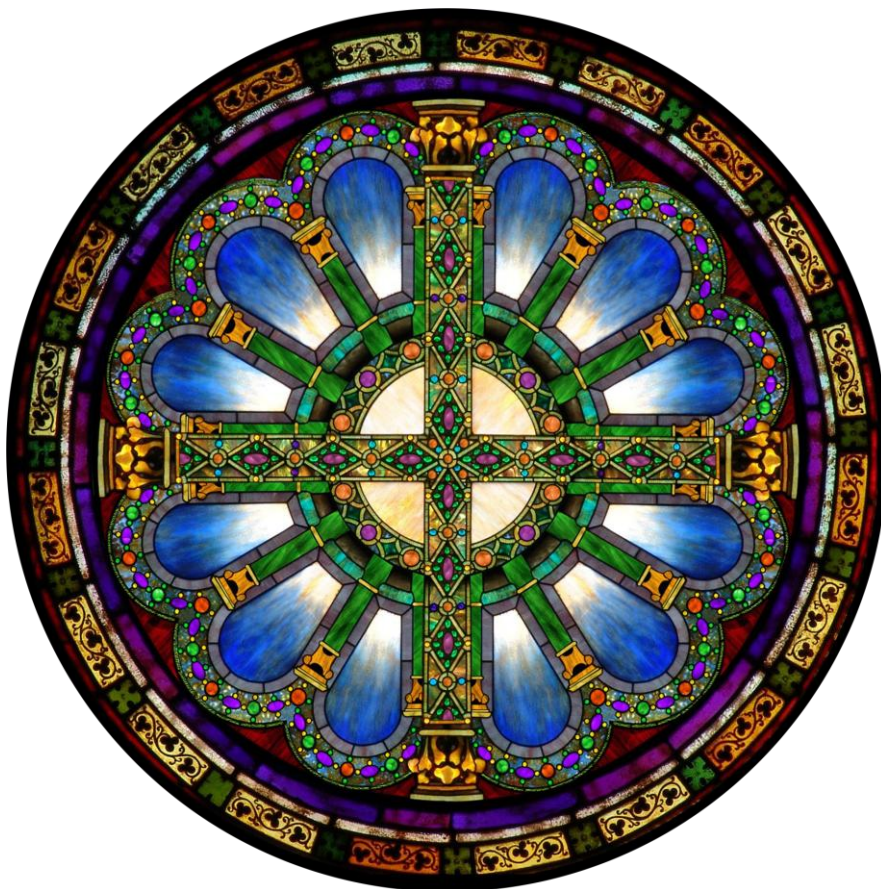


HOLY CROSS CATHEDRAL



The Cathedral Church of the Anglican Diocese of the South

THE ELEVENTH SUNDAY AFTER PENTECOST



*Everything we do is to lead people into a growing
relationship with Jesus Christ.*

August 9, 2026

9:00 am

Crosstalk

News for the Parish of Holy Cross Cathedral

August 9, 2026

The Eleventh Sunday after Pentecost

Welcome, we're glad you're here! If you are a guest today, we'd like to get to know you better. Please fill out the card in front of your chair and drop it in the plate during the offering or give it to an usher.

Church Office: 770-466-2888 | Email: ParishAdmin@hcanglican.org



Interested in connecting at Holy Cross? Want to learn more? Scan this QR code and let us know! We look forward to connecting with you.

Women's Bible Study resumes this Wednesday, August 12th at 10:20 am in the Strickland Center. They will be studying the book of Acts. All women are welcome; bring a friend!

Back to School Splash is Sunday, August 23rd at 12:30 pm for kids grades K–5 and their families. Bring your swimsuit, towel, and a change of clothes. Waterslide, pizza, ice cream, and plenty of fun!

Spiritual Growth Classes: Sundays 10:20–11:05 am.

- ***Ten Commandments*** – Fr. Brad Wilson, Room 205
- ***The War Room*** – Intercessory prayer in the Chapel
- ***Children's Classes*** – Children's Wing
- ***Youth Classes*** – Strickland Student Center

Job Openings: There are openings for a part-time financial administrator and a part-time contemporary worship lead. Go to hcanglican.org/jobs to learn more.

Do you like to sing? Regular Wednesday evening choir rehearsals for the traditional service are Wednesdays, 7:00 pm – 8:30 pm in the Choir Room. All are welcome! Please contact Choir Director, Dr. Nancy Durance at choir@hcanglican.org for more details.

