



SAINT PAUL'S CATHEDRAL  
Episcopal Diocese of Oklahoma

July 5, 2015

11:00 AM

Holy Eucharist Rite I  
Sixth Week after Pentecost  
Proper 9

## Welcome Letter from the Dean

Welcome to Saint Paul's Cathedral. We are so glad to have you as our guest at worship today! You are important to us and we appreciate you coming this morning.

I invite you to participate in worship today as you feel comfortable. I pray that your worship experience today will strengthen your faith journey. If this is your first time in the Episcopal Church, everything you need to follow worship is in this Worship Guide but if you have any questions please do not hesitate to ask anyone around you for help. Our ushers and hosts are here to assist in any way that you need.

I hope you will worship with us again. Please, fill out the Information/Prayer/RSVP Card and place in the offering plate so that we can stay connected with you. The ushers and hosts are here to assist you. Welcome to Saint Paul's!

God's Peace,

The Very Reverend Justin Alan Lindstrom  
Dean of the Cathedral

## Holy Eucharist/Communion

Holy Eucharist, also known as Communion, is open to all of the baptized of all denominations. The Episcopal Church has an open table and you are invited to participate as you feel comfortable. The ushers will direct you forward to receive the sacrament. To receive the Eucharist, place your right palm over your left and you will be given the Bread; the Wine will be offered and you may guide the chalice to your lips. If you prefer not to drink from it, leave the wafer on your palm and the chalice bearer will dip it in the cup and place it in your mouth. If you wish to receive a Blessing in lieu of the Elements, simply cross your arms over your chest.



*Gluten Free communion wafers are available at the LECTERN Communion Station. Gluten Free emblems are available in the Narthex so that you can identify yourself to the person administering communion at that station. These wafers are made from rice and soy.*

## Book of Common Prayer and Hymnal

You are invited to follow the service in the Book of Common Prayer and the Hymnal found in the pew rack in front of you. The page numbers are listed in the worship guide.

## Making the Sign of the Cross

When you see [✙] it is appropriate and optional to make the sign of the cross. For the introduction of the Gospel when you see [✙✙✙] you may make the sign of the cross on your forehead, on your lips, and over your heart.

## Offering

Your offering supports the ministry, outreach, and operations of Saint Paul's Cathedral. You can place your offering in the plate as it is passed around during the Offertory. We thank you for your gift. If you wish to make a commitment please contact the Cathedral offices during normal business hours.

## Sunday School

Sunday School is offered for all ages between our 9:00 AM and 11:00 AM worship services from 10:10 AM to 10:55 AM. The classes are designed to be age appropriate so that we all can deepen our faith in Jesus Christ.

## Children and Nursery Care

We love children and we invite them to worship with us. We also offer a professionally staffed nursery for all children up through 7 years old from 8:45 AM to 12:30 PM. The nursery is located in the Education Building past the reception desk.

## Cell Phones

Please, turn your cell phones off so that they do not disturb you or those around you during worship.

## Pastoral Care

Hospitals no longer notify churches of your admission. If you have not received a visit or phone call from the clergy within 24 hours of your hospitalization, it is likely we do not know you are in the hospital. Please help us minister to you by calling the church and letting us know.

## Today's Music

We are happy to welcome Owen Reid back to St. Paul's organ bench while Mr. Raab is away. Owen is from Weatherford, OK and is a student at the Eastman School of Music at the University of Rochester.

## Liturgy We Live *by Dr. Gil Haas*

The well known psalms are probably words to Jewish hymns. There are 150 psalms in Western Christian traditions, but as many as 173 in Orthodox and Jewish texts, implying that our psalms were selected from a larger group. Although seventy-three psalms are attributed to King David, there is no hard evidence for actual Davidic authorship. Instead, psalms were composed over five centuries from David's monarchy and Solomon's Temple to a much later time after the Jewish exile. The psalms were finally compiled into a hymnal at the time of the second Temple in 515 B.C. This hymnal was divided into five roughly equal parts, mirroring the Pentateuch - the first five Biblical books. Anglicans and Protestants number the psalms according to Hebraic manuscripts, while Catholic texts use a slightly different Greek numbering system. This lack of a universal form may be due to copyists' mistakes. The 1928 *BCP* was the first to use asterisks as breath-marks to divide verses; the 1892 book used a colon. Prior to that, no breath-marks were used. The position of these marks is important, since the placement of a breath mark at different locations dramatically affects a verse's meaning. *Requested by TR Paul Ostrander*

