



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

**The Holy Eucharist:
Rite Two**

**Thanksgiving Day
November 24, 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.

Guidance from our Regathering Task Force

With wastewater levels of the COVID virus remaining at a low level, we have changed our masking policy to make masks in worship optional for the congregation. We still ask anyone serving in the Chancel (clergy, choir, altar servers) to wear masks as this remains a high-risk area.

- The administration of Communion will not change, as we enter what is likely to be an active flu season.

Thank you for your patience!

This message brought to you by your Cathedral Regathering Task Force

As a courtesy to others, please silence electronic devices.

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

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

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/>

Instrumental Voluntary

Simple Gifts (Arr. Jonathon Robbins)
Shenandoah (Arr. Celius Dougherty)

With Steve Foster, trumpet

§ Please stand at the tolling of the bell.

Hymn 290

1 Come, ye thank - ful peo - ple, come, raise the song of har - vest-home:
 2 All the world is God's own field, fruit un - to his praise to yield;
 3 For the Lord our God shall come, and shall take his har - vest home;
 4 E - ven so, Lord, quick - ly come to thy fi - nal har - vest-home;

all is safe - ly gath - ered in, ere the win - ter storms be - gin;
 wheat and tares to - geth - er sown, un - to joy or sor - row grown;
 from his field shall in that day all of - fens - es purge a - way;
 gath - er thou thy peo - ple in, free from sor - row, free from sin;

Descant

4 there, for ev - er pur - i - fied, in thy pres - ence

1 God, our Ma - ker, doth pro - vide for our wants to
 2 first the blade, and then the ear, then the full corn
 3 give his an - gels charge at last in the fire the
 4 there, for ev - er pur - i - fied, in thy pres - ence

to a - bid; come, with all thine an - gels,
 be sup - plied; come to God's own tem - ple,
 shall ap - pear: grant, O har - vest Lord, that
 tares to cast, but the fruit - ful ears to
 to a - bid; come, with all thine an - gels,

come, raise the glo - rious har - vest - home.
 come, raise the song of har - vest - home.
 we whole - some grain and pure may be.
 store in his gar - ner ev - er - more.
 come, raise the glo - rious har - vest - home.

Words: Henry Alford (1810-1871), alt.
 Music: *St. George's, Windsor*, George Job Elvey (1816-1893); desc. Craig Sellar Lang (1891-1971)

The Word of God

The Presider says

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.

Almighty and gracious Father, we give you thanks for the fruits of the earth in their season and for the labors of those who harvest them. Make us, we pray, faithful stewards of your great bounty, for the provision of our necessities and the relief of all who are in need, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

§ *Please be seated.*

The Lessons

The First Lesson is read, the Reader first saying

A Reading from the Book of Deuteronomy

Deuteronomy 26:1-11

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

The Psalm (said by all)

Psalm 100 *Jubilate Deo*

BCP 729

- 1 **Be joyful in the LORD, all you lands; ***
 serve the LORD with gladness
 and come before his presence with a song.
- 2 **Know this: The LORD himself is God; ***
 he himself has made us, and we are his;
 we are his people and the sheep of his pasture.
- 3 **Enter his gates with thanksgiving;**
 go into his courts with praise; *
 give thanks to him and call upon his Name.

**4 For the LORD is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.**

The Second Lesson is read, the Reader first saying

A Reading from the Letter of Paul to the Philippians

Philippians 4:4-9

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

§ *Please stand as able.*

The Holy Gospel

John 6:25-35

The Deacon reads the Gospel, first saying

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

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

When the crowd found Jesus on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

The Gospel of the Lord.

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

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

The Sermon

The Rev. Vesta Kowalski

§ *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.**

A General Thanksgiving

BCP 836

The Deacon bids the prayers

Let us say together the following Thanksgiving.

All:

**Accept, O Lord, our thanks and praise
for all that you have done for us.**

**We thank you for the splendor of the whole creation,
for the beauty of this world,
for the wonder of life, and for the mystery of love.**

**We thank you for the blessing of family and friends,
and for the loving care which surrounds us on every side.**

**We thank you for setting us at tasks which demand our best efforts,
and for leading us to accomplishments which satisfy and delight us.**

**We thank you also for those disappointments and failures
that lead us to acknowledge our dependence on you alone.**

**Above all, we thank you for your Son Jesus Christ;
for the truth of his Word and the example of his life;
for his steadfast obedience, by which he overcame temptation;
for his dying, through which he overcame death;
and for his rising to life again,
in which we are raised to the life of your kingdom.**

**Grant us the gift of your Spirit,
that we may know Christ and make him known;
and through him,
at all times and in all places,
may give thanks to you in all things. 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 sign of the Peace.*

Following the Peace, please be seated.

Welcome and announcements

The Offertory

You may give online now by using your phone's camera to scan the quick response code:



or text stpaulcathedral to 73256 using your cell phone.

Thank you!

The Holy Communion

§ Please stand as able for the hymn and remain standing for the Great Thanksgiving.

