

*Before the service, talk to God. During the service, let God talk to you.  
After the service, talk to one another.*

**St. Matthew's Episcopal Cathedral  
Laramie, Wyoming**

*In Christ we grow in faith, respond through action, and  
embrace all people.*

**The Sixteenth Sunday after Pentecost  
September 12, 2021**

**Prelude** **Valentina Gavrilova**

**Processional** "Lift high the cross" **Hymnal 473**

Officiant Blessed be God: Father, Son, and Holy Spirit.  
**People** **And blessed be God's kingdom, now and for ever. Amen.**

**To you all hearts are open,  
To you all desires known,  
To you there are no secrets,  
Almighty God we come to you**

**Gloria** **Hymnal S-280**  
**Glory to God in the highest, and peace to God's 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**  
Officiant The Lord be with you.  
**People** **And also with you.**  
Officiant Let us pray.

O God, because without you we are not able to please you, mercifully grant  
that your Holy Spirit may in all things direct and rule our hearts; through  
Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one  
God, now and for ever. **Amen.**

**The First Lesson - Isaiah 50:4-9a**  
The Lord GOD has given me the tongue of a teacher, that I may know how to  
sustain the weary with a word. Morning by morning he awakens-- awakens my  
ear to listen as those who are taught. The Lord GOD has opened my ear,  
and I was not rebellious, I did not turn backward. I gave my back to those  
who struck me, and my cheeks to those who pulled out the beard; I did not  
hide my face from insult and spitting. The Lord GOD helps me; therefore I  
have not been disgraced; therefore I have set my face like flint, and I know  
that I shall not be put to shame; he who vindicates me is near. Who will  
contend with me? Let us stand up together. Who are my adversaries? Let  
them confront me. It is the Lord GOD who helps me; who will declare me  
guilty.

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

**Psalm 116:1-8**  
I love the Lord, because he has heard the voice of my  
supplication, \*  
**because he has inclined his ear to me whenever I  
called upon him.**  
The cords of death entangled me; the grip of the grave took  
hold of me; \*  
**I came to grief and sorrow.**  
Then I called upon the Name of the Lord: \*  
**"O Lord, I pray you, save my life."**  
Gracious is the Lord and righteous; \*  
**our God is full of compassion.**  
The Lord watches over the innocent; \*  
**I was brought very low, and he helped me.**  
Turn again to your rest, O my soul, \*  
**for the Lord has treated you well.**  
For you have rescued my life from death, \*  
**my eyes from tears, and my feet from stumbling.**  
I will walk in the presence of the Lord \*  
**in the land of the living.**

**The Second Lesson – James 3:1-12**  
Not many of you should become teachers, my brothers  
and sisters, for you know that we who teach will be judged with  
greater strictness. For all of us make many mistakes. Anyone  
who makes no mistakes in speaking is perfect, able to keep the  
whole body in check with a bridle. If we put bits into the mouths of  
horses to make them obey us, we guide their whole bodies. Or  
look at ships: though they are so large that it takes strong winds  
to drive them, yet they are guided by a very small rudder  
wherever the will of the pilot directs. So also the tongue is a small  
member, yet it boasts of great exploits. How great a forest is set  
ablaze by a small fire! And the tongue is a fire. The tongue is  
placed among our members as a world of iniquity; it stains the  
whole body, sets on fire the cycle of nature, and is itself set on  
fire by hell. For every species of beast and bird, of reptile and sea  
creature, can be tamed and has been tamed by the human  
species, but no one can tame the tongue-- a restless evil, full of  
deadly poison. With it we bless the Lord and Father, and with it  
we curse those who are made in the likeness of God. From the  
same mouth come blessing and cursing. My brothers and sisters,  
this ought not to be so. Does a spring pour forth from the same  
opening both fresh and brackish water? Can a fig tree, my  
brothers and sisters, yield olives, or a grapevine figs? No more  
can salt water yield fresh.

