



# 6<sup>th</sup> Sunday after Pentecost

A Service of Holy Eucharist

Saturday, July 4 | 5 pm

Sunday, July 5 | 10:15 am

Childcare for infants through 4 years old is available on Sunday morning on the lower level, near the north entrance.

## THE LITURGY OF THE WORD

Prelude

Welcome

Please stand as you are able.

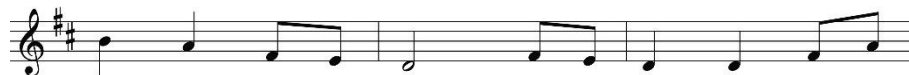
Opening Hymn

Sing a New Church

Gather 644



1. Sum - moned by the God who made us Rich in  
2. Ra - diant ris - en from the wa - ter, Robed in  
3. Trust the good - ness of cre - a - tion; Trust the  
4. Bring the hopes of ev - 'ry na - tion; Bring the  
5. Draw to - geth - er at one ta - ble All the



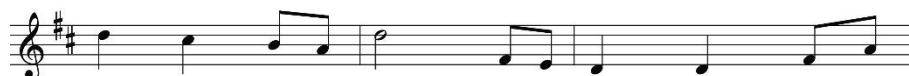
our di - ver - si - ty, Gath - ered in the name of  
ho - li - ness and light, Male and fe - male in God's  
Spir - it strong with - in. Dare to dream the vi - sion  
art of ev - 'ry race. Weave a song of peace and  
hu - man fam - i - ly; Shape a cir - cle ev - er



Je - sus, Rich - er still in u - ni - ty:  
im - age, Male and fe - male, God's de - light:  
prom - ised, Sprung from seed of what has been.  
jus - tice; Let it sound through time and space.  
wid - er And a peo - ple ev - er free.



Let us bring the gifts that dif - fer And, in



splen - did, var - ied ways, Sing a new Church in - to



be - ing, One in faith and love and praise.

## Liturgical Greeting

Priest Blessed be God: Father, Son, and Holy Spirit.  
People **And blessed be God's Kingdom, now and forever. Amen.**

## Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.

## Gloria

Hymnal S280

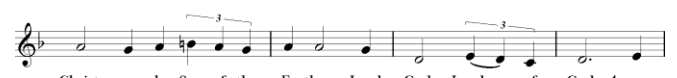
Glory to God in the highest,  
and peace to his people on earth.



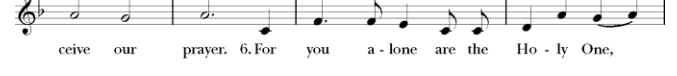
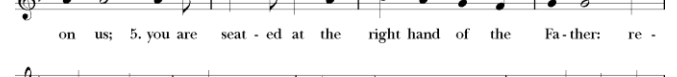
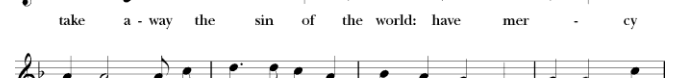
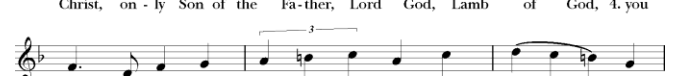
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.



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

Deacon The Lord be with you.  
People **And also with you.**  
Deacon Let us pray

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Children Living the Word Commissioning

*At this time, children ages 4 years old through 4th grade are invited downstairs to Children Living the Word, returning before communion.*

Loving God, who told us that whoever welcomes a child welcomes Jesus himself, bless these children. Guide us as we encourage them in your ways, so that they might become disciples who are your hands and feet and voice in this world. Amen.

**The First Reading**

**Zechariah 9:9-12**

Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!

Lo, your king comes to you;  
triumphant and victorious is he,

humble and riding on a donkey,  
on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim  
and the war horse from Jerusalem;

and the battle bow shall be cut off,  
and he shall command peace to the nations;

his dominion shall be from sea to sea,  
and from the River to the ends of the earth.

As for you also, because of the blood of my  
covenant with you,  
I will set your prisoners free from the waterless pit.

Return to your stronghold, O prisoners of hope;  
today I declare that I will restore to you double.

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

**Psalm 145:8-15**

8 The Lord is gracious and full of compassion, \*  
**slow to anger and of great kindness.**

9 The Lord is loving to everyone \*  
**and his compassion is over all his works.**

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 everlasting kingdom; \*  
**your dominion endures throughout 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 bowed down.**

**The Second Reading**

**Romans 7:15-25a**

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

Please stand as you are able.