*If you have a liturgical question or an inquiry about anything that transpires during or around our worship service, please forward the question you would like researched to: [gghaas@aol.com](mailto:gghaas@aol.com), or drop the question in the offering basin. Please note whether we can credit you as the source of the question.*

## Hymn Notes

### **Lord of all hopefulness** - Hymnal 482

Using a pen name, Joyce Anstruther was a famous English teacher, poet and novelist - her "Mrs. Miniver" was made into a popular film. Her hymns were among the first to use modern English and to address God with the pronoun "You." This text has been described as a hymn "with a human touch and a healthy spiritual tone."

## Before the Service

**Please keep a moment of silence to prepare your hearts and minds for worship and if you so desire you may use the following prayer:**

Gracious Father, we pray for thy holy catholic Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ thy Son our Savior. Amen.

## Prelude

*"Very Slowly" from Sonatina*  
*Leo Sowerby*  
*Owen Reid, Guest Organist*



[Please stand as you are able]

## Processional Hymn

*Hymnal 482, verses 1-4*

Lord of all hopefulness,  
 Lord of all joy,  
 Whose trust, ever child-like,  
 no cares could destroy,  
 be there at our waking,  
 and give us, we pray,  
 your bliss in our hearts, Lord,  
 at the break of the day.

Lord of all eagerness,  
 Lord of all faith,  
 Whose strong hands were skilled  
 at the plane and the lathe,  
 be there at our labors,  
 and give us, we pray,  
 your strength in our hearts, Lord,  
 at the noon of the day.

Lord of all kindliness,  
 Lord of all grace,  
 your hands swift to welcome,  
 your arms to embrace,  
 be there at our homing,  
 and give us, we pray,  
 your love in our hearts, Lord,  
 at the eve of the day.

Lord of all gentleness,  
 Lord of all calm,  
 whose voice is contentment,  
 whose presence is balm,  
 be there at our sleeping,  
 and give us, we pray,  
 your peace in our hearts, Lord,  
 at the end of the day.

## Opening Acclamation

*BCP 323, Hymnal S77*

✠ Blessed be God: Father, Son, and Holy Spirit.  
 And blessed be his kingdom, now and forever.  
 Amen.

## Collect for Purity

*BCP 323*

Almighty God, unto whom all hearts are open,  
 all desires known, and from whom no secrets are hid:  
 Cleanse the thoughts of our hearts  
 by the inspiration of thy Holy Spirit,  
 that we may perfectly love thee,  
 and worthily magnify thy holy Name;  
 through Christ our Lord. **Amen.**

## Summary of the Law

*BCP 324*

Hear what our Lord Jesus Christ saith:  
 Thou shalt love the Lord thy God with all thy heart, and  
 with all thy soul, and with all thy mind. This is the first  
 and great commandment. And the second is like unto it:  
 Thou shalt love thy neighbor as thyself. On these two  
 commandments hang all the Law and the Prophets.

# The Gloria

*BCP 324, Hymnal S202*

Glory be to God on high,  
and on earth peace, good will towards men.  
We praise thee, we bless thee, we worship thee,  
we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King,  
God the Father Almighty.  
O Lord, the only-begotten Son, Jesus Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand  
of God the Father,  
have mercy upon us.  
For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
☩ art most high in the glory of God the Father.  
Amen.

## Collect

*BCP 179*

The Lord be with you.  
And with thy spirit.  
Let us pray.

**[Please kneel as you are able]**

O God, who hast taught us to keep all thy commandments by loving thee and our neighbor: Grant us the grace of thy Holy Spirit, that we may be devoted to thee with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, for ever and ever. **Amen.**

**[You may be seated]**

## Lesson

*Ezekiel 2:1-5*

A Reading from the Book of Ezekiel.

The Lord said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, "Thus says the Lord GOD." Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

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

## Psalm 123

*Ad te levavi oculos meos*

**S 415**

Jerome Webster Meachen  
(b. 1930)



1956, Jerome Webster Meachen.

To you I lift up my **eyes**, \*  
to you enthroned in the **heavens**.

