Our Vision: A world where people experience God’s love and are made whole.

Our Mission: To share the love of Jesus through compassion, inclusivity, creativity and learning.

The Fifth Sunday after Pentecost

9 July 2017

11 a.m. Choral Eucharist
Welcome to this sacred house of prayer for all people. Those who built this place and care for it love tradition and feel passionate about engaging with what is new. If you look closely you will find images of scientists, reformers, Jewish rabbis and Roman Catholic popes, political leaders, saints, and even an astronaut. We invite you to be part of this joyful community even if your visit is short. You might ask yourself two questions: “What do I need to receive? What do I have to give?” We would be delighted to hear about your explorations. May God bless you on your journey!

– The Very Rev. Dr. Malcolm Clemens Young, Dean of Grace Cathedral

Welcome to Grace Cathedral

about today’s readings

Zechariah 9:9-12; Psalm 145:8-15; Romans 7:15-25a; Matthew 11:16-19, 25-30

Reading texts can be found at the end of the service leaflet.

Thinking of God, we are faced with the difficulty of trying to understand timeless reality with the language of time. This is a paradox in itself, comprehensible only in the language of paradox, which is the language that binds together our readings for today.

With the children in the marketplace in Matthew’s gospel, we lament that God does not seem to be saying what we want to hear. We know what Paul means when he agonizes over his mind pointing him in one direction while his body walks the other way. And the way out? Zechariah’s conquering God is humble and gentle, prefiguring Jesus, a welcoming Savior powerful enough to give us rest yet gentle and humble in heart, who gives us the yoke of ease and the burden of lightness.

Paradox upon paradox — even love, our greatest metaphor for God. All the saints and sages of our tradition would agree with Violettta in Verdi’s “La Traviata” when she sings of love as croce e delizia: cross and delight. And Christ-denying Peter is the gatekeeper of Paradise.

May we have the grace and lightness of heart to take these seeming contradictions for what they are, guideposts rather than stumbling blocks. Where are your stumbling blocks? Try turning them into guideposts, and let the easy yoke of Christ lighten your load.

This reflection was written by Peter Grace, a member of the cathedral congregation since 2010 and a 2014 graduate of the Education for Ministry program. He is currently a co-facilitator of the Thursday Bible study and Sunday 4:30 p.m. book study groups.

highlights

From Ocean to Ocean: Romantic Music for the Reed Organ

Today • 4 p.m. • Indoor Labyrinth

Michael Hendron, Assistant Verger and president of the Reed Organ Society, will perform American and German repertoire on the reed organ, joined by tenor Kevin Baum. Suggested donation $10.

We want to hear from you

The deadline for the congregational survey is Monday, July 17. This year, our survey focuses on what membership in the cathedral means to you. If you did not receive the survey, take it at gracecathedral.org/congregationsurvey.

2017 Congregational Directory

Enrich our community by updating or adding your information in our 2017 Congregational Directory. Want or need a new photo? A staff photographer will snap your picture today or next Sunday. Thank you for taking a minute to update your information at gracecathedral.org/directory.

“On the Bride’s Side” (2014)

Sunday, July 16 • 3:30 p.m. • Wilsey

Join us for the first film in our Social Justice Film Festival. Italian activists bring Syrian and Palestinian refugees to safe asylum by posing as a wedding party.
The Holy Eucharist
The Fifth Sunday after Pentecost (proper 9) • 9 July 2017 • 11:00 am

Ask an usher about nursery care and Sunday school, hearing assistance devices, or large-print leaflets. Restrooms are located on the lower level corridor. Please silence any audible electronics and refrain from taking video or photos during the service.

**Voluntary**
Variations on “Pisgah”
David Hatt

**The Gathering**
The people stand as the procession enters.

**Introit**
Sung by the choir.
(Psalm 30:1-6; see p. 621 in the red BCP for text.)

**Hymn 302**
Sung by all, standing.

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1. Father, we thank thee who hast planted thy holy Name within our hearts.
2. Watch o’er thy Church, O Lord, in mercy, save it from evil, guard it still,

Knowledge and faith and life immortal Jesus thy Son to us imparts.
Perfect it in thy love, unite it, cleansed and conformed unto thy will.

