



The Cathedral Church
of Saint Paul

A House of Prayer for All People

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Welcome, St. John's Saugus!

The Holy Eucharist | Tenth Sunday after Pentecost



Jesus Caminando Sobre Agua (Jesus Walking on Water) by Candelario Cervantez

July 28, 2024

If this is your first Sunday worshipping with the Cathedral, we welcome you and invite you to review our congregational covenant below, which sets out our vision and core commitments.

SUNDAY CONGREGATION COVENANT

CREATED SEPTEMBER 2018

We embrace Christ's call to respect the dignity of each person, knowing ourselves as equally beautiful and equally in need of God's grace. When in doubt, we will choose love, rejecting the individualism and violent competitiveness that are rampant in our world.

On Sunday mornings, our shared intention is to worship God. We seek to be transformed by Jesus, who is present in the Word, the sacraments, and each person here, so that we may be the face of Christ to one another and in the world. This calling is precious, and we know it will be costly. While held within the beauty and order of Anglican liturgy, we open ourselves to being divested of prejudices, assumptions, and rigidity.

To help one another walk to freedom in Christ, we will:

- welcome new people joyously,
- allow ordained and lay leaders to focus on the ministry to the whole congregation to which Jesus calls them, holding individual requests and church 'business' until after the service,
- incorporate a variety of voices and perspectives into our worship life, through welcoming preachers and presiders from an array of genders, cultures, and social locations; encouraging and training new members to participate in liturgical ministries; and making space in our prayers for individual petitions,
- train and designate members of the congregation to respond to those in distress or particular need during worship, and to take the lead in any situations where safety is uncertain,
- while celebrating that some people have particular, holy callings to help others in hardship, on Sunday mornings we will refer those in financial need to cathedral staff and/or help them brainstorm ways to find what they need, rather than giving out cash,
- pause twice a year to reflect on our experience living into this covenant and adjust our practices if needed, acknowledge and work through conflict, and rejoice in what Christ is doing in our midst,
- strive to be good listeners and grow as a spiritual community through mutual prayer.

As a cathedral congregation, we strive to embody the justice and openness to brave change to which our diocese is committed through its mission strategy.

La Iglesia Catedral de San Pablo, Boston
El Convenio para la congregación del domingo
Traducido y actualizado el 7 de julio de 2022

Celebramos el llamado de Cristo a respetar la dignidad de cada persona, reconociéndonos como recipientes mutuales y agradecidos de la gracia inmerecida de Dios. En caso de duda, elegiremos el amor, rechazando el individualismo y egoísmo perverso que campan a sus anchas en nuestro mundo. Nos esforzamos por convertirnos en una comunidad antirracista.

Los domingos por la mañana, nuestra intención compartida es adorar a Dios. Buscamos ser transformados por Jesús, quien está presente en la Palabra, los sacramentos y cada persona aquí, para que podamos ser el rostro de Cristo los unos para los otros y en el mundo. Este llamamiento es precioso y sabemos que será costoso. Mientras nos mantengamos dentro de la belleza y el orden de la liturgia anglicana, nos abrimos a ser despojados de prejuicios, suposiciones y rigidez.

Para ayudarnos unos a otros a caminar hacia la libertad en Cristo, haremos lo siguiente:

- dar la bienvenida al extranjero con alegría,
- disponernos para escuchar bien a los demás y crecer como comunidad espiritual a través de la oración mutua.
- permitir que los líderes ordenados y laicos se centren en el ministerio de toda la congregación a la que Jesús los llama, manteniendo las solicitudes individuales y los "asuntos" de la iglesia hasta después del servicio,
- incluir una variedad de voces y perspectivas en nuestra vida de adoración, dando la bienvenida a predicadores y presidentes de una variedad de géneros, culturas y lugares sociales; alentar y capacitar a los nuevos miembros para que participen en los ministerios litúrgicos; y haciendo espacio en nuestras oraciones para peticiones individuales,
- entrenar e identificar miembros de la congregación para responder a las personas afligidas o aquellos que tengan una necesidad particular, y para tomar la iniciativa en cualquier situación donde haya una falta de seguridad.
- mientras celebramos que algunas personas tienen dones sagrados y únicos para ayudar a otros en dificultades, los domingos por la mañana referiremos a aquellos con necesidades financieras al equipo de la catedral en lugar de dar dinero en efectivo,
- Reunirnos dos veces al año para reflexionar sobre nuestra experiencia viviendo en este pacto y ajustar nuestras prácticas si es necesario, reconocer y trabajar a través del conflicto, y regocijarnos en lo que Cristo está haciendo entre nosotros,

Como congregación de la catedral, procuraremos encarnar la justicia y manifestar un cambio valiente con el que nuestra diócesis está comprometida por su estrategia de misión.

