



**The 19<sup>th</sup> Sunday after Pentecost  
St. Michael and All Angels  
8:00 a.m., September 29, 2024**



Established 1855 in the Episcopal Diocese of Missouri  
The Rt. Rev. Deon Johnson, Bishop  
The Rev. Jeff Goldone, Transition Priest

Welcome! We are blessed by your presence with us this morning and hope that you will find strength, comfort and fulfillment through our worship. Children are welcome to stay through the service. We welcome all seekers of God to Holy Communion and look forward to meeting you following the service.

**Trinity Episcopal Church  
600 North Euclid, St. Louis MO 63108  
trinitycwe.org 314-361-4655**

# 8:00 A.M. THE HOLY EUCHARIST RITE I

## THE WORD OF GOD

*The people standing, the Celebrant may say*

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

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

*The Celebrant says*

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. ***Amen.***

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

*Here is sung or said*

Lord, have mercy upon us,  
***Christ, have mercy upon us.***  
Lord, have mercy upon us.

***Glory be to God on high,  
and on earth peace, good will towards men.***

***We praise thee, we bless thee,  
we worship thee,  
we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father Almighty.***

***O Lord, the only-begotten Son, Jesus Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.***

*Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.*

*For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
art most high in the glory of God the Father. Amen.*

### **The Collect of the Day**

The Lord be with you.

*People* **And with thy spirit.**

*Celebrant* Let us pray.

O everlasting God, who hast ordained and constituted the ministries of angels and men in a wonderful order: Mercifully grant that, as thy holy angels always serve and worship thee in heaven, so by thy appointment they may help and defend us on earth; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

O God, who declarest thy almighty power chiefly in showing mercy and pity: Mercifully grant unto us such a measure of thy grace, that we, running to obtain thy promises, may be made partakers of thy heavenly treasure; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

### **First Reading**

Numbers 11:4-6, 10-16, 24-29

**T**he rabble among them had a strong craving; and the Israelites also wept again, and said, “If only we had meat to eat! We remember the fish we used to eat in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at all but this manna to look at.”

Moses heard the people weeping throughout their families, all at the entrances of their tents. Then the Lord became very angry, and Moses was displeased. So Moses said to the Lord, “Why have you treated your servant so badly? Why have I

not found favor in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give birth to them, that you should say to me, ‘Carry them in your bosom, as a nurse carries a sucking child,’ to the land that you promised on oath to their ancestors? Where am I to get meat to give to all this people? For they come weeping to me and say, ‘Give us meat to eat!’ I am not able to carry all this people alone, for they are too heavy for me. If this is the way you are going to treat me, put me to death at once—if I have found favor in your sight—and do not let me see my misery.”

So the Lord said to Moses, “Gather for me seventy of the elders of Israel, whom you know to be the elders of the people and officers over them; bring them to the tent of meeting, and have them take their place there with you.”

So Moses went out and told the people the words of the Lord; and he gathered seventy elders of the people, and placed them all around the tent. Then the Lord came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, “Eldad and Medad are prophesying in the camp.” And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, “My lord Moses, stop them!” But Moses said to him, “Are you jealous for my sake? Would that all the Lord’s people were prophets, and that the Lord would put his spirit on them!”

*Reader* Hear what the Spirit is saying to God’s people.

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

### **Psalm 19:7-14**

7 The law of the Lord is perfect and revives the soul; \*  
the testimony of the Lord is sure  
and gives wisdom to the innocent.

8 The statutes of the Lord are just and rejoice the heart; \*  
the commandment of the Lord is clear  
and gives light to the eyes.

9 The fear of the Lord is clean and endures for ever; \*  
the judgements of the Lord are true  
and righteous altogether.

10 More to be desired are they than gold, \*  
more than much fine gold,  
sweeter far than honey, \*  
than honey in the comb.

11 By them also is your servant enlightened, \*  
and in keeping them there is great reward.

12 Who can tell how often they offend? \*  
Cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins; \*  
let them not get dominion over me;  
then shall I be whole and sound, \*  
and innocent of a great offense.

14 Let the words of my mouth and the meditations of my heart  
be acceptable in your sight; \*  
O Lord, my strength and my redeemer.

## Second Reading

James 5:13-20

**A**re any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. Elijah was a human being like us, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and the heaven gave rain and the earth yielded its harvest.

