



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

The Nineteenth Sunday after Pentecost:
Proper 21

The Season of Creation
September 29, 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.

Assisted hearing devices are available from an usher.

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/>

As a courtesy to others, please silence electronic devices.



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.

People **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 God, you declare your almighty power chiefly in showing mercy and pity: Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure; 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 Numbers.

Numbers 11:4-6,10-16,24-29

The rabble among them had a strong craving; and the Israelites also wept again, and said, "If only we had meat to eat! We remember the fish we used to eat in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at all but this manna to look at."

Moses heard the people weeping throughout their families, all at the entrances of their tents. Then the LORD became very angry, and Moses was displeased. So Moses said to the LORD, "Why have you treated your servant so badly? Why have I not found favor in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give birth to them, that you should say to me, 'Carry them in your bosom, as a nurse carries a sucking child,' to the land that you promised on oath to their ancestors? Where am I to get meat to give to all this people? For they come weeping to me and say, 'Give us meat to eat!' I am not able to carry all this people alone, for they are too heavy for me. If this is the way you are going to treat me, put me to death at once—if I have found favor in your sight—and do not let me see my misery."

So the LORD said to Moses, "Gather for me seventy of the elders of Israel, whom you know to be the elders of the people and officers over them; bring them to the tent of meeting, and have them take their place there with you. "

So Moses went out and told the people the words of the LORD; and he gathered seventy elders of the people, and placed them all around the tent. Then the LORD came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the

seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, "Eldad and Medad are prophesying in the camp." And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, "My lord Moses, stop them!" But Moses said to him, "Are you jealous for my sake? Would that all the LORD's people were prophets, and that the LORD would put his spirit on them!"

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

Psalm 19:7-14 *Caeli enarrant (said by all)*

BCP 607

**7 The law of the LORD is perfect
and revives the soul; *
the testimony of the LORD is sure
and gives wisdom to the innocent.**

**8 The statutes of the LORD are just
and rejoice the heart; *
the commandment of the LORD is clear
and gives light to the eyes.**

**9 The fear of the LORD is clean
and endures for ever; *
the judgments of the LORD are true
and righteous altogether.**

**10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.**

**11 By them also is your servant enlightened, *
and in keeping them there is great reward.**

**12 Who can tell how often he offends? *
 cleans me from my secret faults.**

**13 Above all, keep your servant from presumptuous sins;
 let them not get dominion over me; *
 then shall I be whole and sound,
 and innocent of a great offense.**

**14 Let the words of my mouth and the meditation of my
 heart be acceptable in your sight, *
 O LORD, my strength and my redeemer.**

In this Season of Creation, we will sometimes select the second lesson from alternative, non-Scriptural texts provided by the Episcopal Church.

The Second Lesson is read, the Reader first saying

A Reading from This Here Flesh: Spirituality, Liberation, and the Stories that Make Us.

Cole Arthur Riley

Have you ever stood in the presence of a tree and listened to the wind pass through its leaves? The roots and body stand defiant and unmoved. But listen. The branches stretch out their tongues and whisper *shhhhh*.

Trees make symphonies without their trunks ever moving, almost as if the stillness of their centers amplifies their sound. The tree may appear still, but if you look closer, you'll see that each leaf flails with breath. The tree may seem alone, but plow deep and you'll unearth its secret gnarled roots—the grotesque and the beautiful—creeping in the soil, reaching toward the ancestors.

Thomas Merton said, "No writing on the solitary, meditative dimensions of life can say anything that has not already been said better by the wind in the pine trees." I hold this close.

The Reader may say

Here ends the Reading.

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

The Holy Gospel

Mark 9:38-50

The Deacon reads the Gospel, first saying

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

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

John said to Jesus, "Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us." But Jesus said, "Do not stop him; for no one who does a deed of power in my name will be able soon afterward to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward. "If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched. "For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another."

Deacon The Gospel of the Lord.

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

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

The Sermon

The Rev. Robert Bryant

§ *After a moment of silence, please stand as able.*

The Nicene Creed

BCP 358

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 for the Season of Creation

The Deacon bids the prayers.

Let us pray for the revealing of the reign of God in the world, now and always.

During the silence after each bidding, the people offer their own prayers, either silently or aloud.

Leader

Creator of earth, sea, and sky, kindle the fire of your Spirit within us that we may be bold to heal and defend the earth, and pour your blessing upon all who work for the good of the planet.

Silence

God, Giver of life,

People **Hear our prayer.**

Breath of life, receive our thanks for the beauty of our local habitat and all who dwell in it, and grant us the wisdom and will to conserve it.