The Gathering of the Community

Opening Voluntary | Buxtoccata by Carlotta Ferrari (b. 1975)

The service begins with the congregation gathered around the baptismal font

Welcome | Rhea Ranno | Sunday Council

Gathering chorus

All sing

Glo - ri - a, glo - ri - a, in ex - cel - sis De - o.
Glo - ri - a, glo - ri - a, al - le - lu - ia, al - le - lu - ia.

Greeting

Blessed be God forever
For ever and ever. Amen.

Canticle N | "A Song of God's Love" | *Enriching Our Worship* | John 4:7-11

Said by all

Beloved, let us love one another, *
for love is of God.

Whoever does not love does not know God, *
for God is Love.

In this the love of God was revealed among us, *
that God sent his only Son into the world,
so that we might live through Jesus Christ.

In this is love, not that we loved God but that God loved us *
and sent his Son that sins might be forgiven.

Beloved, since God loved us so much, *
we ought also to love one another.

For if we love one another, God abides in us, *
and God's love will be perfected in us.

Collect of the Day

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Processional Hymn | Hymn #304 | “I come with joy to meet my Lord”

The Proclamation of the Word

First Reading | *2 Kings 4:42-44*

A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, “Give it to the people and let them eat.” But his servant said, “How can I set this before a hundred people?” So he repeated, “Give it to the people and let them eat, for thus says the Lord, ‘They shall eat and have some left.’” He set it before them, they ate, and had some left, according to the word of the Lord.

Hear what the Spirit is saying to God’s people.

Thanks be to God.

Primera Lectura | *Reyes 4:42-44*

Llegó un hombre de Baal-salisá llevando a Eliseo veinte panes de cebada recién horneados, y trigo fresco en su morral. Eliseo ordenó entonces a su criado: —Dáselo a la gente para que coma.

Pero el criado respondió: —¿Cómo voy a dar esto a cien personas? Y Eliseo contestó: —Dáselo a la gente para que coma, porque el Señor ha dicho que comerán y habrá de sobra.

Así pues, el criado les sirvió, y ellos comieron y hubo de sobra, como el Señor lo había dicho.

Escuchen lo que el Espíritu dice al pueblo de Dios.

Demos gracias a Dios.

Psalm | 145:10-19
Sung by all



David Hurd (after Peregrinus)

- 10 All your works ^{praise} you, O LORD, *
and your faithful servants ^{bless} you.
- 11 They make known the ^{glory} of your ^{kingdom} *
and ^{speak} of your ^{power};
- 12 That the peoples may ^{know} of your ^{power} *
and the glorious ^{splendor} of your ^{kingdom}.
- 13 Your kingdom is an ever ^{lasting} ^{kingdom}; *
your dominion ^{endures} through ^{out} all ^{ages}.
- 14 The LORD is faithful in ^{all} his ^{words} *
and ^{merciful} in ^{all} his ^{deeds}.
- 15 The LORD upholds all ^{those} who ^{fall}; *
he lifts up ^{those} who are ^{bowe}d ^{down}.
- 16 The eyes of all wait upon ^{you}, O LORD, *
and you give them their ^{food} in ^{due} ^{season}.
- 17 You open ^{wide} your ^{hand} *
and satisfy the needs of ^{every} ^{living} ^{creature}.
- 18 The LORD is righteous in ^{all} his ^{ways} *
and ^{loving} in ^{all} his ^{works}.
- 19 The LORD is near to those who ^{call} upon ^{him}, *
to all who ^{call} upon ^{him} ^{faithfully}.

Second Reading | *Ephesians 3:14-21*

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Hear what the Spirit is saying to God's people.

Thanks be to God.