My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner

from wandering will save the sinner's soul from death and will cover a multitude of sins.

*Reader* Hear what the Spirit is saying to the churches.

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

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

*People* ***Glory be to thee, O Lord.***

## **The Gospel**

Mark 9:38-50

**J**ohn said to Jesus, “Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.” But Jesus said, “Do not stop him; for no one who does a deed of power in my name will be able soon afterward to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

“If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.

“For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.”

*Reader* The Gospel of the Lord.

*People* ***Praise be to thee, O Christ.***

## **The Sermon**

The Venerable Harry Leip

*A period of silent reflection is observed.*

## **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

*The Deacon or other person appointed says:*

Let us pray for the whole state of Christ's Church and the world, saying,  
Lord, in thy mercy, ***hear our prayer.***

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Lord, in thy mercy,  
***hear our prayer.***

Give grace, O heavenly Father, to all bishops and other ministers especially Michael our Presiding Bishop, Sean our Presiding Bishop-elect, Deon our Bishop, and the clergy of this parish that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life. We also pray for the leadership of our wardens, the work of our vestry and give thanks for all of Trinity's volunteers.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Lord, in thy mercy,  
***hear our prayer.***

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Lord in thy mercy  
***hear our prayer.***



And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor, Helen, Ellie, Thomas, Anne, Nan, Gloria, Al, Dolores, John, Steven, Julien, Joan, David, Betsey, Pat, Ray, Denver, Gwen, Charlene, Bruce, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, including those we now name\_\_\_\_\_.

Lord in thy mercy  
***hear our prayer.***

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service, including those we now name\_\_\_\_\_; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. ***Amen.***

*Celebrant adds a closing prayer.*

### **Confession of Sin**

*The Deacon or Celebrant says the following, or else the Exhortation on page 316.*

Let us humbly confess our sins unto Almighty God.

*Silence may be kept*

*Minister and People*

***Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,***

***and walk in thy ways,  
to the glory of thy Name. Amen.***

*The Bishop when present, or the Priest, stands and says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. ***Amen.***

*A Minister may then say one or more of the following sentences, first saying*

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and I will refresh you.  
*Matthew 11:28*

God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3:16*

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world. *1 John 2:1-2*

## **The Peace**

*All stand. The Celebrant says to the people*

The peace of the Lord be always with you.

*People*      ***And with thy spirit.***

*Then the Ministers and People may greet one another in the name of the Lord.*

## **Welcome and Announcements**

If you would like to make a contribution, text the amount to **314 648 8344.**

# THE HOLY COMMUNION

## The Offertory

*As the usher brings the community's offerings to the altar, everyone stands. The Celebrant continues:*

All things come of Thee, O Lord.

*People: And of thine own, have we given thee.*

## The Great Thanksgiving

### *Eucharistic Prayer I*

*The people remain standing. The Celebrant, whether bishop or priest, faces them and sings or says*

The Lord be with you.

*People*      ***And with thy spirit.***

*Celebrant*    Lift up your hearts.

*People*      ***We lift them up unto the Lord.***

*Celebrant*    Let us give thanks unto our Lord God.

*People*      ***It is meet and right so to do.***

*Then, facing the Holy Table, the Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord; who for our sins was lifted high upon the cross, that he might draw the whole world to himself; who by his suffering and death became the author of eternal salvation for all who put their trust in him.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*Celebrant and People*

***Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.***

*Here may be added*

***Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.***

*The people kneel or stand.*

*Then the Celebrant continues*

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

*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*

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. *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**

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

*Then may be sung or said*

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

*In Lent, Alleluia is omitted, and may be omitted at other times except during Easter Season.  
The following or some other suitable anthem may be sung or said here*

O Lamb of God, that takest away the sins of the world,  
***have mercy upon us.***

O Lamb of God, that takest away the sins of the world,  
***have mercy upon us.***

O Lamb of God, that takest away the sins of the world,  
***grant us thy peace.***

*Facing the people, the Celebrant may say the following Invitation*

The Gifts of God for the People of God.

*and may add* Take them in remembrance that Christ died for  
you, and feed on him in your hearts by faith,  
with thanksgiving.

*The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.*

### **Invitation and Welcome to Communion**

The sacrament of Holy Communion is central to the Christian community. As Christ gave freely of himself so the sacred meal in his name is also freely given. Rejoicing in the spirit of Christ's inclusive love all are warmly invited to receive the bread and wine at the Supper of the Lord. *Gluten-free wafers are available:* please assist us by crossing your right arm over your chest so we may serve you correctly.

