



ST PAUL'S CATHEDRAL
E P I S C O P A L

**The Fourth Sunday after Pentecost
The Holy Eucharist: Rite Two**

**July 3, 2022
10:30 a.m.**

Whoever you are, and wherever you find yourself on the journey of faith,
we welcome you and invite your full participation in today's worship.

A Gentle Reminder about Mask Etiquette

For now we are asking everyone to continue wearing masks indoors. Masks remain strongly recommended by the San Diego County Health Department. Masks are available at the entrances to the church, the Great Hall, and the offices. The mask must cover both your nose and your mouth. Please remain masked when you come forward for Communion and do not consume the Host until you have returned to your seat. Sliding the mask down under your chin compromises its effectiveness when you reposition it: we recommend removing it completely by the ear straps for the shortest possible time. Try to touch your mask as little as possible. Thank you for helping to keep our community safe!

This message brought to you by your Cathedral Regathering Task Force

For the link to the webpage with the announcements and bulletins, click here:

<https://stpaulcathedral.org/service-bulletin/>

ASL interpretation is provided for those seated in the front pews on the left facing the Altar. Paper copies of the sermon are available at the entry porches.

This service is being streamed live and if you don't wish to be seen on camera, please ask an usher for appropriate seating. Services are regularly streamed and recorded and you can find them:

<http://www.stpaulcathedral.org/watch> or on Facebook Live now.

If you're interested in more information about the cathedral's ministries, we would like to hear from you:

<http://stpaulcathedral.org/im-new/>

Please remain masked and maintain physical distancing as appropriate. As a courtesy to others, please silence electronic devices.

Organ Voluntary

Improvisation
Gabriel Arregui

§ The people enter the cathedral and are seated for the Welcome and announcements.

Welcome and announcements.

The Word of God

BCP 355

§ Please stand as you are able at the tolling of the bell.

Presider

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

People **And blessed be God's kingdom, now and for ever. Amen.**

Presider

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 Presider and people say together

**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

The Presider says to the people

The Lord be with you.

People **And also with you.**

Presider Let us pray.

The Presider says the Collect.

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

§ *Please be seated.*

The Lessons

The First Lesson is read, the Reader first saying

A Reading from the Second Book of Kings.

2 Kings 5:1-14

Naaman, commander of the army of the king of Aram, was a great man and in high favor with his master, because by him the LORD had given victory to Aram. The man, though a mighty warrior, suffered from leprosy. Now the Arameans on one of their raids had taken a young girl captive from the land of Israel, and she served Naaman's wife. She said to her mistress, "If only my lord were with the prophet who is in Samaria! He would cure him of his leprosy." So Naaman went in and told his lord just what the girl from the land of Israel had said. And the king of Aram said, "Go then, and I will send along a letter to the king of Israel."

He went, taking with him ten talents of silver, six thousand shekels of gold, and ten sets of garments. He brought the letter to the king of Israel, which read, "When this letter reaches you, know that I have sent to you my servant Naaman, that you may cure him of his leprosy." When the king of Israel read the letter, he tore his clothes and said, "Am I God, to give death or life, that this man sends word to me to cure a man of his leprosy? Just look and see how he is trying to pick a quarrel with me."

But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent a message to the king, "Why have you torn your clothes? Let him come to me, that he may learn that there is a prophet in Israel." So Naaman came with his horses and chariots, and

halted at the entrance of Elisha's house. Elisha sent a messenger to him, saying, "Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean." But Naaman became angry and went away, saying, "I thought that for me he would surely come out, and stand and call on the name of the LORD his God, and would wave his hand over the spot, and cure the leprosy! Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them, and be clean?" He turned and went away in a rage. But his servants approached and said to him, "Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, 'Wash, and be clean?'" So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

The Psalm (choir)

Psalm 30 *Exaltabo te, Domine* (choir)

BCP 621

chants: *G.J. Garrett, A.H. Mann*

- 1 I will exalt you, O LORD,
 because you have lifted me up *
 and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, *
 and you restored me to health.
- 3 You brought me up, O LORD, from the dead; *
 you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his; *
 give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, *
 his favor for a lifetime.
- 6 Weeping may spend the night, *
 but joy comes in the morning.
- 7 While I felt secure, I said,
 "I shall never be disturbed. *
 You, LORD, with your favor, made me as strong as the mountains."
- 8 Then you hid your face, *
 and I was filled with fear.
- 9 I cried to you, O LORD; *
 I pleaded with the Lord, saying,
- 10 "What profit is there in my blood, if I go down to the Pit? *
 will the dust praise you or declare your faithfulness?"

