The Holy Eucharist
The Second Sunday After The Epiphany

January 19, 2020

11:00 AM
WELCOME

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.

MUSIC NOTE

We sing Hymn 443, “From God Christ’s deity came forth,” in our 9 a.m. and 11 a.m. Eucharists this week. While not yet among the most familiar hymns in our hymnal, it deserves to be sung often. It is a pairing of one of Christianity’s oldest texts (Syrian, 4th century) with one of our newest tunes (by Ronald Arnatt, born 1930.) The text is packed with scriptural references: ten from the Gospels, three from Paul, one each from Psalms and Hebrews. The stanzas are formed of two parallel lines followed by two related parallel lines capped with a refrain of praise. The tune enlivens that form by repeating a brief musical phrase on ever higher pitches that lead inexorably into the praise refrain. Arnatt writes: “The tune was written on May 4, 1984, in the study of our house in Salem, Massachusetts, which directly overlooks the harbor—a lovely spot for thinking and working.” Hence the tune’s name, Salem Harbor.

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.
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 Cristi Chapman, Canon for Spiritual Growth and Stewardship, Preacher

THE GATHERING

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

Prelude  Intermezzo  
Eric Thiman (1900–1975)

A bell bids all to rise as able.

Introit  So the day dawn for me  
WORDS: Timothy Dudley-Smith (b. 1926)  
MUSIC: David Ashley White (b. 1944)

So the day dawn for me,  so the day break,  Be the day dark to me,  be the day drear,  Christ watching over me,  Christ as I wake.  Christ shall my comfort be,  Christ be my cheer.  Be the day shine for me,  be the day bright,  Be the day swift to me,  be the day long,  Christ my companion be,  Christ my contentment be,  Christ be my light.  Christ be my song.

So the day close for me,  so the night fall,  Christ watching over me,  Christ be my all.

Hymn 307  Lord, enthroned in heavenly splendor  ◆  The Hymnal 1982 #307  
TUNE: Bryn Calfaria

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

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  The Third Song of Isaiah • chanted by all  

Verses 1 & 2 are chanted by the Choir alone. All join in chanting verses 3–10.  
In this style of chanting, the slashes in the text correspond to the barlines in the chant.  
When more than one syllable is sung on a black note, the dot • indicates the change of pitch.

Choir alone: 1 Arise, shine, for your / light has / come,  
and the glory of the / Lord has / dawned up / on you.  
2 For behold, darkness / covers • the / land;  
deep / gloom en - / shrouds the / peoples.

All: 3 But over you the / Lord will / rise,  
and his / glory • will ap - / pear up - / on you.  
4 Nations will / stream to • your / light,  
and kings to the / brightness / of your / dawning.

5 Your gates will / always • be / open;  
by day or / night • they will / never • be / shut.  
6 They will call you, The / City • of the / Lord,  
The Zion of the / Holy / One of / Israel.

7 Violence will no more be / heard in • your / land,  
ruin or de - / struction • with - / in your / borders.  
8 You will call your / walls, Sal - / vation,  
and / all your / portals, / Praise.

9 The sun will no more be your / light by / day;  
by night you will / not • need the / brightness • of the / moon.  
10 The Lord will be your ever - / lasting / light,  
and your / God will / be your / glory.

COLLECT OF THE DAY

Presider The Lord be with you.

Assembly And also with you.

Presider Let us pray.

All Amen.

Book of Common Prayer, p. 215

Please be seated for the readings.

COLLECT FOR THE DAY

Presider Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever.

All Amen.
THE LITURGY OF THE WORD

READING  Isaiah 49:1–7

Listen to me, O coastlands,
pay attention, you peoples from far away!
The Lord called me before I was born,
while I was in my mother's womb he named me.
He made my mouth like a sharp sword,
in the shadow of his hand he hid me;
he made me a polished arrow,
in his quiver he hid me away.
And he said to me, “You are my servant,
Israel, in whom I will be glorified.”
But I said, “I have labored in vain,
I have spent my strength for nothing and vanity;
yet surely my cause is with the Lord,
and my reward with my God.”
And now the Lord says,
who formed me in the womb to be his servant,
to bring Jacob back to him,
and that Israel might be gathered to him,

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

Assembly  Thanks be to God.

PSALM  Psalm 40:1–12

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

My food is to do the will of the Lord.