**Gospel Hymn**

**Come to Me, O Weary Traveler**

**Gather 630**

We will sing v. 1-2 before the reading of the Gospel, v. 3-4 following



1. Come to me, O wea - ry trav - 'ler; Come to me with  
 2. Do not fear, my yoke is eas - y; Do not fear, my  
 3. Take my yoke and leave your trou - bles; Take my yoke and  
 4. Rest in me, O wea - ry trav - 'ler; Rest in me and



your dis - tress; Come to me, you heav - y bur - dened;  
 bur - den's light; Do not fear the path be - fore you;  
 come with me. Take my yoke, I am be - side you;  
 do not fear. Rest in me, my heart is gen - tle;



Come to me and find your rest.  
 Do not run from me in fright.  
 Take and learn hu - mil - i - ty.  
 Rest and cast a - way your care.

Text: Matthew 11:28-30; Sylvia G. Dunstan, 1955-1993, © 1991, GIA Publications, Inc.  
Tune: DUNSTAN, 8 7 8 7; Bob Moore, b.1962, © 1993, GIA Publications, Inc.

**The Holy Gospel**

**Matthew 11:16-19, 25-30**

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.  
 People **Glorify to you, Lord Christ.**

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

'We played the flute for you, and you did not dance; we wailed, and you did not mourn.'

For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Deacon The Gospel of the Lord.  
 People **Praise to you, Lord Christ.**

**Sermon**

**"It's a Movement"**  
The Rev. Sally Wilke

## The 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:  
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,  
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

### Form V

BCP 388

In peace, let us pray to the Lord, saying, "Lord, have mercy."

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord. **Lord have mercy.**

For all who fear God and believe in you, Lord Christ, that our divisions may cease, and that all may be one as you and the Father are one, we pray to you, O Lord. **Lord have mercy.**

For the mission of the Church, that in faithful witness it may preach the Gospel to the ends of the earth, we pray to you, O Lord. **Lord, have mercy.**

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord. **Lord have mercy.**

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord. **Lord, have mercy.**

For all who have commended themselves to our prayers, especially Emily Shea, Larry Shea, Frank Harrison, Dan Lovett, Stephen Arnold, and Priscilla Dickinson; for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace, and health, we pray to you, O Lord. **Lord, have mercy.**

For all who have died in the communion of your Church, especially Gary Smith, and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord. **Lord, have mercy.**

We give you thanks for the blessings of this life:

For those celebrating a birthday, especially Graham, Amelia, Sydney, Dennis, David, Jordan, and Susan;  
For those to be married, especially Katie & Ben and Abigail & Garth;  
For those just married, especially Lucy & Lena;  
For those celebrating an anniversary, especially Sue & Pat and Laurie & Dennis;  
For those expecting a child, especially Callie & Eric and Jenna & Regan;  
For our Ministry of the Month, Centering Prayer; and  
For our 2nd Offering Partner in July, Iowa Migrant Movement for Justice.

Let us pray for our own needs and those of others:

For those in service to our country, especially Scott, Jack, Marshall, Parker, and Zohntay;  
For those seeking ordination, especially Alex and Kate;  
For those in discernment for ministry, especially Joe;  
For St. Paul's in Durant, Trinity in Muscatine, and Grace and Christ Churches in Cedar Rapids in the  
Diocese of Iowa;  
For the clergy and all people of our companion Dioceses of Brechin, Nzara, and Eswatini;  
For all victims of gun violence; and  
For the victims of war and oppression, and for all who seek a just peace.

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Rejoicing in the fellowship of the ever-blessed Virgin Mary, St. Timothy, and all the saints, let us commend ourselves, and one another, and all our life to Christ our God. **To you, O Lord our God.**

*Silence*

Deacon For yours is the majesty, O Father, Son, and Holy Spirit; yours is the kingdom and the power and the glory, now and for ever. **Amen.**

### The Confession

BCP 360

Deacon Let us confess our sins against God and our neighbor.

**Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

### Absolution

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

### The Peace

Priest The peace of Christ be always with you.  
People **And also with you.**

### Announcements

# THE LITURGY OF THE TABLE

The Offertory

Organ Voluntary

*Please stand as you are able.*

Doxology

*From All That Dwell Below*

*Hymnal 380, v. 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.**

The Great Thanksgiving

Eucharistic Prayer A

Presider The Lord be with you.  
**People And also with you.**  
Presider Lift up your hearts.  
**People We lift them to the Lord.**  
Presider Let us give thanks to the Lord our God.  
**People It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus

*Hymnal S125*

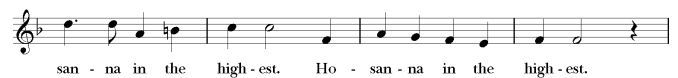
**Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**



**Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.**



*Then the Celebrant continues*



Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, 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 stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and 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."

