



A Service for the Young
and the Young at Heart

THE EIGHTEENTH SUNDAY AFTER PENTECOST

1 OCTOBER 2023 AT 9:15 AM
The Cathedral of the Incarnation
Garden City, New York

Welcome to *Cathedral for Kids* - *A Mass for the Young and Young at Heart*

Everyone is welcome in God's house and we are glad you're here! In the Episcopal Church, we pray using our whole bodies - our minds, our voices, our hands, and our feet. Here are few of the ways we pray together:

- ***When we sit, we listen with our ears and our hearts.*** Sitting helps us be comfortable so we are ready to receive God's Word and hear what God is speaking to our hearts in prayer.
- ***We also stand when we join our voices together in song.*** Few things make a community feel more welcoming than singing, and we invite you to participate fully in this Mass. Besides, singing together is fun!
- ***When we hear the names of the Father, Son, and Holy Spirit, we make the sign of the cross.*** We touch our foreheads, our chest, our left shoulder, and our right shoulder, making the sign of the cross on our bodies. Look for the + in your bulletin indicating when you can make the sign of the cross!
- ***We love our neighbor*** by washing our hands, and keeping a safe distance.

In the Church Calendar, we are in the great, green, growing Sundays after Pentecost. Everywhere you look, you will see green! In this season, we are learning what it means to be Christians - people who have the Holy Spirit living with us always.

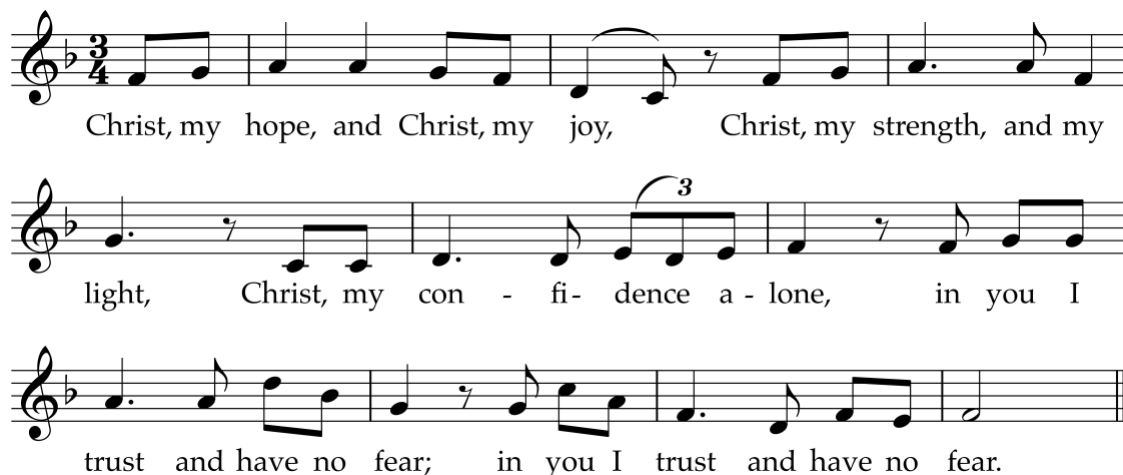
If you are new to the Cathedral and would like to know more about our programs and services, please look for the Welcome Table at the back of the Church, ask one of our members, or email us anytime at cathedral@incarnationgc.org.

GATHERING MUSIC

*After a brief welcome, we begin our worship time together
by joining our voices in several short refrains.*

CHRIST, MY HOPE (please remain seated)

