



SAINT MARK'S  
EPISCOPAL CATHEDRAL

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# THE HOLY EUCHARIST

## THE FIRST SUNDAY IN LENT

March 1, 2020 ♦ 11:00 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.*

*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 Assembly speaks aloud the text in boldface.*

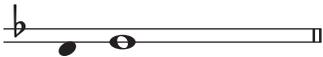
**PRELUDE** Two settings of the German Lent Hymn, *Durch Adams Fall is ganz verderbt* ["Through Adam's sin"]  
J. S. Bach (1685–1750) and Dieterich Buxtehude (1637–1707)

**THE GREAT LITANY** *Book of Common Prayer*, p. 148; musical setting by Peter Hallock (1924–2014)

*A bell bids all to kneel as able, and remain kneeling throughout the Litany.  
For those unable to kneel, a profound bow is an appropriate posture.*



O God the Father, Creator of heaven and earth,



**Have mercy upon us.**

O God the Son, Redeemer of the world, **Have mercy upon us.**

O God the Holy Ghost, Sanctifier of the faithful, **Have mercy upon us.**

O holy, blessed, and glorious Trinity, one God, **Have mercy upon us.**

Remember not, Lord Christ, our offenses, nor the offenses of our forebears;  
neither reward us according to our sins. Spare us, good Lord, spare thy people,  
whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.



**Spare us good Lord.**

From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,



**Good Lord, de-liv-er us.**

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity,

**Good Lord, deliver us.**

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,

**Good Lord, deliver us.**

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

**Good Lord, deliver us.**

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

**Good Lord, deliver us.**

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

**Good Lord, deliver us.**

By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

**Good Lord, deliver us.**

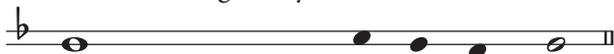
By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

**Good Lord, deliver us.**

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

**Good Lord, deliver us.**

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,



**We beseech thee to hear us, good Lord.**

That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

**We beseech thee to hear us, good Lord.**

That it may please thee to bless and keep all thy people,

**We beseech thee to hear us, good Lord.**

That it may please thee to send forth laborers into thy harvest, and to draw all humankind into thy kingdom,

**We beseech thee to hear us, good Lord.**

That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

**We beseech thee to hear us, good Lord.**

That it may please thee to bring into the way of truth all such as have erred, and are deceived,

**We beseech thee to hear us, good Lord.**

That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

**We beseech thee to hear us, good Lord.**

That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth,

**We beseech thee to hear us, good Lord.**

That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

**We beseech thee to hear us, good Lord.**

That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

**We beseech thee to hear us, good Lord.**

That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

**We beseech thee to hear us, good Lord.**

That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,

**We beseech thee to hear us, good Lord.**

That it may please thee to preserve all who are in danger by reason of their labor or their travel,

**We beseech thee to hear us, good Lord.**

That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

**We beseech thee to hear us, good Lord.**

That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

**We beseech thee to hear us, good Lord.**

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,

**We beseech thee to hear us, good Lord.**

That it may please thee to have mercy upon all humankind,

**We beseech thee to hear us, good Lord.**

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our

lives according to thy holy Word,  
**We beseech thee to hear us, good Lord.**

That it may please thee to forgive our enemies, persecutors,  
and slanderers, and to turn their hearts,

**We beseech thee to hear us, good Lord.**

That it may please thee to strengthen such as do stand; to  
comfort and help the weak-hearted; to raise up those who  
fall; and finally to beat down Satan under our feet,

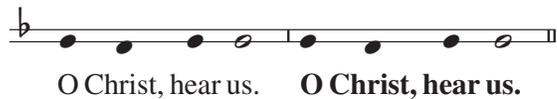
**We beseech thee to hear us, good Lord.**

That it may please thee to grant to all the faithful departed  
eternal life and peace,

**We beseech thee to hear us, good Lord.**

That it may please thee to grant that, in the fellowship  
of Mary, Mark, and all the saints, we may attain to thy  
heavenly kingdom,

**We beseech thee to hear us, good Lord.**



**COLLECT OF THE DAY**

*Book of Common Prayer, p. 218*

The Lord be with you.  
**And also with you.**  
Let us pray.

