



SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE SIXTH SUNDAY AFTER PENTECOST

July 21, 2019

11:00 AM



Newcomers and visitors, the community of Saint Mark's welcomes you. We hope that you will feel at home in this place and in this liturgy. Ushers are available during the liturgy as well as greeters and clergy following, should you have any questions or concerns. Mothers are most welcome to breastfeed their infants during the service. Children of any age are always welcome at Saint Mark's liturgies. In addition, child care during services is available in the Child Care Center, located in the west end of the cathedral building. You may reach the Child Care Center through the southwest doors of the nave, or by taking the elevator to the 5<sup>th</sup> floor. Ushers will guide you.

During the summer, both the 9 and 11 a.m. liturgies will employ a Eucharistic Prayer and other liturgical elements from *Enriching Our Worship 1*, a collection of supplementary liturgical texts approved by the General Convention of the Episcopal Church in 1997, as well as additional texts approved in 2018. These texts employ more inclusive/expansive language, moving away from exclusively masculine terminology for the Divine, while remaining grounded in Holy Scripture and liturgical tradition.

As part of our effort to serve those who cannot attend worship, this service will be livestreamed on the internet. The 8 AM, 9 AM, 7 PM, and 9:30 PM services are not livestreamed. We are grateful for your presence and participation in this community.

The nave altar flowers this morning are given to the glory of God and in loving memory of her grandparents, Philip and Lozein O'Hanlon, by Lynn Offutt. The chapel altar flowers are given to the glory of God and in celebration of the marriage of Teresa Pliskowski and Brook Brayman.

Out of respect for the liturgy we are about to celebrate, please turn off all cell phones and audible devices. Please, no photography during the liturgy.

The Very Reverend Steven L. Thomason, Dean and Rector of Saint Mark's Cathedral, *Presider*  
The Reverend Canon Jennifer King Daugherty, Canon for Congregational Life, *Preacher*

## THE GATHERING

*A brief organ voluntary offered a few minutes before the hour invites all into quiet prayer and preparation.*

**PRELUDE**     *I. Allegro moderato from Trio in E flat, BWV 525*     J. S. Bach (1685–1750)

*A bell bids all to rise as able.*

**INTROIT**     *Christo Psallat* [Rondeau]     WORDS & MUSIC: Anonymous (Paris, c. 1250), and Psalm 47:6–8

*Christo psallat Ecclesia,  
Mitis misericordia.  
Redempta Sion filia  
det laudem Regi gloriae,  
Mitis misericordia  
mortem destruxit hodie.*

Sing to Christ, O Church,  
because of his great mercy.  
O redeemed daughter Zion  
give praise to the King of glory,  
Because of his great mercy  
this day he has destroyed death.

℣. Sing praises to God, sing praises;  
sing praises to our King, sing praises.  
For God is King of all the earth;  
sing praises with a psalm.  
God is King over the nations;  
God sits on his holy throne.

**HYMN 401**     *The God of Abraham praise* ♦ *The Hymnal 1982 #401*

TUNE: *Leoni*

### OPENING ACCLAMATION

*Presider* Blessed be God: most holy, glorious, and undivided Trinity.  
*Assembly* And blessed be God's reign, now and forever. Amen.

**COLLECT FOR PURITY**

*Presider* 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.

*All* Amen.

**SONG OF PRAISE** *Benedictus es*

John Rutter (b. 1945)

*Organ:* *Everyone:*

1. Glo-ry to you, Lord God of our fa-ters; you are worthy of praise; glo-ry to you.

2. Glo-ry to you for the rad-i-ance of your ho-ly Name; we will praise you and highly ex-alt you for ev-er.

3. Glo-ry to you in the splendor of your tem-ple; on the throne of your ma-jesty, glo-ry to you.

4. Glo-ry to you, seated be-tween the Cher-u-bim; we will praise you and highly ex-alt you for ev-er.

5. Glo-ry to you, be-holding the depths; in the high vault of heaven, glo-ry to you.

6. Glo-ry to you, Father, Son, and Ho-ly Spi-rit; we will praise you and highly ex-alt you for ev-er.

*The Hymnal 1982 #8-236, ©1985 Oxford University Press*

**COLLECT OF THE DAY**

Proper 11

*Presider* God be with you.

