



SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE FIFTH SUNDAY AFTER THE EPIPHANY

February 9, 2020

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 Very Reverend Steven L. Thomason, Dean and Rector of Saint Mark's Cathedral, *Presider & Preacher*

## THE GATHERING

**PRELUDE**     *Cornet Voluntary*

Henry Heron (1675-1730)

*All rise as able.*

**HYMN 427**     *When morning gilds the skies* ♦ *The Hymnal 1982 #427*  
stanzas 1 & 4

TUNE: *Laudes Domini*

### OPENING ACCLAMATION

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

*Assembly* **And blessed be God's kingdom, now and for ever. 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

*Book of Common Prayer, p. 216*

*Presider* The Lord be with you.

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

*Presider* Let us pray.

**S**ET us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**All Amen.**

# THE LITURGY OF THE WORD

## READING *Isaiah 58:1-9a*

**S**HOUT out, do not hold back!  
Lift up your voice like a trumpet!  
Announce to my people their rebellion,  
to the house of Jacob their sins.  
Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgments,  
they delight to draw near to God.  
“Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?”  
Look, you serve your own interest on your fast day,  
and oppress all your workers.  
Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.  
Such fasting as you do today  
will not make your voice heard on high.  
Is such the fast that I choose,  
a day to humble oneself?

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

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

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
a day acceptable to the LORD?  
Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?  
Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rear guard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

## PSALM *Psalms 112:1-9 ♦ read by all in unison*

*Beatus vir*

- H**ALLELUJAH! Happy are they who fear the Lord \*  
and have great delight in his commandments!
- 2 Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed.
  - 3 Wealth and riches will be in their house, \*  
and their righteousness will last for ever.
  - 4 Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion.
  - 5 It is good for them to be generous in lending \*  
and to manage their affairs with justice.
  - 6 For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance.
  - 7 They will not be afraid of any evil rumors; \*  
their heart is right; they put their trust in the Lord.
  - 8 Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.
  - 9 They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honor. ♦

**READING***1 Corinthians 2:1–12*

**W**HEN I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

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

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

*All rise as able.*

**THE HOLY GOSPEL** *Matthew 5:13–20*

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

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

**J**ESUS said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

*Presider* The Gospel of the Lord.

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

**SERMON**

The Very Reverend Steven L. Thomason

*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* Lord, in your mercy,

*Assembly* Hear our prayer.

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

## CONFESSION

*Book of Common Prayer, p. 360*

*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. 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](http://saintmarks.org/give), or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right).*



*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. 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:

**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 419** *Lord of all being ♦ The Hymnal 1982 #419*  
stanzas 1 & 4

TUNE: *Mendon*

**DISMISSAL**

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

**VOLUNTARY** *Processional*

William Mathias (1934–1992)

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**PRESIDER & PREACHER**

The Very Reverend Steven L. Thomason

**ASSISTING LAY MINISTER**

Mary Dickinson

**EUCCHARISTIC MINISTER**

Ariel Andersen

**LECTOR**

Kerry Allman

**INTERCESSOR**

Virginia Sainsbury

**FLOWER GUILD CAPTAIN**

Molly Henderson

**ALTAR GUILD**

Sue Tait

**ORGANIST**

John Stuntebeck