Thou, Lord, didst make all for thy pleasure, didst give us food for all our days,
As grain, once scattered on the hill-sides, was in this broken bread made one,
giving in Christ the Bread eternal; thine is the power, be thine the praise.
So from all lands thy Church be gathered in to thy kingdom by thy Son.

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text: Greek, ca. 110; tr. F. Bland Tucker (1894-1984), rev.; music: melody and harm. att. Louis Bourgeois (1510?-1561?)

**Opening Acclamation**

Presider    Blessed be the one, holy and living God.
People      Glory to God for ever and ever.

**Gloria in excelsis**

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

Presider  May God be with you.
People     And also with you.

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.
All  Amen.

The Word of God

The First Reading

The people sit.

Reader  The Word of the Lord.
People  Thanks be to God.

Psalm 145: 8–15

I will exalt you O God my King, and bless your Name for ev-er and ev-er.

Choir  The Lord is gracious and full of compassion,*
slow to anger and of great kindness.
The Lord is loving to everyone* and his compassion is over all his works.
All your works praise you, O Lord,* and your faithful servants bless you.
They make known the glory of your kingdom* and speak of your power;
I will exalt you O God my King, and bless your Name for ever and ever.

That the peoples may know of your power* and the glorious splendor of your kingdom.
Your kingdom is an everlasting kingdom;* your dominion endures throughout all ages.
The Lord is faithful in all his words* and merciful in all his deeds.
The Lord upholds all those who fall;* he lifts up those who are bowed down.

I will exalt you O God my King, and bless your Name for ever and ever.

The Second Reading

Romans 7:15–25a

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

Sung by all, standing.

**Hymn (692a)**

I heard the voice of Jesus say, “Come unto me and rest;
I heard the voice of Jesus say, “Behold, I freely give
I heard the voice of Jesus say, “I am this dark world’s light;

and in your weariness lay down your head upon my breast.”

the living water; thirsty one, stoop down and drink, and live.”

look unto me, your morn shall rise, and all your day be bright.”

I came to Jesus as I was, so weary, worn and sad;
I came to Jesus, and I drank of that living stream;
I looked to Jesus, and I found in him my Star, my Sun;

I found in him a resting place, and he has made me glad.
my thirst was quenched, my soul revived, and now I live in him.
and in that light of life I’ll walk till pilgrim days are done.

*text: Horatius Bonar (1808-1889), alt.; music: English folk melody; adapt. and harm. Ralph Vaughan Williams (1872-1958)*

**The Holy Gospel**

Matthew 11:16-19, 25-30

The choir alone sings the first Alleluia, then the people join in.

Choir  The Word of God came and lived among us;

People  That we might become children of God.

All repeat the three Alleluias.

**Before the Gospel**

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

All  Glory to you, Lord Christ.

**After the Gospel**

The Gospel of the Lord.

All  Praise to you, Lord Christ.

**The Homily**

A period of silence may follow.

The people sit.

The Rev. Jude Harmon
Director of Innovative Ministries
The Nicene Creed

The people stand.

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

The Prayers of the People

After each petition Lord, hear our prayer. The presider adds a concluding collect.

The Confession of Sin

Deacon Let us confess our sins to God

All 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. The presider pronounces God’s absolution.

The Peace

Presider The peace of Christ be always with you.

All And also with you. All may greet each other in the name of Christ.

Welcome
The Holy Communion

Offertory Sentence
An offering will be received for the ministries of Grace Cathedral. Thank you for your generosity.

Anthem
Charles Macpherson

Choir
O be joyful in the Lord, all ye lands: serve the Lord with gladness, and come before his presence with a song. Be ye sure that the Lord he is God; it is he that hath made us and not we ourselves; we are his people and the sheep of his pasture. O go your way into his gates with thanksgiving, and into his courts with praise; be thankful unto him and speak good of his Name. For the Lord is gracious, his mercy is everlasting; and his truth endureth from generation to generation. Glory be to the Father and to the Son, and to the Holy Ghost; As it was in the beginning, is now and ever shall be, world without end. Amen. - Psalm 100

The people stand as representatives of the congregation bring the people's offerings of bread, wine, and money to be placed on the Altar.

