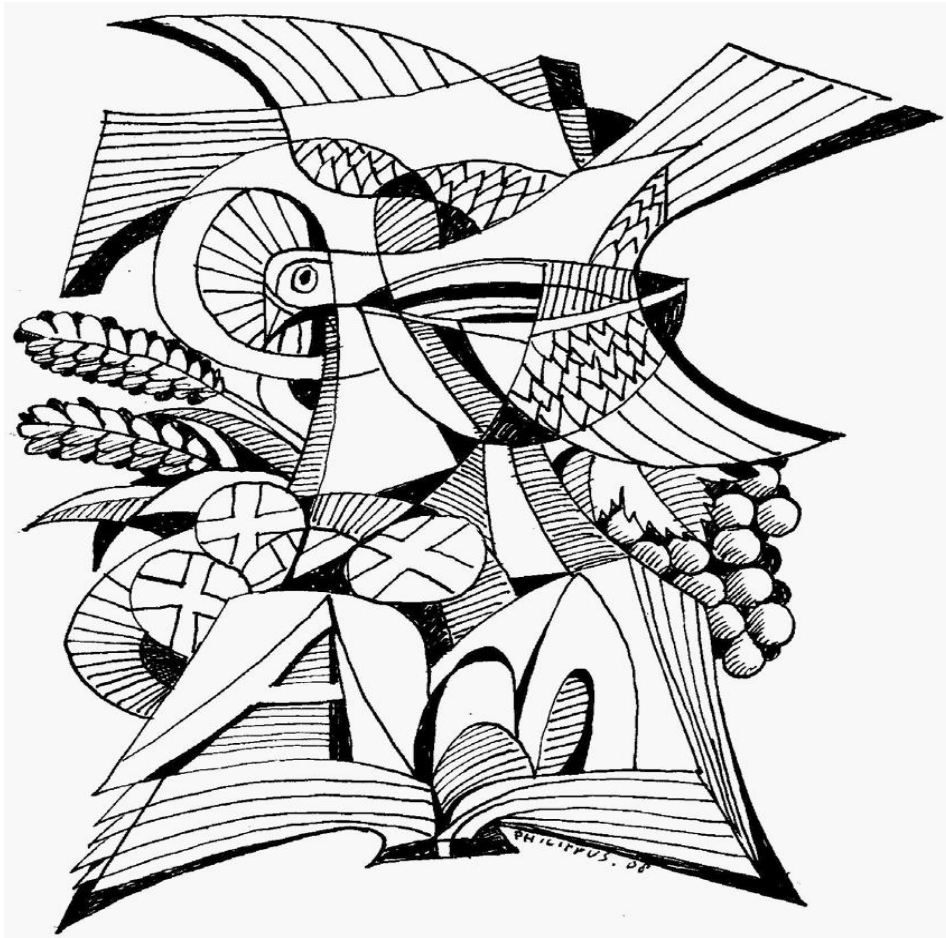


Bulletin for Sunday Worship: August 1, 2021  
Tenth Sunday after Pentecost



Church  
1410 Main Street  
Dubuque, Iowa, 52001  
<http://stjohnsdbq.org>

Parish House, Office  
1458 Locust Street  
563.556.0252  
[office@stjohnsdbq.org](mailto:office@stjohnsdbq.org)

**“Doubts are ok, questions are welcome, please, come as you are.”**

# Welcome!

**\*At St. John's, doubts are okay, questions welcome. Please, come as you are.**

**\*Children are most welcome in our service. We have activity bags for them, as well as a reserved pew for families at the front and a children's activity area in the back.**

**\*We encourage you to silence your devices, ideally turn them off, to let yourself unplug from distraction and plug into God.**

Our service follows the Holy Eucharist Rite II from the Book of Common Prayer. A version of this book is used by Episcopal/Anglican Christians in more than 165 countries around the world.

*During the introduction to the hymn, all stand for the Entrance of the Ministers into the church.*

**Processional Hymn** *I come with joy to meet my Lord* Hymn 304 (Blue book)

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

***People:* And blessed be his kingdom, now and forever. Amen**

*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.

***People:* Amen.**

*People remain standing.*

## Glory to God

**Glory to god in the highest,  
and peace to his 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.**

*Celebrant:* The Lord be with you.