*Assembly* And also with you.

*Presider* Let us pray.

**A**Lmighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

*All* Amen.

*Please be seated for the readings.*

# THE LITURGY OF THE WORD

## READING

*Genesis 18:1–10a*

**T**HE LORD appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, “My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” And Abraham hastened into the tent to Sarah, and said, “Make ready quickly three measures of choice flour, knead it, and make cakes.” Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.”

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

*Assembly* **Thanks be to God.**

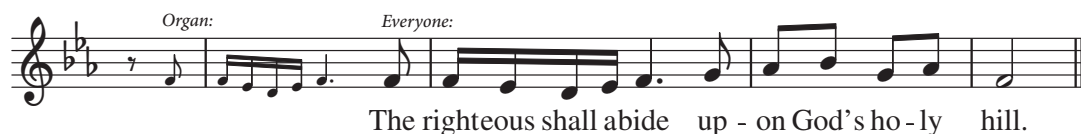
## PSALM

*Psalm 15*

Peter R. Hallock (1924–2014)

*The Choir introduces the antiphon, all repeat it.*

*The Choir chants the psalm verses, all repeating the antiphon as indicated.*



The righteous shall abide up - on God's ho - ly hill.

*Domine, quis habitabit?*

**L**ORD, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?

- 2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart. **ANTIPHON**
- 3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, \*  
but he honors those who fear the LORD. **ANTIPHON**

- 5 He has sworn to do no wrong \*  
and does not take back his word.
- 6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent. **ANTIPHON**
- 7 Whoever does these things \*  
shall never be overthrown. **ANTIPHON**

**READING**

*Colossians 1:15–28*

**C**HRIST Jesus is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel.

I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

*Reader* Hear what the Spirit is saying to God's people.  
*Assembly* **Thanks be to God.**

*After a brief silence the Presider stands; all rise as able for the proclamation of the Gospel.*

**HYMN 382**    *King of glory, King of peace* ♦ *The Hymnal 1982 #382*

TUNE: *General Seminary*

**THE HOLY GOSPEL**    *Luke 10:38-42*

*Deacon*    The Holy Gospel of our Savior Jesus Christ according to Luke.

*Assembly*    **Glory to you, Lord Christ.**

**A**S JESUS and his disciples went on their way, Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

*Deacon*    The Gospel of the Lord.

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

**SERMON**

The Reverend Canon Jennifer King Daugherty

*All rise as able.*

**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 ASSEMBLY**

*After each petition:*

*Intercessor* Creator God;

*Assembly* Awaken us to your presence and love.

*The Presider concludes the prayers with a collect. All respond: Amen.*

#### **CONFESSION**

*Deacon* Let us confess our sins to God.

*You are invited to stand or kneel for the confession.*

*Deacon* God of all mercy,

**All** we confess that we have sinned against you  
opposing your will in our lives.

We have denied your goodness in each other,  
in ourselves, and in the world you have created.

We repent of the evil that enslaves us,  
the evil we have done,

and the evil done on our behalf.

Forgive, restore, and strengthen us  
through our Savior Jesus Christ,  
that we may abide in your love  
and serve only your will. Amen.

*The Presider pronounces God's forgiveness of our sins. All respond: Amen.*

#### **THE PEACE**

*Presider* The peace of Christ be always with you.

*Assembly* And also with you.

*All greet one another in the name of the Lord.*

# THE LITURGY OF THE TABLE

## OFFERTORY

*An offering of money is received. Everyone worshipping this morning is invited to make an offering as an expression of gratitude for God's generosity. Many support Saint Mark's through pledged offerings and other gifts made by credit card, via mail, or using the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right). Together our gifts make possible this community of welcome, reconciliation and service.*



## ANTHEM

*Psalms 150 [the Coverdale translation]*

MUSIC: Benjamin Britten (1913–1976)

Praise God in his holiness;  
Praise him in the firmament of his power.  
Praise him in his noble acts;  
Praise him according to his excellent greatness.  
Praise him in the sound of the trumpet;  
Praise him upon the lute and harp.  
Praise him in the cymbals and the dances;  
Praise him upon the strings and pipe.  
Praise him upon the well-tuned cymbals.  
Praise him upon the loud cymbals.  
Let every thing that hath breath praise the Lord!

