



10th Sunday after Pentecost

A Service of Morning Prayer

Sunday, August 9, 10:15 am

Welcome

Greetings, Friends and Neighbors of St. Timothy's. Thank you for joining us for our summer worship service. Now through September 6, we will be worshiping from Enriching Our Worship (EOW) Service of Morning Prayer. EOW is a supplement to our Book of Common Prayer.

Opening Sentence

God is Spirit, and those who worship are called to worship in spirit and in truth.

John 4:24

Confession

Let us confess our sins to God.

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 us, forgive us all our sins through the grace of Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

Liturgical Greeting

Officiant O God, let our mouth proclaim your praise.

People **And your glory all the day long.**

Praise to the holy and undivided Trinity, one God: as it was in the beginning, is now, and will be for ever. **Amen. Alleluia.**

The Holy One is in our midst: **O come let us worship.**

Song of Praise

Canticle S, A Song of Our True Nature

Christ revealed our frailty and our falling, *our trespasses and our humiliations.

Christ also revealed his blessed power, * his blessed wisdom and love.

He protects us as tenderly and as sweetly when we are in greatest need; *

he raises us in spirit and turns everything to glory and joy without ending.

God is the ground and the substance, the very essence of nature;*

God is the true father and mother of natures.

We are all bound to God by nature, * and we are all bound to God by grace.

And this grace is for all the world, * because it is our precious mother, Christ.

For this fair nature was prepared by Christ for the honor and nobility of all, *

and for the joy and bliss of salvation.

Lesson

1 Kings 19:9-18

At Horeb, the mount of God, Elijah came to a cave, and spent the night there. Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

Psalm 85:8-13

- 8 I will listen to what the Lord God is saying, *
for he is speaking peace to his faithful people
and to those who turn their hearts to him.
- 9 Truly, his salvation is very near to those who fear him, *
that his glory may dwell in our land.
- 10 Mercy and truth have met together; *
righteousness and peace have kissed each other.
- 11 Truth shall spring up from the earth, *
and righteousness shall look down from heaven.
- 12 The Lord will indeed grant prosperity, *
and our land will yield its increase.
- 13 Righteousness shall go before him, *
and peace shall be a pathway for his feet.

Lesson

Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did

you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

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

Homily

Rev. Pat Généreux

Creed

We believe in God the Father, from whom every family in heaven and on earth is named. We believe in God the Son, who lives in our hearts through faith, and fills us with his love. We believe in God the Holy Spirit, who strengthens us with power from on high. We believe in one God; Father, Son and Holy Spirit. Amen.

The Prayers

Priest

God our rock and refuge: keep us safe in your care and strengthen us with your grace, that we may pray to you faithfully and love one another boldly, following the example of Jesus, who with you and the Holy Spirit lives for ever and ever. **Amen.**

Deacon

Hear our prayers, O Christ our God.

Hear us, O Christ.

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

Hear us, O Christ.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, O Christ.

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Hear us, O Christ.

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

Hear us, O Christ.

We pray for those in service to our country, especially Scott, Jack, Zach, Marshall, & Reece;
for those seeking ordination, especially Abigail & Eric;
for those celebrating a birthday, especially Dorothy, Lilia, Ned, Stephanie, Delia, Cindy, Craig, Eleanor, Elizabeth, Steve, Suzanne, Bob, and Matthew;
for those to be married, especially Claire & Robert, Sarah & Alex, Jessie & Andrew, Dana & Zach, and Molly & Joe;
for those celebrating an anniversary, especially Colleen & Darin, Abigail & Doug, and Rhonda & Marshall;
for those awaiting the birth of a baby, especially Krystal & Sean;
for all who are gathered and worshipping with us today;
for our 2nd Offering Partner in August, the Live Stream Project ; *and*
for the Episcopal Church in Sudan & South Sudan especially Archbishop Samuel and Bishop Richard and their families.

Hear us, O Christ.

Comfort and liberate the lonely, the bereaved and the oppressed.

Hear us, O Christ.

Keep in safe all who are essential workers in our country and all who are in peril.

Hear us, O Christ.

Heal the sick in body, mind or spirit, especially Rosemary, Marty, Jovan, Kris and Troy, and provide for the homeless, the hungry and the destitute.

Hear us, O Christ.

Guard and protect all children who are in danger.

Hear us, O Christ.

Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.

Hear us, O Christ.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Hear us, O Christ.

Hear us as we remember those who have died and grant us with them a share in your eternal glory.

Hear us, O Christ.

Deacon

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you."

Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. **Amen.**

The Peace

The Peace of the Lord be always with you.

And also with you.

Announcements / Minute for Mission

Faith Sharing

Minao Little

The Lord's Prayer

**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.

Prayer of Peace

This is the fast that pleases me: to break unjust fetters, to let the oppressed go free,
to share your bread with the hungry and shelter the homeless poor.

If you do away with the yoke, the clenched fist, the wicked word,

if you give your bread to the hungry and relief to the oppressed, your light will rise in the darkness.

From A Meditation on Violence and Prayer based on Psalm 58:6-7, 10

Blessing

Dismissal

Alleluia. Alleluia. Go in peace to love and serve the Lord.

Thanks be to God. Alleluia. Alleluia.

Thank you for worshiping with us today.

You are welcome join us - staying on this link - for coffee half-hour.