As the eyes of servants look  
to the hand of their **masters**, \*  
and the eyes of a maid to the hand of her **mistress**,

So our eyes look to the **LORD** our **God**, \*  
until he show us his **mercy**.

Have mercy upon us, O **LORD**, have **mercy**, \*  
for we have had more than enough of **contempt**,

Too much of the scorn of the indolent **rich**, \*  
and of the derision of the **proud**.

# Lesson

*2 Corinthians 12:2-10*

A Reading from the Second Letter to the Corinthians.

I know a person in Christ who fourteen years ago was caught up to the third heaven-- whether in the body or out of the body I do not know; God knows. And I know that such a person-- whether in the body or out of the body I do not know; God knows-- was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

The Word of the Lord.

**Thanks be to God.**

[Please stand as you are able]

## Gospel Hymn

*Hymnal 493, verses 1-3*

**O for a thousand tongues to sing  
my dear Redeemer's praise,  
the glories of my God and King,  
the triumphs of his grace!**

**My gracious Master and my God,  
assist me to proclaim  
and spread through all the earth abroad  
the honors of thy Name.**

**Jesus! the Name that charms our fears  
and bids our sorrows cease;  
'tis music in the sinner's ears,  
'tis life and health and peace.**

## Gospel

*Mark 6:1-6*

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

**Glory be to thee, O Lord.**

Jesus left that place and came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

The Gospel of the Lord.

**Praise be to thee, O Christ.**

## Gospel Hymn

*Hymnal 493, verses 4-6*

He speaks; and, listening to his voice,  
new life the dead receive,  
the mournful broken hearts rejoice,  
the humble poor believe.

Hear him, ye deaf; ye voiceless ones,  
your loosened tongues employ;  
ye blind, behold, your Savior comes;  
and leap, ye lame, for joy!

Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heaven.

[You may be seated after  
the sermon opening prayer]

## Sermon

### *United in Love*

[After the sermon there will be a moment of  
silence for private meditation]

[Please stand as you are able]

## Creed

*BCP 326*

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

*Form 1, BCP 383*

With all our heart and with all our mind, *let us pray to the Lord*, saying, “Lord, have mercy.”

**[Please kneel as you are able]**

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, *let us pray to the Lord*.

**Lord, have mercy.**

For Justin of Canterbury; Katharine, our Presiding Bishop; Edward, our Bishop; and the clergy and people of the diocese of Oklahoma and our companion diocese of Uruguay, *let us pray to the Lord*.

**Lord, have mercy.**

For Barack, our President; Mary, our Governor; and Mick, our Mayor; for the leaders of the nations, and for all in authority, *let us pray to the Lord*.

**Lord, have mercy.**

For Oklahoma City, for every city and community, and for those who live in them, *let us pray to the Lord*.

**Lord, have mercy.**

For the good earth which God has given us, and for the wisdom and will to conserve it, *let us pray to the Lord*.

**Lord, have mercy.**

For the peace and wellbeing of all those who defend our country at home and abroad, and keep safe all who are in dangerous circumstances, *let us pray to the Lord*.

**Lord, have mercy.**

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, and for all in need of healing...

For peace and understanding among all races, cultures, economic status, and religions. For all who are homeless, hungry, and unemployed that they would find shelter, food, and work; especially the residents of the Jesus House. For all who suffer from addiction and their families. For all who suffer from mental illness. For the children of New Hope Ministries. For all who are incarcerated, especially the inmates of the Joseph Harp Correctional Facility. For the people of Syria, Iraq, and Ukraine. For the resolution of the conflict between Israel and Palestine. And for all the intentions in the Prayer Box, *let us pray to the Lord*.

**Lord, have mercy.**

In the Diocesan Cycle of Prayer, we pray for..., and in the Cathedral Cycle of Prayer, we give thanks for..., *let us pray to the Lord*.

**Lord, have mercy.**

For all those who are celebrating special occasions: [Special Intentions] For all who are celebrating birthdays and anniversaries, and for all who are traveling, *let us pray to the Lord*.

**Lord, have mercy.**

✠ We bless thy holy Name for all thy servants departed this life in thy faith and fear, for those we hold in memory this day and for the recently departed..., *let us pray to the Lord*.

**Lord, have mercy.**

That we may end our lives in faith and hope, without suffering and without reproach, *let us pray to the Lord*.

