



SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE NINETEENTH SUNDAY AFTER PENTECOST

October 20, 2019

9:00 AM





## SAINT MARK'S EPISCOPAL CATHEDRAL

*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 annual fall appeal. October 6 through November 10, we are asking all who consider Saint Mark's Cathedral a place of spiritual connection to make a 2020 financial commitment to support the mission and ministry here. To do so, simply complete the online form at [saintmarks.org/stewardship](http://saintmarks.org/stewardship) or complete a pledge card—located in the pew rack, inside your hymnal, or on the tables by the font—and drop it in the offering plate. Thank you for your support!*

*The nave altar flowers this morning are given to the glory of God and in loving memory of Roberta Brumbaugh by Vicki Glover, and in loving memory of Bill Hastig. The chapel altar flowers are given to the glory of God and in loving memory of Nancy McLauchlan.*

*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 Nancy Ross, Canon for Cathedral Relations, *Preacher*

## THE GATHERING

*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 709** O God of Bethel ♦ The Hymnal 1982 #709  
stanzas 1-3 & 5

TUNE: Dundee

### OPENING ACCLAMATION

*Presider* Blessed be the one, holy, and living God.  
*Assembly* **Glory to God for ever and ever.**

### 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.**

*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 24, *Book of Common Prayer*, p. 235

*Presider* God be with you.  
*Assembly* **And also with you.**  
*Presider* Let us pray.

**A**Lmighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession 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.**

*Please be seated for the readings.*

# THE LITURGY OF THE WORD

**READING**     *Genesis 32:22–31*

**T**HE same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

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

*Assembly*     **Thanks be to God.**

**PSALM**     *Psalm 121*     [St. Helena Psalter translation]

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.*

My help comes from God, the maker of heaven and earth.

*Levavi oculos*

**L**IFT up my eyes to the hills; \*  
from where is my help to come?

- 2 My help comes from God, \*  
the maker of heaven and earth.     **ANTIPHON**
- 3 God will not let your foot be moved; \*  
the One who watches over you will not fall asleep.
- 4 Behold, the One who keeps watch over Israel \*  
shall neither slumber nor sleep;     **ANTIPHON**
- 5 The Holy One himself watches over you, \*  
and is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
nor the moon by night.     **ANTIPHON**
- 7 God shall preserve you from all evil, \*  
and is the One who shall keep you safe.
- 8 God shall watch over your going out and your coming in, \*  
from this time forth for evermore.     **ANTIPHON**

**READING**

2 Timothy 3:14-4:5

**A**S FOR you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favorable or unfavorable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

*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.*

**GOSPEL ACCLAMATION**

South African, arr. Gobingca George Mxadana (b. 1948)

*All sing the alleluias, in four-part harmony as able.*

*The Cantor or Choir chants the verse below, then all repeat the alleluias.*

Al - le - lu - ia, al le - lu - ia. Al - le - lu - ia, al le - lu - ia.

Al - le - lu - ia, al le - lu - ia. Al - le - lu - ia, al le - lu - ia.

¶. The Word of God is living and active, able to judge the thoughts and intentions of the heart. —Hebrews 4:12

**THE HOLY GOSPEL** *Luke 18:1-8*

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

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

**J**ESUS told his disciples a parable about their need to pray always and not to lose heart. He said, "In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?"

*Deacon* The Gospel of the Lord.

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

**SERMON**

The Reverend Canon Nancy Ross

*All rise as able.*

**THE NICENE CREED**

*Authorized for use by the 1997 General Convention*

**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.**

*Deacon* In peace, we pray to you, Lord God.