Exspectans, expeclavi

I waited patiently upon the Lord; *
he stooped to me and heard my cry.
2 He lifted me out of the desolate pit, out of the mire and clay; *
he set my feet upon a high cliff and made my footing sure.  ANTIPHON
3 He put a new song in my mouth,
a song of praise to our God; *
many shall see, and stand in awe,
and put their trust in the Lord.
4 Happy are they who trust in the Lord! *
they do not resort to evil spirits or turn to false gods.  ANTIPHON
5 Great things are they that you have done, O Lord my God!
how great your wonders and your plans for us! *
there is none who can be compared with you.
6 Oh, that I could make them known and tell them! *
but they are more than I can count.  ANTIPHON

Plainsong Tone II.1
1 Corinthians 1:1–9

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind—just as the testimony of Christ has been strengthened among you—so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

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

The Choir introduces the alleluias; all repeat. The Choir sings the verse below; all repeat the alleluias.

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

I saw the Spirit descending from heaven like a dove and it remained on him. I myself have seen that this is the Son of God.
**THE HOLY GOSPEL**  John 1:29–42

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

*Assembly*  Glory to you, Lord Christ.

John saw Jesus coming toward him and declared, “Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, ‘After me comes a man who ranks ahead of me because he was before me.’ I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.” And John testified, “I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.’ And I myself have seen and have testified that this is the Son of God.”

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, “What are you looking for?” They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, “Come and see.” They came and saw where he was staying, and they remained with him that day. It was about four o’clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter’s brother. He first found his brother Simon and said to him, “We have found the Messiah” (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, “You are Simon son of John. You are to be called Cephas” (which is translated Peter).

*Deacon*  The Gospel of the Lord.

*Assembly*  Praise to you, Lord Christ.

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**SERMON**

The Reverend Canon Cristi Chapman

*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**  Let us pray to the Lord.

**Assembly**  Lord, hear our prayer.

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

**CONFESSION**  

*Book of Common Prayer, p. 360*

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

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

**Deacon**  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. Together, our gifts make possible this community of welcome, reconciliation and service.

In the front cover of your hymnal, or in the pew rack in front of you, you will find an offering envelope and a form to give by credit card, as well as a card to place in the offering plate as a token of a gift given electronically. To donate online, visit saintmarks.org/give, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right).

ANTHEM  Behold, O God, our defender

WORDS: Psalm 84:8–9a
MUSIC: Herbert Howells (1892–1983)

Behold, O God, our defender,
and look upon the face of thine anointed.
For one day in thy courts
is better than a thousand.

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 B, Book of Common Prayer, p. 361

Presider

Assembly

The Lord be with you.  And also 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  It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son 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:
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 Mary, Mark, and 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 A - MEN.
Our Father in heav’n, hailied be your Name, your kingdom come, your will be done,
on earth as in heav’n. Give us to-day 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 pow’r, and the glory are yours, now and for ev’er. A-men.
In silence, the Presider breaks the consecrated bread.

**FRACTION ANTHEM**  Be known to us, Lord Jesus  
Gary James (b. 1957)

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

\[\begin{align*}
\text{Be known to us Lord Jesus, in the breaking of the bread.}
\end{align*}\]

\[\text{℣. The bread which we break, alleluia, is the communion of the body of Christ. \textbf{ANTIPHON}}\]

\[\text{℣. One body are we, alleluia, for though many we share one bread. \textbf{ANTIPHON}}\]

_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.

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**  O nata lux  
WORDS: Latin Hymn, 10th century  
MUSIC: Morton Lauridsen (b. 1943)

\[\begin{align*}
O \text{ nata lux de lumine,} & \quad O \text{ Light born of Light,} \\
Jesu redemptor saculi, & \quad \text{Jesus, redeemer of the ages,} \\
Dignare clemens supplicum & \quad \text{graciously deign to receive} \\
Laudes precesque sumere. & \quad \text{the praise and prayer of we who call upon you.} \\
Qui carne quondam contegi & \quad \text{You, who once deigned to be clothed in flesh} \\
Dignatus es pro perditis, & \quad \text{for the sake of the lost,} \\
Nos membra confer effici & \quad \text{grant us to be members} \\
Tui beati corporis. & \quad \text{of your blessed body.}
\end{align*}\]

**HYMN 439**  What wondrous love is this!  
* The Hymnal 1982 #439  
TUNE: Wondrous Love
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.

PRAAYER AFTER COMMUNION

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 443

From God Christ’s deity came forth ♦ The Hymnal 1982 #443
TUNE: Salem Harbor

DISMISSAL

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

VOLUNTARY

Prelude on Bryn Calfaria
[tune of Hymn #307, “Lord, enthroned in heavenly splendor”]
Ralph Vaughan Williams (1872–1958)

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