



ST. PAUL'S EPISCOPAL CATHEDRAL

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

The Eleventh Sunday after Pentecost: Proper 13 Choral Eucharist

Sunday, August 1, 2021

Ten o'clock in the morning

Coronavirus infection rates are on the rise and the CDC encourages you to wear a mask in indoor public places even if you are fully vaccinated. Wearing a mask is most important if you or someone in your household are at increased risk.

Voluntary

The Word of God

Hymn 390

Praise to the Lord

LOBE DEN HERREN

Please refer to the bulletin insert

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

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS, *the People sit*

A Reading from the Second Book of Samuel [11: 26 – 12: 13a]

When the wife of Uri'ah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the LORD, and the LORD sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the LORD lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You are the man! Thus says the LORD, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uri'ah the Hit'tite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Am'monites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uri'ah the Hit'tite to be your wife. Thus says the LORD: I will raise up trouble against you from within your own house; and I

will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the LORD."

Leader The Word of the Lord.

People Thanks be to God.

Psalm 51: 1 – 13


Miserere mei, Deus

BCP p. 656

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

Mode 4

Refrain



Have mer-cy on me, O God, ac-cord-ing to your lov-ing-kind-ness.
from *Gradual Psalms for the RCL*, ed. Bruce E. Ford, Church Publishing Incorporated.

- 1 Have mercy on me, O God, according to your
loving-kindness; *
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.

- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.
- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

A Reading from the Letter of Paul to the Ephesians [4: 1 – 16]

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 309
(St. 1 & 2)

O food to pilgrims given

O WELT, ICH MUSS
DICH LASSEN

1 O Food to pil - grims giv - en, O Bread of life from
2 O stream of love past tell - ing, O pur - est foun - tain,
3 O Je - sus, by thee bid - den, we here a - dore thee,

hea - ven, O Man - na from on high! We
well - ing from out the Sa - vior's side! We
hid - den in forms of bread and wine. Grant

hun - ger; Lord, sup - ply us, nor thy de - lights de -
faint with thirst; re - vive us, of thine a - bun - dance
when the veil is riv - en, we may be - hold, in

ny us, whose hearts to thee draw nigh.
give us, and all we need pro - vide.
hea - ven, thy coun - te - nance di - vine.

Words: Latin, 1661; tr. John Athelstan Laurie Riley (1858-1945), alt. Copyright © by permission of Oxford University Press. All rights reserved. Used with permission. Music: *O Welt, ich muss dich lassen*, present form of melody att. Heinrich Isaac (1450?-1517), alt.; harm. Johann Sebastian Bach (1685-1750)

The Holy Gospel

[John 6: 24 – 35]

All Stand

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

People Glory to you, Lord Christ.

On the next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Caper'naum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

Hymn 309

O Jesus, by thee bidden

O WELT, ICH MUSS

(St. 3)

DICH LASSEN

Please return to 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; *N.*, our bishop-elect, St. Paul's clergy and staff; and all lay and ordained ministers.

Silence

Lord, in your mercy

Hear our prayer.

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 Trinity Cathedral, Davenport; Cathedral Church of St. Paul, Des Moines; St. Paul's Cathedral, Dundee in Brechin; All Saints Cathedra, Nzara; All Saints Cathedral, Mbabane, in Swaziland; The Church of the Province of South East Asia; 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 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 Music *Come Thou Fount of Every Blessing* arr. James Mulholland

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.