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

*Celebrant:* Let us pray.

## **Collect of the Day**

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

*All sit.*

## **The Lessons**

### **First Lesson** *2 Samuel 11:26-12:13a*

*Lector:* A Lesson from the Second book of Samuel

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the Lord."

*Lector:* The Word of the Lord.

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

### **Psalm 51:1-13**

Have mercy on me, O God, according to your loving-kindness; \*  
in your great compassion blot out my offenses.

**Wash me through and through from my wickedness \*  
and cleanse me from my sin.**

For I know my transgressions, \*  
and my sin is ever before me.

**Against you only have I sinned \*  
and done what is evil in your sight.**

And so you are justified when you speak \*  
and upright in your judgment.

**Indeed, I have been wicked from my birth, \*  
a sinner from my mother's womb.**

For behold, you look for truth deep within me, \*  
and will make me understand wisdom secretly.

**Purge me from my sin, and I shall be pure; \*  
wash me, and I shall be clean indeed.**

Make me hear of joy and gladness, \*  
that the body you have broken may rejoice.

**Hide your face from my sins \*  
and blot out all my iniquities.**

Create in me a clean heart, O God, \*  
and renew a right spirit within me.

**Cast me not away from your presence \*  
and take not your holy Spirit from me.**

Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.

## **Second Lesson** *Ephesians 4:1-16*

*Lector:* A Lesson from the letter to the Ephesians

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

*Lector:* The Word of the Lord.

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

*All stand.*

**Gradual Hymn** *Seek Ye First* Hymn 711, v.1 (Blue book)

**Holy Gospel** *John 6:24-35*

*Priest:* The Holy Gospel of our Lord Jesus Christ according to St. Mark

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

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

*Priest:* The Gospel of the Lord.

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

**Sermon** "Believe and Grow"

The Rev. Dr. Kevin Goodrich, O.P.

*A space for sermon notes and reflections is found on page 11.*

**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**

Form IV, BCP, p. 388

*You may stand or assume a posture which helps you to pray. In the course of the silence after each bidding, the People offer their own prayers, either silently or aloud.*

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation, especially those we name silently or aloud.

*Silence*

Lord, in your mercy

**Hear our prayer.**

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*Silence*

Lord, in your mercy

**Hear our prayer.**

For those celebrating birthdays and anniversaries this week, including Virginia, Steve, Aimee, John & Clara. Are there others? ... **Amen.**

We pray for those on our prayer list: Gerri, Lennie, Randy and Dave, those active in the Armed Forces, especially Madison and Tristan. Are there others? ... **Amen.**

We pray for our bishop-elect, The Rev. \_\_\_\_\_ . May the Spirit guide her in guiding us.

*Silence*

Lord in your mercy.

**Hear our prayer.**

Almighty God, strengthen our resolve to pray for our Signs from God Summer Campaign and to pray and prepare for the next 40 days. Help us to join more fully in your renewing work in our lives and in our life together as a parish family Help us to believe and help us to grow.

*Silence*

Lord in your mercy.

**Hear our prayer.**

Let us pray for our own needs and those of others, silently or aloud.

*The Celebrant adds a concluding Collect.*

## **Confession of Sin**

*All kneel as able.*

*Celebrant:* Let us confess our sins against God and our neighbor.

*Silence.*

**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.**

*Priest:* 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 as able.*

*Celebrant:* The Peace of the Lord be always with you.

**People: And also with you.**

## **Birthdays and Anniversaries**

*Those present desiring a special blessing and prayer for their birthday or anniversary are recognized. This time might also be used for the sharing of a faith story or testimony.*

*Priest:* Let us pray for N. (and/or N. and N.):

*For a Birthday*

**People: O God, our times are in your hand; Look with favor we pray, on your servant (s) N. as *he* begins another year. Grant that *he* may grow in wisdom and grace; and strengthen *his* trust in your goodness all the days of *his* life; through Jesus Christ our Lord. (BCP, 830)**

*Priest:* May God Bless you specially this day in the Name of the Father, the Son, and the Holy Spirit.