The Great Thanksgiving

Presider, continuing
lifting our voices to magnify you as we sing:

Sanctus
Sung by all.

Presider, concluding
...Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honor and glory is yours, almighty Father, now and for ever.

All
A - MEN.
Presider  And now, as our Savior Christ has taught us, we are bold to pray,

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, forever and ever. Amen.

The Breaking of the Bread  The Bread is broken. Silence follows.

The choir alone sings the first Alleluia, then the people join in.

Al-le-lu-ia, Al-le-lu-ia, Al-le-lu-ia.

Choir  Christ our passover is sacrificed for us.

People  Therefore let us keep the feast.

All repeat the three Alleluias.

Invitation to Communion  The presider invites the people to come forward for Communion.

All who seek God and are drawn to Christ are welcome at God's table.

Gluten-free Communion wafers are available at the north altar rail; please ask the Communion minister.
For a variety of reasons, it is our custom to consume the Bread and sip the Wine directly from the cup.
You are invited to guide the cup with your hands. If you choose not to receive either the Bread or the Wine, simply cross your arms over your chest and respond "Amen" when it is presented.

Ministers are available for shared prayer for healing in the Chapel of Grace on the south (street) side of the Cathedral.

Agnus Dei  Wills

Choir  Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.

Motet  Ernest Bullock

Choir  O most merciful! O most bountiful! God, the Father Almighty! By the Redeemer's Sweet Intercession, Hear us! Hear, help us, when we cry.
**Postcommunion Prayer**

After all have received Communion, the people stand.

**Presider**

Let us pray.

**All**

Dear God, you come to us as gift—as a vulnerable child, a peace-making teacher, a crucified trouble-maker.

Thank you for this beleaguered and beautiful planet, for the gift of communion with all creation.

Help us to find ourselves in you, to discover your delight in us and to enter more deeply into your mystery.

Teach us the secret of your love which is increased and not diminished by sharing, so that we may find true freedom in giving ourselves away. Amen.

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**The Sending Forth**

**Hymn 423**

Sung by all, standing.

**St. Denio**

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**The Blessing and Dismissal**

The presider pronounces God’s blessing.

**All respond**

Amen.

**Deacon**

Go in peace to love and serve the Lord.

**All**

Thanks be to God.
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.

Romans 7:15-25

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!

Matthew 11:16-19, 25-30

Jesus said, “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.”
The cathedral is hosting a summer film series of compelling movies on contemporary issues, followed by light hospitality and lively discussion. Screenings take place on four movies on contemporary issues, followed by light hospitality and lively discussion. Screenings take place on four consecutive Sundays at 3:30 p.m. in Wilsey. Suggested donation $10.

Wall of Song
Tuesday, July 25 • 7:30 p.m. • Cathedral
The Wall of Song project invites people from all backgrounds—no matter their ability to carry a tune—to record themselves singing Leonard Cohen’s “Hallelujah.” The project's aim, in this time of division, is to build a wall that brings people together. Join us after Tuesday night yoga to add your voice to the project.

Veils and Vesper
Saturday, July 29 • 4 - 10 p.m. • Cathedral
Don't miss this mesmerizing electronic soundscape by Pulitzer Prize and GRAMMY-winning composer John Luther Adams. Visitors can come and go during the six-hour installation of this distinctive musical experience presented by SFJAZZ. Tickets, normally $35, are available to the Grace community for just $25 at sfjazz.org. Use promo code JLA25.

Bayview Mission Infant and Toddler Day
Monday, July 10 • 9 a.m. - 1 p.m. • 1547 Jerrold Ave
Join us in providing services, food, and supplies to families living in the Bayview-Hunters Point neighborhood. Learn more at gracecathedral.org/bayview.