Silence

God, Giver of life,

Hear our prayer.

Source of life, heal and redeem the wounds of your creation, and visit the places and people who suffer from our indifference, neglect, and greed.

Silence

God, Giver of life,

Hear our prayer.

Lover of all you have made, we thank you for the wondrous diversity of your creatures, and we pray for their well-being.

Silence

God, Giver of life,

Hear our prayer.

Author of the book of nature, receive our gratitude for places of restoration and healing, and continue to bless those places that feed our lives and spirits.

Silence

God, Giver of life,

Hear our prayer.

Wise Creator, whose works are full of mystery, give us wonder and appreciation for your creatures with whom we find ourselves in conflict.

Silence

God, Giver of life,

Hear our prayer.

Giver of all good gifts, awaken us daily to our dependence upon your bounty, and make us always thankful for the abundance of your blessings.

Silence

God, Giver of life,

Hear our prayer.

Divine Physician, heal our communities, especially those where neglect, greed, or violence inflict suffering upon people and other creatures.

Silence

God, Giver of life,

Hear our prayer.

Comforter of all the earth, sustain the people known to this congregation who desire or need your presence and help, especially...

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

Silence

God, Giver of life,

Hear our prayer.

Rock and refuge of all your creatures, receive into everlasting mercy all those who have died, especially...

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

Silence

God, Giver of life,

Hear our prayer.

The Presider says the concluding Collect: God of order and dynamic change.

Mysterious God, whose imagination and desire embrace all: We seek to discern you in the interplay of forces, in the order and the chaos of the universe, and in the complexities of every living system. Give us grace to honor your goodness in what we know and in what we do not know, in the world's harmonies and turbulence, and in its promise and change. For you are in, through, and beyond all that is: one God, made known to us in Jesus Christ, through the Holy Spirit, our inspiration and guide.

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

Merciful and sustaining God,

we have sinned against you.

We confess our lack of gratitude for the beauty and bounty of your creation:

teach us to see that your earth sustains us and all that lives.

We confess that we have misused your earth:

grant us amendment of life.

We confess that we have been intemperate in our appetites:

strengthen us in self-control.

We confess that we have taken the abundance of your world for granted:

make us urgent now for its protection.

Forgive and renew us now through our Savior Jesus Christ,

by the power of the Holy Spirit,

with whom you live and reign,

one God, now and for ever.

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

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 and stewards 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:

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

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. **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 **God our Creator,
you feed your people with the bread from heaven:
let this holy food sustain us through our earthly pilgrimage
that we may come to that place
where your people hunger and thirst no more
and your creation is restored to its full glory;
through Jesus Christ our Lord. Amen.**

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

The Presider may bless the people.

Go forth now to care for God's world. Use resources wisely. Share your knowledge. Sacrifice where necessary. Live in harmony with all creation. Go out into all the world as prophets of a new way of living and preach the good news to all.

And the blessing of the ✠ Creator God, the Risen Son, and the Promised Holy Spirit bless you that you might be a blessing to others today and always.

Amen.

The Deacon dismisses them with these words

Let us bless our God and all Creation.

People **Thanks be to God.**

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

Ministers of the Liturgy

Presider & Dean: The Very Reverend Penny Bridges

Preacher: The Reverend Robert Bryant

Deacon: The Reverend Canon Brooks Mason

Reader: Anita Martinez

Head Verger: Canon Lisa Churchill

Altar Server: Wanda Porrata

Altar Guild: Canon Konnie Dadmun, Kris Hatch, Mary Rathbun

Usher-in-charge: Rich Davis

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

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. Your gift makes a difference, and every gift brings us closer to breaking ground on the Cathedral Music Center Project. Besides our very successful matching grant from the Parker Foundation, many community members outside of the Cathedral congregation are stepping forward to support this project. Join them today with a gift or pledge to the campaign!

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



St Paul's Cathedral Music Center Donors

A complete list of Music Center Donors can be found here:

<https://stpaulcathedral.org/music-center-donors/>

** This is how the names will be listed on the permanent Wall of Honor in the Music Center.*

If any changes need to be made, please contact:

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

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:

- o South porch doors at Nutmeg Street and Fifth Avenue*
- o North porch doors to Fifth Avenue Courtyard*
- o South transept east and west doors to Nutmeg Street*
- o Northeast hallway door to Fifth Avenue breezeway*
- o West chapel (to the left of chapel altar) stairs leading down to landing.*