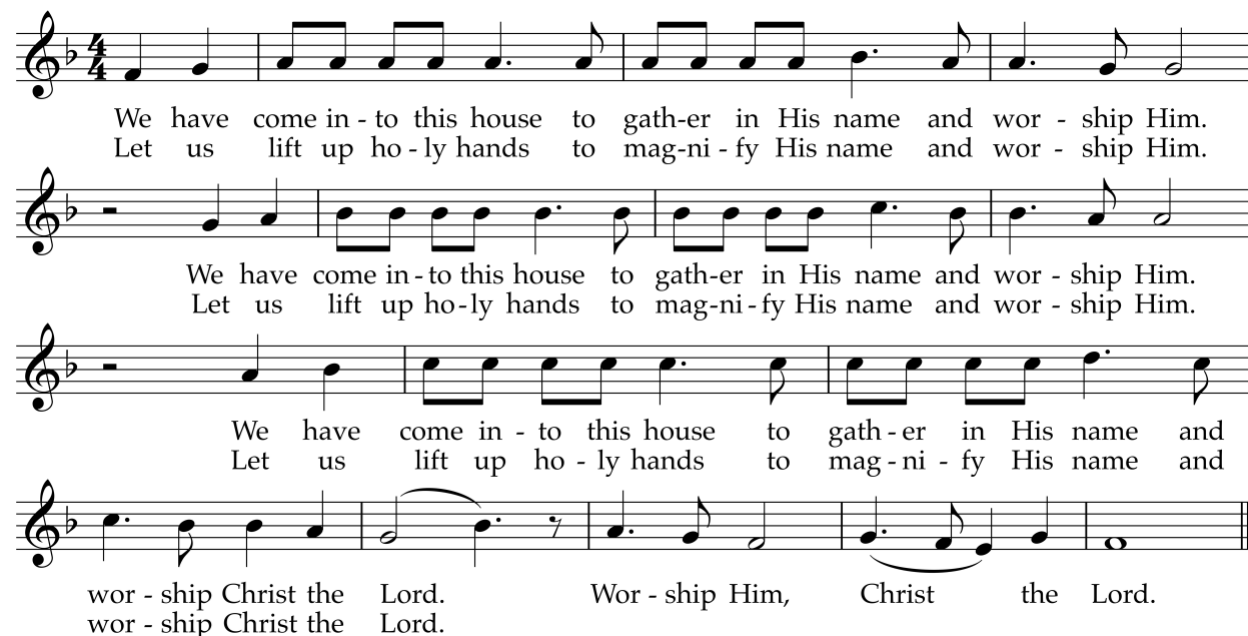
Taizé



Christ, my hope, and Christ, my joy, Christ, my strength, and my
light, Christ, my con - fi - dence a - lone, in you I
trust and have no fear; in you I trust and have no fear.

WE HAVE COME INTO THIS HOUSE (please stand)

Bruce Ballinger



We have come in - to this house to gath - er in His name and wor - ship Him.
Let us lift up ho - ly hands to mag - ni - fy His name and wor - ship Him.
We have come in - to this house to gath - er in His name and wor - ship Him.
Let us lift up ho - ly hands to mag - ni - fy His name and wor - ship Him.
We have come in - to this house to gath - er in His name and
Let us lift up ho - ly hands to mag - ni - fy His name and
wor - ship Christ the Lord. Wor - ship Him, Christ the Lord.
wor - ship Christ the Lord.

WELCOME AND ACCLAMATION

Presider + Blessed be God: Father, Son, and Holy Spirit.

People And blessed be God's kingdom, now and forever. Amen.

COLLECT OF THE DAY

Presider The Lord be with you

People **And also with you.**

Presider Let us pray.

O God, you declare your almighty power chiefly in showing mercy and pity: Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

After the Collect, all sit for the reading

PROCLAIM AND RESPOND TO THE WORD OF GOD

THE FIRST READING

EZEKIEL 14:29B-32

The word of the LORD came to me: O house of Israel, are my ways unfair? Is it not your ways that are unfair? Therefore I will judge you, O house of Israel, all of you according to your ways, says the Lord GOD. Repent and turn from all your transgressions; otherwise iniquity will be your ruin. Cast away from you all the transgressions that you have committed against me, and get yourselves a new heart and a new spirit! Why will you die, O house of Israel? For I have no pleasure in the death of anyone, says the Lord GOD. Turn, then, and live.

The Word of the Lord.

People **Thanks be to God.**

GOSPEL ACCLAMATION *(all stand and sing the refrain)*

Caribbean Alleluia

All young people are invited to the front to hear the Word of God and to sit on the story rugs for the Sermon.



THE HOLY GOSPEL

Matthew 21: 23-28

Deacon The Holy Gospel of Our Lord Jesus Christ According to Matthew.
People **Glory to you, Lord Christ.**