Bishop's Visitation & Confirmations will be Sunday, August 16th.

First Friday Fellowship is a women's fellowship group that will begin meeting in September for food, fellowship, and faith-focused conversation. Contact Carol Wilson (412-519-5646) with any questions.

FORMED 2026: On September 17th and 18th in Chattanooga, TN, Fr. Brad will be speaking on Richard Baxter's approach to reading the scriptures. Visit redeemchattanooga.org/formed-2026 to learn more.

Ways to Give: Text "give" to 770-691-2909, follow the link on the QR code, or go online to hcanglican.org/give



A Note to Parents: Children are welcome to remain with you for the whole service, but we also have special opportunities for them. For children aged 0–3, the nursery is open. Children aged 4–11 can join in for a special program at the Sermon time and will return in time for Communion. The “Family Room” in the Children’s Wing is open for mothers who need a quiet place to nurse their infants.

Sensory bags: An usher can guide you to our sensory bags in the lobby which are designed to help kids with autism, or anyone else who may benefit from them, to more fully participate in our worship service. **Please return all items to the bag when done.**

PRELUDE

Es ist das Heil uns kommen her

Unknown Composer
Daniel Beck, organist

PROCESSIONAL HYMN

O Wondrous Type!

O won - drous type! O vi - sion fair of glo - ry that the
With shi - ning face and bright ar - ray, Christ deigns to man - i -
And faith - ful hearts are raised on high by this great vi - sion's

Church may share, which Christ up - on the moun - tain
fest to - day what glo - ry shall be theirs a -
my - ster - y; for which in joy - ful strains we

shows, where bright - er than the sun he glows!
bove who joy in God with per - fect love.
raise the voice of prayer, the hymn of praise.

John Mason Neale (1818-1866)

William Knapp (1698-1768)

THE ACCLAMATION

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

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

THE COLLECT FOR PURITY

Celebrant and People together

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

THE SUMMARY OF THE LAW

Celebrant Hear what our Lord Jesus Christ says: you shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it: you shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.

Matthew 22:37–40

THE KYRIE

Lord, _____ have mer - cy, Lord, _____ have mer - cy. Christ, _____ have
mer - cy. Christ, _____ have mer - cy.
Lord, _____ have mer - cy, Lord, _____ have mer - cy.

David Thorne

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with your spirit.**

Celebrant Let us pray.

Almighty God, give us the increase of faith, hope, and love; and, that we may obtain what you have promised, make us love what you command; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People **Amen.**

THE LITURGY OF THE WORD

JONAH 3:10 – 4:11

Pew Bible p.775

¹⁰ When God saw what the Ninevites did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it.

⁴ But it displeased Jonah exceedingly, and he was angry. ² And he prayed to the LORD and said, “O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. ³ Therefore now, O LORD, please take my life from me, for it is better for me to die than to live.” ⁴ And the LORD said, “Do you do well to be angry?”

⁵ Jonah went out of the city and sat to the east of the city and made a booth for himself there. He sat under it in the shade, till he should see what would become of the city. ⁶ Now the LORD God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was exceedingly glad because of the plant. ⁷ But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. ⁸ When the sun rose, God appointed a scorching east wind,

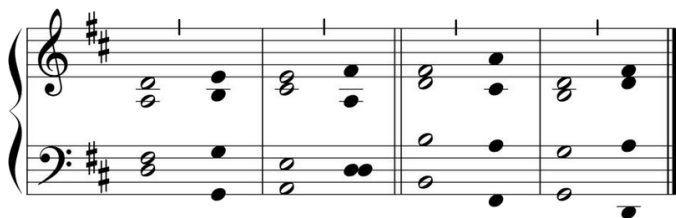
and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, “It is better for me to die than to live.” ⁹ But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.” ¹⁰ And the LORD said, “You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. ¹¹ And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?”

Reader The Word of the Lord.