11 Hear, O LORD, and have mercy upon me; *
O LORD, be my helper."

12 You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.

13 Therefore my heart sings to you without ceasing; *
O LORD my God, I will give you thanks for ever.

The Second Lesson is read, the Reader first saying

A Reading from the Letter of Paul to the Galatians.

Galatians 6:1-16

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. For all must carry their own loads.

Those who are taught the word must share in all good things with their teacher.

Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised-- only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule-- peace be upon them, and mercy, and upon the Israel of God.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

§ *Please stand as able when the Presider stands and masked while singing.*

Alleluia Verse (Cantor, then all repeat)

Alleluia. Alleluia. Alleluia.

Sing to the Lord and bless / his name; *

proclaim the good news of his sal- / vation from day to day.

Alleluia. Alleluia. Alleluia.

The Holy Gospel

Luke 10:1-11, 16-20

The Deacon reads the Gospel, first saying

The Holy Gospel of our Lord Jesus Christ according to Luke.

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

The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, 'Peace to this house!' And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the laborer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not welcome you, go out into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near.'

"Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me."

The seventy returned with joy, saying, "Lord, in your name even the demons submit to us!" He said to them, "I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven."

The Gospel of the Lord.

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

§ *Please be seated at the introduction of the sermon.*

The Sermon

The Rev. Richard Hogue, Jr.

§ *After a moment of silence, please stand as able for the Nicene Creed.*

The Nicene Creed

(Presider and people)

**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.

The Prayers of the People Form III

BCP 387

The Deacon bids the prayers.

Let us pray for the Church and for the world.

The Leader and People pray responsively.

Father, we pray for your holy catholic Church;

People **That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for the welfare of the world; for your creation, especially in this critical time of climate change, and for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on the unsheltered, and on all who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest.
Let light perpetual shine upon them.

The Intercessor offers prayers on behalf of the congregation and bids their prayers.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

The Intercessor offers prayers on behalf of the congregation and bids their prayers.

We thank you, Lord, for all the blessings of this life.

The Intercessor offers thanksgivings on behalf of the congregation and bids their prayers.

Silence

The Presider says the concluding Collect

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Confession of Sin

The Deacon says to the People

Let us confess our sins against God and our neighbor.

Silence may be kept.

Deacon and People together

**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 Presider says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

Presider The peace of the Lord be always with you.
People **And also with you.**

§ *The People offer each other a socially distanced sign of the Peace.*

The Holy Communion

§ *Please remain standing until the offertory sentence has been given then be seated for the anthem.*

At the Offertory, anthem *O Holy Spirit, Lord of Grace* Christopher Tye (ca. 1505-1572)
O Holy Spirit, Lord of grace, Eternal source of love, In flame, we pray, our inmost hearts with fire from heav'n above. As thou dost join with holiest bonds the Father and the Son, So fill us all with mutual love, and knit our hearts as one.

§ *Please stand as able for the following hymn and remain masked while singing.*

Hymn 578

ELTHAM

Unison or harmony

1 O God of love, O King of peace, make wars through -
 2 Re - mem - ber, Lord, thy works of old, the won - ders
 3 Whom shall we trust but thee, O Lord? Where rest but

out the world to cease; the wrath of na - tions now re -
 that thy peo - ple told; re - mem - ber not our sin's dark
 on thy faith - ful word? None ev - er called on thee in

strain give peace, O God, give peace a - gain!
 stain, give peace, O God, give peace a - gain!
 vain, give peace, O God, give peace a - gain!

Words: Henry Williams Baker (1821-1877), alt.

Music: *Eltham*, melody Nathaniel Gawthorn (18th cent.); harm. Samuel Sebastian Wesley (1810-1876)

The Great Thanksgiving Eucharistic Prayer B BCP 367

Presider *People*
 The Lord be with you. And al - so with you.

