

ST. PAUL'S EPISCOPAL CATHEDRAL

815 High Street, Downtown Des Moines, IA 50309

The Ninth Sunday after Pentecost: Proper 13

Sunday, August 2, 2020

Ten o'clock in the morning

Organ Voluntary

Hymn 400 (St. 1 - 3, & 7) *All creatures of our God and King*

LASST UNS ERFREUEN

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

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 Book of Genesis

[32: 22 – 31]

Jacob got up at night and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jab'bok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail

against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peni'el, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penu'el, limping because of his hip.

Leader The Word of the Lord.

People **Thanks be to God.**


Psalm 17

Exaudi, Domine


BCP p. 600

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

REFRAIN



Keep me as the ap-ple of your eye; hide me



un - der the sha-dow of your wings.

A Reading from the Letter of Paul to the Romans

[9: 1 – 5]

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Leader The Word of the Lord.

People **Thanks be to God.**

The Holy Gospel

[Matthew 14: 13 - 21]

Deacon

The Holy Gospel of our Lord Jesus Christ according to

Matthew.

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

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Deacon

The Gospel of the Lord.

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

The Rev. Nicola Bowler

*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

As you are able, stand or kneel for prayer.

Celebrant: Please stand or kneel for prayer.

Deacon: Let us journey into the waters of God's refreshing kindness, offering our prayers and responding, "Hear us, Good Lord."

Intercessor: That we may be prepared for the struggles of life, knowing that through suffering we receive grace, and that in the midst of trials Jesus is forming us in love; let us pray.

People: Hear us, Good Lord.

Intercessor: That we may be satisfied beholding the likeness of others, seeing in them the face of Christ, especially through those who are poor and hardworking, homeless and destitute, imprisoned and alone, orphaned and afraid, grieving and lost; let us pray.

People: Hear us, Good Lord.

Intercessor: We pray for your church: for Michael, our Presiding Bishop; Alan, our bishop; for Fr. Troy, Amma Nicola, Fr., Zeb., Deacon John, Mark, John, and Jovan; for all lay and ordained ministers. In our companion Diocese of Brechin we pray for the clergy and people of St. Mary the Virgin, Arbroath; St. Peter, Auchmithie; in our companion Diocese of Nzara we pray for the clergy and people of the Diocesan Head Office; in our companion Diocese of Swaziland we pray for the clergy and people of Mothsane Parish; in our own Diocese we pray for the Standing Committee and Board of Directors of the Episcopal Corporation of the Diocese of Iowa; all commissions and task groups; lay leaders of the diocese, and for the Diocesan Staff; and in the Anglican Cycle of Prayer we pray the new Province of Alexandria. That we may take responsibility for sharing our ideas and lending our support to those who lead the Church, government, and public institutions, that we may share in the building of the social and spiritual fabric of our society; let us pray.

People: Hear us, Good Lord.

Intercessor: That we may trust the transforming power of Jesus to take even our meager offerings and create the resources that reveal the promises of the kingdom; let us pray.

People: **Hear us, Good Lord.**

Intercessor: That we may honor the writers of the gospels and epistles, whose unique contributions form our sacred texts, and those in our own day who bring the light of God through books, articles, websites and blogs; let us pray.

People: **Hear us, Good Lord.**

Intercessor: That light perpetual may shine upon the faithful departed, as they come into their true home in the unending joy of the saints; let us pray.

People: **Hear us, Good Lord.**

Intercessor: In the fellowship of the One who is full of graciousness and compassion, let us continue our prayers.

You are invited to add your own prayers, silently, aloud or typed in the comments.

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

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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 Holy Communion

The Lord's Prayer

BCP page 364

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 August 2, 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 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.

Beloved Community (Anti-Racism) Opportunity for St. Paul's

You're invited to join us as we engage with the monthly dismantling racism resources offered in the "2020 Vision for Becoming Beloved Community". The 2020 Vision, from the Beloved Community Initiative for Racial Justice, Healing, and Reconciliation in Iowa, was created for action centered on learning as a way to address racism in ourselves and our communities. We'll meet via Zoom the last Wednesday of each month (unless it's a holiday, then we'll plan for the following Wednesday) to discuss what we learned and engaged with from the previous month's resources.

Our first meeting will be August 26, 2020 at 7:00 p.m. We will focus on the module for July which is titled "Housing and the Wealth Gap." To explore this module, please use [this link](<https://becomingbelovedcommunity.org/july>).

We believe everyone will find the materials interesting and that we will have much to discuss. If you have questions or want to join the group, please contact Jean Davis at jeanmdavis9@gmail.com. Thank you.

Education for Ministry

Education for Ministry (EfM) is a small group seminar for the searching heart. We come together for a few hours each week from September to May for fellowship, study, and reflection. Following a four-year cycle of theological education from Sewanee Episcopal seminary, we delve into a deeper relationship with God and God's people through history while developing our own personal theology of ministry. Sharing from many Christian traditions enriches our journey. Episcopalians and those affiliated with any other denomination may join. Registration for fall of 2020 is open, and by the marvels of Zoom we continue to safely meet through the pandemic. Please contact trained EfM mentors Anna Whipple (anna.whipple@gmail.com, 515-371-2303) or the Rev. Jean McCarthy (therevjeanmccarthy@gmail.com, 515-321-7232) in July to register for September 2020. Tuition is typically \$375 per year and books are included. More information from Sewanee is at <http://efm.sewanee.edu/>. We would be happy to introduce you to the program and welcome you!

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

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.