



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

The Eighth Sunday after Pentecost:
Proper 10

July 14, 2024
8:00 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.

As a courtesy to others, please silence electronic devices.

For the link to the webpage with the announcements and bulletins, use this QR code:

Services are regularly streamed and recorded and you can find them:

<http://www.stpaulcathedral.org/watch>

If you're interested in more information about the cathedral's ministries,

we would like to hear from you: <http://stpaulcathedral.org/im-new/>



St. Paul's Cathedral acknowledges that we gather on unceded Kumeyaay land. We value the knowledge, culture, and worldview of Indigenous people. We commit to the vital work of educating ourselves, increasing community awareness, and promoting reconciliation with our Indigenous neighbors. As we examine actions and practices that perpetuate harm against Indigenous communities, we pledge to work toward a meaningful and respectful relationship as we follow their example in honoring this sacred land. - *Approved by the Cathedral Chapter, May 2023*

Kneelers are available in the back of the church: please bring one to your seat if you wish to kneel during the service.

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

The Word of God

Opening Acclamation

BCP 355

§ *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.**

All remain standing as able, a song of praise is said.

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 Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; 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 Second Book of Samuel.

2 Samuel 6:1-5, 12b-19

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart.

They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

Psalm 24 *Domini est terra (said by all)*

BCP 613

- 1 **The earth is the LORD's and all that is in it, *
the world and all who dwell therein.**
- 2 **For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.**
- 3 **"Who can ascend the hill of the LORD? *
and who can stand in his holy place?"**
- 4 **"Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood,
nor sworn by what is a fraud.**
- 5 **They shall receive a blessing from the LORD *
and a just reward from the God of their salvation."**
- 6 **Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.**
- 7 **Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.**
- 8 **"Who is this King of glory?" *
"The LORD, strong and mighty,
the LORD, mighty in battle."**
- 9 **Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.**
- 10 **"Who is he, this King of glory?" *
"The LORD of hosts,
he is the King of glory."**

The Second Lesson is read, the Reader first saying

A Reading from the Letter of Paul to the Ephesians.

Ephesians 1:3-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

§ *Please stand as able when the Presider stands.*

The Holy Gospel

Mark 6:14-29

The Deacon reads the Gospel, first saying

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

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

King Herod heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When

he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Gospel of the Lord.

People Praise to you, Lord Christ.

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

The Sermon

The Very Reverend Penny Bridges

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

Presider

Let us stand and proclaim our faith in the words of 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, 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

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord.
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.*

Welcome and announcements

The Holy Communion

BCP 361

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!

§ *Please stand as able for the offering to be brought forward. The ushers present the money offering to the deacon.*

The Presider may say

All things come of thee, O Lord,

The People may say

and of thine own have we given thee. (2 Chronicles 29:14)

Please remain standing for the Great Thanksgiving.

Presider The Lord be with you.
People **And also with you.**
Presider Lift up your hearts.
People **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*)

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

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. **AMEN.**

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

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

**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.**

The Fraction: The Breaking of the Bread

A period of silence follows as the Bread is broken.

Presider Alleluia. Christ our Passover is sacrificed for us.

People **Therefore let us keep the feast. Alleluia.**

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. 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.

§ *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 Deacon may send forth the Lay Eucharistic Minister(s) with a prayer.

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.**

The Deacon dismisses them with these words

Let us go forth in the name of Christ.
People **Thanks be to God.**

§ *The clergy, altar party, and people depart.*

Ministers of the Liturgy

Presider: The Reverend Canon Richard Hogue, Jr.

Preacher & Dean: The Very Reverend Penny Bridges

Deacon: The Reverend Canon Brooks Mason

Reader: Mark Lester

Head Verger: Canon Lisa Churchill

Altar Servers: Jerry Coughlan, Salvador Arce Guerra

Altar Guild: Kris Hatch, Wayne Hatch, Roxanne Perfect-Knight, Wanda Porrata,
Emily Velez-Confer, Susan Williams

Usher-in-charge: Rich Davis

Ushers: Christie Batten, Norm Friesen, Carl Mattina, Mary Rathbun

Cathedral audio: Tom Merrick

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*
- Northeast hallway door to Fifth Avenue breezeway*
- West chapel (to the left of chapel altar) stairs leading down to landing.*

The Music Center Campaign

“Strengthening community, connecting neighbors, and broadening outreach through music.”