**People: Amen.**

*For an Anniversary*

**People: Grant, O God, in your compassion, that N. and N., having taken each other in marriage, and affirming again the covenant which they have made, may grow in forgiveness, loyalty, and love; and come at last to the eternal joys which you have promised through Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, forever and ever.**

*Priest:* May God Bless you and your marriage in the name of the Father, the Son, and the Holy Spirit.

**People: Amen.**

*Priest:* May God strengthen the marriages of all those present, may we pray for and encourage the marriages of our friends, show mercy and care to those going through divorce, walk with widows and widowers, support those in committed relationships, along with those seeking a relationship, and rejoice with those live happily as singles through Jesus Christ our Lord. **Amen.**



**Offertory Hymn** *My song is love unknown* Hymn 458, v. 1-2 (Blue book)

- 1) Give online now to St. John's at <https://www.stjohnsdbq.org/give/>
- 2) Send your check to 1458 Locust Street, Dubuque, IA 52001
- 3) Download the *Tithe.ly* app and make a personal account.

*After the hymn, representatives of the congregation bring forward the people's offerings of bread and wine, and money or other gifts. The people stand, singing the following:*

**Praise to God** *Hymn 380*

**Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost! Amen.**

**Great Thanksgiving**

Eucharistic Prayer C, BCP, page 369

*The people remain standing. The congregation's responses are in bold.*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

God of all power, Ruler of the Universe, you are worthy of glory and praise.

**Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

**By your will they were created and have their being.**

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

**Have mercy, Lord, for we are sinners in your sight.**

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**By his blood, he reconciled us. By his wounds, we are healed.**

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

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

*The Celebrant continues*

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it, and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night Jesus was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,  
**We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our ancestors: God of Abraham, Isaac and Jacob, Sarah, Rebekah and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us.

Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

**Risen Lord, be known to us in the breaking of the Bread.**

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen.**

And now, as our Savior Christ has 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**

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

*Celebrant* Alleluia. Christ our Passover is sacrificed for us;

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

*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.

*All baptized Christians are welcome to receive Holy Communion at St. John's, To receive, open your hands, palms up for the bread. Eat the bread. If you need a gluten free wafer, please indicate that to the priest the first time you receive. If you aren't baptized or don't wish to receive, we encourage you to come forward and cross your arms at the altar rail to receive a blessing. Baptized children may receive according to the practice of their families.*

## Post-Communion Prayer

Celebrant: Let us pray.

**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.**

## Blessing

*The priest blesses the people*

## Announcements (on page 12)

*Announcements may be made at this point in the service.*

**Recessional Hymn** *I want to walk as a child of the light* Hymn 490, v.1-2 (Blue book)

## Dismissal

*Priest:* Let us go forth not the world rejoicing in the power of the Spirit.

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

**Please join us for coffee and refreshments downstairs in Kemper Hall.  
There is an elevator. An usher would be happy to assist you!**

### Serving Today in Worship

*Ministers:* All of us, through Jesus Christ

*Doorkeeper:* Corky Vance

*Ushers:* David Vanderah, Bud Geyer

*Crucifer:* Jesse Green

*Server:* Vivian Roberts

*Lector:* Beth Leeper, Ann Kendell

*Intercessor:* Bud Geyer

*Master of Ceremonies:* Jesse Green

*Vocalist:* Pam Van Vleck

*Sacristan:* Vivian Roberts

*Assistant:* Mother Susan Forshey

*Celebrant:* The Rev. Dr. Kevin Goodrich, O.P.



We encourage the congregation to participate in the sermon through attentive listening and we expect our preachers to be well-prepared and engaging. Some worshippers find note taking helps them to focus and retain what they hear. Notes can be referred to later, for further reflection, conversation, and life implementation. If taking notes helps you engage, great. This space is for you. If you prefer to just sit back and listen, that's fine too.

