

# Fifteenth Sunday after Pentecost

SUNDAY, SEPTEMBER 1, 2024

10:00AM

*The Father brought us forth by the word of truth that we should be a kind of first fruits of his creatures. James 1:18*



**St Paul's Cathedral**

LONDON, ONTARIO | ANGLICAN DIOCESE OF HURON

## SUNG EUCHARIST (Book of Alternative Services)

*Please stand when clergy enter.*

**Prelude** *Panis Angelicus*

C. Franck

**Opening Hymn** *I Heard the Voice of Jesus Say*

**Blue Book 508**

### **THE GATHERING OF THE COMMUNITY**

*Presider* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

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

*Presider* Almighty God,

*People* **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

### **Glory to God**

*Celebrant* Glory to God in the highest,  
*All* **and peace to his people on earth.**

**Lord God, heavenly king,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.**

## The Collect of the Day

*Presider* Let us pray.  
Author and Giver of all good things, graft in our hearts the love of your name, increase in us true religion, nourish us in all goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

*People* **Amen.**

*“Children's Corner” – Children are welcome to join Heather at the back of the Cathedral.*

**PROCLAMATION OF THE WORD** *Today's Readers: Johnson Donkok, Marian Haggerty*  
(Silence is observed between the readings and the homily for reflection.)


### A Reading from the Song of Solomon:

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away." *Song of Solomon 2:8-13*

*Reader* The word of the Lord.  
*People* **Thanks be to God.**

**Psalm** 45:1,2, 7-10 **Green Book p. 762, 763**

*(Please join in singing the Refrain.)*

*Refrain*   
Ev-ery age will re-call your name. This song will fix it in their me - mo - ry.

### A Reading from the Letter of James:

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first

fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act - they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world. *James 1:17-27*

*Reader* The word of the Lord.  
*People* **Thanks be to God.**

### Sequence Hymn *How Clear Is Our Vocation, Lord*

**Blue Book 466**

### Holy Gospel *Mark 7:1-8, 14-15, 21-23*

*Reader* The Lord be with you.  
*People* **And also with you.**

*Reader* The Holy Gospel of our Lord Jesus Christ according to Mark.  
*People* **Glory to you, Lord Jesus Christ.**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that

evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

*Reader* The Gospel of Christ.

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

**Homily** The Very Reverend Dr. Kevin George

*Please be seated*

## **The Nicene Creed**

*Please stand*

*Presider* Let us confess our faith, as we say,

*All* **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. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

## **The Prayers of the People**

*Leader* Lord, in your mercy,

*People* **Hear our prayer.**

## **Confession and Absolution**

*Presider* Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

*Silence is kept.*

*Presider* Most merciful God,

*All* **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 neighbours 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.**

*Presider* Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

*People* **Amen.**

## **The Peace**

*Please stand*

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

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

**Offertory Hymn** *Come Down, O Love Divine*

**Blue Book 645**

## **THE CELEBRATION OF THE EUCHARIST**

### **Prayer over the Gifts**

*Presider* Merciful God, receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord.

*People* **Amen.**

## The Great Thanksgiving

*Presider* The Lord be with you.

*All* **And also with you.**

*Presider* Lift up your hearts.

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

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

*All* **It is right to give our thanks and praise.**

*Presider* It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: wonderfully you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation.

Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

**(Congregation to join in singing.)**



Ho-ly, ho-ly, ho-ly— Lord, Lord God of power and might,



heav'n and earth are full, full of your glo -



-ry. Ho-san - na, ho-san-na, ho -san - na, ho-san-na in the



high - est. Bless-ed is he who comes, who



comes in the name of the Lord. Ho - san - na, ho -san - na, ho-



san - na, ho -san-na in the high - est.

*Presider* Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, 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."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

All

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Presider

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and forever.

All



## Lord's Prayer

Presider: As our Saviour taught us, let us pray,

All:

**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 Breaking of the Bread

Presider

“I am the bread of life,” says the Lord.

“Whoever comes to me will never be hungry;  
whoever believes in me will never thirst.”

All

**Taste and see that the Lord is good;  
happy are they who trust in him!**

## The Communion

Presider

The gifts of God for the People of God.

All

**Thanks be to God.**

**Gluten-free communion wafers** are available. Please indicate your wish to the administrant at Communion.

**Communion Solo** *He Shall Feed His Flock* (from ‘Messiah’)

G.F. Handel  
Kelsey Lenti, alto

## Prayer after Communion

*Please stand*

Presider

Let us pray.