People **Thanks be to God.**

PSALM 29

BCP p.302



Jerome Webster Meachen (b. 1930)

*Psalm singing is an ancient form of worship in the Anglican tradition. The chant melody we will use today is notated above. Short vertical lines notated in the Psalm text correspond to the chant melody, indicating when to change pitches. The Psalm is sung with natural speech rhythm inflections, emphasizing key words and syllables to convey the meaning of the text. Commas, apostrophes, and periods indicate where to collectively breathe. The congregation is invited to sing the **bolded** responses.*

- 29** Ascribe unto the Lord, O you ' mighty, |
 ascribe unto the Lord worship and ' strength. ||
- ² Give the Lord the honor due unto his ' Name; |
 worship the Lord with holy ' worship. ||
- ³ **It is the Lord that commands the ' waters; |**
 it is the glorious God that makes the ' thunder. ||
- ⁴ **It is the Lord that rules the sea; '**
 the voice of the Lord is mighty in its ' working; |
 the voice of the Lord is a glorious ' voice. ||

- 5 The voice of the Lord breaks the ' cedar trees; |
indeed, the Lord breaks the cedars of ' Lebanon. ||
- 6 He makes them also to skip like a ' calf, |
Lebanon also, and Sirion, like a young ' ox. ||
- 7 The voice of the Lord divides the flames of fire; '
the voice of the Lord shakes the ' wilderness; |
indeed, the Lord shakes the wilderness of ' Kadesh. ||
- 8 The voice of the Lord makes the deer to bring forth young,
and strips the forests ' bare; |
in his temple all cry, ' “Glory.” ||
- 9 The Lord sits above the flood ' waters, |
and the Lord remains King for ' ever. ||
- 10 The Lord shall give strength to his ' people; |
the Lord shall give his people the blessing of ' peace. ||

EPHESIANS 4:26–27

Pew Bible p.978

26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

Reader The Word of the Lord.

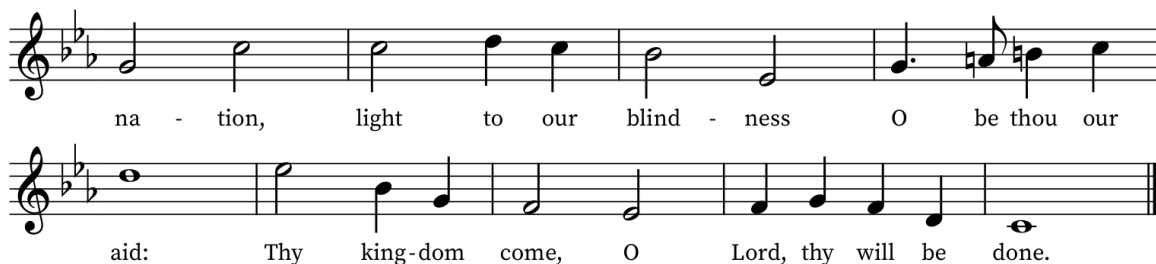
People Thanks be to God.

(Please stand)

SEQUENCE HYMN

Father Eternal, Ruler of Creation

Fa - ther e - ter - nal, Ru - ler of cre - a - tion, Spi - rit of life, which
moved ere form was made, through the thick dark - ness cov - ering ev - ery



Laurence Housman (1865-1959)

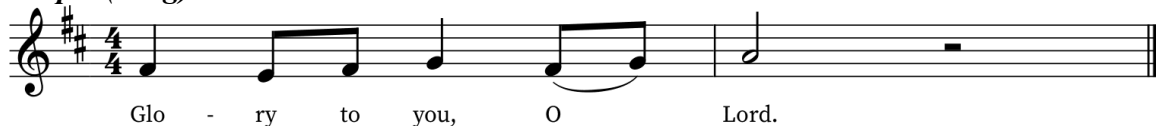
Langham, Geoffry Turton Shaw (1879-1943)

MATTHEW 5:21–24

Pew Bible p.810

Deacon The Holy Gospel of our Lord Jesus Christ according to St. Matthew.

People (sung)



David Thorne

²¹ Jesus said, “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ ²² But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. ²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.”

Deacon The Gospel of the Lord.

People (sung)



David Thorne

SEQUENCE HYMN (cont.)

Father Eternal, Ruler of Creation

How shall we love thee, ho - ly hid-den Be - ing, if we love not the
world which thou hast made? Bind us in thine own love for bet - ter
see - ing thy Word made flesh, and in a man - ger
laid: Thy king-dom come, O Lord, thy will be done.

Laurence Housman (1865-1959)

Langham, Geoffrey Turton Shaw (1879-1943)

**** Children aged 4-11 are invited to a special program at this time. Those who wish to participate, please meet the teachers at the middle door at the back of the sanctuary. Children will return after the sermon and prayers. ****

THE SERMON

Fr. Brad Wilson

“Dealing with Anger”

NICENE CREED

(Please stand)

Celebrant Let us confess our faith in the words of the Nicene Creed:

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, visible and invisible.