**A**Lmighty God, whose blessed Son was led by the Spirit  
to be tempted by Satan: Come quickly to help us who  
are assaulted by many temptations; and, as you know the  
weaknesses of each of us, let each one find you mighty to

*Please be seated for the readings.*

**READING** *Genesis 2:15-17; 3:1-7*

**T**HE LORD God took the man and put him in the garden  
of Eden to till it and keep it. And the LORD God com-  
manded the man, “You may freely eat of every tree of the  
garden; but of the tree of the knowledge of good and evil you  
shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild ani-  
mal that the LORD God had made. He said to the woman,  
“Did God say, ‘You shall not eat from any tree in the garden?’”  
The woman said to the serpent, “We may eat of the fruit of  
the trees in the garden; but God said, ‘You shall not eat of

Son of God, we beseech thee to hear us.



O Lamb of God, that takest away the sins of the world,



O Lamb of God, that takest away the sins of the world,



O Lamb of God, that takest away the sins of the world,

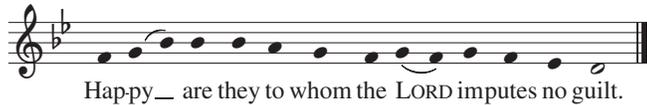


save; through Jesus Christ your Son our Lord, who lives and  
reigns with you and the Holy Spirit, one God, now and for  
ever. **Amen.**

the fruit of the tree that is in the middle of the garden, nor  
shall you touch it, or you shall die.” But the serpent said to  
the woman, “You will not die; for God knows that when you  
eat of it your eyes will be opened, and you will be like God,  
knowing good and evil.” So when the woman saw that the  
tree was good for food, and that it was a delight to the eyes,  
and that the tree was to be desired to make one wise, she took  
of its fruit and ate; and she also gave some to her husband,  
who was with her, and he ate. Then the eyes of both were  
opened, and they knew that they were naked; and they sewed  
fig leaves together and made loincloths for themselves.

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

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



**H**APPY are they whose transgressions are forgiven, and whose sin is put away! Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile! **ANTIPHON**

While I held my tongue, my bones withered away, because of my groaning all day long. For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer. Then I acknowledged my sin to you, and did not conceal my guilt. **ANTIPHON**

I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin. Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them. You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance. **ANTIPHON**

"I will instruct you and teach you in the way that you should go; I will guide you with my eye. Do not be like horse or mule, which have no understanding; who must be fitted with bit and bridle, or else they will not stay near you." **ANTIPHON**

Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord. Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart. **ANTIPHON**

**READING** *Romans 5:12-19*

**A**S SIN came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment follow-

ing one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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

*After a brief silence the Presider stands; all rise as able for the proclamation of the Gospel.*

**HYMN 449** *O love, how deep, how broad how high* ♦ *The Hymnal 1982 #449*  
stanzas 1, 2, & 6

TUNE: *Deo gracias*

**THE HOLY GOSPEL** *Matthew 4:1-11*

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

**Glory to you, Lord Christ.**

**J**ESUS was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone,  
but by every word that comes from the mouth of God.'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'  
and 'On their hands they will bear you up,

so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

**SERMON**

The Reverend Canon Jennifer King Daugherty

*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.

**THE PEACE**

The peace of the Lord be always with you.  
**And also with you.**

*All greet one another in the name of the Lord. Ways of sharing the peace include shaking hands with your neighbor, or placing your hands together and bowing to your neighbor.*

## 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).*



**INTROIT**      *Remember not, Lord, our offenses*

WORDS: from *The Great Litany* (1544)  
MUSIC: Henry Purcell (1659–1695)

Remember not, Lord, our offences,  
nor the offences of our forefathers;  
neither take thou vengeance of our sins,  
but spare us, good Lord, spare thy people,  
whom thou hast redeemed with thy most precious blood,  
and be not angry with us for ever.  
*Spare us, good Lord.*

*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 C*

*Book of Common Prayer, p. 369*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

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

God of all power, Ruler of the Universe, you are worthy of glory and praise.

**Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

**By your will they were created and have their being.**

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

**Have mercy, Lord, for we are sinners in your sight.**

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**By his blood, he reconciled us. By his wounds, we are healed.**

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**SANCTUS & BENEDICTUS**

Russian Orthodox Tone I, adapt. Richard Proulx

Holy, ho - ly, ho - ly Lord, God of power and might, heav'n and earth are full of your glo - ry. Hosan - na in the high - est.

Blest is the one who comes in the name of the Lord. Ho - san - na in the high - est, ho - san - na in the high - est.