Presider *People*
 Lift up your hearts. We lift them to the Lord.

Presider
 Let us give thanks to the Lord our God.

People
 It is right to give our thanks and praise.

The Presider continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

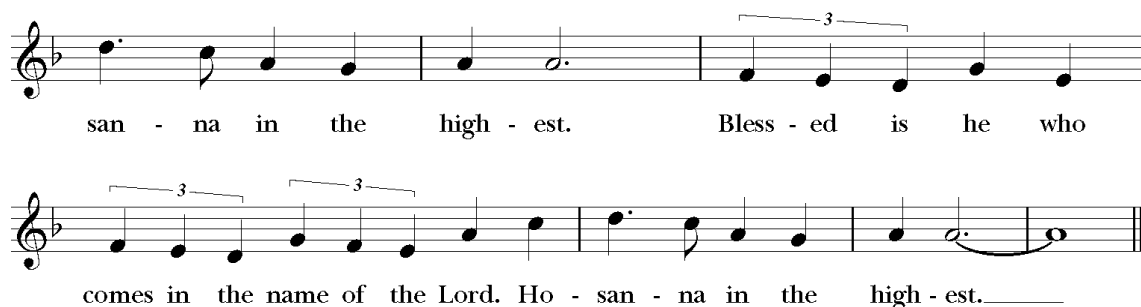
For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus (*Presider and People*) S 129 Powell

(Please remain masked while singing)

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
 might, hea - ven and earth are full of your glo - ry. Ho -



The Presider continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Presider and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

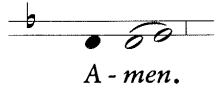
The Presider continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being ✠ sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with the blessed Virgin Mary, blessed Paul, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

Presider and People



And now, as our Savior Christ has taught us, we are bold to say,

The Lord's Prayer (*Presider and People*)

(Please remain masked while singing)

A musical score for 'The Lord's Prayer' in G major (one sharp) and 4/4 time. It consists of ten staves of music with lyrics underneath. The lyrics are: 'Our Fa - ther, who art in hea - ven, hal - low - ed be thy Name, thy king - dom come, thy will be done, on earth as it is in hea - ven. Give us this day our dai - ly bread. And for - give us our tres - pas - ses, as we for - give those who tres - pass a - gainst us. And lead us not in - to temp - ta - tion, but de - liv - er us from e - vil. For thine is the king - dom, and the power, and the glo - ry, for ev - er and ev - er. A - men.'

Our Fa - ther, who art in hea - ven, hal - low - ed
be thy Name, thy king - dom come, thy will be done,
on earth as it is in hea - ven. Give us this day our
dai - ly bread. And for - give us our tres - pas - ses,
as we for - give those who tres - pass a - gainst us. And lead
us not in - to temp - ta - tion, but de - liv - er us
from e - vil. For thine is the king - dom, and the power,
and the glo - ry, for ev - er and ev - er. A - men.

The Fraction: The Breaking of the Bread


A period of silence follows as the Bread is broken.

Fraction Anthem: My flesh is food indeed

S 168


(Please remain masked while singing)

Antiphon
Cantor; then All



My flesh is food in-deed, and my blood is drink in - deed, says the Lord.

Cantor



Those who eat my flesh and drink my blood dwell in me and I in them. [Ant.]

Music: Ambrosian chant; adapt. Mason Martens (1933-1991)

The Invitation

This is the table, not of the church but of Jesus Christ.
It is made ready for those who love him and who want to love him more.
So come, you who have much faith and you who have little;
you who have been here often and you who have not been for a long time or ever before;
you who have tried to follow and you who have failed;
come, not because the Church invites you;
it is Christ, and he invites you to meet him here.

- The Iona Community Worship Book

Presider The Gifts of God for the People of God.

After the Invitation has been given, please be seated until you are ushered to the communion stations at the Crossing. Please take your purse or valuables with you.

At Communion time we will offer the Host with the option to have it partially intincted (dipped) by the Eucharistic Minister into the wine and placed in the communicant's hand. For the time being we will not offer the option of drinking from the Common Cup. Please come forward, keeping your mask on and return to your seat before removing your mask to consume the Host. You may choose to receive only the dry Host or to receive a blessing instead of the sacrament.

