



**ST. PAUL'S**  
**EPISCOPAL CATHEDRAL**

815 High Street ☩ Des Moines, IA 50309 ☩ 515-288-7297  
cathedralchurchofstpaul.org

**The First Sunday in Lent**  
**Choral Eucharist**

**Sunday, February 21, 2021**

**Ten o'clock in the morning**

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**THE GREAT LITANY**

BCP p. 148

*The People Stand through the Litany as they are able*

O God the Father, Creator of heaven and earth,  
***Have mercy upon us.***

O God the Son, Redeemer of the world,  
***Have mercy upon us.***

O God the Holy Ghost, Sanctifier of the faithful,  
***Have mercy upon us.***

O holy, blessed, and glorious Trinity, one God,  
***Have mercy upon us.***

Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.  
***Spare us, good Lord.***

From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,  
***Good Lord, deliver us.***

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity,

***Good Lord, deliver us.***

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,

***Good Lord, deliver us.***

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

***Good Lord, deliver us.***

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

***Good Lord, deliver us.***

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

***Good Lord, deliver us.***

By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

***Good Lord, deliver us.***

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

***Good Lord, deliver us.***

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

***Good Lord, deliver us.***

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,

***We beseech thee to hear us, good Lord.***

That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,  
***We beseech thee to hear us, good Lord.***

That it may please thee to bless and keep all thy people,  
***We beseech thee to hear us, good Lord.***

That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,  
***We beseech thee to hear us, good Lord.***

That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,  
***We beseech thee to hear us, good Lord.***

That it may please thee to bring into the way of truth all such as have erred, and are deceived,  
***We beseech thee to hear us, good Lord.***

That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,  
***We beseech thee to hear us, good Lord.***

That it may please thee so to rule the hearts of thy servants, the President of the United States (*or of this nation*), and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth,  
***We beseech thee to hear us, good Lord.***

That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,  
***We beseech thee to hear us, good Lord.***

That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,  
***We beseech thee to hear us, good Lord.***

That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

***We beseech thee to hear us, good Lord.***

That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,

***We beseech thee to hear us, good Lord.***

That it may please thee to preserve all who are in danger by reason of their labor or their travel,

***We beseech thee to hear us, good Lord.***

That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

***We beseech thee to hear us, good Lord.***

That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

***We beseech thee to hear us, good Lord.***

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,

***We beseech thee to hear us, good Lord.***

That it may please thee to have mercy upon all mankind,

***We beseech thee to hear us, good Lord.***

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,

***We beseech thee to hear us, good Lord.***

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

***We beseech thee to hear us, good Lord.***

That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

***We beseech thee to hear us, good Lord.***

That it may please thee to grant to all the faithful departed eternal life and peace,

***We beseech thee to hear us, good Lord.***

That it may please thee to grant that, in the fellowship of [\_\_\_\_\_ and] all the saints, we may attain to thy heavenly kingdom,

***We beseech thee to hear us, good Lord.***

Son of God, we beseech thee to hear us.

***Son of God, we beseech thee to hear us.***

O Lamb of God, that takest away the sins of the world,

***Have mercy upon us.***

O Lamb of God, that takest away the sins of the world,

***Have mercy upon us.***

O Lamb of God, that takest away the sins of the world,

***Grant us thy peace.***

O Christ, hear us.

***O Christ, hear us.***

Lord, have mercy upon us.

***Christ, have mercy upon us. or***

Lord, have mercy upon us.

Kyrie eleison.

***Christe eleison.***

Kyrie eleison.

*Celebrant*

**People**

Bless the Lord who forgives all our sins.

**God's mercy endures for ever.**

**THE WORD OF GOD**

BCP page 355

## THE COLLECT OF THE DAY

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

## THE LESSONS

### A Reading from the Book of Genesis

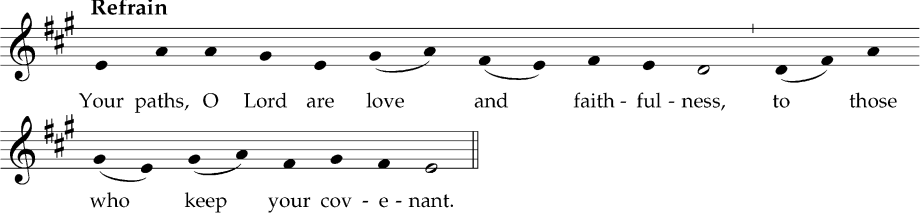
[9: 8 – 17]

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

*Leader*            The Word of the Lord.  
**People**            **Thanks be to God.**

Mode 8

Refrain



Your paths, O Lord are love and faith-ful-ness, to those  
who keep your cov-e-nant.

from *Gradual Psalms for the RCL*, ed. Bruce E. Ford, Church Publishing Incorporated.

- 1 To you, O LORD, I lift up my soul;  
my God, I put my trust in you;\*  
let me not be humiliated,  
nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame;\*  
let the treacherous be disappointed in their schemes.

[Refrain]

- 3 Show me your ways, O LORD,\*  
and teach me your paths..

[Refrain]

- 4 Lead me in your truth and teach me,\*  
for you are the God of my salvation;  
in you have I trusted all the day long.

[Refrain]

- 5 Remember, O LORD, your compassion and love,\*  
for they are everlasting.
- 6 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love  
and for the sake of your goodness, O LORD.

[Refrain]

- 7 Gracious and upright is the LORD:\*  
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right\*  
and teaches his way to the lowly.

[Refrain]

## A Reading from the First Letter of Peter

[3: 18 – 22]

Christ suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you--not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

*Leader*            The Word of the Lord.