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

**We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our ancestors; God of Abraham and Sarah, Isaac and Rebekah, Jacob and Leah and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

**Risen Lord, be known to us in the breaking of the Bread.**

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

**AMEN.**

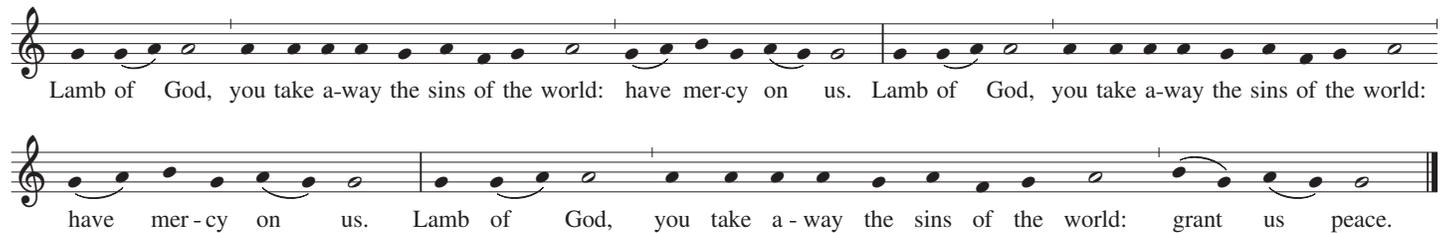
## THE LORD'S PRAYER

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.

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

## FRACTION ANTHEM

Anaphora chant



Lamb of God, you take a-way the sins of the world: have mer-cy on us. Lamb of God, you take a-way the sins of the world:  
have mer-cy on us. Lamb of God, you take a - way the sins of the world: grant us peace.

## INVITATION TO COMMUNION

The gifts of God for the people of God:  
Take them in remembrance that Christ died for you,  
and feed on him in your hearts by faith, with thanksgiving.

*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 receive only the bread, and not the wine, if you wish.*
- ◆ *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**     *Prevent us, O Lord*

WORDS: *The Book of Common Prayer, 1549*

MUSIC: *William Byrd (ca.1542–1623)*

Prevent\* us, O Lord, in all our doings  
with thy most gracious favor,  
and further us with thy continual help;  
that in all our works begun, continued and ended in thee,  
we may glorify thy holy Name,  
and finally by thy mercy obtain everlasting life;  
through Jesus Christ our Lord. Amen.

[\*archaic: to go before]

**HYMN 150**     *Forty days and forty nights* ◆ *The Hymnal 1982 #150*

TUNE: *Aus der Tiefe rufe ich*

*All rise as able.*

### SENDING OF EUCHARISTIC VISITORS

*Consecrated bread and wine are taken to sick or housebound members of the community*

One body are we.

**For, though many, we share one bread and one cup.**

### PRAYER AFTER COMMUNION

Almighty and everliving God,

**we thank you for feeding us with the spiritual food of the most precious Body and Blood**

**of your Son our Savior Jesus Christ;**

**and for assuring us in these holy mysteries that we are living members of the Body of your Son,  
and heirs of your eternal kingdom.**

**And now, Father, send us out to do the work you have given us to do, to love and serve you  
as faithful witnesses of Christ our Lord.**

**To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

### SOLEMN PRAYER OVER THE ASSEMBLY

Let us bow down in the presence of God.

*All bow their heads, and remain bowed as the Presider prays over the Assembly. All respond: Amen.*

**HYMN 147** *Now let us all with one accord ♦ The Hymnal 1982 #147*

TUNE: *Bourbon*

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

**VOLUNTARY** *Allegro moderato e serio* from *Sonata No. 1 in F minor*

Felix Mendelssohn (1809–1847)

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<b>PRESIDER</b> The Very Reverend Steven L. Thomason	<b>PREACHER</b> The Reverend Canon Jennifer King Daugherty	<b>DEACON</b> The Reverend Emily Austin
<b>ASSISTING LAY MINISTER</b> Steven Jones	<b>VERGERS</b> Paul Tonnes Carrie Davis Michael Seewer	<b>USHERS</b> TBD Wayne Duncan Mary Segall
<b>EUCHARISTIC MINISTERS</b> John Selberg Kevin Johnson Robert Stevens The Reverend Canon Nancy Ross The Reverend Canon Cristi Chapman	<b>ACOLYTES</b> Kate Halamay Krista Olson K.O. LeSure Morgan Randall Alexandra Thompson	<b>GREETERS</b> Julia Logan Norva Osborn
<b>ALTAR GUILD</b> James Davidson Walter Stuteville	<b>LECTORS</b> Kathy Minsch Ray Miller	<b>FLOWER GUILD CAPTAIN</b> Ray Miller
<b>HOSPITALITY</b> The Creation Care Ministry		<b>MUSICIANS</b> The Cathedral Choir, Michael Kleinschmidt, <i>Director</i> John Stuntebeck & Michael Kleinschmidt, <i>Organists</i>