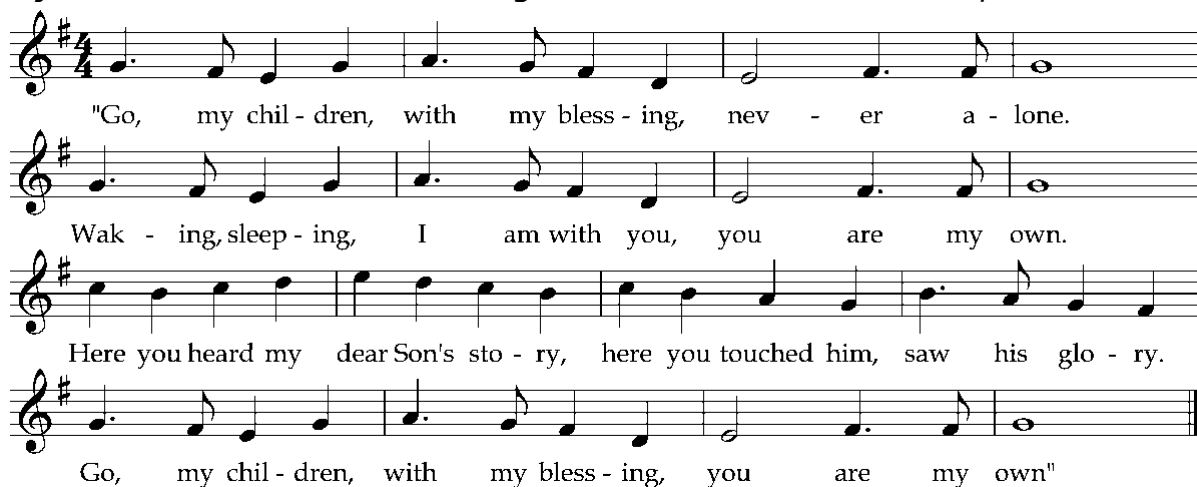
When Jesus entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, "By what authority are you doing these things, and who gave you this authority?" Jesus said to them, "I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?" And they argued with one another, "If we say, 'From heaven,' he will say to us, 'Why then did you not believe him?' But if we say, 'Of human origin,' we are afraid of the crowd; for all regard John as a prophet." So they answered Jesus, "We do not know." And he said to them, "Neither will I tell you by what authority I am doing these things.

The Gospel of the Lord.

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

THE SERMON (*please be seated*)

After the Sermon, we stand to sing as the children return to their places.



"Go, my chil - dren, with my bless - ing, nev - er a - lone.
Wak - ing, sleep - ing, I am with you, you are my own.
Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.
Go, my chil - dren, with my bless - ing, you are my own"

WE PRAY FOR THE WORLD AND THE CHURCH Fred Rogers, 1992

Deacon We offer our prayers for the Church and for the world.

At the end of each prayer, offer your own prayers silently to God.

Dear God, please inspire our hearts to come ever closer to You. We pray for those people who know us and accept us as we are. Those people who encourage us to see what's really fine in life.

We pray for all the people of Your world, our sisters and brothers whose names we may not know but whose lives are ultimately precious in Your sight. With all our hearts, we pray for all Your children everywhere - yes, everywhere.

And finally we offer our strengths and our weaknesses, our joys and our sorrows to Your never-ending care. Help us to remember all through our lives that we never need to do difficult things alone, that Your presence is simply for the asking and our ultimate future is assured by Your unselfish love.

In our deepest gratitude we offer this prayer. **Amen.**

CONFESSION AND ABSOLUTION

Stand or kneel as you are able

Deacon We pray also to you for forgiveness of our sins.

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 hearts. We have not loved our neighbors as ourselves. We are truly sorry and 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.**

Presider 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.**

PREPARE THE TABLE

Please be seated as we sing the Offertory Hymn. When the ushers come to your seat please place your offering in the basket. Today's offering supports the ministries of the Cathedral of the Incarnation.

OFFERTORY HYMN: PAGE 11 OF THIS PROGRAM

THE GREAT THANKSGIVING

Presider The Lord be with you.