*If you do not receive wine* you may touch the chalice when it is offered, or simply cross both arms after receiving the bread. *Those unable to come to the altar rail* are asked to notify an usher, and we will bring Communion to you.

***If you would like to remain at your seat for Communion or a blessing, please let an usher know and we will be happy to come to you.***

*The Bread and the Cup are given to the communicants with these words*

The Body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith, with thanksgiving.

The Blood of our Lord Jesus Christ, which was shed for thee, preserve thy body and soul unto everlasting life. Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

*or with these words*

The Body (Blood) of our Lord Jesus Christ keep you in everlasting life. [*Amen.*]

*or with these words*

The Body of Christ, the bread of heaven. [*Amen.*]

The Blood of Christ, the cup of salvation. [*Amen.*]

*When necessary, the Celebrant consecrates additional bread and wine, using the form on page 408.*

*After Communion, the Celebrant says*

Let us pray.

*The People may join in saying this prayer*

***Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.***

*The Bishop when present, or the Priest, gives the blessing*

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. ***Amen.***

*or this*

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

*The Deacon, or the Celebrant, may dismiss the people with these words*

Let us go forth in the name of Christ.

**People**     **Thanks be to God.**

*or the following*

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

**People**     **Thanks be to God.**

*or this*

**Deacon**     Let us go forth into the world, rejoicing in the power of the Spirit.

**People**     **Thanks be to God.**

*or this*

**Deacon**     Let us bless the Lord.

**People**     **Thanks be to God.**

### **Sunday Service Schedule**

8:00 AM Rite I - Spoken

10:30 AM Rite II - Sung Eucharist

### **Weekday Service Schedule**

7:00 AM on Thursdays

### **Parish Office Hours**

Sunday 7 AM-1 PM, Wednesday & Thursday 8 AM-4 PM,

Friday 8 AM-2:30 PM (8 AM-Noon June-August)

<b>Trinity Food Ministry Schedule</b>		
<b><i>Food Pantry &amp; takeout hot meal</i></b>	<b><i>Cafe - drop in for a meal &amp; conversation</i></b>	<b><i>Sunday Hot Lunch</i></b>
Tues: 1:30pm - 3pm Thurs: 4pm - 5pm	Wed: Noon - 2pm	Sunday: 2pm - 2:30pm

### **Served in August**

Individuals served 782

Pantry Hot Meals 360



Wednesday Cafe 120  
Sunday Hot Lunch 400

**Food ministry donation for September:** Canned Chili

**From the Rev. Jeff Goldone** Today our Church celebrates the Feast of Michael and all Angels, popularly called Michaelmas. We give thanks for the many ways in which God's loving care watches over us, both directly and indirectly, and we are reminded that the richness and variety of God's creation far exceeds our knowledge of it.

In the fall of 2000 God blessed me with my own archangels - Gabriel, a mischievous and lovable yellow lab, and Michael, Gabriel's sidekick in mischief, a sweet and loving golden retriever. Michael blessed my world for thirteen and a half years, and Gabriel was at my side for over fifteen. I still miss them greatly, and I often feel their presence throughout my home. As we dog lovers like to share, "And God said, I will send them without wings so no one suspects them of being an angel." Fr. Jeff

The Holy Scriptures often speak of created intelligences other than humans who worship God in heaven and act as His messengers and agents on earth. We are not told much about them, and it is not clear how much of what we are told is figurative. Jesus speaks of them as rejoicing over penitent sinners (Lk 15:10). Elsewhere, in a statement that has been variously understood (Mt 18:10), He warns against misleading a child, because their angels behold the face of God. (Acts 12:15)

In the Hebrew Scriptures, it is occasionally reported that someone saw a man who spoke to him with authority, and who he then realized was no mere man, but a messenger of God. Thus, we have a belief in super-human rational created beings, either resembling men in appearance or taking human appearance when they are to communicate with us. They are referred to as "messengers of God," or simply as "messengers." The word for a messenger in Hebrew is MALACH, in Greek, ANGELOS, from which we get our word "angel."