Scripture Passage(s) Used in the Sermon:

The Message or Big Idea of the Sermon:

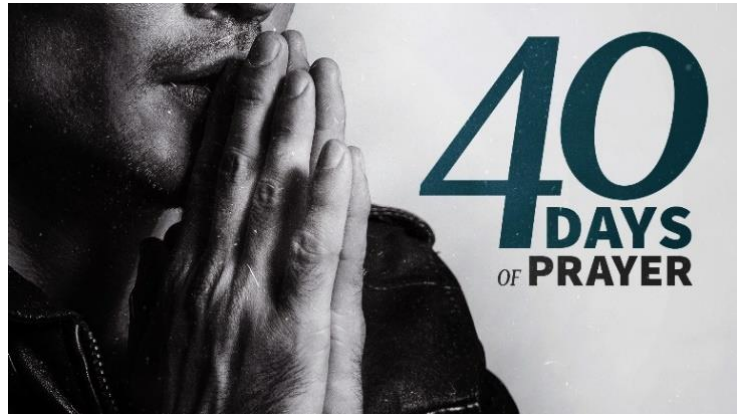
Memorable Ideas or Lines:

Next Steps For Your Life:

## Announcements

### **40 Days of Prayer and Preparation**

Tomorrow, Monday, August 1, will begin an intentional 40 Day period of prayer and preparation for our St. John's family. In the spirit of Biblical tradition, we will use this season to re-engage with God, one another, as well as our mission of "*Loving God, Loving Others*" and "*Making Disciples.*" It will also



be a time to re-engage with our vision of becoming a "*Renewed Church.*" 40 Day planners were sent out to the congregation by mail. They are also available from the ushers.

The 40 days will build toward the fall and specifically, Rally Sunday, September 12. This will be a unique time for St. John's and our community. Lord willing, people will be returning to a more normal schedule after the uncertain months of the pandemic. We will be launching a new service intended to reach out to prospective new attenders, as well as give our existing congregation another option to worship weekly. We'll be running a community wide kindness campaign in the fall. Now is the time to get ourselves ready, as well as a time to plant seeds of faith, in order to realize a harvest of new life and growth at St. John's in the fall.

### Notices:

**Compline Tonight at 8pm:** Zoom service. Go to [stjohnsdbq.org](http://stjohnsdbq.org) for the link.

**Wednesday's 12:10 Holy Communion:** In the Parish House Chapel.

**Worship and Formation Team:** Meets this Wednesday at 6pm.

**Finance and Stewardship Team:** Wednesday, August 11, at 6pm.

**Evangelism and Outreach Team:** Wednesday, August 11, at 7pm.

**Episcopal Church Women:** Meets Thursday, August 12, at 11:30am at *Hops & Rye.*

**Men's Group:** Meets Saturday, August 14 at 8:00am.

**Feast of St. Mary:** Sunday, August 15 at 10am. Mark your calendar.

**Vestry:** Tuesday, August 17, at 6:30pm.

**Parish Picnic and Outdoor Worship:** Sunday, August 22 at Eagle Point Park. Sign up to bring food and other information is available downstairs in Kemper Hall.

**Outreach Weekend:** Friday – Sunday, August 27-29. How will you participate?

The mission is why we exist. It's the "business" we are in, our mission is tailored to our parish, but reflects the mission of the Christian Church, regardless of denomination, over the centuries.

**Our Mission:** *Love God. Love others. Make disciples.*

The mission of St. John's Episcopal Church is to love God, love others, and make disciples. We believe that love transforms lives. Love rooted in the life and teachings, death and resurrection of Jesus Christ. Jesus tells us in his Great Commandment to "Love God and Love Neighbor" (Matthew 22:36-40) and Jesus tells us in his Great Commission (Matthew 28:16-20) to "Make disciples of all nations." Disciples are those who love God and love others according to the way of Jesus. At St. John's, we make disciples in the Great Tradition of Christianity, stressing, "in essentials unity, in non-essentials liberty, in all things charity."

The vision is the picture of the future we hope to become. When our church begins to look like and be like the church described in this vision statement, we'll know we're on the right path.

**Our Vision.** *A renewed church.*

With God's help, St. John's Episcopal Church will be a renewed family of disciples, active in our neighborhood, visible in our city, and reaching beyond Dubuque, with the transforming love of God in Jesus Christ.

St. John's will realize this vision by demonstrating the Great Commandment, accomplishing the Great Commission and embracing the Great Tradition.

St. John's will demonstrate the Great Commandment through outreach to those in need, through mission partnerships, and by loving each other as a spiritual family united in Christ.