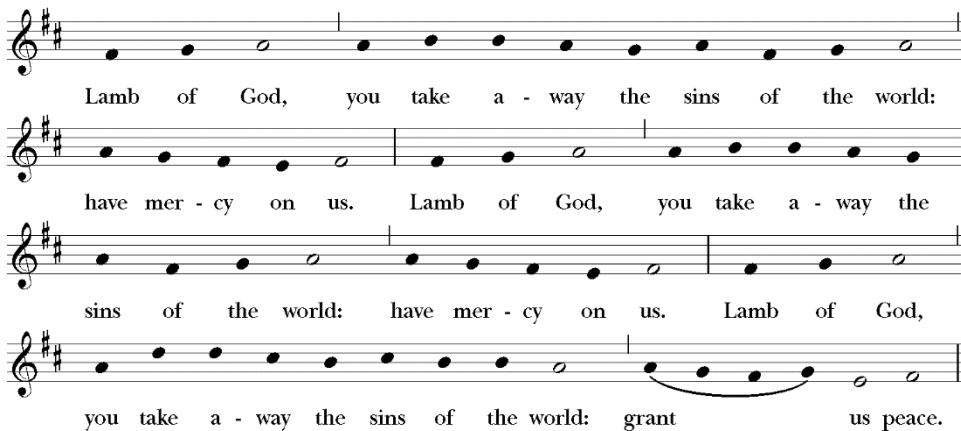
The Breaking of the Bread

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



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 Choose Love

Mark A. Miller

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.**

Hymn 544

Jesus shall reign

DUKE STREET

1 Je - sus shall reign wher - e'er the sun doth his suc -
2 To him shall end - less prayer be made, and prais - es
3 Peo - ple and realms of ev - ery tongue dwell on his
4 Bless - ings a - bound wher - e'er he reigns: the pris - oners
5 Let ev - ery crea - ture rise and bring pe - cu - liar

1 ces - sive jour - neys run; his king - dom stretch from
2 thron - g to crown his head; his Name like sweet per -
3 love with sweet - est song; and in - fant voic - es
4 leap to lose their chains, the wea - ry find e -
5 hon - ors to our King; an - gels de - scend with

1 shore to shore, till moons shall wax and wane no more.
2 fume shall rise with ev - ery morn - ing sac - ri - fice.
3 shall pro - claim their ear - ly bless - ings on his Name.
4 ter - nal rest, and all who suf - fer want are blest.
5 songs a - gain, and earth re - peat the loud a - men.

Words: Isaac Watts (1674-1748), alt. Music: *Duke Street*, John Hatton (d. 1793)

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 1, 2021

Today at St. Paul's

Today's altar flowers are given for the glory of God and in loving memory of Thomas and Donita Blood

- Special thanks to our Guest Carillonneur, Mark Pritchard
- We welcome our guest choir The Central College A Cappella Choir Summer Reunion Choir at today's 10:00 service.

Litany of Blessing

Second Sunday (Begins August 8)

After Sunday Eucharist gather at the side altar in the sanctuary for an extended blessing that includes opportunity for healing prayer.

Cathedral Arts Patron 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

Online Giving

You may make a one-time donation or set up reoccurring donations. Choose from any available fund. Personalized reports are easy to read if you set up an account. St. Paul's online gifts process through <https://get.tithe.ly/>. Visit our website and click give now.

New Contact information for Deacon John

Starting August 1st, Deacon John's email address is changing to 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.

Cathedral Financial Questions

If you have questions about finance, please contact Rick Stearns: rick.stearns@cbizaudio.com

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

Welcome Kirsten Buniak - St. Paul's New Chapter member

Kirsten Buniak was recently elected to a vacancy in the 2022 class of Chapter members. Kirsten is a 2021 graduate of Central College in Physics, with minors in Mathematics and Music. While a student at Central, Kirsten was invited by Mark Babcock to be a Choral Scholar in St. Paul's Cathedral Choir and Howell Scholars. Kirsten says "It was this introduction to the Episcopal Church - as well as some college courses I had taken called 'Christian Heritage' and 'Religion & Sustainability' - where my love for the Episcopal Church began to grow. I eventually took the great leap to move away from my childhood denomination to officially be confirmed in the Episcopal Church in April of 2021. As a member of the St. Paul's Chapter, I hope to bring a 'younger' perspective to the Chapter. I am a strong advocate for social justice, and environmental advocacy, and I believe that Christ has called us to be servants of justice, and that we must care for this Earth that He has created for us. I value the strong traditions that the Episcopal church follows, but I also understand that the context in which some of it was written was written in a way to uplift some groups and to push down other groups. With this understanding, I hope to be able to assist in creating a space where anyone can enter our cathedral and feel welcome as who they are - beloved in Christ."

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.



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.