



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

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

**August 7, 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

Allein Gott in der Höb sei ebr, BWV 662
Johann Sebastian Bach (1685-1750)

§ *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.

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.**

§ *Please be seated.*

The Lessons

The First Lesson is read, the Reader first saying

A Reading from the Book of Isaiah.

Isaiah 1:1, 10-20

The vision of Isaiah son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah.

Hear the word of the Lord,
you rulers of Sodom!
Listen to the teaching of our God,
you people of Gomorrah!
What to me is the multitude of your sacrifices?
says the Lord;
I have had enough of burnt offerings of rams
and the fat of fed beasts;
I do not delight in the blood of bulls,
or of lambs, or of goats.

When you come to appear before me,
 who asked this from your hand?
 Trample my courts no more;
bringing offerings is futile;
 incense is an abomination to me.
New moon and sabbath and calling of convocation--
 I cannot endure solemn assemblies with iniquity.
Your new moons and your appointed festivals
 my soul hates;
they have become a burden to me,
 I am weary of bearing them.
When you stretch out your hands,
 I will hide my eyes from you;
even though you make many prayers,
 I will not listen;
 your hands are full of blood.
Wash yourselves; make yourselves clean;
 remove the evil of your doings
 from before my eyes;
cease to do evil,
 learn to do good;
seek justice,
 rescue the oppressed,
defend the orphan,
 plead for the widow.
Come now, let us argue it out,
 says the Lord:
though your sins are like scarlet,
 they shall be like snow;
though they are red like crimson,
 they shall become like wool.
If you are willing and obedient,
 you shall eat the good of the land;
but if you refuse and rebel,
 you shall be devoured by the sword;
 for the mouth of the LORD has spoken.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

The Psalm (choir)

Psalm 50:1-8, 23-24 *Deus deorum (choir)*

BCP 654
chant: *George Thalben-Ball*

- 1 The LORD, the God of gods, has spoken; *
 he has called the earth from the rising of the sun to its setting.
- 2 Out of Zion, perfect in its beauty, *
 God reveals himself in glory.
- 3 Our God will come and will not keep silence; *
 before him there is a consuming flame,
 and round about him a raging storm.
- 4 He calls the heavens and the earth from above *
 to witness the judgment of his people.
- 5 "Gather before me my loyal followers, *
 those who have made a covenant with me
 and sealed it with sacrifice."
- 6 Let the heavens declare the rightness of his cause; *
 for God himself is judge.
- 7 Hear, O my people, and I will speak:
 "O Israel, I will bear witness against you; *
 for I am God, your God.
- 8 I do not accuse you because of your sacrifices; *
 your offerings are always before me.
- 23 Consider this well, you who forget God, *
 lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving honors me; *
 but to those who keep in my way will I show the salvation of God."

The Second Lesson is read, the Reader first saying

A Reading from the Letter to the Hebrews.

Hebrews 11:1-3, 8-16

Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.

By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he looked forward to the city that has foundations, whose architect and builder is God. By faith he received power of procreation, even though he was too old-- and Sarah herself was barren-- because he considered himself faithful who had promised. Therefore from one person, and this one as good as dead,

descendants were born, "as many as the stars of heaven and as the innumerable grains of sand by the seashore."

All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, for people who speak in this way make it clear that they are seeking a homeland. If they had been thinking of the land that they had left behind, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

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

Alleluia Verse (*Cantor, then all repeat*)

Alleluia. Alleluia. Alleluia.

**Your word is a lantern to / my feet *
and a / light up-on my path.**

Alleluia. Alleluia. Alleluia.

The Holy Gospel

Luke 12:32-40

The Deacon reads the Gospel, first saying

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

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

Jesus said to his disciples, "Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.

"Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves.

"But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, for the Son of Man is coming at an unexpected hour."

The Gospel of the Lord.

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

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

§ *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 refugees, 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

Loving God, Author of life, in you we live and move and have our being. We ask that you revive us again in your mighty Spirit as we prepare our hearts for The Good News Festival. Inspire us to reach out to those who do not know you, and welcome them with open arms, without judgement, so that all may embrace your Good News, answer your call, and dance together with joy. We ask this in Jesus' name. **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.*

Recognition of Graduates and blessing of backpacks

The Holy Communion

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

At the Offertory, anthem

Treasures in Heaven
Joseph Clokey (1890-1960)

Lay not up for yourselves treasures on earth, where moth and rust doth corrupt, and where thieves break through and steal. But lay up for yourselves treasures in heaven, for where your treasure is, there will your heart be also. Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you. For everyone that asketh receiveth, and he that seeketh findeth, and to him that knocketh it shall be opened.

