crew wants to determine the brands of hearing aids in use so we may enhance the availability of transmission. Please send an email indicating the type of device you use to: <u>administrator@cathedralchurchofstpaul.org</u>

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 Children's Formation!

We are excited to offer a hybrid formation program in Fall 2021, with inhome devotions (with crafts and coloring pages!) for your family and small group gatherings. Look out for packages arriving for your children in the mail, and save the following Saturday mornings (more details to come).

- October 9, Des Moines Farmer's Market visit
- November 13, Singalong at church
- December 11, Carol singing at church

All activities will begin at 10:00 am.

Note: all participants in in-person activities are required to wear a facemask when indoors, and follow social distancing guidelines.

# 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. 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. We are so glad you are with us today.

#### 169th Annual Convention of the Episcopal Diocese of Iowa

October 29 – 31, 2021. Convention Eucharist services at St. Paul's on Friday, October 29 at 7:00 pm and Sunday, October 31 at 10:00 am.

#### **Today's Liturgical Ministers**

Eight o'clock Eucharist: 1<sup>st</sup> lesson and Psalm – TBD 2<sup>nd</sup> lesson – Sharon Gentsch Intercessor – TBD Audio System – Mike Gillespie Ten o'clock Eucharist: Crucifer – Harold Alexander 1<sup>st</sup> lesson – TBD Cantor – Diane Hayes 2<sup>nd</sup> lesson – Scott Jeneary Intercessor – TBD Eucharistic Minister – TBD Video – Nate Thiessen Audio System – Chuck Seel Chapter Counters – Skeet Wootten, Jonathan Hansen



**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.