



SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE ELEVENTH SUNDAY AFTER PENTECOST

August 25, 2019

8:00 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. Mothers are most welcome to breastfeed their infants during the service.

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 Reverend Canon Nancy Ross, Canon for Cathedral Relations, *Presider*

The Reverend Emily Austin, Deacon, *Preacher*

## THE GATHERING

**PRELUDE** *Allegretto grazioso* from *Six Organ Pieces*, H. 56 No. 1

Frank Bridge (1879–1941)

*All rise as able.*

**HYMN 493** *O for a thousand tongues to sing* ♦ *The Hymnal 1982 #493*  
stanzas 1, 5 & 6

TUNE: *Azmon*

### OPENING ACCLAMATION

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

*Assembly* **And blessed be God's kingdom, now and forever. Amen.**

### COLLECT FOR PURITY

*Book of Common Prayer*, p. 355

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.**

### GLORIA

**Glory to God in the highest, and peace to his people on earth.** *Book of Common Prayer*, p. 356  
**Lord God, heavenly King, almighty God and Father,**  
**we worship you, we give you thanks, we praise you for your glory.**  
**Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,**  
**you take away the sin of the world: have mercy on us;**  
**you are seated at the right hand of the Father: receive our prayer.**  
**For you alone are the Holy One, you alone are the Lord, you alone are the Most High,**  
**Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

### COLLECT OF THE DAY

Proper 16, *Book of Common Prayer*, p. 232

*Presider* The Lord be with you.

*Assembly* **And also with you.**

*Presider* Let us pray.

**G**RANT, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

**All Amen.**

# THE LITURGY OF THE WORD

## READING

*Isaiah 58:9b-14*

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.  
The LORD will guide you continually,  
and satisfy your needs in parched places,  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters never fail.  
Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to live in.  
If you refrain from trampling the sabbath,  
from pursuing your own interests on my holy day;  
if you call the sabbath a delight  
and the holy day of the LORD honorable;  
if you honor it, not going your own ways,  
serving your own interests, or pursuing your own affairs;  
then you shall take delight in the LORD,  
and I will make you ride upon the heights of the earth;  
I will feed you with the heritage of your ancestor Jacob,  
for the mouth of the LORD has spoken.

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

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

## PSALM

*Psalm 103:1-8 ♦ read by all in unison*

*Benedic, anima mea*

- |   |   |
|---|---|
| <b>B</b> LESS the LORD, O my soul, *<br>and all that is within me, bless his holy Name.   | 5 He satisfies you with good things, *<br>and your youth is renewed like an eagle's.    |
| 2 Bless the LORD, O my soul, *<br>and forget not all his benefits.                        | 6 The LORD executes righteousness *<br>and judgment for all who are oppressed.          |
| 3 He forgives all your sins *<br>and heals all your infirmities;                          | 7 He made his ways known to Moses *<br>and his works to the children of Israel.         |
| 4 He redeems your life from the grave *<br>and crowns you with mercy and loving-kindness; | 8 The LORD is full of compassion and mercy, *<br>slow to anger and of great kindness. ♦ |

**READING***Hebrews 12:18–29*

**Y**OU have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, “If even an animal touches the mountain, it shall be stoned to death.” Indeed, so terrifying was the sight that Moses said, “I tremble with fear.”) But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, “Yet once more I will shake not only the earth but also the heaven.” This phrase, “Yet once more,” indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

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

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

*All rise as able.*

**THE HOLY GOSPEL** *Luke 13:10–17*

*Presider* The Holy Gospel of our Lord Jesus Christ according to Luke.

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

**N**OW Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, “Woman, you are set free from your ailment.” When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, “There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.” But the Lord answered him and said, “You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?” When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

*Presider* The Gospel of the Lord.

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

**SERMON**

The Reverend Emily Austin

*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:*

*Presider* Lord, in your mercy

*Assembly* Hear our prayer.

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

## CONFESSION

*Presider* Let us confess our sins against God and our neighbor.

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

*Presider* Most merciful God,

*All* 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.

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

## THE PEACE

*Presider* The peace of the Lord 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.*



*All rise as able.*

## THE GREAT THANKSGIVING *Eucharistic Prayer B*

*Book of Common Prayer, p. 367*

*Presider* The Lord be with you.

*Assembly* **And also with you.**

*Presider* Lift up your hearts.

*Assembly* **We lift them to the Lord.**

*Presider* Let us give thanks to the Lord our God.

*Assembly* **It is right to give God thanks and praise.**

*Presider* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord. 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:

**All Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*Presider* We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After Supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**All We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*Presider* And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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.

*All* AMEN.

#### 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.

#### THE BREAKING OF THE BREAD

*Presider* Christ our passover is sacrificed for us.

*Assembly* Therefore let us keep the feast.

#### INVITATION TO COMMUNION

*Presider* The Gifts of God for the People of God.

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

*If you need communion brought to your seat, please let any of the liturgical ministers know.*

*Rice wafers for those who do not eat wheat are available; simply ask for one at the time of 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 in the wine and feed you.*
- ◆ *To receive a blessing instead of communion, simply cross your arms over your chest.*

#### COMMUNION VOLUNTARY *Organ Improvisation*

*All rise as able.*

**PRAYER AFTER COMMUNION**

*Book of Common Prayer, p. 365*

*Presider* Eternal God,  
**All** heavenly Father,  
you have graciously accepted us  
as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.

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

**HYMN 411** *O bless the Lord, my soul! ♦ The Hymnal 1982 #411*  
stanzas 1, 5 & 6

TUNE: *St. Thomas (Williams)*

**DISMISSAL**

*Presider* Let us go forth in the name of Christ.  
*Assembly* **Thanks be to God.**

**VOLUNTARY** *Präludium in D minor*

Georg Böhm (1661–1733)

---

**PRESIDER**

The Reverend Canon Nancy Ross

**ASSISTING LAY MINISTER**

Kerry Allman

**EUCCHARISTIC MINISTER**

Michael Garrett

**LECTOR**

John Weller

**INTERCESSOR**

Jean Rolfe

**PREACHER**

The Reverend Emily Austin

**ALTAR GUILD**

Sue Tait

**ORGANIST**

John Stuntebeck