



# TRINITY

EPISCOPAL CATHEDRAL  
A house of prayer for all people

The Holy Eucharist, Rite II  
July 14 at 10:30 a.m.  
Eighth Sunday after Pentecost

**Welcome.** *If you are a visitor, we are grateful that you have joined us and hope that you find space here to come close to God. We welcome all who seek the Holy, no matter your background. At Trinity Episcopal Cathedral, we pray, celebrate, and share our gifts with each other, our neighbors, and our community, as we serve God and represent the Episcopal Diocese of Arkansas. We'd love to connect with you about how to make this church your home. To do so, please fill out one of the pew cards in front of you and drop it in the offertory plate.*

**Infants and Toddlers:** *We offer a Nursery for infants and toddlers up to 4 years old. The Bell Tower is also available if you need a quiet place to take your baby during the service (a speaker allows you to hear the service). Ask an usher or greeter for directions to either location.*

*If you would like to know about the Cathedral building and its history, a docent-led tour is available following the service. The tour starts in the baptistry at the back of the church.*

**The service is found in the black Book of Common Prayer (BCP). Hymns are found in the red hymnal.**

<b>PRELUDE</b>	COME, THOU FOUNT OF EVERY BLESSING	<i>Donald Busarow</i>
<b>PROCESSIONAL HYMN 436</b>	LIFT UP YOUR HEADS, YE MIGHTY GATES	<i>Truro</i>

## THE WORD OF GOD

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.

*People* **And blessed be his kingdom, now and for ever.**

*Celebrant* 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 S-280**

## THE COLLECT OF THE DAY

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*The people sit.*

## THE FIRST READING

2 SAMUEL 6:1-5, 12B-19

**D**avid again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet.

As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart.

They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

The earth is the LORD'S and all that is in it, \*  
the world and all who dwell therein.

For it is he who founded it upon the seas \*  
and made it firm upon the rivers of the deep.

“Who can ascend the hill of the LORD? \*  
and who can stand in his holy place?”

“Those who have clean hands and a pure heart, \*  
who have not pledged themselves to falsehood,  
nor sworn by what is a fraud.

They shall receive a blessing from the LORD \*  
and a just reward from the God of their salvation.”

Such is the generation of those who seek him, \*  
of those who seek your face, O God of Jacob.

Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.

“Who is this King of glory?” \*  
“The LORD, strong and mighty,  
the LORD, mighty in battle.”

Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.

“Who is he, this King of glory?” \*  
“The LORD of hosts,  
he is the King of glory.”

**B**lessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

## HYMN 231

BY ALL YOUR SAINTS STILL STRIVING

*King's Lynn*

v. 2 All praise for John the Baptist,  
Forerunner of the Word,  
Our true Elijah, making  
A highway for the Lord.

The last and greatest prophet,  
He saw the dawning ray  
Of light that grows in splendor  
Until the perfect day.

## THE GOSPEL

MARK 6:14-19

*Deacon* The Holy Gospel of our Lord Jesus Christ according to Mark.

*People* **Glory to you, Lord Christ.**

**K**ing Herod heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's

wife.” And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, “Ask me for whatever you wish, and I will give it.” And he solemnly swore to her, “Whatever you ask me, I will give you, even half of my kingdom.” She went out and said to her mother, “What should I ask for?” She replied, “The head of John the baptizer.” Immediately she rushed back to the king and requested, “I want you to give me at once the head of John the Baptist on a platter.” The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John’s head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

*Deacon*  
*People*

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

## THE SERMON

## 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.**

*The Leader and People pray responsively*

Father, we pray for your holy Catholic Church;  
**That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;  
**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons;  
**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;  
**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;  
**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;  
**That they may be delivered from their distress.**

Give to the departed eternal rest.  
**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy;  
**May we also come to share in your heavenly kingdom.**

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

*Silence*

### CONFESSIOIN OF SIN

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

*Silence may be kept.*

*Minister and People*

**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.**

### THE PEACE

*Celebrant* The peace of the Lord be always with you.

*People* **And also with you.**

*Then all may greet one another in the name of the Lord.*

## THE HOLY COMMUNION

*During the Offertory Hymn, ushers collect an offering from the congregation. The congregation is invited to stand during the hymn.*



Make an Offertory Gift

**OFFERTORY HYMN 495**

HAIL, THOU ONCE DESPISED JESUS!

*In Babilone*

**THE GREAT THANKSGIVING, PRAYER B**

**BCP 361**

*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 unto the Lord our God.

*People* **It is right to give our thanks and praise.**

*Celebrant* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth...

...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** *sung by all*

**HYMNAL S-129**

*The people stand or kneel.*

*Celebrant* 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...

...Therefore, according to his command, O Father,

*Celebrant and People*

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, ...

...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 hath taught us, we are bold to say,

*People and Celebrant*

**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

*Silence is kept.*

## THE FRACTION ANTHEM *sung by all*

**HYMNAL S-163**

*Celebrant* The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

## THE ADMINISTRATION OF HOLY COMMUNION

*Ushers will assist in directing the flow of communicants. If you would prefer a blessing, simply cross your arms over your chest. Please let an usher know if you need Holy Communion brought to you.*

## MUSIC AT COMMUNION

*All are invited to sing the hymn.*

## HYMN 706

IN YOUR MERCY, LORD, YOU CALLED ME

*Halton Holgate*

## THE POSTCOMMUNION PRAYER

*Celebrant* Let us pray.