St. John's will accomplish the Great Commission through our disciple making process, a congregational rule of life, as well as through creative evangelism and respectful invitation.

St. John's will embrace the Great Tradition by celebrating a diversity of beliefs and practices.

St. John's campus (both parish house and church) will be improved, reimagined, and utilized by ourselves, our mission partners, and diverse individuals and groups throughout the week. This utilization of our campus, along with outreach and spirituality opportunities for the wider community, combined with worship services with joyful liturgy, engaging preaching, and uplifting music, will make St. John's a destination for residents and visitors to Dubuque.

Finally, worship attendance will double, reflecting increased numbers of youth, as well as diverse persons of all ages. Pledging and income will markedly increase as part of an intentional year-round stewardship effort, making ministry possible at St. John's for years to come.

## Our Congregational Rule of Life

(The 7 Marks of Discipleship)

The word “rule” here comes from the Latin word “regula” meaning rhythm or routine. A rule of life is a shared routine of spiritual practices. At St. John’s, we celebrate the fact that these practices have been essential marks of the Christian life for centuries. We also believe they are essential for our own growth in Loving God and Loving Others. We understand this rule to be a gracious process of striving, knowing we will stumble and fall short. God’s mercy and the support of our parish family motivate us to continue this way of life together.

*In response to God’s love, supported by my St. John’s family and empowered by the Holy Spirit, I will live my baptismal vows as a disciple of Jesus,*

In the Baptismal Covenant we promise not only to believe certain things (e.g. “Do you believe in Jesus Christ, the Son of God?”) but to live in certain ways (e.g. “Will you seek and serve Christ in all persons?”). Our rule is an outgrowth of what we promise when we are baptized, we witness someone else’s baptism, or when we renew our baptismal vows throughout the year. Living our rule both requires and develops growth in the fruits of the Holy Spirit: *“love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control”* (Galatians 5:22-23). Embracing our spiritual pathways helps us to live the rule and our lives fully (Serving, Relational, Intellectual, Contemplative, Artistic, Creation and Activist).

*by striving to:*

1. *Worship Weekly* (Eucharist)

The heart of our life together is at the altar, being gathered as a spiritual family at God’s table.

2. *Pray Daily* (Devotions)

Striving for a daily time of prayer, as well as praying throughout the day as needed.

3. *Serve at St. John’s and Beyond* (Ministry)

All the baptized are ministers, our lives of service should happen within and beyond the church.

4. *Love Others and Build Spiritual Friendships* (Fellowship)

Love is a practice. It takes grace and effort. It invites us to friendships that include faith.

5. *Know the Christian Story and Invite Others* (Testimony)

Learning God’s story in Scripture, history, and our own lives, inviting others into these stories.

6. *Give Generously* (Stewardship)

Giving of our time, talent, and treasure, managing all we have in a way that blesses others.

7. *Rest Regularly* (Sabbath)

Renewing ourselves through rest and recreation, re-engaging with faith, family and friends.

## Leadership and Staff

Ministers:	The People of St. John's
Church Wardens:	Derrick Clark, Corky Vance
Vestry:	Ben Darr, Deb Davis, Mike Durnin, Bud Geyer, Kate Meyrick, Ally O'Rourke (Treasurer), Coy Pederson (Clerk), Michelle Warner
Choir Director:	Dr. Jeremiah Cawley
Organist:	Peter Binder
Music Scholars:	Noelle Javurek, Kate Meyrick, Max Rutledge, Jonathan Hill
Ministry Scholars:	In Search Of
Intern:	Shayla Butler
Seminarian:	In Search Of
Children's Minister:	In Search Of
Parish Administrator:	Susan Meyers
Associate Rector:	The Rev. Dr. Susan Forshey
Rector:	The Rev. Dr. Kevin Goodrich, O.P.
Bishop:	The Right Reverend Alan Scarfe
Presiding Bishop:	The Most Reverend Michael Curry
Archbishop of Canterbury:	The Most Reverend and Right Honorable Justin Welby

\*St. John's is part of the Episcopal Diocese of Iowa, The Episcopal Church of the United States and the worldwide Anglican Communion of Churches







The Right Reverend Alan Scarfe  
Bishop of Iowa