Segunda lectura | *Efesios 3:14-21*

Por esta razón me pongo de rodillas delante del Padre, de quien recibe su nombre toda familia, tanto en el cielo como en la tierra. Pido al Padre que de su gloriosa riqueza les dé a ustedes, interiormente, poder y fuerza por medio del Espíritu de Dios, que Cristo viva en sus corazones por la fe, y que el amor sea la raíz y el fundamento de sus vidas. Y que así puedan comprender con todo el pueblo santo cuán ancho, largo, alto y profundo es el amor de Cristo. Pido, pues, que conozcan ese amor, que es mucho más grande que todo cuanto podemos conocer, para que lleguen a colmarse de la plenitud total de Dios.

Y ahora, gloria sea a Dios, que puede hacer muchísimo más de lo que nosotros pedimos o pensamos, gracias a su poder que actúa en nosotros. ¡Gloria a Dios en la iglesia y en Cristo Jesús, por todos los siglos y para siempre! Amén.

Escuchen lo que el Espíritu dice al pueblo de Dios.

Demos gracias a Dios.

Gospel Acclamation | Hymn #650 | “O Jesus joy of loving hearts”

The Gospel | *John 6:1-21*

The Holy Gospel of our Savior Jesus Christ according to John.

Glory to you, O Christ!

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down

El Evangelio | *Juan 6:1-21*

Santo Evangelio de Nuestro Señor Jesucristo según Juan.

¡Gloria a ti, Cristo Señor!

Jesús se fue al otro lado del Lago de Galilea, que es el mismo Lago de Tiberias. Mucha gente lo seguía, porque habían visto las señales milagrosas que hacía sanando a los enfermos. Entonces Jesús subió a un

there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three

monte, y se sentó con sus discípulos. Ya estaba cerca la Pascua, la fiesta de los judíos. Cuando Jesús miró y vio la mucha gente que lo seguía, le dijo a Felipe: —¿Dónde vamos a comprar pan para toda esta gente?

Pero lo dijo por ver qué contestaría Felipe, porque Jesús mismo sabía bien lo que había de hacer. Felipe le respondió: —Ni siquiera el salario de doscientos días bastaría para comprar el pan suficiente para que cada uno recibiera un poco.

Entonces Andrés, que era otro de sus discípulos y hermano de Simón Pedro, le dijo: —Aquí hay un niño que tiene cinco panes de cebada y dos pescados; pero, ¿qué es esto para tanta gente?

Jesús respondió: —Díganles a todos que se sienten.

Había mucha hierba en aquel lugar, y se sentaron. Eran unos cinco mil hombres. Jesús tomó en sus manos los panes y, después de dar gracias a Dios, los repartió entre los que estaban sentados. Hizo lo mismo con los pescados, dándoles todo lo que querían. Cuando ya estuvieron satisfechos, Jesús dijo a sus discípulos: —Recojan los pedazos sobrantes, para que no se desperdicie nada.

Ellos los recogieron, y llenaron doce canastas con los pedazos que sobraron de los cinco panes de cebada. La gente, al ver esta señal milagrosa hecha por Jesús, decía: —De veras éste es el profeta que había de venir al mundo.

Pero como Jesús se dio cuenta de que querían llevárselo a la fuerza para hacerlo rey, se retiró otra vez a lo alto del cerro, para estar solo.

Al llegar la noche, los discípulos de Jesús bajaron al lago, subieron a una barca y comenzaron a cruzar el lago para llegar a Cafarnaúm. Ya estaba completamente

or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

The Gospel of Christ.
Praise to you, Christ.

oscuro, y Jesús no había regresado todavía. En esto, el lago se alborotó a causa de un fuerte viento que se había levantado. Cuando ya habían avanzado unos cinco o seis kilómetros, vieron a Jesús, que se acercaba a la barca caminando sobre el agua, y tuvieron miedo. Él les dijo: —¡Soy yo, no tengan miedo!

Con gusto lo recibieron en la barca, y en un momento llegaron a la tierra adonde iban.

El Evangelio del Cristo.
Te alabamos, Cristo.

Sermon | Reah Ranno

Nicene Creed

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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**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,**

**who with the Father and the Son is worshiped and glorified,
who 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

Let us bring our intercessions before God, who is making all things new.