*Celebrant and People*

**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**

**HYMN 686**

COME, THOU FOUNT OF EVERY BLESSING

*Nettleton*

**THE DISMISSAL**

*Deacon* Go in peace to love and serve the Lord

*People* **Thanks be to God.**

**POSTLUDE**

HYMN TO JOY

*Albert Travis*

❧ ALTAR GIFTS ❧

TO THE GLORY OF GOD AND IN LOVING MEMORY OF  
CARLTON McMULLIN  
BY JANE McMULLIN

## LITURGICAL LEADERS

<i>Celebrant</i>	The Very Rev. Amy Dafler Meaux, <i>Dean and Rector</i>
<i>Preacher</i>	The Rev. Thomas Alexander, <i>Deacon</i>
<i>Assisting Clergy</i>	The Rev. Susan Payne, <i>Priest Associate</i>
<i>Lectors</i>	Myra Kinnebrew, Josie Felton
<i>Intercessor</i>	Alan Rackley
<i>Lay Eucharistic Ministers</i>	Christy Kalder, Otis Howe
<i>Acolytes</i>	Allison Tuite, Evie Tuite
<i>Music</i>	Bob Bidewell, <i>Organist</i> Alan Rackley, <i>Cantor</i> Trinity Cathedral Ringing Society
<i>Ushers</i>	Herschel Cast, Tom Fennell, Tommy Jameson, Kerry McCoy, Grady McCoy
<i>Docent</i>	Sarah Henry

## Events and Information

### **This week at and around the Cathedral**

Monday	8:30 am, Traditional Morning Prayer
Tuesday	8:30 am, Expansive Language Morning Prayer 12 pm, Centering Prayer with Contemplative Eucharist
Wednesday	9 am, Morning Prayer 5 pm, Trinity Ringing Society Practice
Thursday	8 am, Men's Breakfast 5:30 pm, Evening Prayer

### **Adult Formation**

#### *Studying the Gospel of Mark*

Sundays in July, 9:15 - 10:15 a.m.

Join the Rev. Thomas Alexander for a four-week study of the Gospel of Mark on Sunday mornings in the month of July. The Gospel of Mark features prominently in the Sunday morning lectionary this year, and this study will afford us a chance to linger with Mark a bit longer. We encourage participants to bring a Bible with them to each session. To learn more, contact the Rev. Thomas Alexander ([thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org)).

### **Party and “Purse” for The Rev. Canon Dr. Lisa Corry**

Hopefully you've seen the notice regarding The Reverend Canon Dr. Lisa Corry's new call to be the Rector of Grace Episcopal Church in Kirkwood. We will have a party for her following the 10:30 a.m. service on July 28, her last Sunday.

For those who'd like to participate in her “purse” (a traditional financial thank offering to departing clergy for her ministry), leave a check in the offering plate with “Purse for Lisa” in the offering or visit <https://www.trinitylittlerock.org/give>.

### **Education for Ministry**

Are you looking for an opportunity to deepen your understanding of the Bible and personal spirituality in a small-group seminar? Education for Ministry (EfM) groups provide a structured format for weekly study and practice in a small group. EfM groups meet weekly to pray, discuss, and reflect together to deepen our understanding of God and how to manifest Christ's love.

Classes will start September 15 with openings for all levels. Please contact Greg Albert at [albertgw@gmail.com](mailto:albertgw@gmail.com) or Missy McCain at [mccainmissy@gmail.com](mailto:mccainmissy@gmail.com) if you are interested in learning more.

## Help Wanted

**Celebration Committee!** If you are interested in serving on a committee that helps plan, assists with preparations and hosts events like receptions, picnics, luncheons, dinners and other gatherings held at the Cathedral please contact Missy McCain at [missy@trinitylittlerock.org](mailto:missy@trinitylittlerock.org) or 501-588-3657

**Wedding Guild.** We are also looking for parishioners that would like to join the Wedding Guild. These members help get the church and the bride and groom ready for their wedding! Contact Missy McCain [missy@trinitylittlerock.org](mailto:missy@trinitylittlerock.org) or 501-588-3657 with questions

## RibFest is Coming

RibFest is a community event and rib-cooking competition with proceeds benefiting the ministries of St. Margaret's Episcopal Church. RibFest will be held Saturday, September 21st, 2024 from 4:00-7:00 pm . on the grounds of St. Margaret's 20900 Chenal Parkway in Little Rock.

RibFest plans include:

- 6-12 Cooking Teams, each with a booth or tent for serving their ribs
- Open judging: all persons with a ticket will have the opportunity to sample ribs and vote for their favorites
- A trophy and “bragging rights” for the top cooking team
- Live music
- Local craft vendors
- Advance admission \$30 for adults, \$15 for children ages 6-12.

Organizers are seeking Cooking Teams. To learn how visit <http://www.stmargaretschurch.org/explore/ribfest.html>