People **And also with you.**

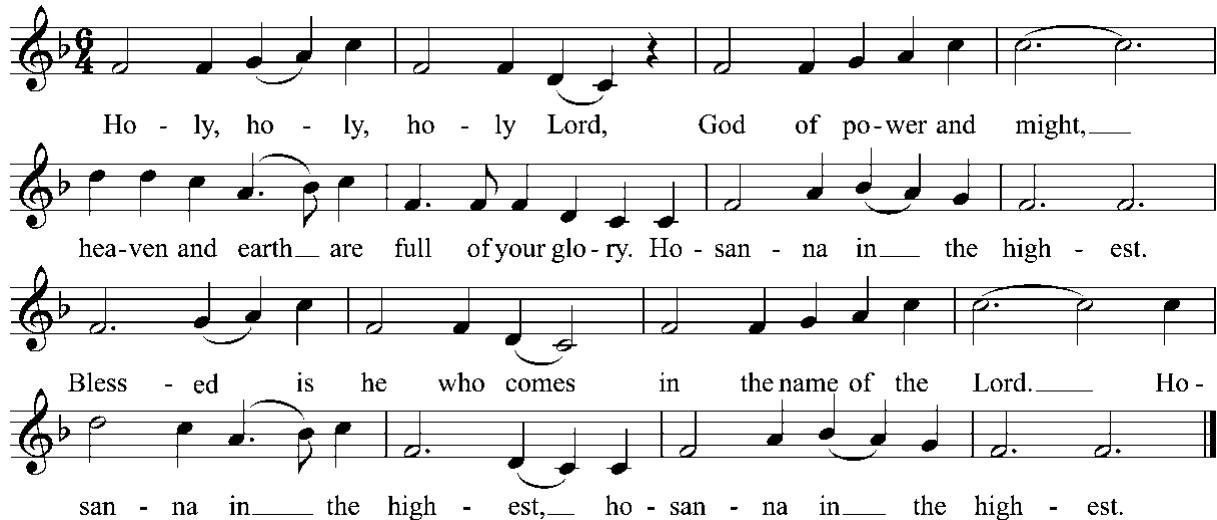
Presider Lift up your hearts.

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.**

Presider It is a right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. 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. And so we join the saints and angels in proclaiming your glory, as we sing:



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:

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

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. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. + And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

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 forever. **Amen.**

THE LORD'S PRAYER

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

People **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.**

BREAK THE BREAD

The Presider breaks the bread.

Presider Christ our Passover is sacrificed for us.

People **Therefore let us keep the feast. Alleluia.**

Presider 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 thanksgiving.

SHARE THE GIFTS OF GOD

All baptized persons are invited to receive Holy Communion in the cathedral. Members of other Christian traditions who receive Communion in their own churches are invited to share in the Body and Blood of Christ. Persons who do not wish to receive Communion may come forward and receive a blessing. If you would like to receive gluten-free Eucharist, please tell the priest when you come forward.

COMMUNION MOTET: *Praise to God*

Praise to God who rules the earth and heaven above. I will sing his praise forever; give him glory, power and praise. Sing praises, he is our strength and refuge; sing his praise for evermore.

ANNOUNCEMENTS *(please remain seated)*

POST COMMUNION PRAYER *(please stand)*

Presider Let us pray.

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.

HYMN OF PRAISE



God be with you till we meet a-gain; by wise coun - sels guide, up - hold you,
with the sheep se - cure - ly fold you: God be with you till we meet a-gain.

BLESSING & EXCHANGE OF PEACE

Presider The blessing of God Almighty, + Father, Son, and Holy Spirit be with you now and forever more.

People **Amen.**

The peace of the Lord be always with you.

People **And also with you.**

Greet those around you in the name of the Lord. All are invited to Fellowship in Faith, an intergenerational formation and fellowship hour held in the Mercer School of Theology immediately following service.

The Cathedral Choristers return again today and will normally sing two or three times per month. We have welcomed twelve new singers into our program, and they will gradually join the older choristers over the coming months.

Altar flowers for this Sunday are given in loving memory of our parents Fran and Dan Siegmann by their daughters Ruth and Lorraine, and also in loving memory of our Episcopets Tivio, Champy, Sporty, Candy, Penny, Taffy and Impy by their owners Ruth and Lorraine.

Announcements

Choral Evensong: Creation Care – Today, October 1 at 4pm. Join us for this special service of readings, hymns and music sung by the Cathedral Choir. Evensong will be preceded by a walk on the campus exploring the great variety of trees present, led by Dr. Eric Morgan, Professor of Biology at SUNY Farmingdale, and one of our choir parents. This walk will begin at 3pm at the South Door of the Cathedral.

Blessing of the Animals and Paw-Tober Fest – Saturday, October 14. We will hold our first-ever online Blessing of the Animals at 2pm. Please register via the QR code below to receive the Zoom link before the event. Our in-person Blessing of the Animals service will take place preceded by Paw-Toberfest on the Cathedral grounds. Please check the eNews for full details of the event. We look forward to seeing you on the 14th!

The Grief Support Group offers a different quality of support and connection that comes from being with people who have also experienced a loss. The group meets on Sundays in the library at the Mercer School from 2-3:30pm. Upcoming dates are Oct. 8, Oct 22, Nov. 5, Nov. 19 and Dec. 3. There will be a Blue Mass on Dec. 21 at 7:00pm. Details are in the eNews.

