The Holy Eucharist
The Eleventh Sunday after Pentecost

August 25, 2019

9:00 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 5th 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. The Eucharistic Prayer which we will use (EOW Prayer 3) is notable for its invocation of Christ as the personification of Divine Wisdom, referencing passages from the Book of Job and the Wisdom of Solomon, as well as early Christian writers such as Origen and Augustine of Hippo.

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
A bell tolling a few minutes before the hour bids all to keep silence for prayer and preparation.

As the opening hymn is introduced, all rise as able.

**HYMN 493**  
*O for a thousand tongues to sing* • *The Hymnal 1982 #493*  
TUNE: *Azmon*

**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**  
*For the beauty of the Earth* • *The Hymnal 1982 #288, #416*  
TUNE: *Dix*  
PUBLIC DOMAIN

1. For the beauty of the earth, for the beauty of the skies,  
   for the love which from our birth over and around us lies,

2. For the beauty of each hour of the day and of the night,  
   hill and vale, and tree and flower, sun and moon, and stars of light,

Refrain  
Christ our God, to thee we raise this our hymn of grateful praise.
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.
The Cantor introduces the antiphon, all repeat it.
The Cantor chants the psalm verses, all repeating the antiphon as indicated.

**Benedic, anima mea**

Bless the Holy One, O my soul, *
and all that is within me, bless God’s holy Name.  **ANTIPHON**

3 O God, you forgive all our sins *
and you heal all our infirmities;

4 You redeem our life from the grave *
and crown us with mercy and loving-kindness;

5 You satisfy us with good things, *
and our youth is renewed like an eagle’s.  **ANTIPHON**

6 O God, you execute righteousness *
and judgment for all who are oppressed.

7 You made your ways known to Moses *
and your works to the children of Israel.

8 You are full of compassion and mercy, *
slow to anger and of great kindness.  **ANTIPHON**

**Reading**  *Hebrews 12:18–29*

You 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.
Now 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.

Deacon 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,  
was incarnate of the Holy Spirit  
and the Virgin Mary  
and became truly human.

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,  
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.

**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 Christ.
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.

VOLUNTARY  Organ Improvisation
All rise as able.

THE GREAT THANKSGIVING

Presider  God 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  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:

SANCTUS & BENEDICTUS  A Simple Missa Brevis

Presider  Blest is the one who comes in the name of our God,
          Ho - san - na in the high - est.
Assembly  Heaven and earth are full of your glory,
          Ho - san - na in the high - est.
Presider  Organ: Everyone:
          Holy, holy, holy Lord God of hosts.

Eucharistic Prayer 3, Enriching Our Worship

Peter R. Hallock (1924–2014)
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.
Presider  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.

All  Blessed are you now and for ever. AMEN.

THE LORD’S PRAYER

Ambrosian Chant

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 Hymnal 1982 #s-148, © 1971 Mason Martens

In silence, the Presider breaks the consecrated bread.

FRACTION ANTHEM  The disciples knew the Lord Jesus

Plainsong Mode 6

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

The disciples knew the Lord Jesus in the breaking of the bread.

℣. 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 #s-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.

Communion is distributed at standing stations at the head of each aisle. 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 center aisle.

◆ 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 in the wine and feed you.
◆ To receive a blessing instead of communion, simply cross your arms over your chest.

COMMUNION VOLUNTARY  Organ Improvisation

HYMN 315  Thou, who at thy first Eucharist didst pray  ♫ The Hymnal 1982 #315  TUNE: Song I

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

The Church of Christ in every age

Tune: Dunedin

1. The church of Christ in every age, beset by change but spiritually,
2. Across the world, across the street, the victims of injustice cry,
3. Then let the servant church arise! A caring church that longs to be
4. For Christ alone, whose blood was shed, can cure the fever in our blood,
5. We have no mission but to serve in full obedience to our Lord:

1. must claim and test its heritage and keep on rising from the dead.
2. for shelter and for bread to eat, and never live until they die.
3. a partner in Christ’s sacrifice, and clothed in Christ’s humanity.
4. and teach us how to share our bread and feed the starving multitude.
5. to care for all without reserve, and spread Christ’s liberty a ting word.


Dismissal

The Deacon dismisses the Assembly. The Assembly responds: Thanks be to God.

Voluntary

Präludium in D minor

Georg Böhm (1661–1733)