



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

815 High Street, Downtown Des Moines, IA 50309

**The Sixth Sunday after Pentecost: Proper 10**

**Sunday, July 12, 2020**

**Ten o'clock in the morning**

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**Organ Voluntary**

**Hymn 543**

*O Zion, tune thy voice*

EASTVIEW

**The Greeting**

BCP p. 355

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.

**People** **And blessed be his 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**

*(in the front section of the Hymnal)*

S280

**Glory to God in the highest, and peace to his People on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

**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 Book of Genesis**

[25: 19 – 34]

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the

Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger." When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

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

**Psalm 119**

*Lucerna pedibus meis*

BCP page 772

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

Mode 8

**Refrain**

Your word is a lan - tern to my feet, O Lord, and a light  
 up - on my path.

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

**A Reading from the Letter of Paul to the Romans**

[8: 1 – 11]

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To

set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law--indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Leader        The Word of the Lord.

**People        Thanks be to God.**

**Hymn 632**

*O Christ, the Word incarnate*

MUNICH

**The Holy Gospel**

[Matthew 13: 1 – 9, 18 – 23]

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

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

Jesus went out and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Deacon        The Gospel of the Lord.

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

## **The Homily**

The Rev. Zebulun Treloar

*After the Homily, a period of silent reflection is kept.*

### **The Nicene Creed, standing**

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**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 II**

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*As you are able, stand or kneel for prayer.*

*Intercessor:* I ask your prayers for God's people throughout the world; for our Bishop, Alan; for this gathering; and for all ministers and people. Pray for the Church.

*Silence*

I ask your prayers for the people of our companion dioceses. In our companion Diocese of Bree-kin we pray for the clergy and people of St. Christopher, Royal Marine Base, Condor, Arbroath; in our companion Diocese of Nzara we pray for the clergy and people of Parish Akorome; in our companion Diocese of Swaziland we pray for the clergy and people of Lubombo Parish; in our own Diocese we pray for the clergy and people of St Anne, Ankeny, St. Martin, Perry, Grace, Boone; and in the Anglican Cycle of Prayer we pray for the clergy and people of the Church of Papua New Guinea.

*Silence*

*Intercessor:* I ask your prayers for peace; for goodwill among nations; and for the well-being of all people. Pray for justice and peace.

*Silence*

*Intercessor:* I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison. Pray for those in any need or trouble.

*Silence*

*Intercessor:* I ask your prayers for all who seek God, or a deeper knowledge of him. Pray that they may find and be found by him.

*Silence*

*Intercessor:* I ask your prayers for the departed. Pray for those who have died.

*Silence*

*Intercessor:* I ask your prayers for Denise and Scott, Chuck, Elizabeth, Jennifer, Fr. Troy, Irene, Jim, Herman, Bill, Robin; Sigrid, Debbie, Jimmy, Sarah, Judy, Tom, and Peggy.

*Silence*

Praise God for those in every generation in whom Christ has been honored. Pray that we may have grace to glorify Christ in our own day.

*Silence*

*Concluding Collect, spoken in unison*

**God of all power and love, we give thanks for your unfailing presence and the hope you provide in times of uncertainty and loss. Send your Holy Spirit to enkindle in us your holy fire. Revive us to live as Christ's body in the world: a people who pray, worship, learn, break bread, share life, heal neighbors, bear good news, seek justice, rest and grow in the Spirit. Wherever and however we gather, unite us in common prayer and send us in common mission, that we and the whole creation might be restored and renewed, through Jesus Christ our Lord. Amen.**

## **The Confession and Absolution**

BCP page 360

*All kneel as able, and the Deacon says*

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 us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

## **The Peace**

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## **The Holy Communion**

### **The Lord's Prayer**

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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.

### **Prayer for Spiritual Communion**

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. **Amen.**

(St. Alphonsus de Liguori, 1696-1787)

## **The Blessing**

The Lord bless you and keep you. **Amen.**

The Lord make his face to shine upon you, and be gracious to you. **Amen.**

The Lord lift up his countenance upon you, and give you peace. **Amen.**

The Lord God Almighty, Father, Son, and Holy Spirit, the holy and undivided Trinity, guard you, save you, and bring you to that heavenly City, where he lives and reigns for ever and ever. **Amen.**

## **Dismissal**

Deacon      Go forth in the name of the Risen Christ. Alleluia. Alleluia.

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

### **Announcements for July 12, 2020**

**Due to COVID-19 the building is closed to all group meetings  
through Labor Day.**

The Cathedral Office is closed except by appointment and for essential needs only. Voice mails may be left for staff at 515-288-7292 and will be checked regularly. Emails are also welcome at the following email addresses:

Amma Nicola:              ammanicola@cathedralchurchofstpaul.org

Fr. Zeb:                      fatherzeb@cathedralchurchofstpaul.org

Deacon John:              deacon@cathedralchurchofstpaul.org

John Zickefoose:          administrator@cathedralchurchofstpaul.org

Although we cannot gather, there are ways we can be together during the week, and we hope you will join with us for these on-line services:

Morning Prayer: 9:00 AM every week on Wednesday

Evening Prayer: 5:45 PM every week on Thursday

Virtual Coffee Hour:      After worship every week on Sunday

Log-Ins can be found in our weekly e-blast

You may email [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org) to receive our e-blast. If you do not have a copy of the Book of Common Prayer at home, you may access it online at [bcponline.org](http://bcponline.org).

## **Financial Giving**

The expenses of the church continue through the COVID-19 crisis and so does our ministry.

Financial contributions can mailed:

815 High St. Des Moines, IA 50309

given online: [cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org)

or texted: 515-207-8133

If you would like to make a contribution to support those experiencing hardship please note that your gift is for the "Clergy Discretionary Fund"

## **Facebook**

You can learn more about what we are doing at St. Paul's by following our Facebook Page:

The Cathedral Church of St. Paul-Episcopal

And by joining our private Facebook Group:

St. Paul's Episcopal Cathedral

We also have a private Facebook Group for parents and kids:

St. Paul's Episcopal Cathedral Kids Des Moines

We'd love to hear your prayer requests, share events with you, and connect as a community.