**Lord, have mercy.**

In the communion of the Blessed Virgin Mary, Blessed Paul and of all the saints, let us commend ourselves, and one another, and all our life, *to Christ our God*.

**To thee, O Lord our God.**

**[The Celebrant adds a concluding Collect]**



## Confession

*BCP 331*

Let us humbly confess our sins unto Almighty God.

**[Silence is kept]**

**Almighty God, Father of our Lord Jesus Christ,  
maker of all things, judge of all men:  
We acknowledge and bewail our manifold sins  
and wickedness,  
which we from time to time  
most grievously have committed,  
by thought, word, and deed,  
against thy divine Majesty, provoking most justly  
thy wrath and indignation against us.  
We do earnestly repent,  
and are heartily sorry for these our misdoings:  
the remembrance of them is grievous unto us,  
the burden of them is intolerable.  
Have mercy upon us,  
have mercy upon us, most merciful Father;  
for thy Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may ever hereafter  
serve and please thee in newness of life,  
to the honor and glory of thy Name;  
through Jesus Christ our Lord. Amen.**

## Absolution

*BCP 332*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, ☩ have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

**[Please stand as you are able]**

## Peace

*BCP 332*

The peace of the Lord be always with you.  
**And with thy spirit.**

**[You may share a greeting of peace  
with those near you]**

**[You may be seated]**

## Welcome

## Offertory Sentence

*BCP 376*

*Psalm 96:8*

Ascribe to the LORD the honor due his Name;  
bring offerings and come into his courts.

## Offertory

*Text: Psalm 25:1-3*

*Music: Franz Xaver Witt*

Ad te levavi animam meam:  
Deus meus, in te confido, non erubescam:  
neque irrideant me inimici mei:  
et enim universi, qui te expectant, non confundentur.

*I will lift up my soul to you,  
my God, and confide in you; I will not be ashamed,  
nor will my enemies mock me.  
For all those who wait for you will not be confounded.*

[Please stand as you are able]

## Doxology

*Hymnal 380, verse 3*

**Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly host:  
✠ praise Father, Son, and Holy Ghost. Amen.**

## Great Thanksgiving

*Eucharistic Prayer I  
BCP 334*

The Lord be with you.

**And with thy Spirit.**

Lift up your hearts.

**We lift them up unto the Lord.**

Let us give thanks unto our Lord God.

**It is meet and right so to do.**

It is very meet, right, and our bounden duty,  
that we should at all times, and in all places,  
give thanks unto thee, O Lord, holy Father,  
almighty, everlasting God.

*Proper Preface BCP 344*

Creator of the light and source of life,  
who hast made us in thine image,  
and called us to new life  
in Jesus Christ our Lord.

Therefore with Angels and Archangels,  
and with all the company of heaven,  
we laud and magnify thy glorious Name;  
evermore praising thee, and saying,

## Sanctus

*Hymnal S114*

**Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.  
✠ Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

[Please kneel as you are able]

All glory be to thee, Almighty God, our heavenly Father,  
for that thou, of thy tender mercy, didst give thine only  
Son Jesus Christ to suffer death upon the cross for our  
redemption; who made there, by his one oblation of him-  
self once offered, a full, perfect, and sufficient sacrifice,  
oblation, and satisfaction, for the sins of the whole world;  
and did institute, and in his holy Gospel command us to  
continue, a perpetual memory of that his precious death  
and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread;  
and when he had given thanks, he brake it, and gave it to  
his disciples, saying, "Take, eat, this is my Body, which  
is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had  
given thanks, he gave it to them, saying, "Drink ye all of  
this; for this is my Blood of the New Testament, which is  
shed for you, and for many, for the remission of sins. Do  
this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to  
the institution of thy dearly beloved Son our Savior Je-  
sus Christ, we, thy humble servants, do celebrate and  
make here before thy divine Majesty, with these thy  
holy gifts, which we now offer unto thee, the memo-  
rial thy Son hath commanded us to make; having in re-  
membrance his blessed passion and precious death, his  
mighty resurrection and glorious ascension; rendering  
unto thee most hearty thanks for the innumerable ben-  
efits procured unto us by the same.

