

BCP Eucharist

The Fourteenth Sunday After Pentecost

8:00am 29 August 2021

Welcome: The gospel reading today could be somewhat confusing. The disciples were criticised for not washing their hands before they ate their food. Jesus then defends them. Today all of us would have sterilised our hands as we entered the Cathedral. This has become a ritual for us whenever we enter a store or building. Did we sterilise our hands on the way in? Why were the disciples challenged? Why did Jesus defend them?

The ritual of hand washing in Jesus' era was not a quick squirt of disinfectant in passing. The washing of hands was a ritual that consumed a significant amount of time and had to be performed in a special sequence. The washing of hands was not a hygiene issue, but a religious one. This is why Jesus accused the people of honouring God with their lips while being much more concerned about human ritual.

Jesus draws a distinction between the cleanliness of the food we eat, and the cleanliness of the human heart. He states very clearly that food will not defile a person, but evil intentions and evil actions will. We must be much more careful of what we say and do, than that which we eat.

The Rev'd Adrian Stephens, Locum Dean

Celebrant

The Rev'd Canon Jenny Wilson

Preacher

The Rev'd Dr Lynn Arnold AO

St Peter's Cathedral strives to be a Christ-centred, sacramental, inclusive, thinking, mission-oriented, faith community.

The Cathedral resides on the lands of the Kaurua people whom we acknowledge as the original custodians of the Adelaide Region.

St Peter's
nurturing spirit and mind
CATHEDRAL

Please leave the post-it note on your seat as a marker for the cleaners.

A note on the wearing of face masks: Under current COVID restrictions, masks are mandatory in all indoor public places, including all places of worship. If you can wear a mask, you must wear a mask.

SA Health advises that there are circumstances where it might not be possible to wear a face mask, including where a person may have obstructed breathing, a serious skin condition of the face, an intellectual disability, or a mental health condition. Masks are also not required where “the nature of the work or education means that clear enunciation (ie speech) or visibility of their mouth is essential. This includes teachers, lecturers, broadcasters or call centre staff.”

When a person is consuming food, drink or medicine, their mask may be removed.

Please kneel/sit

Let us pray.

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. **Amen.**

Our Lord Jesus Christ said:

Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength.

This is the first commandment. And the second is like, namely this: Thou shalt love thy neighbour as thyself.

There is none other commandment greater than these. On these two commandments hang all the Law and the Prophets.

Lord, have mercy upon us, and incline our hearts to keep this law.

The Lord be with you. **And with thy spirit.**

The Collect

Cleanse our consciences, O Lord, and enlighten our hearts through the daily presence of your Son Jesus Christ, that when he comes in glory to be our judge we may be found undefiled and acceptable in his sight; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Please sit for the first reading: Song of Songs 2:8-13 (read by Alyson Morrison)

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 turtle-dove
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.

Hear the word of the Lord, **thanks be to God.**

Psalm 111

My heart is astir with fine phrases, I make my song for a king:
my tongue is the pen of a ready writer.
**You are the fairest of men, grace flows from your lips:
therefore has God blessed you for ever and ever.**
Your throne is the throne of God, it endures for ever:
and the sceptre of your kingdom is a righteous sceptre.
**You have loved righteousness and hated evil:
therefore God, your God, has anointed you
with the oil of gladness above your fellows.**
All your garments are fragrant with myrrh, aloes and cassia:
music from ivory palaces makes you glad.
**Kings' daughters are among your noble women:
the queen is at your right hand in gold of Ophir.**

Second reading: James 1:17-27 (read by Francis Brooks)

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.

Hear the word of the Lord, **thanks be to God.**

Please stand for the Gospel: Mark 7:1-8, 14-23

The Lord be with you

And with thy spirit

The Holy Gospel is written in the 7th Chapter of the Gospel according to Mark, beginning at the 1st verse.

Glory be to thee, O Lord

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, 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.'

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the

heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that defiles. 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.'

This is the Gospel of the Lord, **Praise be to thee, O Christ.**

Please remain standing for the Creed

I believe in one God, the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made:

Who for us, and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered death and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end. And I believe in the Holy Ghost, The Lord and giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe One Holy Catholick and Apostolick Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Please sit for the Sermon: The Rev'd Dr Lynn Arnold AO

Silence may follow, during which final preparations are done on the altar.

How to give to the Cathedral

- Envelopes and/or cash in the Donation Box provided.
- Direct Credit: BSB 305-122 Account Number 0256051 (Include your name as reference).
- Direct Debit, please contact the Cathedral Office on 8267 4551.
- Use the Tap & Go machine to make an instant \$10.00 donation (can be tapped more than once)

Please kneel/sit for the Intercessions

Almighty and everliving God, we are taught by your holy apostle to make prayers and supplications and to give thanks for all people: we ask you in your mercy to accept our alms and oblations and to receive our prayers which we offer to your divine majesty.