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

Hymn 520

1 Bless - ed ci - ty, heav - en - ly Sa - lem, vi - sion dear of peace and love,
2 from ce - les - tial realms de - scend - ing, brid - al glo - ry round thee shed,
3 Bright thy gates of pearl are shin - ing; they are o - pen ev - er - more;
4 Man - y a blow and bit - ing sculp - ture pol - ished well those stones c - lect,
5 Laud and hon - or to the Fa - ther, laud and hon - or to the Son,

1 who of liv - ing stones art build - ed in the height of heaven a - bove,
2 meet for him whose love es - poused thee, to thy Lord shalt thou be led;
3 and by vir - tue of his mer - its thith - er faith - ful souls do soar,
4 in their pla - ces now com - pact - ed by the heav - en - ly Ar - chi - tect,
5 laud and hon - or to the Spi - rit, ev - er Three, and ev - er One,

1 and, with an - gel hosts en - cir - cled, as a bride dost earth - ward move;
2 all thy streets and all thy bul - warks of pure gold are fa - shion - ed.
3 who, for Christ's dear Name, in this world pain and tri - bu - la - tion bore.
4 who there - with hath willed for ev - er that his pal - ace should be decked.
5 con - sub - stan - tial, co - e - ter - nal, while un - end - ing a - ges run.

Words: Latin, ca. 7th cent.; *Hymns Ancient and Modern*, 1861, after John Mason Neale (1818-1866), alt.
Music: *Oriel*, Caspar Ett (1788-1847)

The Great Thanksgiving Eucharistic Prayer C BCP 369

The musical notation is arranged in four staves. The first staff is for the Presider and the People, with lyrics: "The Lord be with you. And al - so with you." The second staff is for the Presider and the People, with lyrics: "Lift up your hearts. We lift them to the Lord." The third staff is for the Presider, with lyrics: "Let us give thanks to the Lord our God." The fourth staff is for the People, with lyrics: "It is right to give our thanks and praise." The notation uses a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes, with some words hyphenated across bar lines.

The Presider continues

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

(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 -
 san - na in the high - est. Bless - ed is he who
 comes in the name of the Lord. Ho - san - na in the high - est.

The Presider continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

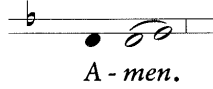
Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,
We celebrate his death and resurrection,
as we await the day of his coming.

Lord God of our Fathers and Mothers: God of Abraham, Isaac, and Jacob; Miriam, Deborah, and Ruth; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the worlds about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. ✠ Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

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. The score 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." The music is written in a simple, hymn-like style with a treble clef and a key signature of one sharp.

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, anthem

Geistliches Lied
Johannes Brahms (1833-1897)

Laß dich nur nichts nicht dauren mit Trauren, sei stille, wie Gott es fügt, so sei vergnügt mein Wille! Was willst du heute sorgen auf morgen? Der Eine steht allem für, der gibt auch dir das Deine. Sei nur in allem Handel ohn Wandel, steh feste, was Gott beschleußt, das ist und heißt das Beste. Amen.

Let no sad thought oppress thee, distress thee; Fear nothing, trust God's own will, and be thou still, my spirit. Heed not with care and sorrow the morrow: our Father who all doth see shall give to thee thy portion. From righteous paths then range not, and change not; be steadfast, for God is just; give him thy trust for ever. Amen.

§ *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 peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

HYMN 432

(Please remain masked while singing)

1 O praise ye the Lord! Praise him in the height;
 2 O praise ye the Lord! Praise him up - on earth;
 *3 O praise ye the Lord! All things that give sound;
 4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;
 in tune - ful ac - cord, all ye of new birth;
 each ju - bi - lant chord re - ech - o a - round;
 to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,
 praise him who hath brought you his grace from a - bove,
 loud or - gans, his glo - ry forth tell in deep tone,
 For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.
 praise him who hath taught you to sing of his love.
 and sweet harp, the sto - ry of what he hath done.
 for grace of sal - va - tion, O praise ye the Lord!