That the church's gospel message may be water in the desert and a way in the wilderness for all who seek meaning and purpose in life. Loving God, **Hear us now.**

That the leaders of our nation, and all nations, may use their power and authority to bless, not curse, and may honor the dignity of all people. Loving God, **Hear us now.**

That those burdened by their own sins or wearied by the iniquity of others may find in Christ's grace the strength to rise up and continue on. Loving God, **Hear us now.**

That each of us may live into our calling to honor all of creation and protect this earth for those who follow us here. Loving God, **Hear us now.**

That we who are anointed and sealed with the gift of the Spirit may always say "Yes" to God's promises and "Amen" to God's glory. Loving God, **Hear us now.**

That our beloved departed may come with joy into the presence of their Maker. We remember especially today David LaBaron, stepfather of Fr. John Beach's wife Denise, Loving God, **Hear us now.**

The intercessor adds other prayers, thanksgivings, and intercessions.

God our Creator and Redeemer, we lift these prayers to you and ask you to work in us, today and always. Grant that by joining you in the work of love we may truly become disciples. In Christ's name we pray, **Amen.**

Confession of Sin

Let us confess our sins to God.

Silence may be kept.

God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

Absolution

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

The Peace

¡La Paz del de Dios esté siempre con ustedes!
¡Y con tu espíritu!

The peace of Christ be always with you.
And also with you.

The People greet one another with a sign of God's peace.

Announcements

The Celebration of the Eucharist

The Offertory

A collection is taken for the needs of the Church and the world. If you would like to donate, you may use our online donation page, which can be accessed with the QR code to the right, or by going to:

http://weblink.donorperfect.com/stpaulboston_donate



Offertory Hymn | Hymn #449 | “O love how deep, how broad, how high”

A Litany for the 50th Anniversary of the Ordination of Women

Wondrous Creator, you made us in all diversity
And you have put your voice in all living beings
We hear your songs on the tender winds
And your roar in the storms of our lives.

We thank you for putting your heart and call on all people.

Throughout history women have told your goodness
The first to proclaim the resurrection were your daughters
And all the disciples who had been trembling in fear
Found an empty tomb and a brand new hope.

We thank you for putting your heart and call on all people.

Eleven stood bravely before you and the people
In defiance of the exclusive rules of our church
They kneeled and were made priests forever
Despite the scorn and hatred they all received.

We thank you for putting your heart and call on all people.

The road was rough and full of angry dismissals
Some leaders turned their backs on our church
Establishing new denominations and new sects
Yet you smiled on your whole church in that time.

We thank you for putting your heart and call on all people.

In 1989, Barbara Harris was made bishop
And despite the cruel words and the isolation
She stood firm in her faith for us all
And taught us all how to sing in hard times.

We thank you for putting your heart and call on all people.

We thank you for the bravery of the first ordained and those ordaining
For Merrill Bittner, Alla Bozarth, Alison Cheek, Emily Hewitt,
Carter Heyward, Suzanne Hiatt, Marie Moorefield Fleisher, Jeannette Piccard,
Betty Schiess, Katrina Swanson and Nancy Wittig as well as
Bishops Daniel Corrigan, Robert DeWitt and Edward Welles.

We thank you for putting your heart and call on all people.

Our church has stumbled and often struggled
Too often a place of privilege and exclusion
Yet you change us and you open our hearts
And continue to renew us despite ourselves.

We thank you for putting your heart and call on all people.

Wondrous Creator, open our hearts to your voice
So we might hear your call at the very margins
Let us make room for new and different leaders
So we might reflect humanity's wholeness and creation's beauty.

We thank you for putting your heart and call on all people. Amen.

*–The Rt. Rev. Dr. Carol J.W.T. Gallagher
Assistant Bishop, Episcopal Diocese of Massachusetts*

The Great Thanksgiving | *Enriching Our Worship* | *Eucharistic Prayer 1*

God be with you.
And also with you.

Lift up your hearts.
We lift them up to God.