By the time of Christ, Jewish popular belief included many specifics about angels, with names for many of them. There were thought to be four archangels, named Michael, Gabriel, Raphael, and Uriel. An alternative tradition has seven archangels (see Tobit 12:15 and 1 Enoch 20). Sometimes each archangel is associated with one of the seven planets of the Ptolemaic system (the moon,

Mercury, Venus, the Sun, Mars, Jupiter, Saturn). Michael is associated with Saturn and Uriel with the Sun.

Michael (the name means "Who is like God?") is said to be the captain of the heavenly armies. He is mentioned in the Scriptures in Daniel 10:13,31; 12:1 (where he is said to be the prince of the people of Israel); in Jude 9 (where he is said to have disputed with the devil about the body of Moses); and in Revelation 12:7 (where he is said to have led the heavenly armies against those of the great dragon). He is generally pictured in full armor, carrying a lance, and with his foot on the neck of a dragon. (Pictures of the Martyr George are often similar, but only Michael has wings.)

Gabriel (the name means "God is my champion") is thought of as the special bearer of messages from God to men. He appears in Daniel 8:16; 9:21 as an explainer of some of Daniel's visions. According to the first chapter of Luke, he announced the forthcoming births of John the Baptist and of our Lord to Zachariah and the Virgin Mary respectively.

Raphael (the name means "God heals") is mentioned in the Apocrypha, in the book of Tobit, where, disguised as a man, he accompanies the young man Tobias on a quest, enables him to accomplish it, and gives him a remedy for the blindness of his aged father.

Uriel (the name means "God is my light" -- compare with "Uriah", which means "the LORD is my light") is mentioned in 4 Esdras.

What is the value to us of remembering the Holy Angels? Well, since they appear to excel us in both knowledge and power, they remind us that, even among created things, we humans are not the top of the heap. Since it is the common belief that demons are angels who have chosen to disobey God and to be His enemies rather than His willing servants, they remind us that the higher we are the lower we can fall. The greater our natural gifts and talents, the greater the damage if we turn them to bad ends. The more we have been given, the more will be expected of us. And, in the picture of God sending His angels to help and defend us, we are reminded that apparently God, instead of doing good things directly, often prefers to do them through His willing servants, enabling those who have accepted His love to show their love for one another.

written by James Kiefer

## Prayer

Everlasting God, who have ordained and constituted in a wonderful order the ministries of angels and mortals: Mercifully grant that, as your holy angels always serve and worship you in heaven, so by your appointment they may help and defend us here on earth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



### **Feast of St. Francis Pet Blessing!**

I would love to meet all your wonderful pets or hear cherished stories of those who are waiting for us to meet up with them in heaven! Friday, October 4th is the Feast Day of St. Francis of Assisi, a day this priest loves to celebrate! Come join me, weather permitting, on the South Lawn on Friday evening, October 4th between 5:30p.m. and 6:30p.m. where I can meet your dogs, cats, or other loving creatures and offer a special blessing. Or bring a picture of those who

have left you and your family way too soon, and we can say a prayer of thanksgiving together for all the joy they brought to your world. Let's praise God together for the creation of all animals. And if you're not a pet owner, just come and be with us and be entertained with all the love being shared!



**After a two months hiatus, Film and Fellowship** met in September to discuss films seen in July and August both in the theater and streaming. Some of the popular films included “Thelma,” “A Gentleman from Moscow,” and my favorite “Ghost Light.” For our October 8th meeting, please join us at 6:30 for food and fellowship, followed by discussion of “The Critic” (now streaming on Prime

and showing at Plaza Frontenac,” and “Sing Sing” which is currently playing at Chase Park Plaza Cinema. Join us – the food and the discussions are always good.

For questions contact Ron Tompkins: [ron.tompkins@nursesfornewborns.org](mailto:ron.tompkins@nursesfornewborns.org)

**Canvassing is a great way to speak  
one-on-one with your neighbors**

# CANVASSING

about the things that matter to us. I have been involved in several canvassing campaigns. They always involve my political pet issues that our legislature refused to address and activate my sense that I, one person, can make a difference in our political process. Canvassing is our democracy at work. Keeping it alive and vibrant.

I went door-to-door distributing candidate information for both of President Obama's campaigns, as well as Senator Claire McCaskill's. I've worked against Right to Work ("for less"). I circulated petitions for Clean Missouri to put controls on gerrymandering and reduce gifting to legislatures to \$5, requiring that legislative committees and the legislature only work where the public is invited. I worked for the \$15 minimum wage initiative.