Words: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150
 Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918)

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 & Dean: The Very Rev. Penny Bridges

Preacher: The Rev. Mark Trotter

Assisting: The Rev. Richard Hogue, Jr.

Deacon: The Rev. Cn. Brooks Mason

Healing: The Rev. Cn. Dorothy Curry

Readers: Justin Lewis, Blair Shamel

Intervessor: Ellen Hargus

Head Verger: Cn. Lisa Churchill

Vergers: Cherie Dean, Don Mitchell

Altar Servers: Salvador Arce Guerra, Stacey Klaman, Jairus Kleinert

Thurifer: Ron White

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

Artist-in-Residence: Nicholas Halbert

Choir: Members of the Cathedral Choir

Cathedral audio: Bob Knight

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

Congratulations Graduates!

HIGH SCHOOL GRADUATES

Andi Price

ABOUT THE GRADUATES

*High School Diploma, River Valley Charter School
Entering a gap year focused on volunteering.*

Patrisha Avila Hernández

*High School Diploma, High Tech High Media Arts
Entering UC Santa Barbara as a Pre-Biology Major.*

Natalie Fitzsimons

*High School Diploma, Patrick Henry High School
Entering Arizona State University as an Engineering Major*

COLLEGE GRADUATE

Maya Little-Saña

*Bachelor's of Arts in the Study of Religion with a Minor in Social Work
Serving as Family Minister at St. Paul's and substitute teaching.*

EDUCATION FOR MINISTRY (EfM) GRADUATE

Robert Heylmun

Certificate of Completion, Education for Ministry

August 7, 2022 – Pentecost 9 (C)
Gifts to the Church by Episcopal Convents and Monasteries:
The Community of St. John Baptist

The Community of St. John Baptist describes their offerings of spiritual direction.

What is spiritual direction?

The majority of our Sisters are trained and certified Spiritual Directors. We work with individuals to improve their prayer life in order to deepen their connection with God. We also help directees with difficult theological questions and spiritual struggles.



Why is spiritual direction important?

Now, more than ever, people are seeking to find meaning in their lives. Working with a spiritual director can help people overcome religious trauma, learn new ways of engaging with scripture and ministry, and gain strength and comfort from a close relationship with the Divine.



How is the Community of St. John Baptist involved in spiritual direction?

Since the beginning of the pandemic, the number of people seeking our Sisters out for spiritual direction has nearly tripled. We have shifted from seeing people in person to meeting with directees on Zoom or by phone. Directees can also take walks outdoors with us on our peaceful, prayerful

campus or they can stay overnight at our guest cottage for individual guided retreats.

How can someone find a spiritual director?

Those interested in spiritual direction can contact their priest or bishop or contact a local religious community. Most Sisters, Brothers, and Friars are trained in spiritual direction. To contact CSJB, just email srmc@csjb.org or call 973-543-4641 ext. 2. Our website is www.csjb.org.

Provide relief and help communities recover from flooding and fires

Deadly flooding and fires in southern and western parts of the US are displacing thousands and creating a financial burden on the most vulnerable. Episcopal Relief & Development is working with church and local partners to provide help where it's needed the most. Your swift response and compassionate gift to the Episcopal Relief & Development Disaster Fund will provide supplies to help communities in Kentucky, Virginia, Missouri, California and other places make a full and sustained recovery. Visit <https://www.episcopalrelief.org/> to make a contribution today.

Proporcionar alivio y ayudar a las comunidades a recuperarse de las inundaciones e incendios

Las mortales inundaciones e incendios en el sur y el oeste de Estados Unidos están desplazando a miles de personas y creando una carga financiera para los más vulnerables. La Agencia Episcopal de Alivio y Desarrollo está trabajando con las iglesias y los socios locales para proporcionar ayuda donde más se necesita. Su rápida respuesta y su compasiva donación al Fondo para Catástrofes de la Agencia Episcopal de Alivio y Desarrollo proporcionará suministros para ayudar a las comunidades de Kentucky, Virginia, Missouri, California y otros lugares a recuperarse de forma completa y sostenida. Visite <https://www.episcopalrelief.org/> para hacer una contribución hoy mismo.

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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
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