Therefore we proclaim the mystery of faith:

*Presider and People*

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

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

### The Lord's Prayer

BCP 364

**Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

### The Breaking of the Bread

Priest Alleluia. Christ our Passover is sacrificed for us;  
People **Therefore let us keep the feast. Alleluia.**

### Communion

*You do not need to be a member of this church or of any church to receive communion.*

*To receive the sacrament, come forward and stand or kneel at the rail. The wine is received by intinction, by dipping the bread into the chalice. Please let the clergy know if you require a **gluten-free wafer**. To indicate that you would prefer a **blessing only**, cross your arms across your chest. **If you are unable to come forward**, please notify an usher and the sacrament will be brought to you.*

### Music at Communion

**Organ Voluntary**

*Please stand as you are able.*

### Prayer after Communion

BCP 365

**Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

### The Blessing



1. This is my song, O God of all the na - tions,  
 2. My coun - try's skies are blu - er than the o - cean,  
 3. This is my prayer, O God of all earth's king - doms,



A song of peace for lands a - far and mine.  
 And sun - light beams on clo - ver - leaf and pine.  
 Your king - dom come; on earth your will be done.



This is my home, the coun - try where my heart is;  
 But oth - er lands have sun - light too, and clo - ver,  
 Let Christ be lift - ed up till all shall serve him,



Here are my hopes, my dreams, my ho - ly shrine;  
 And skies are ev - 'ry - where as blue as mine.  
 And hearts u - nit - ed learn to live as one.



But oth - er hearts in oth - er lands are beat - ing  
 So hear my song, O God of all the na - tions,  
 So hear my prayer, O God of all the na - tions.



With hopes and dreams as true and high as mine.  
 A song of peace for their land and for mine.  
 My - self I give you; let your will be done.

Text: St. 1-2, Lloyd Stone, 1912-1993, © 1934, 1962, Lorenz Publishing Co., st. 3, Georgia Harkness, 1891-1974, © 1964, Lorenz Publishing Co.  
 Tune: FINLANDIA, 11 10 11 10 11 10; Jean Sibelius, 1865-1957

### Dismissal

Deacon Alleluia! Alleluia! God has poured out the Holy Spirit on us. Let us now go out with the Spirit as our guide to spread the love of God to all we meet.

People **We will with God's help. Alleluia! Alleluia!!**

### Postlude

**Following our Sunday morning service, please join us for Coffee Hour in our Parish Hall.**

# MINISTERS OF THE SERVICE

## **Presider/Preacher**

The Rev. Sally Wilke

## **Deacon**

The Rev. Jeanie Smith

## **Music Director**

Don Agee

## **Acolytes**

Neana Griffith Tierney, Nick Griffith Tierney,  
Ryan Johnson

## **Chalice Bearers**

OPEN (5 pm)

Bill Smith, Elizabeth Slocum (10:15 am)

## **Lectors/Litanist**

OPEN (5 pm)

Maggie McGill, Mary McGill (10:15 am)

## **Oblation Bearers**

Jennie McKinney (5 pm)  
Luke Luft, OPEN (10:15 am)

## **Ushers**

OPEN (5 pm)  
Larry Shea, Mark Marshall (10:15 am)

## **Altar Guild**

Jennie McKinney (5 pm)  
Annie Waskom, Liz Brennan (10:15 am)

## **Offering Counters**

Scott Brennan, Larry Anderson

## **Live Stream Coordinator**

Neil Guy

## **Vestry Representative**

John Wheeler

## 2<sup>nd</sup> OFFERING

### **IOWA MIGRANT MOVEMENT FOR JUSTICE**

In the face of unprecedented need, Iowa MMJ is building on the legacy of two trusted organizations: the American Friends Service Committee Iowa and Iowa Justice for Our Neighbors. By uniting their programs, Iowa MMJ has created a powerful opportunity to address urgent needs for direct services while strengthening the movement for immigrants' rights across the state and region.