2nd Offering Partner for August

Involved parishioners: Neil Guy, Deacon Jeanie Smith, Rev. Mary Cole-Duvall, John McManus



We are excited to announce, we are working toward providing LIVE STREAM services from our sanctuary! Once it is safe to begin hold limited in-person services, of course...

Equipment has been chosen and we are working with the diocese to partially fund our needs with a grant - BUT - we will need YOUR help too!

To hear more, see Neil Guy's video will be on our YouTube channel [SaintTimothys](#) and on our website. Thank you for your consideration.

A Call to Action

Ways we can faithfully wade into the waters of race, inequality, and justice. Here are some options:

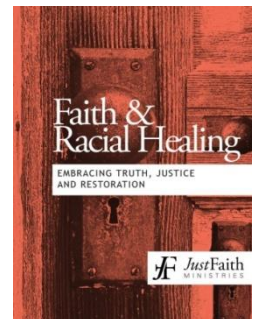
- Listen. Try listening to points of view that are new and strange to you. Listen hard with everything inside you trying to understand.
- Read. There are a host of books that address these issues. Among them: The Racial Healing Handbook by Anneliese A. Singh, How to Be an Antiracist by Ibram X. Kendi, and White Fragility by Robin DiAngelo.
- Learn. There are any number of ways you can do this. One way is to attend a Dismantling Racism training session, hosted by our Diocese. Check out those and other offerings using the link in your weekly e-news.
- Stand Up and Advocate. Demand criminal justice reform and reforms to our health care systems that so unfairly burden people of color.
- Pray. Really concentrate on listening for God's voice as you ask what you can do.

Adult Formation

Faith and Racial Healing: Embracing Truth, Justice & Restoration

There's another JustFaith module that's a follow-up of the Faith and Racial Equity module that we're studying now. Deacon Jeanie would like to continue in the fall with the Healing module, but needs to know if there is interest.

Please email or text (515-554-3764) Deacon Jeanie to let her know. These modules are 8 weeks in length, 2 hours per week, with a 4-hour retreat at the beginning. We could schedule day time or evening depending on the wishes of the group of interested people.



Becoming Beloved Community

You're invited to join us as we engage with the monthly dismantling racism resources offered in the Diocesan "2020 Vision for Becoming Beloved Community." It will be a less "intensive" look at racism than the JustFaith module.



The 2020 Vision, from the Beloved Community Initiative for Racial Justice, Healing, and Reconciliation in Iowa, was created for action centered on learning as a way to address racism in ourselves and our communities. We'll meet via Zoom the last Wednesday of each month (unless it's a holiday, then we'll plan for the following Wednesday) to discuss what we learned and engaged with from the previous month's resources.

Our first meeting will be August 26, 2020 at 7:00 p.m. We will focus on the module for July which is titled "Housing and the Wealth Gap." To explore this module, please use this link <https://becomingbelovedcommunity.org/july>.

We think you will find the materials interesting and that we will have much to discuss. If you have questions or want to join the group, please contact Jean Davis at jeanmdavis@gmail.com. Thank you.

PRAYERS OF THE PEOPLE

For or those in service to our country: Scott, Jack, Zach, Marshall & Reece;

For those seeking ordination: Abigail Livingood and Eric Rucker;

For those who are sick or in need of healing: Rosemary, Marty, Jovan, Kris and Troy;

For those celebrating a birthday: Dorothy Wilson, Lilia Faber, Ned Whipple, Stephanie Andrews, Delia Llaca, Cindy Seley, Craig Stark, Eleanor Whipple, Elizabeth Saunders, Steve Blondino, Suzanne Graham, Bob Sodders, and Matthew Willse;

For those to be married: Claire (Larson) & Robert, Sarah (Larson) & Alex, Jessie & Andrew (Marshall), Dana & Zach (Slocum), and Molly & Joe (Brennan);

For those celebrating an anniversary: Colleen & Darin Krantz, Abigail Livingood & Doug VanDam, and Rhonda & Marshall Little;

For those awaiting the birth of a baby: Krystal & Sean Coffey;

For our 2nd Offering Partner in August, the Live Stream Project; and

For the Episcopal Church in Sudan & South Sudan especially Archbishop Samuel and Bishop Richard and their families.

OFFICE HOURS & ACCESS

UPDATE: ALL VISITORS TO OUR BUILDING ARE REQUIRED TO WEAR MASKS.

Currently, our offices are closed to the public. The office phone is staffed from 9 am to noon, Tuesday through Thursday Messages will be returned as soon as possible.

Pastoral Care Emergencies can be called in to 515-225-2020, ext. 400.

GIVING

While we are unable to worship together, we can still share the generous spirit that permeates our community. Here are ways you can continue to give:

Online: www.sttimothyiowa.org/giving
Pledge, 2nd Offering & More

By Mail:
Regular Pledging/2nd Offering
St. Timothy's Episcopal Church
1020 24th Street, West Des Moines IA 50266

Safety Guidelines for Recording our Services

The health and safety of our worshipers and of those who participate in conducting services is of critical importance to Clergy and Leadership at Saint Timothy's Episcopal Church and School.

To ensure all involved are safe we are:

- Holding services only via internet;
- Strictly observing CDC social distancing guidelines in recording services in our sanctuary;
- Affirming participants who choose to wear masks or gloves;
- Recording readers individually or at safe distances; and
- Recording our organist and vocalists individually, while our videographer is at a safe distance.