Fellowship In Faith and Cathedral Youth – Our Fellowship in Faith theme this fall is Creation Care, and most Sundays you will find us outdoors after the 9:15am service! Cathedral Youth Group will meet on the first Sunday of the month from 1-3pm. Other Fall opportunities to get involved include the Question of the Month, Confirmation Class, Service Sunday, Our Nursery and the Dean's Forum. For any question, please contact Mo. Kate Salisbury at ksalisbury@incarnationgc.org.

The Center for Spiritual Imagination – Weekly Afternoon Meditation: Tuesdays beginning October 10, 12:30-1:00pm at the Cathedral. You can join the 12pm Eucharist or simply arrive at 12:30pm for the meditation. Weekly Meditation and Contemplative Prayer: Tuesdays beginning October 10, 7-7:30pm, online only: check eNews for Zoom link.

We pray for those who have died, and for those grieving the death of a loved one, that they may find comfort and peace.

For further information, please sign up for our eNews every Friday morning at incarnationgc.org/connect/e-news or email us at Cathedral@IncarnationGC.org



Scan the code above to register for the **online** Blessing of the Animals on October 14 at 2pm.

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Text and Music for "Go, my children, with my blessing": © copyright 1983, Jaroslav Vajda, alt., Concordia Publishing House, authorized agent. Reprinted with permission under OneLicense #A-741853. All rights reserved.

OFFERTORY HYMN: For the beauty of the Earth

1. For the beau-ty of the earth, for the beau-ty of the skies,
2. For the beau-ty of each hour of the day and of the night,
3. For the joy of hum-an love, bro-ther, sis-ter, par-ent, child,
4. For each per-fect gift of thine to the world so free-ly given,
for the love which from our birth o-ver and a-round us lies,
hill and vale, and trees and flower, sun and moon and stars of night,
friends on earth, and friends a-bove, for all gen-tle thoughts and mild,
faith and hope and love di-vine, peace on earth and joy in heaven
Christ our God, to thee we raise this our hymn of grate-ful praise.

Mass continues on page 6 of this program

THE CATHEDRAL LEADERSHIP

THE CHAPTER

The Right Reverend Lawrence C. Provenzano, D.D., *Bishop of Long Island*
The Very Reverend Dr. Michael Sniffen, PhD, *Dean of the Cathedral*
The Rev. Canon Eddie Alleyne, Ms. Mia Jealous-Denk, Ms. Tamara Harris ,
Dr. Lorna Lewis, Rev. Canon John Merz,
Ms. LaVerne Mitchell, The Rev. Gideon Pollach,
The Rev. Canon Kate Salisbury, Mr. George Tietjen

THE EXECUTIVE COMMITTEE

Ms. Tamara Harris, *Warden*
Ms. Rebecca Maines , *Warden*
Canon Charles Janoff, Esq., *Chancellor*
Mr. Kyle Sabo, Mr. George Tietjen

THE CATHEDRAL COUNCIL

Ms. Diana Campbell, Ms. Caroline Costello, Ms. Trish Craine,
Ms. Norma Jones, Ms. Brenda Kennedy, Mr. Matthew Mohan,
Ms. Carol O'Rourke, Mr. Keith Okrosy,
Ms. Martha Ripp, Ms. Carolyn Ver Pault,

THE CLERGY AND STAFF

The Reverend Canon Eddie Alleyne, *Sub Dean and Canon for Cathedral Life*
The Reverend Adam Bucko, *Director of the Center for Spiritual Imagination*
The Reverend Canon Kate Salisbury, *Canon for Christian Education*
The Reverend Denise Althea Galloway, *Deacon - Director of Outreach*
The Reverend Canon Dr. Bruce Griffith, ThD, *Canon in Residence*
Canon Larry Tremsky, *Director of Music*
Mr. Raphael Vogl, *Associate Organist/Choirmaster*
Ms. Arleen Breen, *Cathedral Administrator*
Mrs. Lisa Knudsen, *Administrative Assistant*
Ms. Caroline Cosgrove, *Assistant to the Dean and
Administrator of the Center for Spiritual Imagination*

WEEKDAY LITURGIES AT CATHEDRAL OF THE INCARNATION

WEEKDAY EUCHARIST: Tuesday - Thursday at 12:00 noon in the Cathedral
ONLINE MORNING PRAYER: Tuesday through Friday at 8:45am
ONLINE COMPLINE: Tuesday through Friday at 8:45pm



*From the Brooklyn Bridge to Montauk Point
A house of prayer for Long Island*