And we most humbly beseech thee, O merciful Father,  
to hear us; and, of thy almighty goodness, vouchsafe to  
bless and sanctify, with thy Word and Holy Spirit, these  
thy gifts and creatures of bread and wine; that we, receiv-  
ing them according to thy Son our Savior Jesus Christ's  
holy institution, in remembrance of his death and passion,  
may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness merciful-  
ly to accept this our sacrifice of praise and thanksgiving;  
most humbly beseeching thee to grant that, by the merits  
and death of thy Son Jesus Christ, and through faith in  
his blood, we, and all thy whole Church, may obtain re-  
mission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, ☩ be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, and in whom,  
in the unity of the Holy Ghost  
all honor and glory be unto thee,  
O Father Almighty, world without end.  
**AMEN.**

## The Lord's Prayer

*Hymnal S119*

And now, as our Savior Christ hath taught us,  
we are bold to sing,  
**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.**

## Fraction Anthem

*Hymnal S154*

**Alleluia, alleluia, alleluia.  
Christ our Passover is sacrificed for us;  
therefore let us keep the feast.  
Alleluia, alleluia, alleluia.**

## Invitation to Communion

The Gifts of God for the People of God.

*Hymnal S158*

**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.**

**[You may be seated]**

## Communion of the People

## Communion Music

*Hymnal 635, verses 1-2*

**If thou but trust in God to guide thee,  
and hope in him through all thy ways,  
he'll give thee strength what-e'er betide thee,  
and bear thee through the evil days.  
Who trusts in God's unchanging love  
builds on a rock that nought can move.**

**Sing, pray, and keep his ways unswerving;  
so do thine own part faithfully,  
and trust his word, though undeserving;  
thou yet shalt find it true for thee;  
God never yet forsook in need  
the soul that trusted him indeed.**

## Post-communion Prayer

Let us pray.

[Please stand or kneel as you are able]

Almighty and everliving God,  
we most heartily thank thee  
for that thou dost feed us, in these holy mysteries,  
with the spiritual food  
of the most precious Body and Blood  
of thy Son our Savior Jesus Christ;  
and dost assure us thereby of thy favor  
and goodness towards us;  
and that we are very members incorporate  
in the mystical body of thy Son,  
the blessed company of all faithful people;  
and are also heirs, through hope,  
of thy everlasting kingdom.  
And we humbly beseech thee,  
O heavenly Father, so to assist us with thy grace,  
that we may continue in that holy fellowship,  
and do all such good works  
as thou hast prepared for us to walk in;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. Amen.

## Blessing

*BCP 339*

The peace of God, which passeth all understanding,  
keep your hearts and minds in the knowledge and love  
of God, and of his Son Jesus Christ our Lord; and the  
blessing of God Almighty, ☩ the Father, the Son, and  
the Holy Ghost, be amongst you, and remain with you  
always. Amen.

[Please stand as you are able]

## Closing Hymn

*Hymnal 718, verses 1-4*

God of our fathers, whose almighty hand  
leads forth in beauty all the starry band  
of shining worlds in splendor through the skies,  
our grateful songs before thy throne arise.

Thy love divine hath led us in the past,  
in this free land by thee our lot is cast;  
be thou our ruler, guardian, guide, and stay,  
thy word our law, thy paths our chosen way.

From war's alarms, from deadly pestilence,  
be thy strong arm our ever sure defense;  
thy true religion in our hearts increase,  
thy bounteous goodness nourish us in peace.

Refresh thy people on their toilsome way,  
lead us from night to never-ending day;  
fill all our lives with love and grace divine,  
and glory, laud, and praise be ever thine.

## The Dismissal

*BCP 340*

Go in peace to love and serve the Lord.  
Thanks be to God.

## Postlude

*Sinfonia, from Cantata 29  
J.S. Bach, trans. Dupre*



## Pastoral Prayers

If you desire pastoral prayers, please make that request of  
one of our clergy after the conclusion of the worship service.

## To the Glory of God

The Flowers on the Altar are given to the Glory of God  
by Jeannie and Gil Haas in memory of Mr. and Mrs. C.  
C. McEachin, Jr.