Iowa MMJ's diverse staff bring a combined 35 years of legal service experience and 15 years in programming, building on the 45-year reputation of its founding organizations. With a unique dual-program model, Iowa MMJ is well-equipped to fill unmet needs, build on existing relationships, lead/initiate important conversations, and win concrete victories for all communities in Iowa. As an affiliate of the Immigration Law & Justice Network (formerly Justice for Our Neighbors Network), Iowa MMJ continues to work in coalition, standing in solidarity with others to advance immigrant justice. In July, you can learn how to be the hands + feet + voice of Christ by partnering with them - financially or through volunteer work. Visit their website: [iowammj.org](http://iowammj.org)

To give a financial gift, visit: [sttimothyiowa.org/donate/](http://sttimothyiowa.org/donate/)



# MINISTRY OF THE MONTH



## CENTERING PRAYER

The experience of "praying the scriptures" is an ancient practice that has been bringing people closer to God for centuries. Also known as "Lectio Divina," this practice involves four stages: Read, Reflect, Respond, and Rest.

Listening to the word of God in Scripture is a traditional way of cultivating friendship with Christ. It is a way of listening to the texts of Scripture as if we were in conversation with Christ and He were suggesting the topics of conversation. The regular encounter with Christ and reflection on His word leads beyond mere acquaintanceship to an attitude of friendship, trust, and love. Conversation simplifies and gives way to communing.

This is a rewarding discipline to be experienced in a group. Please join us and experience both prayer and scripture on a deep level.

To learn more or experience a session of centering prayer at St. Timothy's, please contact Tim Goldman at [timothygoldman@gmail.com](mailto:timothygoldman@gmail.com).

# COMING UP

## THE COMING WEEK

### Monday, July 6

11:30 am Gary Smith Funeral  
5:30 pm Executive Team Meeting  
6:30 pm Scouts

### Wednesday, July 8

11:30 am Men's Lunch at Palmer's

### Thursday, July 9

11:30 am Ladies Who Lunch

### Friday, July 10

10 am BBB

### Saturday, July 11

9 am Centering Prayer  
5 pm Holy Eucharist

### Sunday, July 12

9:15 am History of Christian Theology  
9:45 am Childcare Available  
10:15 am Holy Eucharist  
10:15 am Children Living the Word  
11:30 am Coffee Hour  
4 pm Youth Room Painting



## YOUTH ROOM PAINTING

SUNDAYS, JULY 12 & 19 | 4 PM

As we prepare our high school youth room for next fall, we're planning to apply some new paint to the walls! We're looking for a few folks to help with painting on two Sundays in July. If you're available to help on one or both dates, please contact Kelli at [formation@sttimothysiowa.org](mailto:formation@sttimothysiowa.org).

# COMBINED SERVICE WITH COVENANT



**SUNDAY, JULY 19 | 10:15 AM**

Our combined service with Covenant will take place at Covenant this year, then we will bless our Faith & Grace Garden as a shared ministry of our congregations and continue on to St. Timothy's for a time of food and fellowship together.

**There will be no 5 pm service on Saturday, July 18.** We hope all of our 5 o'clock worshippers will join us on Sunday morning for the celebration!

## VBS



### **VOLUNTEER TRAINING SESSION**

**SUNDAY, JULY 19**  
following  
fellowship with  
our Covenant  
guests

Please join us in  
the Gathering  
Center!

**AUGUST 2-6 | 5:30 PM to 8 PM  
ST. TIMOTHY'S**

### **Compassion Camp: What Every Living Thing Needs**

The Des Moines area Episcopal Churches are joining together to hold our summer Vacation Bible School. The theme for the week is "Compassion Camp: What Every Living Thing Needs." We'll invite kids to explore the elements all living things need to survive, incorporating Bible stories, crafts, music, and games. Dinner is provided for the children each night.

All students in Pre-K through 5th Grade (based on coming school year) are welcome! Those in 6th grade and up can serve as volunteers.

### **REGISTRATION IS OPEN!**

Registration fee is \$20 per child. Please let us know if the fee is a barrier. We want all children to be able to participate, regardless of financial situation.

For more info & to register, visit [sttimothyiowa.org/vacation-bible-school](http://sttimothyiowa.org/vacation-bible-school)

### **We'd also like your help with gathering supplies for VBS!**

Consider donating items on our supply list using the link above. Supplies can be dropped off in the Parish Hall, and monetary donations are also welcome! Donations can be made here: [sttimothyiowa.org/donate](http://sttimothyiowa.org/donate), choosing **VBS** from the drop-down menu.



*If you would like to donate for future altar flowers, contact the church office or click "Donate" on the church website.*