We believe in one Lord, Jesus Christ, the only-begotten 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, was incarnate from the Holy Spirit and 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, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one Baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

(Please kneel)

Reader For peace in the world, and for the well-being and unity of God's people everywhere.

Lord, in your mercy:

People **Hear our prayer.**

Reader For Julian, our Dean of the Province; for Foley and Frank, our Bishops; for Brad, our Dean; for Brian, our Associate Pastor; and for all our assisting Cathedral clergy; that you will continually empower them with your Spirit for ministry.

Today in our diocese, we pray for The Gathering Church in Richmond, Texas, asking you to work mightily in those congregations for the building up of your people and the salvation of many.

Lord, in your mercy:

People **Hear our prayer.**

Reader As Jesus said, “The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord to send out laborers into his harvest.” We pray that you will raise up Pastors, Missionaries, Evangelists, and Lay Leaders to preach the gospel so that many will come to you and be saved; and especially for the calling of a new dean for this Cathedral parish.

Today we pray also for Jimmy & Shana Barge and Jimmy’s mission trip to Children’s Rescue Outreach International (CROI) in Gand Bassa, Liberia, to share Christ’s love and build beds for 60 children who currently sleep on the floor.

Pray for safe travel, for fruitful ministry, and that the children and those around come to a saving knowledge of Christ.

Lord, in your mercy:

People **Hear our prayer.**

Reader For our brothers and sisters in Christ who are persecuted for their faith.

Lord, in your mercy:

People **Hear our prayer.**

Reader For our nation, for those in authority, and for all in public service, especially Donald, our President.

Lord, in your mercy:

People **Hear our prayer.**

Reader For the sick and those in need, especially those we now name.

Lord, in your mercy:

People **Hear our prayer.**

Reader We praise you for all who have died trusting in you. Bring us with them to the final day of resurrection.

Lord, in your mercy:

People **Hear our prayer.**

Reader In the quietness of this moment, we pray for that matter most on our hearts.

Lord, in your mercy:

People **Hear our prayer.**

Celebrant Heavenly Father, hear our prayers, and in your loving care answer them as may be best for us, to the honor and glory of your Son Jesus, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

People **Amen.**

THE CONFESSION AND ABSOLUTION OF SIN

Celebrant Let us humbly confess our sins to Almighty God.

Celebrant and People together

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.

Celebrant Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to 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.

People **Amen.**

THE COMFORTABLE WORDS

Celebrant Hear the Word of God to all who truly turn to him. “If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.”
1 John 2:1–2

THE PEACE

(Please stand)

Celebrant The peace of the Lord be always with you.

People **And with your spirit.**

At this time, we remind each other of the peace we have with God because of what Jesus has done for us. Traditionally, it is also a time for reconciliation between fellow Christians prior to receiving communion together.

ANNOUNCEMENTS

THE OFFERTORY SENTENCE

Celebrant “Offer unto God a sacrifice of thanksgiving, and pay your vows unto the Most High.”
Psalm 50:14

Here at Holy Cross all the loose cash given in the offering is always included in what we give to mission and ministry outside of the congregation. Today's loose cash offering will help provide beds and mattresses for children being cared for by Children's Rescue Outreach International in Liberia.

THE OFFERTORY

Edward H. Bickersteth (1825-1906)

*Peace, perfect peace,
in this dark world of sin?
The blood of Jesus
whispers peace within.*

Peace, Perfect Peace

Orlando Gibbons (1583-1625)

*Peace, perfect peace,
with sorrows surging round?
On Jesus' bosom
naught but calm is found.*

*Peace, perfect peace,
with loved ones far away?
In Jesus' keeping
we are safe, and they.*

*Peace, perfect peace,
our future all unknown?
Jesus, we know,
and He is on the throne.*

*Peace, perfect peace,
death shadowing us and ours?
Jesus has vanquished death
and all its powers.*

*It is enough:
earth's struggles soon shall cease,
And Jesus call us
to Heaven's perfect peace.*

PRESENTATION HYMN

(Please stand)

Old Hundredth

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

PRESENTATION OF GIFTS

Celebrant All things come from you, O Lord,
People **And of your own have we given you.**

1 Chronicles 29:11, 14

THE HOLY EUCHARIST

(ACNA Renewed Ancient Text, BCP p.132)

Celebrant The Lord be with you.
People **And with your spirit.**

Celebrant Lift up your hearts.
People **We lift them up to the Lord.**

Celebrant Let us give thanks to the Lord our God.
People **It is right to give him thanks and praise.**

It is right, our duty and our joy, always and everywhere to give thanks to you,
Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who on the first day of the week overcame
death and the grave, and by his glorious resurrection opened to us the way of
everlasting life.