We pray that you will lead the nations of the world in the ways of righteousness and peace, and guide their rulers in wisdom and justice for the tranquility and good of all. Bless especially your servant Elizabeth our Queen, her representatives and ministers, her parliaments, and all who exercise authority in this land.

Grant that they may impartially administer justice, restrain wickedness and vice, and uphold integrity and truth.

We beseech you to inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy name may agree in the truth of your holy word, and live in unity and godly love.

Give grace, heavenly Father, to all bishops and other ministers especially Geoff our Archbishop, Denise, Tim and Chris our bishops, that, by their life and doctrine, they may set forth your true, life-giving word, and rightly and duly administer your holy sacraments. And to all your people give your heavenly grace, and especially to this congregation here present, that they may receive your word with meek hearts and due reverence and serve you in holiness and righteousness all the days of their life.

We ask you of your goodness, Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

We also bless your holy name for all your servants who have died in the faith of Christ. Give us grace to follow their good examples, that with them we may be partakers of your heavenly kingdom.

Grant this, Father, for Jesus Christ's sake, our only mediator and advocate. **Amen.**

The Priest then turns to the people and says:

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways; Draw near with faith, and take this Holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

The General Confession

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all: We acknowledge and bewail our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty, Provoking most justly thy wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings; The remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us, Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.

The Absolution

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him; Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Comfortable words

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him. Come unto me all that travail and are heavy laden, and I will refresh you.

– *St Matthew 11:28*

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

– *St John 3:16*

Hear also what Saint Paul saith:

This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners.

– *1 Timothy 1:15*

Hear also what Saint John saith:

If anyone sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

– *1 St John 2:1*

Let us pray: *The Prayer of Humble Access*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

The Preface and Sanctus

The Lord be with you; **And with thy spirit.**

Lift up your hearts; **We lift them up unto the Lord.**

Let us give thanks unto our Lord God; **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory: Glory be to thee, O Lord most High.

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

The Prayer of Consecration

All glory be to thee, Almighty God, our heavenly Father, for that thou of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction for the sins of the whole world; and did institute, and in his Holy Gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee, and with thy Holy and Life-giving Spirit vouchsafe to bless and sanctify both us and these thy gifts of Bread and Wine, that they may be unto us the Body and Blood of thy Son, our Saviour, Jesus Christ, to the end that we, receiving the same, may be strengthened both in body and soul.

Who, in the same night that he was betrayed, took Bread; and when he had given thanks, he brake it, and gave it to his disciples, saying,

Take, eat, this is my body which is given for you: do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying,

Drink ye all of this, for this is my blood of the new covenant, which is shed for you and for many for the remission of sins: do this, as oft as ye shall drink it, in remembrance of me.

The Prayer of Oblation

Wherefore, O Lord and heavenly Father, we thy humble servants, having in remembrance the precious death and passion of thy dear Son, his mighty resurrection and glorious ascension, according to his holy institution, entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and lively sacrifice unto thee; humbly beseeching thee, that all we, who are partakers of this Holy Communion, may be fulfilled with thy grace and heavenly benediction.

And although we be unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences,

Through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father Almighty, world without end.

Amen.

The Lord's Prayer

As our Saviour Christ hath commanded and taught us we are bold to say:

Our Father which art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever. Amen.

The peace of the Lord be always with you
And with thy spirit.

Agnus Dei

**O Lamb of God that takest away the sins of the world; have mercy upon us.
O Lamb of God that takest away the sins of the world; have mercy upon us.
O Lamb of God that takest away the sins of the world; grant us thy peace.**

Behold the Lamb of God; behold him that taketh away the sin of the world.

Baptised and communicant Christians of all denominations are welcome to receive Holy Communion. Communion will be administered at the nave platform in one kind (bread) only.

Please keep your face mask on as you line up.

Please follow the guidance of stewards and servers. If you do not wish to receive Holy Communion, you may like to come forward and receive a blessing (simply bow your head as a signal). Gluten free bread is available; please ask for this from the priest giving communion.

The Thanksgiving

Having now by faith received the precious Body and Blood of Christ, let us give thanks unto our Lord God.

Almighty and everliving God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son.

And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

Please stand for the Gloria in Excelsis

Glory be to God on high, and in earth peace, good will towards all. 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 Jesu 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, 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.