## Those Serving Today

Cathedral Choir: Katie Armistead, Matt Armistead, John Dunn, Sharon Ellington, Lou Kohlman, Kevin McDonald, Leah McDonald, Gail Malmstrom, Mary Reynolds, Larry Young, Joe Wilkerson, Hunter Birkhead, Chris Lawrence, Mark Sessing, Emma Sharp, Stuart Nibbelin

Altar Guild: Mary Ann Johnson, Dian Everett, Claudia Conner, Jennifer Lang, Ryan Lang, Ann Murray, Scott Woods

Celebrant: The Rev. Canon Susan Colley Joplin

Preacher: The Very Rev. Justin Lindstrom

Verger: Jeff Erwin

Acolytes: Gary Derrick, David Bridges, Nicole Isaac, Ella McDonald, Emily McDonald, Maggie Kirt, Isabella Sund, Carmen McQuiston

Host: Tim Parrish

Lector - First Lesson: Larry Young

Lector - Second Lesson: David Sapper

Intercessor: Carol Howard

Oblationers: The Ozan Family

Eucharistic Ministers: David Sapper, Carol Howard, Al McAffrey, Jeff Erwin

Ushers: William Duckworth, Dennis Haywood, Bill Cunningham

Audio: Karen Tucker

## Pastoral Care

Hospitals no longer notify churches of your admission. If you have not received a visit or phone call from the clergy within 24 hours of your hospitalization, it is likely we do not know you are in the hospital. Please help us minister to you by calling the church at 235-3436 and letting us know.

## Mobile Meals need your help!

We, the folks that help with Mobile Meals, which have been prepared and delivered every Wednesday from St. Paul's Kitchen since the late 1970's, need your help. Our caring volunteers deliver a warm and nourishing meal and personal contact to 30 to 35 people each week, within a 10 mile radius from St. Paul's.

Our funding is supported in part by St. Paul's, part by individual donations and in part by an occasional grant from a local philanthropic organization. We wish to gather recipes from our St. Paul's Family that will be published in a cook book, to be professionally printed then sold by those who help with Mobile Meals and thru Cathedral Books and Gifts. The cost is anticipated to be between \$14.00 and \$18.00.

We will be gathering recipes starting the week of July 5th and will need all submittals by August 4th to allow ample time for processing so that the cookbooks can be printed and delivered by the end of September. Your recipes, yes you may submit more than one, must be submitted on a form provided by the publishers. These forms will be available at the Reception Desk, 1st Floor of the Education Building starting July 5 and must be returned by August 4th at the Reception Desk.

We know there are many Culinary Artisans in our St. Paul's Family. Please share your expertise and help a most worthy cause.

## The Guild of St. George

St. George's Guild, located here at St. Paul's in the Dean Back Building, reaches out to those in need in the downtown Oklahoma City area, providing over 10,000 meals a year and other goods and services.

### **July's Item - *dry or canned beans***

St. George's Guild always needs soap, shampoo, toothpaste and other staple items. Please place any contributions in the basket at the Reception Desk in the Education Building.

## Bookstore Summer Vacation Schedule

The Bookstore will close for summer vacation on July 5 and re-open for business on July 19. Come by for extra books (and sale books!) to read during the summer. Expect End-of-Summer Sales when we re-open.

## Sunday @ Saint Paul's

### Forming Together

Join us this summer between the 9:00 am and 11:00 am services for a time of fellowship. A light snack, coffee and lemonade will be offered while our Saint Paul's family builds relationships with one another. Outdoor games and activities will be offered in the East Garden.

### Taizé @ 5 in the Cathedral

The Taizé service is a time of listening, a time to leave things before God, a time to be before God, to have one's soul open for God. The Taizé choir, under the leadership of Mary Reynolds, meets the first Sunday of the month in the Cathedral.

### Summertime Ignatian

The Ignatian Exercises are a structured prayer form with a particular aim of bringing one into deeper relationship with God. These Exercises have survived intact for 500 years! This short course in Ignatian practice is appropriate for anyone desiring a "taste" of Ignatian Spirituality; or those who desire a deepening of the Ignatian experience.

**Tuesdays, 11:00 am - 12:30 pm**

**July 7th & July 14th**

*Please RSVP on the back cover*

## This Week @ St. Paul's

### Sunday, 5

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- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
  - 9:00 AM Holy Eucharist Rite II – Cathedral
  - 10:10 AM Forming Together – East Garden
  - 11:00 AM Holy Eucharist Rite I – Cathedral
  - 5:00 PM Taizé – Cathedral
- No Softball*

### Monday, 6

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- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 12:10 PM Al-Anon – Undercroft

### Tuesday, 7

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- 11:00 AM Summertime Ignatian – Dean Willey Hall
- 12:10 PM AA – Library

### Wednesday, 8

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- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 9:00 AM Mobile Meals – Kitchen

### Thursday, 9

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- 10:00 AM St. Catherine's Prayer Group – Parlor
- 11:30 AM Tai Chi Class – Dean Willey Hall
- 12:10 PM Holy Eucharist Rite II – Chapel

### Friday, 10

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- 9:00 AM St. George's Guild Outreach – Back Bldg.