Therefore we praise you, joining our voices with Angels and Archangels and
with all the company of heaven, who for ever sing this hymn to proclaim the
glory of your Name:

THE SANCTUS

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, Ho - san - na, Ho - san - na in the high -
est. Bles - sed is he who comes in the name of the
Lord, Ho - san - na, Ho - san - na, Ho - san - na in the high - est.

David Thorne

THE PRAYER OF CONSECRATION

(Please kneel)

Celebrant

Holy and gracious Father: In your infinite love you made us for yourself; and when we had sinned against you and become subject to evil and death, you, in your mercy, sent your only Son Jesus Christ into the world for our salvation. By the Holy Spirit and the Virgin Mary he became flesh and dwelt among us. In obedience to your will, he stretched out his arms upon the Cross and offered himself once for all, that by his suffering and death we might be saved. By his resurrection he broke the bonds of death, trampling Hell and Satan under his feet. As our great high priest, he ascended to your right hand in glory, that we might come with confidence before the throne of grace.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke 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, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for 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 in remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People together



David Thorne

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving, and we offer you these gifts. Sanctify them by your Word and Holy Spirit to be for your people the Body and Blood of your Son Jesus Christ. Sanctify us also, that we may worthily receive this holy Sacrament, and be made one body with him, that he may dwell in us and we in him. In the fullness of time, put all things in subjection under your Christ, and bring us with all your saints into the joy of your heavenly kingdom, where we shall see our Lord face to face.

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 for ever.

People **Amen.**

THE LORD'S PRAYER

Celebrant And now as our Savior Christ has taught us, we are bold to pray:

**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.**

Celebrant Alleluia. Christ our Passover Lamb has been sacrificed,
once for all upon the Cross.

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

AGNUS DEI

Lamb of God, you take a-way the sin of the world, have mer-cy on us.

Lamb of God, you take a-way the sin of the world, have mer-cy on us.

Lamb of God, you take a - way the

sin of the world, grant us peace.

David Thorne

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.

(Please be seated)

Invitation to Communion

This is the Lord's table. All Christians who put their faith in Jesus, have been baptized, and are obediently following the Lord's way, and are in fellowship with their neighbor, are invited to receive the bread and wine.

To Receive Communion or a Blessing

Place one hand on top of the other to receive bread. To receive a gluten-free wafer, place one hand on your shoulder and open your other hand. You may consume the bread and drink from the chalice or hold it and carefully dip the bread into the chalice. If for any reason you wish not to receive Communion, or if you have not been baptized, you are welcome to receive a blessing. Simply cross your hands over your chest at the communion rail to receive a blessing in place of the communion elements.

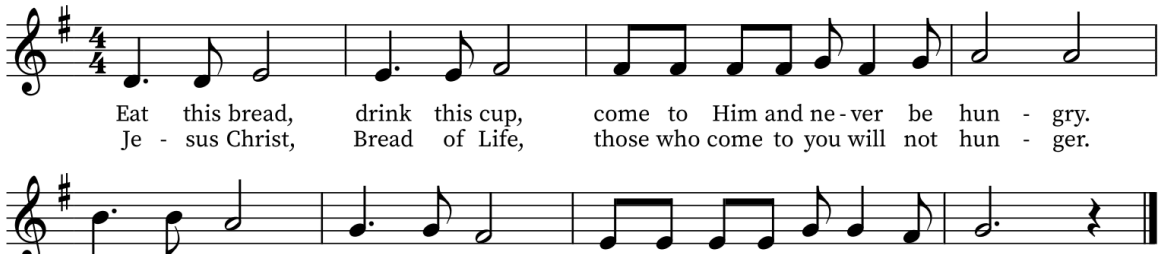
If you are unable to go to the rail and need Communion brought to you, please alert an usher.

Healing Prayer

Healing-prayer ministers will be available to pray and anoint with oil all who come with concerns during Communion. After you receive, please proceed to the back to the Gethsemane Prayer Chapel for prayer.

COMMUNION MUSIC

Eat This Bread



Eat this bread, drink this cup, come to Him and ne-ver be hun - gry.
Je - sus Christ, Bread of Life, those who come to you will not hun - ger.

Eat this bread, drink this cup, trust in Him and you will not thirst.
Je - sus Christ, Ri - sen Lord, those who trust in You will not thirst.