Please remain standing for the Blessing

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Please remain standing as the Clergy depart

FOR YOUR PRAYERS

Prayers for Afghanistan: for the people of Afghanistan; for the 36,000 veterans who have been deployed to Afghanistan over the last 20 years and their families; for the safety of our ADF members currently deployed/deploying to evacuate Australian and Afghan citizens; for wisdom for Government and Defence leaders. (*Prayer points from The Bishop to the Defence Force, Grant Dibden, who as an officer in the ADF was deployed to Afghanistan*)

A prayer for all affected by coronavirus: Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

International	Day of Prayer for Refugees (General Synod 2001) Province of the Episcopal Church of South Sudan Primate Abp Justin Badi Arama
National	Theological Colleges and Religious Communities
South Australia	
<i>Diocese of Adelaide</i>	St Columba College: Principal Leanne Carr, Chaplain Jo Smith (David)
<i>Diocese of Willochra</i>	Willochra Home for the Aged at Crystal Brook: Clinical Manager Leonie Gibbons, Board, Staff and Residents; Camp Willochra, Melrose: Jerrell and Jayne Alexander
<i>Diocese of The Murray</i>	Retired clergy and widows
Immediate Prayer	Pauline Van Buren, Cricket Fox, Diana Singh, Max Lennard, Peter Garland, Natalia, Chris, Rosalie Shaw, Henry Nicholls, Alan Smith, Peter Kelly, Margaret Brown, Philip Satchell, Brother Daniel SSF

Thank You for Blessings Received Fr Peter Kurti

Long Term Prayer Cynthia Thomas, Nicholas Tipping, Bridie Maxwell, Meredith Chesterman, Edna Allison, Heather Scott, Mary Halczuk, Bob, John Pearse, Ossy Grotto, Richard Haselgrove, Liz Johnson, Anne Hogben

Rest in Peace Gaylia Palenchus

Year's Mind
29th Andre Rudolph
31st Doris Elvira Hopton, Shirley Anne Neale
1st Ethel May Round
3rd Don Winter, Arpat Bin Ain, Colin Byrne, Gayle Atherton, Michelle So-ares
4th Samuel Adams Coombe George, Dudley Lewis Wickes, Benjamin Raymond Jones

COMMUNITY NOTICES

New to the Cathedral? Connect with us using the green Connect card or online <http://www.stpeters-cathedral.org.au/connect-with-us/>

Name Badges: Order a Cathedral name badge from Pam Saint on 0419 031 871 or Cathedral Office 8267 4551. \$20 each.

Cathedral Opening Hours: The Cathedral is open for visiting and private prayer on Mondays from 11am-1pm, and Tuesday-Friday from 11am-3pm.

Sunday Night with Lynn Arnold: 7pm on 1079Life. Tonight, Lynn's guest will be The Rev'd Canon Jenny Wilson, discussing creation care in the lead up to the Season of Creation in September.

Pastoral Carers: The next meeting of the Pastoral Care Team will be held on Wednesday 1 September 2021 at 2pm in the CP Hall. If you would like any changes to the long-term prayer list (printed in this service book), please contact the Cathedral Office.

September Creation Study 2021: On Mondays in the month of September, Jenny Wilson and Lynn Arnold will each lead a study on "Creation and the Cross" by Elizabeth J. Johnson. This book engages in a conversation about a central Christian belief in a God who saves, and how this belief affects life and practice at our crucial ecological juncture. There is no need to purchase the book, as all materials will be supplied. The 10am group will be led by Jenny in the CP Hall, with the 7pm group led by Lynn in the John Dunn Room. Both groups commence on Monday 6 September for 4 weeks. Registrations are essential so we can keep our numbers COVID-safe. To register, please email events@stpeters-cathedral.org.au or call the Cathedral Office on 8267 4551.

THIS WEEK IN THE CATHEDRAL

SUNDAY 29TH AUGUST 2021

Pentecost 14

8:00am Holy Communion (BCP)

Preacher: The Rev'd Dr Lynn Arnold AO

10:30am Choral Eucharist

Preacher: The Rev'd Dr Lynn Arnold AO

6:00pm Choral Evensong

Guest Speaker: Meagan Schwarz

Anglican Board of Mission

WEEKDAYS

7:30am Eucharist

(Lady Chapel)

8:45am Morning Prayer

(Dean's Chapel)

WEDNESDAY

10:00am Holy Communion (BCP)

(Nave Altar)

SATURDAY 4TH SEPTEMBER 2021

7.30pm Taizé Healing Service

(1st Saturday of the month)

SUNDAY 5TH SEPTEMBER 2021

Pentecost 15

8:00am Holy Communion (BCP)

Preacher: The Rev'd Canon Jenny Wilson

10:30am Choral Eucharist

Preacher: The Rev'd Canon Jenny Wilson

6:00pm Choral Evensong

Preacher: The Rev'd Dr Lynn Arnold AO



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Monday to Friday

Clergy

The Rev'd Adrian Stephens

Locum Dean

The Rev'd Canon Jenny Wilson

Canon Precentor

The Rev'd Peter Jin

Assistant Priest

The Rev'd Dr Lynn Arnold AO

Honorary Assistant Priest

The Rev'd Joan Claring-Bould

Honorary Assistant Priest

Cathedral Office

Kate Palmrose

Cathedral Administrator

Rachel Bruerville

Administration Assistant

Music Department

Anthony Hunt, *Director of Music*

David Heah, *Cathedral Organist*

Cathedral Wardens

Kevin Stracey, *Dean's Warden*

Reuben Jacob, *People's Warden*