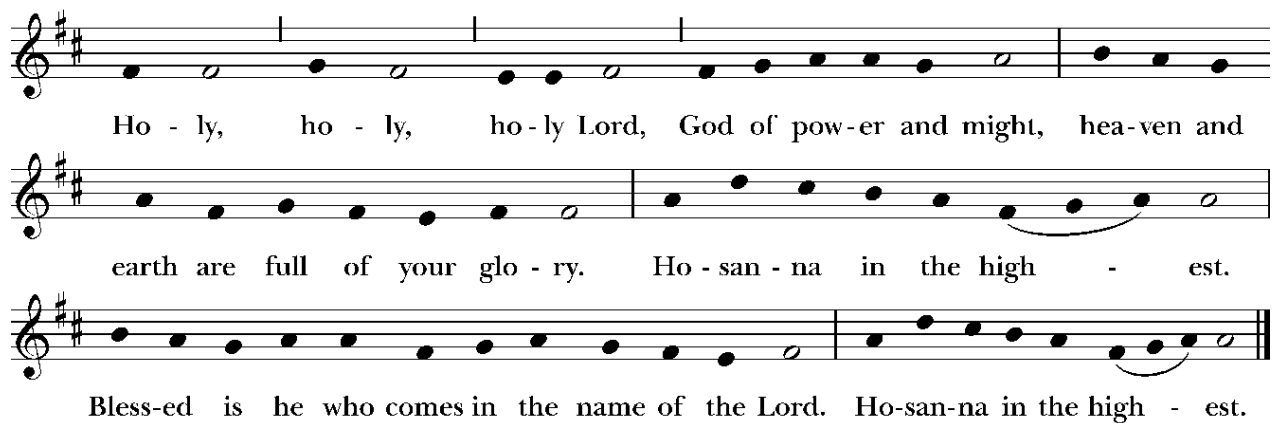
Let us give thanks to our loving Creator.
It is right to give our thanks and praise.

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Sanctus | "Holy, holy, holy" | Hymnal 1982, #S124

Sung by all



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love.

You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, 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."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, we proclaim the mystery of faith:

**Christ has died.
Christ is risen.
Christ will come again**

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with Paul and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

Silence may be kept

As our Savior Christ has taught us, we now pray,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.**

**Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

The Presider breaks the bread.

Fraction Anthem | "Christ, our Passover" | The Hymnal 1982, #S151

Sung by all

Cantor
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

All
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Cantor
Christ our Pass - o - ver is sac - ri - ficed for us; there - fore let us

All
keep the feast. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *Missa orbis factor*; Plainsong, Tonus Peregrinus; arr. David Hurd (b. 1950). Copyright © 1979 GIA Publications, Inc.

Invitation

The Gifts of God for the People of God.

All present are invited to receive communion. The greeters will invite you up by row.

Both blessed wine and blessed grape juice are available at the Cathedral. Gluten-free bread is available - ask the person offering you bread for it. To receive a blessing, indicate that you wish to be blessed by crossing your arms across your chest.

Those participating from home are invited to pray this prayer while the blessed bread is being offered at the Cathedral.

In union, O God, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, we desire to offer to you praise and thanksgiving. And since we cannot receive you today in the sacrament of bread and wine, we ask you to come spiritually into our hearts. Cleanse and strengthen us with your grace and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

St. Alphonsus Liguori (1696-1787), from Enchiridion of Indulgences, 1969, Catholic Book Publishing Inc., altered

Communion Anthem | Pastoral-Toccata in F by Johann Pachelbel (1653-1706)

Postcommunion Prayer

Loving God,
we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.

The Blessing

Closing Hymn | Hymn #550 | "Jesus call us o'er the tumult"

Dismissal

Let us go into the world, rejoicing in the power of the Spirit. Alleluia. Alleluia.
Thanks be to God. Alleluia. Alleluia.

Closing Voluntary | Prelude in F by Fanny Mendelssohn (1805-1847)

Music Notes

The Key of F

Johann Pachelbel modeled his Toccata in F as a pastorale. There are long bass notes, and playful rhythms all in the pastorale home key of F.

The key of F has long been associated with nature. Do you remember the Bach Pastorale I played on July 7? Key of F. The Sixth Symphony of Beethoven, also known as The Pastoral Symphony, is in, you guessed it, the key of F. Violins, violas, cellos, and basses all like to play in the key of F and so Beethoven gave them a chance to portray an afternoon outdoor picnic in one of the favorite keys of the string section. Calm and quiet music is often in F. In Hector Berlioz's "Symphonie fantastique", the third movement, the "Scene in the Fields" is in the key of F. There are many more examples. Ease for musicians may have driven this practice for calm, nature-inspired music which in turn may have helped craft the traditions surrounding pastorales.

Fanny Mendelssohn wrote her Prelude-Toccata in the key of F (the closing voluntary for today). As she wrote it for her wedding, the atmosphere is joyous and confident, much like the atmosphere often present in pastorales.

