

ST. PAUL'S EPISCOPAL CATHEDRAL

815 High Street, Downtown Des Moines, IA 50309

The Twelfth Sunday after Pentecost: Proper 16

Sunday, August 23, 2020

Ten o'clock in the morning

Organ Voluntary

Hymn 518

Christ is made the sure foundation

WESTMINSTER ABBEY

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, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; 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 Exodus

[1: 8 – 2:10]

Now a new king arose over Egypt, who did not know Joseph. He said to his people, "Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah,

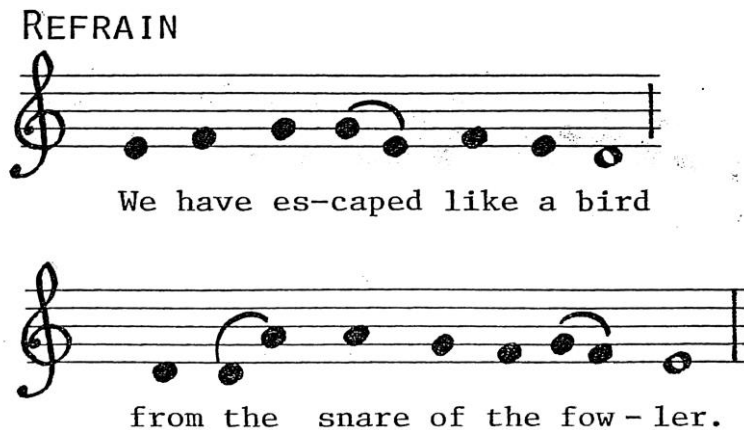
“When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.” But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, “Why have you done this, and allowed the boys to live?” The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.” So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, “Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.” Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, “This must be one of the Hebrews’ children,” she said. Then his sister said to Pharaoh’s daughter, “Shall I go and get you a nurse from the Hebrew women to nurse the child for you?” Pharaoh’s daughter said to her, “Yes.” So the girl went and called the child’s mother. Pharaoh’s daughter said to her, “Take this child and nurse it for me, and I will give you your wages.” So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh’s daughter, and she took him as her son. She named him Moses, “because,” she said, “I drew him out of the water.”

Leader The Word of the Lord.

People **Thanks be to God.**

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

REFRAIN



We have es-caped like a bird

from the snare of the fow-ler.

A Reading from the Letter of Paul to the Romans

[12: 1 – 8]

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God--what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Leader The Word of the Lord.

People **Thanks be to God.**

Hymn 513

Like the murmur of the dove's song

BRIDEGROOM

The Holy Gospel

[Matthew 16: 13 – 20]

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

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

Now when Jesus came into the district of Caesare'a Philip'pi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist, but others Eli'jah, and still others Jeremi'ah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered, "You are the

Messiah, the Son of the living God." And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

The Homily

The Rev. Canon Deacon John Doherty

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.

Deacon: Let us lift our voices in prayer, joining with the faithful throughout the world who offer their intercessions this day, 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. Drostan Church and Lodge; in our companion Diocese of Nzara we pray for the clergy and people of Nakafo Deanary; in our companion Diocese of Swaziland we pray for The Bible Society and for the availability of good theological books; in our own Diocese we pray for the clergy and people of Grace, Decorah; St Andrew, Waverly; St James, Independence; in our parish prayer cycle we pray for Mark, Tony, Lori, Hobie, Dawn, Paolo, Mark, Sally, Dennis, Jennifer, and Troy; and in the Anglican Cycle of Prayer we pray the *Church of the Province of South East Asia*. Give your grace to those who care for children in foster homes, sustain them with patience, and encourage them to provide a family of love and respect; let us pray.

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

Intercessor: Open our eyes to behold your hand in the work of creation, that we may marvel at your intricate craftsmanship and tend the beauty that we behold; let us pray.

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

Intercessor: Pour your knowledge into the minds of those who are returning to school in the next few weeks, and for those attending for the first time, still their hearts by your loving presence; let us pray.

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

Intercessor: Grant us grace to honor the many gifts that you have given, not coveting what our neighbor has received, but grateful for what you have entrusted to our care; let us pray.

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

Intercessor: We pray for all who govern and hold authority in the nations of the world. Reveal yourself to every nation and people, that we may know you to be the Christ, the Messiah, the one who saves our souls from the pit of darkness, and who comes carrying the lamp of charity that leads us to the divine life; let us pray.

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

Intercessor: Give life to those in the tomb, opening the gates of heaven to all who desire eternal life; let us pray.

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

Intercessor: Let us continue our prayers to God, who cares for the lowly and guards us in the midst of trouble.

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 23, 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.