I've also worked to register many voters for Metropolitan Congregations United and the League of Women Voters. Some voters who wouldn't make eye contact with me and with whom I gently persisted had served time and "paid their dues," were off probation, and did not know that their right to vote in Missouri was restored if they just registered to vote. They were so pleased to have that dignity restored.

My door-to-door canvassing usually meant leaving the info on the doorknob as people were not home or were not answering. But people may prefer the more passive info rather than a person speaking with them. That is not the case, however, when circulating initiative petitions. There, when you've piqued someone's interest and gained another signature, it is a feeling of accomplishment. For our democracy. What a good feeling. ...And walking neighborhoods makes me feel connected to American communities. Connected is good. ...Especially now.

I know I am doing something positive for my democracy. As I like to say "can't never did anything". Go do something. Every candidate you like and every ballot measure campaign you support is looking for canvassing volunteers. Reach out and offer your time. Everything you do - or don't do - matters. -  
Cynthia M. Fox



**TRINITY**  
FOOD MINISTRY  
SAINT LOUIS

### **The Pantry is a Hug**

My Inbox is filled with recipes from the New York Times Cooking. Monday's headline caught my attention, "This Soup is a Hug." The soup was Lemony White Bean

Soup With Turkey and Greens. The cooler weather makes me think of soup and this headline made me think of the food pantry. Many of the ingredients for this recipe are available from time to time at the pantry: a bunch of sturdy greens, such as kale, broccoli rabe, mustard greens or collard greens, tomato paste, ground turkey, vegetable broth, garlic, onions, carrots and canned white beans. It made me wonder if the food pantry is seen as a "hug" for the community that we serve. It's not in our mission statement per se, but last week we gave out lots of "hugs" - 70 on Tuesday and at least 50 on Thursday. I'm going to make this recipe with the lemony white beans and remember "the least of us" that we are helping each week. And when I donate a can of beans, I will think about the ingredient it could become in a hearty soup and our collective desire to feed the poor.

Give generously,

Jeanie Bryant, Pantry Volunteer

#### **NEEDS this week:**

Cereal  
Oatmeal  
Canned  
meats  
Ravioli  
Crackers  
Tuna in water  
Peanut butter  
Jelly



#### **Food Ministry Amazon Wishlist**

Scan or click on the QR code to go to the Food Ministry's Amazon Wishlist.

## **This Week's Core Value: Justice Oriented**

We believe in confronting the structural and systemic sins of the world. Our actions, practices, and beliefs are shaped by a commitment to loving our neighbors in public, especially the poor, the vulnerable, and those carrying heavy burdens.



### **Diocesan News**

#### **Vote Faithfully Reflections:**

Our diocese has begun a new series to focus on our Christian call to engage in the election process.

Find the series introduction by Trinity's own Jeff Wunrow (co-missioner for the Diocesan Gun Violence Prevention Ministry) and information from choir member Cynthia M. Fox along with our bishop and others:

<https://diocesemo.org/ministries/public-advocacy/vote-faithfully>



### **September 29: The Nineteenth Sunday after Pentecost**

In our Diocese of Missouri, we pray for the people and ministry of Faith Christian Church of India (2018) in Ballwin. We pray for Clive and Sujanna, their priests.

\* In our companion Diocese of Puerto Rico, we pray for Mission Cristo Redentor (Misión Cristo Redentor) in San Sebastián.

\* In the Anglican Communion, we pray for the Church of Pakistan (United).

### **We keep in our prayers those who are ill or in need:**

Glenda Wiman

Ellie Chapman

Thomas Kirk

Anne Hennig

Nan Sweet

Gloria Winston

Al Adams

Dolores Friesen  
John Biggs  
Steven Forsyth  
Julien Worland  
Joan Dunbar  
The Rev. David K. Fly  
Betsey Gardner  
Pat Way  
Ray Becvar  
Denver Wright  
Gwen Sims  
Charlene Wright  
Bruce Baldwin