The congregation is invited to sing the bold verses.

Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst

Jesus Christ, Bread of Life, those who come to you will not hunger

Jesus Christ, Risen Lord, those who trust in you will not thirst.

Christ is the Bread of Life, the true bread sent from the Father

Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst

Our ancestors ate manna in the desert, but this is the bread come down from heaven

***Jesus Christ, Bread of Life, those who come to you will not hunger
Jesus Christ, Risen Lord, those who trust in you will not thirst.***

Eat His flesh and drink His blood, and Christ will raise you up on the last day

***Eat this bread, drink this cup, come to Him and never be hungry
Eat this bread, drink this cup, trust in him and you will not thirst***

Anyone who eats this bread, will live forever

***Jesus Christ, Bread of Life, those who come to you will not hunger
Jesus Christ, Risen Lord, those who trust in you will not thirst***

If we believe and eat this bread, we will have eternal life

***Eat this bread, drink this cup, come to him and never be hungry.
Eat this bread, drink this cup, trust in him and you will not thirst***

***Jesus Christ, Bread of Life, those who come to you will not hunger
Jesus Christ, Risen Lord, those who trust in you will not thirst.***

John 6, adapt. Robert J. Batastini and the Taizé Community

Jacques Berthier (1923–1994)

I Heard the Voice of Jesus Say

I heard the voice of Je - sus say, "Come un - to me and rest; Lay
 I heard the voice of Je - sus say, "Be - hold, I free - ly give the
 I heard the voice of Je - sus say, "I am this dark world's Light; Look
 down, thou wear-y one, lay down thy head up - on my breast." I came to Je - sus
 liv - ing wa-ter; thirst - y one, stoop down and drink and live." I came to Je - sus,
 un - to me; thy morn shall rise, and all thy day be bright." I looked to Je - sus,
 as I was: wear - y, and worn, and sad; I
 and I drank of that life - giv - ing stream; My
 and I found in him my Star, my Sun; And
 found in him a rest - ing place, and he has made me glad.
 thirst was quench'd, my soul re - vived, and now I live in him.
 in that light of life I'll walk till trav - 'ling days are done.

Horatius Bonar, 1846

English Melody; arr. Ralph Vaughan Williams, 1906

THE POST COMMUNION PRAYER

(Please stand)

Celebrant Let us pray.

Celebrant and People together

Heavenly Father, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the body of your Son, and heirs of your eternal Kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE BLESSING

Celebrant The peace of God, which passes 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 Spirit, be among you, and remain with you always.

People **Amen.**

RECESSIONAL

Rejoice, Ye Pure in Heart!

Re - joice, ye pure in heart! Re - joice, give thanks, and sing! Your
 Yes, on through life's long path, still chant-ing as ye go, from
 Then on, ye pure in heart! Re - joice, give thanks, and sing! Your

glo - rious ban - ner wave on high, the cross of Christ your King. Re -
 youth to age, by night and day, in glad - ness and in woe.
 glo - rious ban - ner wave on high, the cross of Christ your King.

joice, re - joice, re - joice, give thanks, and sing.

Edward Hayes Plumptre (1821-1891)

Marion, Arthur Henry Messier (1834-1916)

THE DISMISSAL

Deacon Alleluia, alleluia! Go in peace to love and serve the Lord.

People Thanks be to God. Alleluia, alleluia!

POSTLUDE

Fugue in C

Johann Pachelbel

Daniel Beck, organist

Dealing with Anger

Ephesians 4:26–27

Principle 1 It is sometimes **OK or permissible** to be angry.

“Be angry, but do not sin.” v. 26

Principle 2 But it is dangerous to be angry, so **deal with it quickly**.

“Do not let the sun do down on your anger.” v. 26

Principle 3 *Practice Preventative Maintenance.*

To prevent anger from becoming normative or typical,
develop **a godly attitude**.

Principle 4 *Practice Damage Maintenance.*

When you become angry, respond **appropriately & wisely**.

(1) Beware of misdirected anger.

(2) Before you respond, get more information.

(3) Express yourself to someone you love and trust.

~~~~~

Aristotle, “Anyone can become angry; that is easy.

But to be angry with the right person,

and to the right degree, at the right time,

for the right purpose, and in the right way;

that is not within everyone’s power and it is not easy.”

*Nicomachean Ethics.*

Marcus Aurelius, “How much more grievous are the consequences of anger  
than the causes of it.”

Ambrose Bierce, “Speak when you are angry and you will make the best  
speech you will ever regret.”