Louise Munding
Music Director

Leaders of Worship

Presider | The Very Rev. Amy McCreath
Preacher | Rhea Ranno
Sub-Deacon | Jeffrey Seamans
Music Director | Louise Munding

Readers | Tomi Michel & Elaina Taze Smith
Intercessor | Christie Towers
Greeters | Bob Acedo, Claire Cocci, & Jan Rowe
Livestream Minister | Sean Griffin

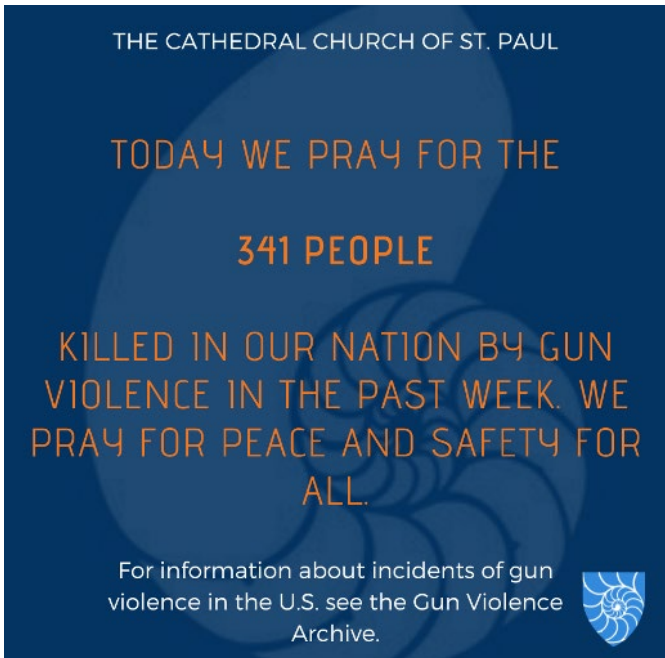
Sunday Council

Deanery Rep. & Justice Ministries – Rhea Ranno
Chapter Representative – Michael Baenen
Worship and Formation Co-Chairs – Jeffrey Seamans and Laura Thomas
Retreat Planning – Jan Rowe and Anne Moore

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The Cathedral Church of St. Paul

Prayer Page



Loving Creator, you give us hearts of compassion minds which can seek and find tough resolutions hands which can rebuild the shattered communities and voice to speak up and to share your love.

We too often resort to anger, revenge and violence we see danger on every street of our great cities we assume the worst and behave like scared animals yet you call us to trust in you and put down the swords.

Let us all turn to you in all our daily challenges make us more ready to pray than to lash out give us forgiving and creative hearts and minds so your love might dwell in all our communities.

Amen.

Bishop Carol Gallagher

Join @stpaulboston as we pray:

❖ **Parishes of the Mystic Valley Deanery**

Church of the Good Shepherd, Reading <https://www.goodshepherdreading.org/>

St. John's Church, Saugus <http://www.stjohnssaugus.org/>

Emmanuel Church, Wakefield <https://www.emmanuelwakefield.org/>

The Third Order, Society of St. Francis <https://tssf.org/>

- ❖ We pray for the 341 people killed in our nation by gun violence in the past week, for the peace and safety for the people of our nation and all nations, that all may be unfettered from the unholy trinity of poverty, racism, and guns.
- ❖ We pray for the MANNA community, its members, staff, and for MANNA's volunteers.
- ❖ We pray for all who live on the streets and have no comfortable beds.
- ❖ We pray for healing for Ann Page, Brendan, Bryant, Catherine Princess of Wales, Claire and her family, Debbie, Donald, Geno, Ishmael, Jennifer, Jo-Jo, Joseph, Kalenda's son, Ken, Laurel, Lester, Leyden, Libor, Martha, Noelle and his sister, Sarmistha and her family, Wendy, for the repair of Yoojin's relationships with her brothers David and Ben.
- ❖ We pray for understanding and wisdom in guidance and discipline.
- ❖ We pray for peace in Gaza and Ukraine, and in all other places where war, famine, and violence are ravaging lives. For the Israelis being held hostage and for their families.
- ❖ For justice, peace, and safety to prevail in the upcoming elections, and for the Supreme Court to uphold peace.
- ❖ We pray in thanksgiving for Anne and Cynthia as they begin the next phase in their lives in a new place.