Offertory Hymn 377

Unison or harmony

1 All peo - ple that on earth do dwell, sing to the Lord with
2 Know that the Lord is God in - deed; with - out our aid he
3 O en - ter then his gates with praise, ap - proach with joy his
4 For why? the Lord our God is good, his mer - cy is for
*5 To Fa - ther, Son, and Ho - ly Ghost, the God whom heaven and

1 cheer - ful voice: him serve with mirth, his praise forth
2 did us make: we are his folk, he doth us
3 courts un - to; praise, laud, and bless his Name al -
4 ev - er surc; his truth at all times firm - ly
5 earth a - dore, from men and from the an - gel

1 tell, come ye be - fore him and re - - joice.
2 feed, and for his sheep he doth us take.
3 ways, for it is seem - ly so to do.
4 stood, and shall from age to age en - - dure.
5 host be praise and glo - ry ev - er - - more.

Words: William Kethe (d. 1608?); para. of Psalm 100. Music: *Old 100th*, melody from *Pseaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?).

God of power and might, hea - ven and earth are

full, full of your glo - ry. Ho -

san - na in the high - est. 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. Ho - san - na in the high - est.

From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (1937-2010)

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



A - men.

The Presider continues

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

The Lord's Prayer

S-119

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.

Jesus, Lamb of God

S 164

Je - sus, Lamb of God: have mer - cy on us.
Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:
 give us your peace, give us your peace.

The image shows a musical score for a hymn. It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#), and the time signature is 4/4. The lyrics are: "Je - sus, re - deem - er, re - deem - er of the world: give us your peace, give us your peace." The piano accompaniment features a steady bass line and chords that support the vocal melody.

From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (1937-2010)

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 or kneel until you are ushered to the communion stations at the Crossing between the communion rails. Please take your purse or valuables with you to the rail.

The consecrated wafers will be distributed by the clergy at the standing stations at the Crossing

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

At the Communion, Instrumental Voluntary

Largo from "New World Symphony"
 Antonín Dvořák (1841-1904)

§ *After a moment of silence following the distribution of communion, 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 Presider may bless the people.

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

Hymn 397

1 Now thank we all our God, with heart, and hands, and voic - es,
2 O may this boun - teous God through all our life be near us!
3 All praise and thanks to God the Fa - ther now be giv - en,

who won - drous things hath done, in whom his world re - joic - es;
With ev - er - joy - ful hearts and bless - ed peace to cheer us;
the Son, and him who reigns with them in high - est hea - ven,

who from our mo - ther's arms hath blessed us on our way
 and keep us in his grace, and guide us when per - plexed,
 e - ter - nal, Tri - une God, whom earth and heaven a - dore;

with count-less gifts of love, and still is ours to - day.
 and free us from all ills in this world and the next.
 for thus it was, is now, and shall be, ev - er - more.

Words: Martin Rinkart (1586-1649); tr. Catherine Winkworth (1827-1878), alt.
 Music: *Nun danket alle Gott*, melody Johann Crüger (1598-1662);
 harm. William Henry Monk (1823-1889), after Felix Mendelssohn (1809-1847)

The Deacon dismisses the people with these words

Let us go forth in the name of Christ.

People

Thanks be to God.

Instrumental Voluntary

Now thank we all our God (from Cantata 79)
 J. S. Bach

With Steve Foster, trumpet

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

Ministers of the Liturgy

Presider & Dean: The Very Rev. Penny Bridges

Preacher: The Rev. Vesta Kowalski

Deacon: The Rev. Michael Kilpatrick

Reader: Tom Barb

Head Verger: Cn. Lisa Churchill

Thurifer: Todd Hurrell

Verger: Cherie Dean

Altar Servers: Daniel Love, Salvador Arce Guerra, Wanda Porrata

Altar Guild: Cn. Konnie Dadmun, Cherie Dean, Roxanne Perfect-Knight

Usher-in-Charge: Lucinda Parsons

Ushers: Bob Oslie, Tom Simmons

Director of Music: Cn. Martin Green

Assistant Organist: Gabriel Arregui

Artist in Residence: Nicholas Halbert

Cathedral Sound: Bill Eadie

Cathedral Audio/Visual Technicians: Wayne Riehm, Mike Thornburgh, Jim Wright, Paul Young

A historical note about Thanksgiving Day, – a major feast day on the liturgical calendar. The Episcopal Church first began celebrating Thanksgiving Day after the American Revolution. The first American Prayer Book, in 1789, replaced the four national days of the 1662 English Book of Common Prayer with Propers for Thanksgiving Day. This coincided with the first observance of Thanksgiving Day as a national holiday by the United States in 1789. In 1863, President Abraham Lincoln instituted the tradition of celebrating Thanksgiving Day each year on the last Thursday of November.



Sign Up Today for the Good News Festival!

On December 9 - 10, 2022, the Episcopal Diocese of San Diego will welcome Presiding Bishop Michael Curry and the Rev. Dr. William Barber to Southern California for a celebration of good news. With workshops, live discussion panels, youth offerings, and an evening of celebration at the beautiful Town and Country Resort in Mission Valley, this is the perfect time to get away and enjoy some good news. Go to thegoodnewsfestival.com to register and for more information.

Then, on December 11, Bishop Curry will preach at St. Paul's Cathedral at a single morning service at 9:30 am. Bishop Susan Brown Snook will preside. All are welcome, and the service will be live streamed and recorded.

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*
- 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 exit door to hallway to Fifth Avenue breezeway*