*Silence*

*Intercessor* For all people in their daily life and work;

*Assembly* **For our families, friends, and neighbors, and for those who are alone.**

*Intercessor* For this community, the nation, and the world;

*Assembly* **For all who work for justice, freedom, and peace.**

*Intercessor* For the just and proper use of your creation;

*Assembly* **For the victims of hunger, fear, injustice, and oppression.**

*Intercessor* For all who are in danger, sorrow, or any kind of trouble;

*Assembly* **For those who minister to the sick, the friendless, and the needy.**

*Intercessor* For the peace and unity of the Church of God;

*Assembly* **For all who proclaim the Gospel, and all who seek the Truth.**

*Intercessor* For Michael our Presiding Bishop, and Greg our Bishop; and for all bishops and other ministers;

*Assembly* **For all who serve God in God's Church.**

*Intercessor* For the special needs and concerns of this congregation, especially...

*Silence*

*Intercessor* Hear us, Lord;

*Assembly* **For your mercy is great.**

*Intercessor* We thank you, Lord, for all the blessings of this life, especially...

*Silence*

*Intercessor* We will exalt you, O God our King;

*Assembly* **And praise your Name for ever and ever.**

*Intercessor* We pray for all who have died, that they may have a place in your eternal kingdom, especially...

*Silence*

*Intercessor* Lord, let your loving-kindness be upon them;

*Assembly* **Who put their trust in you.**

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

CONFESSIO

*Enriching Our Worship*

*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.*



## CHORAL HYMN *Come, O thou Traveler unknown*

WORDS: Charles Wesley (1707–1788)

TUNE: Woodbury, Eric Routley (1917–1982)

Come, O thou Traveler unknown,  
whom still I hold, but cannot see;  
my company before is gone,  
and I am left alone with thee.  
With thee all night I mean to stay,  
and wrestle till the break of day.  
I need not tell thee who I am,  
my misery or sin declare;  
thyself hast called me by my name,  
look on thy hands, and read it there.  
But who, I ask thee, who art thou?  
Tell me thy name, and tell me now.

Yield to me now, for I am weak  
but confident in self-despair;  
speak to my heart, in blessings speak,  
be conquered by my instant prayer.  
Speak, or thou never hence shalt move,  
and tell me, if thy name is Love.  
'Tis Love, 'tis Love! Thou diedst for me!  
I hear thy whisper in my heart:  
the morning breaks, the shadows flee.  
Pure Universal Love thou art;  
thy mercies never shall remove,  
thy nature and thy name is Love.

*All rise as able.*

## THE GREAT THANKSGIVING

Eucharistic Prayer 1, *Enriching Our Worship*

*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* It is truly right, and good and joyful,  
to give you thanks, all-holy God,  
source of life and fountain of mercy.

You have filled us and all creation with your blessing  
and fed us with your constant love;  
you have redeemed us in Jesus Christ  
and knit us into one body.

Through your Spirit you replenish us  
and call us to fullness of life.

Therefore, joining with Angels and Archangels  
and with the faithful of every generation,  
we lift our voices with all creation as we sing:



Ho-ly, ho-ly, ho - ly Lord, God of power and might, heav'n\_ and earth\_ are full\_ of your  
 glory. Ho-san-na in the high-est. Ho-san-na in the high-est. Blest is he who comes in the  
 name of the Lord. Ho-san-na in the high-est. Ho-san-na in the high-est.

*The Hymnal 1982 #8-125 ©1971, 1977, G.I.A. Publications*

*Presider* Blessed are you, gracious God,  
 creator of the universe and giver of life.  
 You formed us in your own image  
 and called us to dwell in your infinite love.  
 You gave the world into our care  
 that we might be your faithful stewards  
 and show forth your bountiful grace.  
 But we failed to honor your image in one another and in ourselves;  
 we would not see your goodness in the world around us;  
 and so we violated your creation,  
 abused one another, and rejected your love.  
 Yet you never ceased to care for us,  
 and prepared the way of salvation for all people.  
 Through Abraham and Sarah you called us into covenant with you.  
 You delivered us from slavery, sustained us in the wilderness,  
 and raised up prophets to renew your promise of salvation.  
 Then, in the fullness of time,  
 you sent your eternal Word, made mortal flesh in Jesus.  
 Born into the human family, and dwelling among us,  
 he revealed your glory.  
 Giving himself freely to death on the cross,  
 he triumphed over evil,  
 opening the way of freedom and life.  
 On the night before he died for us, Our Savior Jesus Christ took bread,  
 and when he had given thanks to you,  
 he broke it, and gave it to his friends, and said:  
 “Take, eat: This is my Body which is given for you.  
 Do this for the remembrance of me.”  
 As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins.  
 Whenever you drink it, do this for the remembrance of me.”