**Friends and Relatives:**

Bruce Deal and Harry Forbes, New York friends of Michael Shepley  
Tiffany Cruz, friend of Lisa Carpenter, breast cancer  
Joe Richardson (Of Feed My People), friend of Jerry Martin, multiple health issues.  
Darryl Underwood, Sharron Underwood's brother  
Denise Huber, friend of Jerry Martin  
Karla, friend of Cathy Tierney, heart issues  
Ken, Molly Perling's grandfather  
Jay Shuldiner, friend of Brian Alms, recovering from two falls.  
Warren Frank Moseley (Cynthia and Patrick Fox's son), and his friend, Janese  
Julien for comfort and healing  
Hope, health challenges.  
Romerico Lansang, friend of Brian Alms, lung cancer.  
Phyllis, the Rev. Steve Lawler's mother-in-law  
Teresa, Eliza Williamson's stepmother, chronic illness  
Mike, Jeannette Lehrmann's brother, prostate cancer.  
Buelane Daugherty, friend of Brian Alms, increasing dementia  
Ken Dunbar, Joan Dunbar's nephew, renal failure  
The Trimble Family  
Pat R., friend of Cathy Tierney, bladder cancer  
Lois Underwood, Sharron Underwood's sister  
Robin Hendry, Helen Hendry's son, continuing health problems  
Frank Menkhus, Pat Way's friend with heart problems  
Sally Moylan, Pat Way's friend with multiple health problems

**For Diocesan Clergy:** The Rev. David K. Fly, the Rev. Paul Metzler, and the Rt. Rev. Hays Rockwell.

**For Trinity Food Ministry** and its volunteers.

**For service members** in harm's way.

**Birthdays September 29 - October 5:** Joyce von Glahn, Denver Wright, Tricia Daughaday, Tom Kirk III, John McGuire.



THE HONOR OF YOUR PRESENCE  
IS REQUESTED AT THE MARRIAGE OF



TAMMY O'DONNELL  
TO  
KEVIN WHALEN

SUNDAY, THE SIXTH OF OCTOBER  
TWO THOUSAND TWENTY-FOUR  
TEN-THIRTY IN THE MORNING  
TRINITY EPISCOPAL CHURCH  
600 NORTH EUCLID AVENUE  
SAINT LOUIS, MISSOURI

LIGHT RECEPTION TO FOLLOW

# BEFORE YOU VOTE NOV 5

**DOES YOUR CANDIDATE SUPPORT  
COMMON SENSE GUN LAWS?**

**THE EPISCOPAL CHURCH DOES!**

We support handgun purchaser licensing. (*General Convention 2015-B008*)

We support the federal ban on assault weapons. (*Executive Council 021995.07*)

We urge Congress to adopt effective hand gun legislation, support federal, state, and local legislation aimed at controlling the sale and use of hand guns. (*GC 1976-C052*)

If you don't know your candidate's position, or if you want further information about the issues, we recommend these websites:

**Gun Sense Voter ([gunsensevoter.org](http://gunsensevoter.org))**  
**MOMS Demand Action ([momsdemandaction.org](http://momsdemandaction.org))**

And there is more election information on our diocesan website:  
**[diocesemo.org/vote-faithfully](http://diocesemo.org/vote-faithfully)**



**VOTE**  
*faithfully* 

The logo for the Episcopal Church, featuring a stylized cross with four arms of different colors (red, green, blue, and yellow) inside a dark blue circle.

# TRINITY EPISCOPAL CHURCH

AN OPEN AND INCLUSIVE CONGREGATION

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www.facebook.com/TrinityStL

## Transition Priest

The Rev. Jeff Goldone  
jgoldone@yahoo.com

## Deacon

The Venerable Harry Leip  
harry@trinitycwe.org

## Choirmaster and Organist

Jeffery Nall  
jeff@trinitycwe.org

## Parish Administrator

Bill Ader  
bill@trinitycwe.org

## Food Ministry Manager

The Rev. Barbi Click  
barbi@trinitycwe.org

## Food Ministry Assistant

Sam Kincade

## Sextons

Shawn Hall  
Angelo Shell

## Readings for Sunday, October 6 20<sup>th</sup> Sunday after Pentecost

Genesis 2:18-24

Psalm 8

Hebrews 1:1-4; 2:5-12

Mark 10:2-16



## Vestry

**Senior Warden:** Dave Hilditch

**Junior Warden:** Ben Kiel

**2025**

Amy Barnes  
Mary Moore  
Hal Morgan

**2026**

Skip Coburn  
Dave Hilditch  
Bill von Glahn

**2027**

Ben Kiel  
Perry Trolard