Almighty God, you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other. We ask this in the name of Jesus Christ our Lord.

People

**Amen.**

## Doxology

Presider

Glory to God,

All

**whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

**Post Communion Hymn** *O Thou Who Camest from Above*

**Blue Book 624**

## Blessing and Dismissal

The Deacon dismisses the congregation in these or similar words:

Deacon Go forth in the name of Christ. Alleluia.  
People **Thanks be to God. Alleluia.**

**Postlude** *Fanfare* J N Lemmens

**Coffee Hour – Please join us for coffee and cold drinks in Cronyn Hall.**

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## ANNOUNCEMENTS

**Mid-Week Holy Eucharist** will resume on Wednesday, September 11.

**Diocese of Huron Chain of Prayer** – Today we pray for the Parishes of St. James, St. Marys; St. James, Stratford; St. Paul's, Stratford; St. Stephen's, Stratford.

**Intercessions** – Ann & Ellis, Clifford, Barb, Margaret, Mary, Carrol, Keith, Doreen & family, Jim, Marion, Jennifer, Gerry, Kim, Mike, Bill, Christina, Kathy, Art, Phillips & Mitchell families, Sophia.

**Music at Midday Series** resumes on Thursday, September 12<sup>th</sup> at 12:15pm. These free lunch hour concerts are presented in our Sanctuary, 30-40 minutes in length.

September 12: Norman Reintamm, organ; Aare Tammesalu, cello

September 19: Ian Sadler, organ

September 26: Kennedy Kimber-Johnson, organ

**St. Paul's Cathedral Choir** – A warm welcome awaits anyone who would like to join the Cathedral choir. Weekly Thursday evening rehearsals resume on September 5<sup>th</sup> at 6:30pm in the Sanctuary for the Sunday 10:00am Service. Please contact Ian Sadler if you are interested in joining: [sadlermusic57@gmail.com](mailto:sadlermusic57@gmail.com).

The ACW will be beginning the season by meeting on Wednesday, September 11<sup>th</sup> at 12:15pm for Eucharist in St. Aidan's Chapel. Following this we will meet in the Assembly Room for a pot luck luncheon followed by a meeting to make plans for our upcoming year. Please plan on attending this event. For further information please contact Gayle at 519-471-1851. All ladies of the church are invited to be part of this fun group. See you then! Cheers, Gayle.

## Today's Liturgical Leaders

Presider – **The Venerable Sam Thomas**  
Preacher – **The Very Reverend Dr. Kevin George**  
Gospeller and Intercessor – **The Reverend Pat Henderson**  
Guest Organist – **Dr. Wayne Carroll**  
Lay Administrants – **Marsha Lemon, Hazil Malone**  
Greeters – **Gord Rolleston, Joan Rolleston**  
Children's Ministry – **Heather Clark**  
Wardens – **Greg Childs, Hazil Malone**  
Live Stream / Sound Technician – **Jade Vajna**  
Bell Ringer – **Jean Willadsen**





# EXPLORE St. Paul's Cathedral

## SELF-GUIDED TOURS

Tuesday - Sunday  
11 am - 4 pm

## GUIDED TOURS

July 7 & 21, August 4, 18,  
Sept 1, 15, 29 @ 11:30 am

### Stained Glass Windows

St. Paul's is one of only five locations housing Tiffany windows in Canada.

### Military Colours

St. Paul's Cathedral is the Garrison Church of the 4th Battalion of The Royal Canadian Regiment (4RCR), as well as the Spiritual Home of HMCS Prevost, and are caretakers of the Military Colours of several former London regiments

### Embroideries

Our sanctuary and St. Aidan Chapel of Reconciliation are home to incredible cross-stitched and canvas embroideries.


### Architecture


St. Paul's was built in 1845 in Gothic Revival architectural style. It is the oldest church in the city.

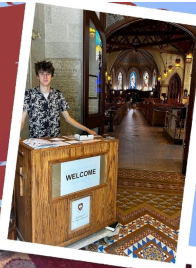
### Coventry Cross of Nails

Gifted to St. Paul's in April of 2024 by the Dean of Coventry Cathedral. This commits our community to the work of reconciliation.