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

**Sequence Hymn** "Hail to the Lord Anointed" **Hymnal 616**

**The Holy Gospel**

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

**Mark 8:27-38**  
Jesus went on with his disciples to the villages of  
Caesarea Philippi; and on the way he asked his disciples, "Who  
do people say that I am?" And they answered him, "John the  
Baptist; and others, Elijah; and still others, one of the prophets."  
He asked them, "But who do you say that I am?" Peter  
answered him, "You are the Messiah." And he sternly ordered  
them not to tell anyone about him. Then he began to teach them  
that the Son of Man must undergo great suffering, and be  
rejected by the elders, the chief priests, and the scribes, and be  
killed, and after three days rise again. He said all this quite  
openly. And Peter took him aside and began to rebuke him. But  
turning and looking at his disciples, he rebuked Peter and said,  
"Get behind me, Satan! For you are setting your mind not on  
divine things but on human things." He called the crowd with his  
disciples, and said to them, "If any want to become my  
followers, let them deny themselves and take up their cross and  
follow me. For those who want to save their life will lose it, and  
those who lose their life for my sake, and for the sake of the  
gospel, will save it. For what will it profit them to gain the whole  
world and forfeit their life? Indeed, what can they give in return  
for their life? Those who are ashamed of me and of my words in  
this adulterous and sinful generation, of them the Son of Man  
will also be ashamed when he comes in the glory of his Father  
with the holy angels.

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

**Sermon** **The Rev. Jess Smith**

**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 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.**

## Prayers of the People

Almighty God, you spoke, and your words brought endless worlds into existence.

Remind us that our words and our lives matter. May our words and actions partner with each other in your holy purpose. **Silence.**

Empower the body of Christ to speak your truth to the world. Let our words and our actions be both simple and powerful, kind, and gentle. Bless our leadership with language to encourage your people to deepen their relationship with you. **Silence.**

Speak peace to the hearts of the world's leaders. Let their words and actions be those of integrity. Bless the children of all ages and all nations with a future that reflects your justice and loving-kindness. Give your people the courage to speak up for those who have no voice in this world. **Silence.**

Whisper words of hope and healing to the hearts of those who are ill or anxious and struggle with themselves for with their families. We pray for wholeness for \_\_\_\_\_. **Silence.**

We pray for those who have recently been called home and pray for those who mourn their loss. When words fall short, let your presence reflect your love for them in their grief. **Silence.**

May the words of our mouths and the medications of our hearts always be acceptable to you O Lord, our strength and our redeemer. **Amen.**

*The Celebrant adds a concluding Collect*

## The Confession of Sin

BCP 360

Officiant: 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.**

Officiant: 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** *All stand*

## The Holy Communion

Offertory Hymn

“Come thou fount”

Hymnal 686

Presentation Hymn

**Praise God, from whom all blessings flow  
Praise God, all creatures here below  
Praise God above, ye heavenly host  
Creator, Christ, and Holy Ghost**

***This is the Lord's table where ALL are welcome.***

*If you would prefer to receive a blessing rather than communion, please come forward and cross your arms over your chest.*

## The Holy Communion

## Eucharistic Prayer B

Celebrant: The Lord be with you.  
**People And also with you.**  
Celebrant Lift up your hearts.  
**People We lift them to the Lord.**  
Celebrant Let us give thanks to the Lord our God.  
**People It is right to give him 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. In fulfillment of his true promise, the Holy Spirit came down from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations. 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:

**Celebrant and People**

**Hymnal S130**

**Holy, holy, holy Lord, God of power and might,  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of, full of your glory.  
Hosanna in the highest.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.  
Hosanna in the highest.**

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,  
**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant.

Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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.**

And now as our Savior Christ has taught us, we are bold to say,

**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

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

This is the table, not of the Church, but of the Lord. It is made ready for those who love him and for those who want to love him. Come, all who have much faith, and those who have little, those who have been here often and those who have not been here long, those who have tried to follow and those who have failed. Come, because it is the Lord who invites us. It is God's will that those who desire God should meet God.

## Post Communion Prayer

Celebrant Let us pray.

**Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

## Blessing

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

Recessional Hymn

“Glorious things of thee”

Hymnal 523

The Dismissal

Postlude

Valentina Gavrilova