



A Service for the Young  
and the Young at Heart

# THE TWENTY FIRST SUNDAY AFTER PENTECOST

13 OCTOBER 2024 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!

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 speak with one of the clergy, ask one of our members, or email us anytime at [cathedral@incarnationgc.org](mailto: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.

The musical notation is in 3/4 time, G major. It consists of three staves. The first staff contains the first line of lyrics. The second staff contains the second line of lyrics, including a triplet of eighth notes. The third staff contains the final line of lyrics and ends with a double bar line.

### 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.

The musical notation is in 4/4 time, G major. It consists of four staves. The first staff contains the first two lines of lyrics. The second staff contains the next two lines of lyrics. The third staff contains the next two lines of lyrics. The fourth staff contains the final two lines of lyrics and ends with a double bar line.

## 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.

*After the Collect, all sit for the reading*

## PROCLAIM AND RESPOND TO THE WORD OF GOD

### THE FIRST READING

*Amos 5:6-7,10-15*

Seek the LORD and live, or he will break out against the house of Joseph like fire, and it will devour Bethel, with no one to quench it. Ah, you that turn justice to wormwood, and bring righteousness to the ground! They hate the one who reproves in the gate, and they abhor the one who speaks the truth. Therefore because you trample on the poor and take from them levies of grain, you have built houses of hewn stone, but you shall not live in them; you have planted pleasant vineyards, but you shall not drink their wine. For I know how many are your transgressions, and how great are your sins-- you who afflict the righteous, who take a bribe, and push aside the needy in the gate. Therefore the prudent will keep silent in such a time; for it is an evil time. Seek good and not evil, that you may live; and so the LORD, the God of hosts, will be with you, just as you have said. Hate evil and love good, and establish justice in the gate; it may be that the LORD, the God of hosts, will be gracious to the remnant of Joseph.

The Word of the Lord.

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

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

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

*Celtic Alleluia*

Al - le - lu - ia, al - le - lu - ia!  
Al - le - lu - ia, al - le - lu - ia!

### THE HOLY GOSPEL

*Mark 10:17-21*

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

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me."

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

1. God the Cre - a - tor, you in love made me  
 2. O Christ the Sav - ior, you in love called me  
 3. O God the Spi - rit, you in love move me  
 4. And with the peo - ple sum - moned to - geth - er

who once was noth - ing but now have grown.  
 who once was no one, lost and a - lone.  
 who once was no - where and felt un - known.  
 to be the Church in which faith is sown,

I bring the best of all my life of - fers;  
 I pledge to go wher - ev - er you sum - mon,  
 I know my need of you for com - pan - ion:  
 I make my prom - ise to live for Je - sus

for you I share what - ev - er I own.  
 mak - ing your will and pur - pose my own.  
 all things can change when not on my own.  
 and let the world know all are his own.

## 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:

Ho - ly, ho - ly, ho - ly Lord, God of po-wer and might, —  
 hea-ven and earth are full of your glo-ry. Ho - san - na in the high - est.  
 Bless - ed is he who comes in the name of the Lord. — Ho -  
 san - na in the high - est, — ho - san - na in the high - est.

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

*Presider* Alleluia. 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. 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.*

#### 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.*

### Announcements

All Hallows Eve: A Journey to the Cathedral Crypt – On October 20th, You are invited to walk the bridge between the living and the dead as we journey to the Cathedral Crypt. Visit [tinyurl.com/coi-ahz24](https://tinyurl.com/coi-ahz24) to reserve your spot. Please contact [ksalisbury@incarnationgc.org](mailto:ksalisbury@incarnationgc.org), with any questions.

Weekly Meditation and Contemplative Prayer – online via zoom, Mondays at 6:30pm – 7:00 pm. See our eNews for link.

Dean's Forum and Fellowship in Faith – Program today at 10:15 – 11am at the Mercer School of Theology.

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

We also pray for the people affected by Hurricanes Helene and Milton. If you would like to donate to Episcopal Relief & Development's efforts, scan this QR code:



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Mr. David Preston, *Associate Organist/Choirmaster*  
Mr. Kyle Sabo, *The Dean's Verger*  
Ms. Arleen Breen, *Cathedral Administrator*  
Mrs. Lisa Knudsen, *Administrative Assistant*  
Ms. Caroline Cosgrove, *Assistant to the Dean*

**WEEKDAY LITURGY AT CATHEDRAL OF THE INCARNATION**  
WEDNESDAY Eucharist with Healing at 12:00 in the Cathedral



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