The \$2.5M Music Center Campaign will create a single space that centralizes all components of our music program—currently dispersed across four different levels throughout campus and without a dedicated rehearsal space—and broaden our community outreach abilities, just as the Guild Room and other spaces on campus do now, but with a special emphasis on the music and arts component of our mission and ministry. It is through faith and our collective generosity as a congregation, and as a community, that we will bring our vision of the Music Center to life. We invite you to make your contribution today and help create something truly remarkable.

Beginning in May, The Parker Foundation is challenging new donors to match their \$25,000 gift to the campaign! Please indicate your desire to have your gift matched by Parker by marking “Parker Match” in the memo line of your check or on the Music Center donation page.

For more information and to make your contribution to The Music Center Campaign visit the Campaign Website.

stpaulcathedral.org/music-center

Roberta Price, Campaign Assistant
mgcadmin@stpaulcathedral.org 619.298.7261 ext 228



03.21.2023
St. Paul's Cathedral

domusstudio architecture
Music

July 14, 2024 – Pentecost 8 (B) Your Guide to the DFMS, Part 7

Throughout the summer, our bulletin inserts will feature resources available to you, your ministry, your congregation, and your diocese from the Domestic and Foreign Missionary Society – the formal, incorporated name for The Episcopal Church. Learn more by scanning each department’s QR code or visit iam.ec/tecguides.

The Office of Indigenous Ministries offers support, guidance, and resources to the Indigenous people, faith communities, and dioceses of The Episcopal Church; it also provides guidance and resources to the church at large regarding relationships with Indigenous people. The Indigenous theological education coordinator provides education and training opportunities to Indigenous people in their preparation for ministry, either lay or ordained. Together these offices respond to the many needs and situations of Indigenous people and congregations within reservation and urban metropolitan areas, bringing the Gospel of Christ to the center of the Sacred Circle.



Use “A Disciple’s Prayer Book” for worship with your small group and congregation.
Learn about The Episcopal Church’s history with and rebuke of the Doctrine of Discovery.

Check out a webinar examining the church’s role in the establishment and operation of boarding schools in the late 19th and early 20th centuries.

Hear the perspectives of Indigenous Episcopalians and others on the effects of colonization.

The Office of Latino/Hispanic Ministries embodies the Jesus Movement by fostering a church that is vibrantly multiethnic, multilingual, and multicultural. By 2030, one-third of the U.S. population will be Latino/Hispanic, most of whom are English-speaking. Our aim is to help The Episcopal Church offer a generous welcome to this growing population, so that they may find a spiritual home in a sacramental tradition that values the gifts of all people. We also envision a whole church enlivened by the leadership and spirituality of Latino/Hispanic Episcopalians. We support our increasingly diverse church by producing resources, developing networks, and providing opportunities for formation of lay and ordained leaders.



Attend the Episcopal Latino Ministry Competency Course in person or online.

Learn from the New Camino seminar about the future of Latin@ ministry.

Explore the many resources available at LatinosEpiscopales.

Utilize Sermones que iluminan; Spanish sermons, Bible studies.

Attend Nuevo Amanecer, the hallmark biennial fiesta of Latino ministry.

Mission Personnel. The Episcopal Church offers two programs for those interested in exploring their faith in new ways alongside partners around the Anglican Communion: the Young Adult Service Corps (YASC), for those ages 21-35; and Episcopal Volunteers in Mission (EVIM), for those ages 36 and older. Both programs offer opportunities for mutual sharing of gifts and skills and developing meaningful relationships between individuals and communities around the world. Those called to this ministry fully embrace the Way of Love practice of “go” as they “cross boundaries, listen deeply, and live like Jesus” alongside fellow members of the body of Christ.



Learn more about and follow our Young Adult Service Corps members stationed around the world.

Watch videos and listen to the stories of young adult Episcopalians as they serve in a variety of ministries across the Anglican Communion.

Learn about opportunities for Episcopalians ages 36+ to serve around the Anglican Communion for a few months or for one to two years.

Contact our staff about interest in serving with YASC.

Contact our staff about interest in serving with EVIM.

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