

ST. PAUL'S
EPISCOPAL CATHEDRAL

The Third Sunday in Lent
Choral Eucharist

Sunday, March 7, 2021 Ten o'clock in the morning

Organ Voluntary

A PENITENTIAL ORDER

BCP page 351

Celebrant Bless the Lord who forgives all our sins.

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

THE DECALOGUE

BCP p. 350

All kneel as able

Celebrant Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant You shall not make for yourself any idol.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant You shall not invoke with malice the Name of the Lord your God.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant Remember the Sabbath Day and keep it holy.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant Honor your father and your mother.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

<i>Celebrant</i>	You shall not commit murder.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not commit adultery.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not steal.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not be a false witness.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not covet anything that belongs to your neighbor.
People	Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these."

THE CONFESSION

BCP page 352

The Deacon says

Let us confess our sins against God and our neighbor.

Silence may be kept

In unison

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 ABSOLUTION

BCP page 353

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.**

Kyrie

S86

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e
e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -
le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS

A Reading from the Book of Exodus

[20: 1 – 17]

God spoke all these words to Moses on Mount Saini: “I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not

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

BCP p. 606

1 The heavens declare the glory of God,*
and the firmament shows his handiwork.

2 One day tells its tale to another,*
and one night imparts knowledge to another.

3 Although they have no words or language,*
and their voices are heard,

4 Their sound has gone out into all lands,*
and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun;*
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again;*
nothing is hidden from its burning heat.

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?*
- cleanse 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.

A Reading from the First Letter of Paul to the Corinthians [1: 18 – 25]

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both

Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 439 (St. 1)

What wondrous love is this

WONDROUS LOVE

Unison



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



soul, for my soul, to lay a - side his crown for my soul.
sing, I will sing, while mil - lions join the theme I will sing.
on, I'll sing on, and through e - ter - ni - ty I'll sing on.

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

The Holy Gospel

[John 2: 13 – 22]

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

People Glory to you, Lord Christ.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of

them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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 page 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.

PRAYERS OF THE PEOPLE

All stand or kneel for prayer.

Deacon: We come to you in our own brokenness, in need of your grace and favor. We trust in the promise you have made to hear our prayers in the name of your Son, Jesus.

Intercessor: We pray for Michael, our Presiding Bishop; Alan, our bishop; for Fr. Troy, Amma Nicola, Fr. Zeb., Deacon John, Mark, John, and Jovan; for all lay and ordained ministers, and Jean, preparing for ordination. In our companion Diocese of Brechin we pray for the clergy and people of St. Salvador, Dundee; in our companion Diocese of Nzara we pray for peacemakers working for peace throughout South Sudan; in our companion Diocese of Swaziland we pray for the clergy and people of Lomahasha Parish; in our own Diocese we pray for the clergy and people of Christ Church, Burlington; St Michael, Mount Pleasant; St Timothy, West Des Moines; in our parish we pray for Kirsten, Kaj, and Christopher, preparing for confirmation; and in the Anglican Cycle of Prayer we pray for the clergy and people of The Anglican Church of Burundi. We pray for wisdom, courage and strength for all of your followers, especially those in leadership of your church. Set their hearts on you alone.

Silence

Intercessor: We pray for the leaders of the nations, that they protect and provide for their people and work for peace and justice.

Silence

Intercessor: We pray for those who struggle with disappointments, with financial insecurities, with grief over lost loved one, or lost dreams. We pray for relief of pain for those whose bodies and hearts ache. We ask for healing for all who suffer.

Silence

Intercessor: We pray for those who have died and now rest in your eternal embrace. Comfort the loved ones who mourn their loss.

Silence

Concluding Collect, spoken by the Celebrant

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

THE PEACE

BCP page 360

On-line Giving Options: Visit 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 Holy Communion

Offertory Music

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, through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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

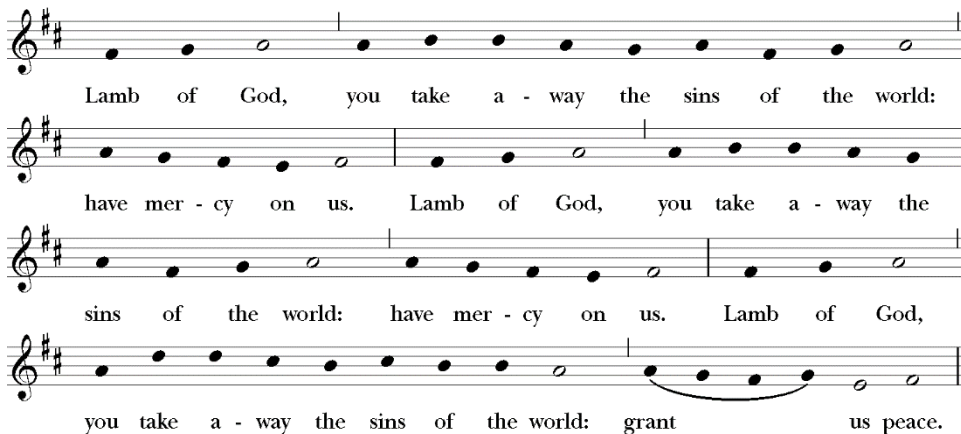
The Celebrant breaks the consecrated Bread

Celebrant Christ our Passover is sacrificed for us.

People Therefore let us keep the feast.

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.

Celebrant The gifts of God for the People of God.

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:

Celebrant Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

Hymn 707

Take my life and let it be consecrated

HOLLINGSIDE

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im-pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876)

DISMISSAL

Organ Voluntary

Announcements for March 7, 2021

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:

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) 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.

This service from St. Paul's is being livestreamed, and you may be seen on camera. If you would like to sit in a less noticeable pew, please speak with an Usher who will reseal you.