 [WWW.STPAULSCATHEDRAL.ON.CA](http://WWW.STPAULSCATHEDRAL.ON.CA)

 472 RICHMOND AVE  
LONDON, ON

 (519) 434-3225



# 'YOU'VE GOT A FRIEND' PRIME RIB DINNER

An Evening in Support of  
St. Paul's Social Services  
Food Bank & Fellowship Centre

**Friday, September 20, 2024**

St. Paul's Cathedral, 472 Richmond St., London



**Chef Gilles**



**Second Act Combo**



**Take 3 & Company**

5:30 Cocktail Hour, Silent Auction  
6:30 Dinner, Special Announcement  
7:30 - 8:30 Entertainment

**\$75**

For tickets, call 519-701-3527  
[onstagedirect.com/PrimeRib](http://onstagedirect.com/PrimeRib)

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**SILENT AUCTION**

**LIVE MUSIC**

**CASH BAR**

**Let us come together to**

*St Paul's Cathedral*

**LOVE OVER FEAR**

SEPTEMBER 17, 24  
OCTOBER 1, 8, 15  
TUESDAYS

730— 900 PM  
Meet in the Guild Room

Register:  
QR CODE OR  
kevingeorge@diohuron.org

**\$25**

**Love Over Fear: Learning Together** – Whether it's the news, social media, or well-intentioned friends, we're told daily to fear "others." We fear strangers, neighbors, the other side of the aisle, even those who parent differently. And when we're confronted with something that scares us, our brain sees only two options: Attack or Avoid. But either way, polarization intensifies. What if you could defy your own instincts and choose a third option-scandalous, disruptive, unthinkable LOVE? Sure, we

love people who are like us, who are easy to enjoy. Everyone does. But what about our enemies, the people we consider monsters? Loving them requires exceptional strength-strength only the Holy Spirit can provide.

Join us in discussing this book which calls us to do the difficult and healing way of love. These discussions will take place on Tuesdays from September 17 to October 15, in the Guild Room at St. Paul's. Books are \$25, please email kevingeorge@diohuron.org to register.

About the author:

Dan White Jr co-planted Axiom, a faith community in Syracuse, NY with the compelling commitments of tight-knit community, locally-rooted presence, and life-forming discipleship. Dan is married to Tonya, dad to Daniel and Ari, and can be found enjoying conversations at Salt City Coffee.

JOIN US AS  
WE CELEBRATE  
**IAN & CATHARINE SADLER**  
SEPTEMBER 29

**CAKE AND THANKSGIVINGS  
DURING COFFEE HOUR**

**ST PAUL'S CATHEDRAL**  
**AFRICAN MASS & FELLOWSHIP**

SEPTEMBER 21    OCTOBER 26    NOVEMBER 23    DECEMBER 21

AFRICAN MUSIC, PRAYER, DANCE, & FOOD

5 PM - 9 PM    472 RICHMOND, LONDON

**Speaking of Rape**

CREATING OPPORTUNITIES FOR HEALING FROM INTIMATE PARTNER VIOLENCE

*October 5 @ 7 pm*

**St. Paul's Cathedral - 472 Richmond Street**

Rape survivors need speech to recover—to tell the story of their harm, to rebuild their sense of self and their place in the world. But the words available to them often fail to describe their experience of the violation, which isolates and silences them, enables future perpetration, and lets rape remain unacknowledged. From a first person perspective, Danielle Tumminio Hansen offers fresh ways of speaking and listening that reframe how we can describe, discuss, and address rape revolutionizing our ways of understanding the scope and nature of sexual violations in order to revolutionize how we respond to them.

**Danielle Tumminio Hansen**  
WRITER, PUBLIC INTELLECTUAL, FAITH LEADER

**The Right Reverend Todd Townshend**

*Bishop of Huron*

**The Very Reverend Dr. Kevin George**

*Dean of Huron & Rector of St. Paul's Cathedral*

**The Venerable Sam Thomas**

*Senior Associate Priest/Director of Pastoral Care*

**The Reverend Pat Henderson**

*Deacon*

**The Rev'd Dr. Dawn Davis**

*Director of Faith Formation*

**Ian Sadler**

*Organist & Director of Music*

**Gregory Childs**

*Church Warden*

**Gord Rolleston**

*Church Warden*

**Heather Clark**

*Children's Ministry*

**Carrie Fieldhouse**

*Parish Coordinator*

*St. Paul's Cathedral*  
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