*All rise as able as the bread, wine, and money we offer to God are brought forward and presented at the altar table.*

## THE GREAT THANKSGIVING

*Eucharistic Prayer 3, Enriching Our Worship*

*Presider*                      *Assembly*

God be with you. And al-so with you.

*Presider*                      *Assembly*

Lift up your hearts. We lift them to the Lord.

*Presider*                      *Assembly*

Let us give thanks to the Lord our God. It is right to give God thanks and praise.

*Presider* All thanks and praise  
are yours at all times and in all places,  
our true and loving God;  
through Jesus Christ, your eternal Word,  
the Wisdom from on high by whom you created all things.  
You laid the foundations of the world  
and enclosed the sea when it burst out from the womb;  
You brought forth all creatures of the earth  
and gave breath to humankind.  
Wondrous are you, Holy One of Blessing,  
all you create is a sign of hope for our journey;  
And so as the morning stars sing your praises  
we join the heavenly beings and all creation  
as we shout with joy:



*Organ:* *Everyone:*

Ho - ly, ho - ly, ho - ly Lord God\_ of hosts.  
 Hea-ven and earth are full of your glo - ry\_ Ho-san - na in\_ the high - est.  
 Blest is the one who comes in the name of our God\_ Ho - san - na in\_ the high - est.

*Presider* Glory and honor are yours, Creator of all,  
 your Word has never been silent;  
 you called a people to yourself, as a light to the nations,  
 you delivered them from bondage  
 and led them to a land of promise.  
 Of your grace, you gave Jesus  
 to be human,  
 to share our life,  
 to proclaim the coming of your holy reign  
 and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,  
 you have freed us from sin,  
 brought us into your life,  
 reconciled us to you,  
 and restored us to the glory you intend for us.

We thank you that on the night before he died for us  
 Jesus took bread,  
 and when he had given thanks to you, he broke it,  
 gave it to his friends and said:  
 "Take, eat, this is my Body,  
 broken for you.  
 Do this for the remembrance of me."

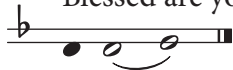
After supper Jesus took the cup of wine,  
 said the blessing, gave it to his friends and said:  
 "Drink this, all of you:  
 this cup is the new Covenant in my Blood,  
 poured out for you and for all  
 for the forgiveness of sin.  
 Do this for the remembrance of me."

And so, remembering all that was done for us:  
 the cross, the tomb, the resurrection and ascension,  
 longing for Christ's coming in glory,  
 and presenting to you these gifts  
 your earth has formed and human hands have made,  
 we acclaim you, O Christ:

**All** Dying, you destroyed our death.  
 Rising, you restored our life.  
 Christ Jesus, come in glory!

*Presider* Send your Holy Spirit upon us  
and upon these gifts of bread and wine  
that they may be to us  
the Body and Blood of your Christ.  
Grant that we, burning with your Spirit's power,  
may be a people of hope, justice, and love.  
Giver of Life, draw us together in the Body of Christ,  
and in the fullness of time gather us  
with blessed Mary, Mark, and all your people  
into the joy of our true eternal home.  
Through Christ and with Christ and in Christ,  
by the inspiration of your Holy Spirit,  
we worship you our God and Creator  
in voices of unending praise.

Blessed are you now and forever.



*All* A - MEN.

#### **THE LORD'S PRAYER**

*All* Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

*In silence, the Presider breaks the consecrated bread.*

**FRACTION ANTHEM** *The disciples knew the Lord Jesus*

Plainsong Mode 6

*A Cantor introduces the antiphon, all repeat it. The Cantor sings the verses, all repeating the antiphon as indicated.*



∇. The bread which we break, alleluia, is the communion of the body of Christ. **ANTIPHON**

∇. One body are we, alleluia, for though many we share one bread. **ANTIPHON**

*The Hymnal 1982 #8-167, © 1971 Mason Martens*

**INVITATION TO COMMUNION**

*Presider* The gifts of God for the people of God.