*Presider* Therefore we proclaim the mystery of faith:

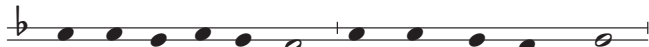
**All** Christ has died.  
Christ is risen.  
Christ will come again.


*Presider* Remembering his death and resurrection,  
we now present to you from your creation this bread and this wine.  
By your Holy Spirit may they be for us  
the Body and Blood of our Savior Jesus Christ.  
Grant that we who share these gifts may be filled with the Holy Spirit  
and live as Christ's Body in the world.  
Bring us into the everlasting heritage of your daughters and sons,  
that with Mary, Mark, and all your saints,  
past, present, and yet to come,  
we may praise your Name for ever.  
Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise,  
for ever and ever.

**All** 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. A-men.

*The Hymnal 1982 #8-148, © 1971 Mason Martens*

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

**FRACTION ANTHEM** *Be known to us, Lord Jesus*

Gary James (b. 1957)

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

*The Cantor or Choir sings the verses, all repeating the antiphon as indicated.*



Be known to us Lord Je-sus, in the break-ing 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**

*Wonder, Love, & Praise #875, ©1992 Morningstar Music Publishers*

**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.*

**ANTHEM** *He watching over Israel from Elijah*

WORDS: from Psalms 121 & 138

TUNE: Felix Mendelssohn (1809–1847)

He watching over Israel, slumbers not, nor sleeps.

Shouldst thou, walking in grief, languish, he will quicken thee.

**HYMN 711** *Seek ye first the kingdom of God* ◆ *The Hymnal 1982 #711*

TUNE: *Seek ye first*



*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**

*Enriching Our Worship*

*Presider* Loving God,

**All we give you thanks**

**for restoring us in your image  
and nourishing us with spiritual food**

**in the Sacrament of Christ's Body and Blood.**

**Now send us forth**

**a people, forgiven, healed, renewed;**

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

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

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

**HYMN 478** *Jesus, our mighty Lord ♦ The Hymnal 1982 #478*

*TUNE: Monk's Gate*

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

**VOLUNTARY** *Verset on the Sixth Tone*

Félix Máximo López (1742–1821)

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**PRESIDER**  
The Very Reverend Steven L. Thomason

**ASSISTING LAY MINISTER**  
Judy Andrews

**EUCHARISTIC MINISTERS**  
Sunshine Pegues  
Nan Sullins  
Doug Thorpe  
Wendy Townsend  
The Reverend Canon Cristi Chapman

**OBLATION BEARERS**  
The Baker family

**ALTAR GUILD**  
Morgan Randall  
Sue Tait

**PREACHER**  
The Reverend Canon Nancy Ross

**CRUCIFER**  
Pam Gray

**TORCH BEARER**  
Mariam Ermoian-Kelly  
Micah Moody

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Carol Green  
Ray Miller

**INTERCESSOR**  
Eliza Davidson

**DEACON**  
The Reverend Emily Austin

**USHERS**  
Don & Karrie Sutkus

**GREETER**  
Jeff Helgesen

**MUSICIANS**  
The Schola  
of Saint Mark's Cathedral Choir School,  
Rebekah Gilmore, *Director*

Saint Mark's Singers,  
Michael Kleinschmidt, *Director*  
Michael Kleinschmidt  
& John Stuntebeck, *Organists*

**HOSPITALITY**  
The Creation Care Ministry