



ST. PAUL'S EPISCOPAL CATHEDRAL

815 High Street, Downtown Des Moines, IA 50309

The Tenth Sunday after Pentecost: Proper 14

Sunday, August 9, 2020

Ten o'clock in the morning

Organ Voluntary

Hymn 636

How firm a foundation

FOUNDATION

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.**

A Song of Praise

(in the front section of the Hymnal)

S236

The Collect of the Day

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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

[Genesis 37: 1 - 4, 12 - 28]

Jacob settled in the land where his father had lived as an alien, the land of Ca'naan. This is the story of the family of Jacob. Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bil'hah and Zil'pah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him. Now his brothers went to pasture their father's flock near She'chem. And Israel said to Joseph, "Are not your brothers pasturing the flock at She'chem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and

with the flock; and bring word back to me." So he sent him from the valley of He'bron. He came to She'chem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." The man said, "They have gone away, for I heard them say, 'Let us go to Do'than.' " So Joseph went after his brothers, and found them at Do'than. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, "Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him"—that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it. Then they sat down to eat; and looking up they saw a caravan of Ish'maelites coming from Gil'ead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ish'maelites, and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. When some Mid'ianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ish'maelites for twenty pieces of silver. And they took Joseph to Egypt.

Leader The Word of the Lord.

People **Thanks be to God.**

Psalm 105 1 – 6, 16 – 22, 45b

Confitemini Domino

BCP p. 738

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

Refrain

Mode 1

Re - mem - ber the mar - vels God has done.

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

A Reading from the Letter of Paul to the Romans

[10: 5 – 15]

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?' " (that is, to bring Christ down) "or 'Who will descend into the abyss?' " (that is, to bring Christ up from the dead). But what does it say? "The word is near you, on your lips and

in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved." But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

Leader The Word of the Lord.

People Thanks be to God.

Hymn 653 (St. 1 – 3) *Dear Lord and father of mankind*

REPTON

The Holy Gospel

[Matthew 14: 22 – 33]

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

People Glory to you, Lord Christ.

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid." Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

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*

BCP page 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

As you are able, stand or kneel for prayer.

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 and welfare of the world, for the holy Church of God, and for the breaking down of division, that all people may be united, let us pray to the Lord.

Lord, have mercy.

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. For the people of our companion dioceses of Brechin, Nzara, and Swaziland, let us pray to the Lord.

Lord, have mercy.

For the executive, legislative and judicial branches of the United States and of Iowa, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For the Des Moines metro area, our mayors, city councils, and school boards, and for all who live in this community, let us pray to the Lord.

Lord, have mercy.

For those raising children, that they may have the assurance of your grace in times of uncertainty. For all who struggle with decisions around schooling and child care. For the children of our parish families: the Bowlers, Coopers, Champions, Dietzenbachs, Elgotas, Fredericks, the Garrison & Lea family, Gillespies, Hills, the Hansen & Stephens family, Komys, O'Connells, Sadlers, Schafers, Stender-Custers, Tentingers, Wals, Warrens, Whipples, and Whittingtons, as well as all children and families close to our hearts. Let us pray to the Lord.

Lord, have mercy.

For school administrators and officials, for teachers and child care providers, let us pray to the Lord.

Lord, have mercy.

For doctors, nurses and care attendants, for all who work in healthcare and medical research, 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, for the sick and suffering, and for all on our parish prayer list, 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, especially John Wetherell, 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 the Blessed Virgin Mary, St. Paul, and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To you, O Lord our God.

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 Peace

BCP page 360

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

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.**

Dismissal

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

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

Announcements for August 9, 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
Sunday Worship: 10:00 Sunday morning
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.