*All seeking God are welcome at Christ's Table.*

*The Assembly gathers around all sides of the altar platform, guided by the ushers. If you need communion brought to your seat, please let an usher know. Rice wafers for those who do not eat wheat are available at the Presider's communion station at the front left.*

- ◆ *You are welcome to stand or kneel to receive communion.*
- ◆ *Hold out your hand to receive the bread and then eat. Guide the chalice of wine to your mouth and then drink.*
- ◆ *Or you may leave the bread in your hand for the chalice bearer to dip it in the wine and feed you.*
- ◆ *To receive a blessing instead of communion, simply cross your arms over your chest.*

**ANTHEM** *Bless the Lord, O my soul*

WORDS: based on verses of Psalm 103  
MUSIC: Mikhail Ippolitov-Ivanov (1859–1935)  
adapted by Paul Stevens

Bless the Lord, O my soul;  
blessed art thou, O Lord.  
Bless the Lord, O my soul;  
bless the Lord and forget not all his benefits.  
Bless the Lord, O my soul,  
and all that is within me, bless his holy Name.  
He is gracious and plenteous in mercy,  
For the Lord is slow to anger,  
He will crown thee with mercy,  
redeemeth thee from destruction,  
if thou remember His Commandments to do them.  
Bless the Lord, O my soul,  
and all that is within me, bless his holy Name.  
O bless the Lord, my soul.

*All rise as able.*

**SENDING OF EUCHARISTIC VISITORS**

*Presider* One body are we.

*Assembly* **For, though many, we share one bread and one cup.**

*Deacon* Go in peace, bearing holy gifts for holy people.

**PRAYER AFTER COMMUNION**

*Presider* God of abundance,

**All you have fed us**

**with the bread of life and cup of salvation;**

**you have united us**

**with Christ and one another;**

**and you have made us one**

**with all your people in heaven and on earth.**

**Now send us forth**

**in the power of your Spirit,**

**that we may proclaim your redeeming love to the world**

**and continue for ever**

**in the risen life of Christ our Savior. Amen.**

**BLESSING** *The Presider asks God's blessing on the Assembly. All respond: Amen.*

**HYMN 495** *Hail, thou once despised Jesus! ♦ The Hymnal 1982 #495*  
stanzas 1, 3 & 4

TUNE: *In Babilone*

**DISMISSAL**

*Deacon* Let us go forth in the name of Christ.

*Assembly* **Thanks be to God.**

**VOLUNTARY** *Fanfare*

William Mathias (1934–1992)

**PRESIDER**

The Very Reverend Steven L. Thomason

**ASSISTING LAY MINISTER**

Steven Jones

**EUCHARISTIC MINISTERS**

Erin Beary Andersen, Grace Grant,

Phillip Lienau, Sonja Lund,

Lynne Markova, John Selberg

The Reverend Cristi Chapman

The Reverend Mark Miller

**ALTAR GUILD**

Walter Stuteville

David Wagner

**PREACHER**

The Reverend Canon Jennifer King Daugherty

**VERGERS**

Robert Stevens

Olivier Santos

**ACOLYTES**

Erik Donner, Jenny Donner,

Joe Kasper, K.O. LeSure,

Rollin Salsbery, Luann Webster,

Barbara Zito

**LECTORS**

Christine Szabadi

George Pro

**INTERCESSOR**

Gloria Stickel

**DEACON**

The Reverend Emily Austin

**USHERS**

Mary Bayne, Charles Coldwell,

Vicky Greenbaum, Janet Miller,

Kathy Sodergren, Larry Wilson

**GREETER**

Barbara Erickson

**MUSICIANS**

The Choir of Saint Mark's Cathedral

Choir School Summer Camp 2019,

Rebekah Gilmore, *Director*

Michael Kleinschmidt

& John Stuntebeck, *Organists*