### Saturday, 11

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- 8:00 AM Brotherhood of St. Andrew – Kitchen
- 5:00 PM Holy Eucharist Rite II – Cathedral

### Sunday, 12

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- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
- 9:00 AM Holy Eucharist Rite II – Cathedral
- 10:10 AM Forming Together – East Garden
- 11:00 AM Holy Eucharist Rite I – Cathedral
- 6:00 PM Softball @ St. Michael's Norman

Worship Reflections

Information Card

☐ Guest ☐ Updated Information

Name

Address

City/State/Zip

Phone(s)

Email(s)

Service attended: ☐ 5pm Saturday  
Sunday: ☐ 8am ☐ 9am ☐ 11am

Age Generation: ☐ 18-35 ☐ 35-55 ☐ 55-70 ☐ 70+

Child Name	Age	Grade
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Child Name	Age	Grade
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Child Name	Age	Grade
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What ministries are you interested in here at Saint Paul’s Cathedral?

(Fold and Tear Here)

Ministry Opportunity Notes

Sign Me Up

☐ Sign me up for the Saint Paul’s eZine, Ministry Minute and Dean’s Letter

☐ I don’t have email and would like to be mailed a paper copy of the eZine.

*Paper copies of the Ezine and Ministry Minute are also available in the Reception Area.*

You may tear off this section and take it home with you or take the entire worship guide.

Please fill out this form and place it in the offering plate

# Prayer Card

Name of requestor:

\_\_\_\_\_

☐ Confidential Clergy Prayer List

☐ Public Prayer List

Name of person needing prayers:

\_\_\_\_\_

Description \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

**Summertime Ignatian** \_\_\_\_\_ # Adult

*Please circle the Tuesdays you would like to attend:*

**July 7    July 14**

**Please fill out this form and  
place it in the offering plate**

## **The Episcopal Church, U.S.A.**

The Most Reverend Katharine Jefferts Schori,  
*Presiding Bishop*

## **The Episcopal Diocese of Oklahoma**

The Right Reverend Dr. Edward J. Konieczny,  
*Bishop of Oklahoma*

## **St. Paul's Cathedral Clergy**

The Very Reverend Justin Alan Lindstrom, *Dean*

The Reverend Canon Susan Colley Joplin,  
*Canon for Pastoral Care and Spirituality*

The Reverend Tim Sean Youmans,  
*Special Clergy Associate*

The Reverend Marilyn Robertson,  
*Deacon and Cathedral Nurse*

The Reverend Gerald Butcher,  
*Deacon and Prison Minister*

## **Cathedral Officers & Vestry**

Molly Tolbert, *Senior Warden*

Mike Murphy, *Junior Warden*

Evan Walter, *Treasurer*

Amy Fischer, *Clerk*

## ***Serving through Annual Meeting 2016***

Carol Howard, Julie Mills, Charles Ozan, Harrison  
Smith

## ***Serving through Annual Meeting 2017***

Buffy Heater, Todis McDonald, Richard Ogden,  
Susan Urbach

## ***Serving through Annual Meeting 2018***

Ian Bass, Ann Bonsteel, Todd Olberding,  
Ashley Wells

## **Cathedral Staff**

H. Scott Raab, *Canon Musician*

Allen Christ, *Director of Administration and Finance*

Kate Huston, *Director of Christian Formation*

Jack Wise, *Director of Communications*

David Bridges, *Cathedral Ministries Coordinator  
for Worship, Evangelism and Outreach*

Brian Speers, *Cathedral Ministries Coordinator  
for Pastoral Care and Spirituality*

David Bradley, *Sexton*

Gail Dyer, *Kitchen Coordinator*

Saint Paul's Cathedral

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Oklahoma City, OK 73102

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405 235-3436

stpaulsokc.org

(Fold and Tear Here)