Dinner with Grace
Tuesday, July 11 • 5:30 - 7:30 p.m. • Chapter House Kitchen
Wednesday, July 12 • 5:30 - 7:30 p.m. • 387 Ellis St.
Prepare and serve a meal for residents of the Mentone Hotel, an Episcopal Community Services supportive housing site in the Tenderloin. Sign up at gracecathedral.org/dwg.

Stop Hunger Now
Saturday, July 22 • 10 a.m. - 12 p.m. • Chapter House Dining Room
Help end world hunger at our second Stop Hunger Now event by packing meals or making a donation. A donation of $30 feeds 100 people. Register at gracecathedral.org/stophungernow.

Bayview Mission Summer Camp
Monday, July 31 - Friday, August 4
Help the children of Bayview-Hunters Point attend Bee Busy Summer Camp. Donate $50 to cover camp expenses for one child.
For more information, visit gracecathedral.org/bayview.

Holy Land Pilgrimage
May 18 - 29, 2018
Don't miss being part of the transformative journey of pilgrimage to the Land of the Holy One, led by the Rev. Canon Mark Stanger and Canon Iyad Qumri. For more information or to register, visit gracecathedral.org/retreats.

Women in Community
Saturday, July 22 • 4 - 6 p.m. • Private Home
Come join women in conversation and community at the home of Jennifer Edwardson. For questions or to RSVP, contact Joanne Compean at (415) 819-8003 or joannejcompean@gmail.com.

Senior Community Day
Thursday, July 27 • 9:30 a.m. - 2 p.m. • Chapter House Dining Room
Take part in Bible study, a guest speaker presentation, Holy Eucharist, catered lunch and other activities with your peers. Email the Rev. Canon Nina Pickerrell at ninap@gracecathedral.org.
**cathedral worship**

**Sundays**
- Nursery: 8 a.m.-1 p.m.
- Eucharist: 8:30 a.m.
- Sunday School: 10:45 a.m.
- Choral Eucharist: 11 a.m.
- Evening Eucharist: 6 p.m.

**Monday – Friday**
- Morning Prayer: 9 a.m.
- Holy Eucharist: 12:10 p.m.
- Evening Prayer: 5:15 p.m.

**Wednesdays**
- Contemporary: 6:30 p.m.

**Worship**

**Thursdays**
- Holy Eucharist: 7:30 a.m.
- Choral Evensong: 5:15 p.m.

**Saturdays**
- Morning Prayer: 9 a.m.
- Evening Prayer: 3 p.m.

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**AIDS Memorial Interfaith Chapel Closing for Renovations**

The AIDS Memorial Interfaith Chapel closes this week and will reopen in early fall. Keith Haring’s triptych altarpiece, “The Life of Christ” (1990), will be moved to the niche inside the Ghiberti doors for viewing during the closure.

Stay tuned for more information on our AIDS Quilts exhibit this fall and rededication of our chapel on World AIDS Day, December 1.

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**when we’re open**

**Cathedral:** Open daily 8 a.m. - 6 p.m. (Thursday open 7 a.m.) • **Peet’s Coffee Kiosk:** Monday – Friday 7:30 a.m. - 4 p.m. • Saturday - Sunday 8 a.m. - 4 p.m.

**Columbarium:** Sunday 9:30 - 10:30 a.m. and 12:30 - 1:30 p.m. • **Docents generally available:** Monday - Thursday 1 – 3 p.m. • Saturday 11:30 a.m. - 1:30 p.m. • Sunday after the 11 a.m. service (meet at the font).

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Get connected, stay connected

Follow us on Facebook (facebook.com/gracecathedralsf) and Twitter (@gracecathedralsf). Sign up for our weekly events email, Cathedral Highlights, or for congregation updates, at gracecathedralsf.org.

Listen to sermons and services online

The 11 a.m. Sunday Eucharist and 5:15 p.m. Thursday Evensong are posted on our website for a week after each service. Subscribe to the sermons through iTunes or listen: gracecathedralsf.org/listen

**Prayer Requests**

To request prayers of thanksgiving or intercession, email prayer@gracecathedralsf.org. Every day, our prayer team tends to the concerns of the community and remembers those who have died.

**Cathedral Clergy and Program Staff**

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