**People**            **Thanks be to God.**

**Hymn 439** (St. 1)

*What wondrous love is this*

WONDROUS LOVE



1 What        won - drous love is        this,    O my soul,    O my soul! What  
2 To        God and to the        Lamb,    I will sing,    I will sing, to  
3 And        when from death I'm        free,    I'll sing on,    I'll sing on, and



won-drous love is this, O my soul! What won-drous love is this that  
God and to the Lamb, I will sing. To God and to the Lamb who  
when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my  
is the great I AM, while mil - lions join the theme, I will  
sing and joy - ful be, and through e - ter - ni - ty I'll sing





Words: American folk hymn, ca. 1835 Music: *Wondrous Love*, from *The Southern Harmony*, 1835

## The Holy Gospel

[Mark 1: 9 – 15]

*All Stand*

*Deacon*

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

**People**

**Glory to you, Lord Christ.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

*Deacon*

The Gospel of the Lord.

**People**

**Praise to you, Lord Christ.**

## THE HOMILY

The Rev. Nicola Bowler

*Silence may be kept*

## THE NICENE CREED, *standing*

BCP p. 358

**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 CONFESSION AND ABSOLUTION**

BCP page 360

*Deacon:* Let us confess our sins against God and our neighbor.

**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 Priest stands and 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**

*Celebrant*           The peace of the Lord be always with you.

**People**               **And also with you.**

**ANNOUNCEMENTS**

**THE PEACE**

BCP page 360

# The Holy Communion

## Offertory Music

**On-line Giving Options:** Visit [cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org) and click “Donate Online Now.” You can also automatically give by texting the amount you wish to donate to this number: 515-207-8133.

## THE GREAT THANKSGIVING

### Eucharistic Prayer B

BCP p. 367

*Celebrant* The Lord be with you.

**People** **And also with you**

*Celebrant* Lift up your hearts.

**People** **We lift them to the Lord.**

*Celebrant* Let us give thanks to the Lord our God.

**People** **It is right to give him thanks and praise.**

*The Celebrant proceeds*

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

*Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.*

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:

*Celebrant and People*

*In unison*

**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 people stand or kneel. Then the Celebrant 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,

*Celebrant and People:*

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

*The Celebrant 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 Paul and with 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,  
**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 BREAKING OF THE BREAD**

*The Celebrant breaks the consecrated Bread*

*Celebrant* Christ our Passover is sacrificed for us.

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

*Celebrant* The gifts of God for the People of God.

**Fraction Anthem**

S161

Lamb of God, you take a - way the sins of the world:  
 have mer - cy on us. Lamb of God, you take a - way the  
 sins of the world: have mer - cy on us. Lamb of God,  
 you take a - way the sins of the world: grant us peace.

**Prayer for Spiritual Communion** (St. Alphonsus de Liguori, 1696-1787)  
My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. **Amen.**

*[Drive-up communion from the reserved sacrament is available on Sundays from 9:00-9:30 am. Please park in our parking lot and a server will come out to pray with you and share the sacrament with you. Facial coverings are required.]*

### **Communion Music**

*After the people receive Communion a period of silent reflection is kept*

#### **POST COMMUNION PRAYER**

BCP p. 365

*After Communion, the Celebrant says*

Let us pray.

**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 PRAYERS OVER THE PEOPLE**

*The Deacon or, in the absence of a deacon the Celebrant says*

*Deacon* Let us bow down before the Lord.

*The people kneel and the Celebrant says one of the following prayers:*

Celebrant Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

**Hymn 149** (St. 1 & 2)

*Eternal Lord of love*

OLD 124TH

(Music unavailable because of copyright.)

St. 1    Eternal Lord of love, behold your church  
          walking once more the pilgrim way of Lent,  
          led by your cloud by day, by night your fire,  
          moved by your love and toward your presence bent:  
          far off yet here--the goal of all desire.

St. 2    So daily dying to the way of self,  
          so daily living to your way of love,  
          we walk the road, Lord Jesus, that you trod,  
          knowing ourselves baptized into your death:  
          so we are dead and live with you in God.

**DISMISSAL**

*Deacon*            Go in peace to love and serve the Lord.

**People**            **Thanks be to God.**

**Organ Voluntary**

## Announcements for February 21, 2021

### Today at St. Paul's

#### **4:00 pm Choral Evensong**

Lenten Choral Evensong, February 21, at 4:00pm will be [livestreamed](#) and there is a limited number of spots available to attend in person, for which pre-registration at this [link](#) is required. This beautiful service of sung prayer will lift your heart in worship during this Holy season. Cathedral Arts at St. Paul's offers sacred beauty in a suffering world.

#### **Stories of Salvation: Reflecting on Identity**

Sunday afternoons at 2 pm from Feb. 21-Mar. 28

Each Easter Vigil we read stories from the Old Testament that have shaped who we are as Christians. These stories were originally taught to new Christians who were preparing for baptism on Easter. Join Fr. Zeb in exploring these stories, breaking them open through the process of Lectio Divina. This is a hybrid course, with the opportunity to join both in-person and via Zoom. In-person gatherings will be in the chapel and limited to 5 people.

#### **Schedule:**

Feb. 21: The Story of Creation Genesis 1:1-2:2

Feb. 28: The Flood Genesis 7:1-5,11-18; 8:6-18; 9:8-13

Mar. 7: Israel's Deliverance at the Red Sea Exodus 14:10-15:1

Mar. 14: Salvation offered Freely to All Isaiah 55:1-11

Mar. 21: The Valley of Dry Bones Ezekiel 37:1-14

Mar. 28: The Gathering of God's People Zephaniah 3:12-20

To sign up, please contact Fr. Zeb ([fatherzeb@cathedralchurcofstpaul.org](mailto:fatherzeb@cathedralchurcofstpaul.org)) or call the Cathedral Office (515-288-7297)

**Mission Statement:** The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church.