



ST. PAUL'S EPISCOPAL CATHEDRAL

815 High Street, Downtown Des Moines, IA 50309

The Eleventh Sunday after Pentecost: Proper 15

Sunday, August 16, 2020

Ten o'clock in the morning

Organ Voluntary

Hymn 408

Sing praise to God who reigns above

MIT FREUDEN ZART

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

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

The Lessons, the People sit

A Reading from the Book of Genesis

[45: 1 - 15]

Then Joseph could no longer control himself before all those who stood by him, and he cried out, "Send everyone away from me." So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which

there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Go'shen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there--since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.' And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here." Then he fell upon his brother Benjamin's neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Leader The Word of the Lord.

People **Thanks be to God.**

Psalm 133

Ecce, quam bonum!

BCP p. 787

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

Mode 6

Refrain

How good and pleas - ant it is to live in u - ni - ty!

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

A Reading from the Letter of Paul to the Romans

[11: 1 – 2a, 29 – 32]

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Leader The Word of the Lord.

People **Thanks be to God.**

Hymn 321

My God, thy table now is spread

ROCKINGHAM

The Holy Gospel

[Matthew 15: (10 – 20) 21 – 28]

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

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

Jesus called the crowd to him and said to them, "Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles." Then the disciples approached and said to him, "Do you know that the Phar'isees took offense when they heard what you said?" He answered, "Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit." But Peter said to him, "Explain this parable to us." Then he said, "Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile." Jesus left that place and went away to the district of Tyre and Si'don. Just then a Ca'naanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

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.

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.

Deacon: The gift of forgiveness surpasses our understanding; it heals relationships, and mends our wounds. In thanksgiving for God's unfailing love, we offer our prayer, responding, "Lord, hear our prayer."

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. Ninian, Dundee; in our companion Diocese of Nzara we pray for the clergy and people of Nambia Parish; in our companion Diocese of Swaziland we pray for Lay Ministers serving in parishes and congregations throughout Swaziland; in our own Diocese we pray for the clergy and people of St John by the Campus, Ames; in our parish prayer cycle we pray for Peggy, Harold, Ben, Julienne, Madeline, Bruce, Barb, and Twila; and in the Anglican Cycle of Prayer we pray the clergy and people of the Scottish Episcopal Church. We pray for all who govern and hold authority in the nations of the world. That the leaders of the nations may maintain justice that leads to peace, and harmony that leads to abundant life for all people; let us pray.

People: Lord, hear our prayer.

Intercessor: For the President, for the leaders of the nations, for our Governor, and for all in authority; let us pray.

People: **Lord, hear our prayer.**

Intercessor: For the humility to receive God's blessings and the willingness to be a blessing to others, especially those who are hurt or have suffered losses in the recent storms; for comfort, strength, healing and hope; let us pray.

People: **Lord, hear our prayer.**

Intercessor: For teachers preparing for the school year that is ahead, that they may be strengthened in their daily work and inspired to patiently nurture the minds of those in their charge; for parents, that they may be strong, wise, and loving; and for our children that they may learn and discover in security and peace; let us pray.

People: **Lord, hear our prayer.**

Intercessor: That we, like Joseph, may be a people of gratitude, giving thanks to God with our whole heart, and soul, and mind; let us pray.

People: **Lord, hear our prayer.**

Intercessor: That the dead who have died in the faith of Christ may inherit the kingdom prepared for them, and that those whose faith was know to God alone may receive divine mercy; let us pray.

People: **Lord, hear our prayer.**

Intercessor: In the company of all the saints, 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

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

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 16, 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.