As you come forward, please use one of these three gestures to indicate your preference:

- ❖ *To receive the host with wine, extend both your hands, palm up.*
- ❖ *To receive only the host, extend one hand, palm up.*
- ❖ *To receive a blessing, cross your hands at your shoulders*

If you need to receive a gluten-free wafer, please go to the station at the extreme left.

+ Laying on of hands for healing – for your own needs or for the needs of another person - is available during Communion at the healing station north of the communion rail.

At the Communion, motet

Ave verum corpus
William Byrd (1543-1623)

Ave verum corpus natum de Maria Virgine, vere passum immolatum in cruce pro homine: cuius latus perforatum unda fluxit sanguine: esto nobis praegustatum mortis in examine. O dulcis, o pie, o Jesu, fili Mariae, miserere mei. Amen.

Hail, thou most true Body, of the Virgin Mary born for all, Thou who truly hung on the cross, Thou whose sacred side was wounded, from whence the streams did flow; be to us the foretaste as we ponder our mortality. O sweet one, O holy one, O Jesus, son of Mary: Have mercy on me. Amen.

[text: 14th Century Latin Eucharistic Hymn]

§ *After a moment of silence, please stand as you are able for the following prayer*

The Postcommunion Prayer

Presider Let us pray.

All **Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.**

The Blessing

Presider

The blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

HYMN 716

AMERICA

(Please remain masked while singing)

1 God bless our na - tive land; firm may she
2 For her our prayers shall rise to God, a -

ev - er stand through storm and night; when the wild
bove the skies; on him we wait; thou who art

tem - pests rave, ru - ler of wind and wave,
ev - er nigh, guard - ing with watch - ful eye,

do thou our coun - try save by thy great might.
to thee a - loud we cry, God save the state!

Siegfried August Mahlmann (1771-1826); tr. Charles Timothy Brooks (1813-1883) and John Sullivan Dwight (1812-1893), alt.

Music: *America*, from *Thesaurus Musicus*, 1745

The Dismissal

Deacon

Let us go forth in the name of Christ.

People

Thanks be to God.

Organ Voluntary

Improvisation
Gabriel Arregui

§ *The clergy, altar party, and people depart as music is played.*

If you choose not to remain for the Organ Voluntary, please leave quietly out of respect for those who would like to stay and listen or pray for a while. Thank you.

Ministers of the Liturgy

Presider: The Rev. Cn. Michael Kaehr

Preacher: The Rev. Richard Hogue, Jr.

Dean: The Very Rev. Penny Bridges

Deacon: The Rev. Cn. Brooks Mason

Readers: Paul Teyssier, Robert Wilkins

Intercessor: Blair Shamel

Head Verger: Cn. Lisa Churchill

Verger: Cherie Dean

Altar Servers: Stacey Klamann, Jairus Kleinert, Wanda Porrata

Thurifer: Judy MacDonald

Altar Guild: Rew Carne, Cherie Dean, Almira Fort, Paula Peeling

ASL Interpreter: Cherie Dean

Usher-in-charge: Roxanne Perfect-Knight

Ushers: Bob Oslie, Andi Price, Jack Price, Bob Reed

Director of Music: Cn. Martin Green

Assistant Organist: Gabriel Arregui

Organ Scholar: Jesse Puglia

Choir: Members of the Cathedral Choir

Cathedral audio: Craig Monsell

Audio/Visual Technicians: Wayne Riehm, Mike Thornburgh, Kelsey Young, Paul Young

In the unlikely event of an emergency requiring us to evacuate the cathedral please follow the directions of the ushers and vergers, and remain as quiet and calm as possible. Please locate an exit nearest you.

The exit doors are:

- South porch doors at Nutmeg Street and Fifth Avenue*
- North porch doors to Fifth Avenue Courtyard*
- White plastic exit door to south transept east and west doors to Nutmeg Street and to chapel for stairs (to the left of chapel altar) leading down to exit to parking lot on Sixth Avenue.*
- Northeast white plastic exit door to hallway to Fifth Avenue breezeway.*



ST PAUL'S CATHEDRAL
E P I S C O P A L