



SAINT MARK'S
EPISCOPAL CATHEDRAL

THE HOLY EUCHARIST
THE FIRST SUNDAY IN LENT

March 1, 2020 ♦ 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.

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**.*

The three-fold tolling of a bell, followed by a brief organ voluntary offered a few minutes before the hour, bids all to keep silence for prayer and preparation.

PRELUDE Folk Tune from *Five Short Pieces for Organ* Percy Whitlock (1903–1946)

THE GREAT LITANY *Enriching Our Worship* 1, p. 46; musical setting by Dent Davidson (b. 1960)

*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.*



Holy God, Creator of heaven and earth, **Have mercy on us.**

Holy and Mighty, Redeemer of the world, **Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful, **Have mercy on us.**

Holy, blessed and glorious Trinity, One God, **Have mercy on us.**

From all evil and mischief; from pride, vanity and hypocrisy;
from envy, hatred and malice; and from all evil intent,



Savior deliver us.

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws, **Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation, **Savior deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil, **Savior deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign, **Savior deliver us.**

From famine and disaster; from violence, murder, and dying unprepared, **Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial, **Savior deliver us.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment, **Savior deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit, **Savior deliver us.**



Hear our prayers, O Christ our God.

Hear us, O Christ.

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

Hear us, O Christ.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, O Christ.

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Hear us, O Christ.

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

Hear us, O Christ.

Bring into the way of truth all who have erred and are deceived.

Hear us, O Christ.

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

Hear us, O Christ.

Guide the leaders of the nations into the ways of peace and justice.

Hear us, O Christ.

Give your wisdom and strength to Donald, the President of the United States, Jay, the Governor of this state, and Jenny, the Mayor of this city, that in all things they may do your will, for your glory and the common good.

Hear us, O Christ.

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state

legislature, and all others in authority the grace to walk always in the ways of truth.

Hear us, O Christ.

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

Hear us, O Christ.

Give us the will to use the resources of the earth to your glory and for the good of all.

Hear us, O Christ.

Bless and keep all your people,

Hear us, O Christ.

Comfort and liberate the lonely, the bereaved and the oppressed.

Hear us, O Christ.

Keep in safety those who travel and all who are in peril.

Hear us, O Christ.

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute.

Hear us, O Christ.

Guard and protect all children who are in danger.

Hear us, O Christ.

Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.

Hear us, O Christ.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Hear us, O Christ.

Hear us as we remember those who have died and grant us with them a share in your eternal glory.

Hear us, O Christ.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.



Ho - ly God, Holy and Mighty, Holy Immortal One, have mercy on us.

COLLECT OF THE DAY

Prayers for an Inclusive Church, adapt.

God be with you.

And also with you.

Let us pray.

SPIRIT of the desert,

you drove Jesus to the edge of the world to find his truth and calling; cleanse our hearts and awaken our hunger that we might find our true food in you; through Jesus Christ, the Lord of the wilds.

Amen.

Please be seated for the readings.

READING *Genesis 2:15–17; 3:1–7*

THE LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded 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 animal 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

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.

PSALM *Psalms 32*

Plainsong Tone III.4

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



Happy— are they to whom the LORD imputes no guilt.

HAPPY 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*

AS 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.

All rise as able.

GOSPEL ACCLAMATION

Marty Haugen (b. 1950)

A Cantor introduces the refrain, all repeat it. The Cantor sings the verse below, then all repeat the refrain.

Re - turn to God with all your heart, the Source of grace and
mer - cy; Come, seek the ten - der faith - ful ness of God.

∩. One does not live by bread alone, but by every word that comes from the mouth of God. —Matt. 4:4

THE HOLY GOSPEL *Matthew 4:1-11*

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

Glory to you, Lord Christ.

JESUS 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,

The Gospel of the Lord.

Praise to you, Lord Christ.

SERMON

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.

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 Reverend Canon Jennifer King Daugherty

Authorized for use by the 1997 General Convention

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.

THE PEACE

The peace of the Lord be always with you.

And also with you.

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

BIRTHDAY & ANNIVERSARY BLESSINGS

Those celebrating birthdays and anniversaries in the month of March are invited to come forward to receive a blessing. The Assembly stands as able and joins the Presider in saying the prayers.

Birthdays:

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace, which passes understanding, abide all the days of their lives; through Jesus Christ our Savior. Amen.

Anniversaries:

Loving God, in the mystery of the Holy Trinity, you reveal yourself as a community of self-giving love. We thank you for bringing us together into families. Bless we pray these couples who celebrate the anniversaries of their commitments to one another, and grant that they may grow in grace, fidelity and mutual affection all the days of their lives, through Jesus Christ our Savior. Amen.

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

Write your blessed name

WORDS: Thomas à Kempis (1380–1471); trans. S. Kettlewell, alt.;
MUSIC: K. Lee Scott (b. 1950)

Write your blessed name,
O Lord, upon my heart,
there to remain so indelibly engraved
that no prosperity, that no adversity
shall ever ever move me from your love.

Be to me a strong tower of defense,
a comforter in tribulation,
a deliverer in distress,
and a faithful guide to the courts of heaven
through the many temptations and dangers of this life.
O Jesus, my only Savior!

Write your blessed name, O Lord...

Amen.

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

Prayers for an Inclusive Church, adapt.

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to God.

Let us give thanks unto our Lord God.

It is right to give God thanks and praise.

We thank you, God of the wilderness, that in the valley of dry bones you create hearts of flesh quickened by the Spirit's breath. We thank you that you shared your Beloved Child who spurns might and glory and turns toward all who are broken in mind, body or spirit. We count the cross as folly to the world of violence and power, and true wisdom to all who would follow you on the journey of selfless love. Therefore, with the whole communion of saints who glimpsed the glory in the humanity you shared, we worship you in in holy majesty, as we sing:

SANCTUS & BENEDICTUS *Deutsche Messe*

Franz Schubert (1797–1828), arr. Richard Proulx

Ho - ly, ho - ly, ho - ly Lord, God of power and might, Ho - ly, ho - ly, ho - ly Lord, God of power and might,
heaven and earth are full, full of your glo - ry. Ho - san - na in the high - est. Ho - san - 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.

We ask that your Holy Spirit fall upon us and upon these gifts, that these fragile, earthly things may be to us the body and blood of our Lord and brother, Jesus Christ. On the night he was betrayed, Jesus gathered with his faltering friends. He took bread, gave thanks, broke it and said: “This is my body, which is given for you. Do this in remembrance of me.” In the same way after supper, he took the cup of wine, saying, “This cup is the new covenant in my blood. Do this, whenever you drink it, in remembrance of me.” As on that night, so here and now he offers himself in touch and taste beyond all that words can hold. And so we proclaim the great mystery of faith, saying:

Christ has died.

Christ is risen.

Christ will come again.

With these gifts we are filled with the life-giving presence of Christ; we proclaim him as creation's host, transforming poverty into plenty with his generous love. Inspire us with the hope that one day death and greed will be no more, and people will come from east and west, north and south to share a feast of abundance. We ask this through Jesus Christ our Savior, by whom and with whom and in whom, in the unity of the Holy Spirit, all honor and glory be yours, Mother of blessings, for ever and ever.

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 *Deutsche Messe*

Schubert, arr. Proulx

Je-sus, Lamb of God: have mer-cy on___ us. Je-sus, bear-er of our sins: have mer-cy on___ us.

Je - sus, re-deem - er, re - deem-er of the world: give us your peace, give us your 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.

Communion is distributed at standing stations at the head of the side and center aisles. 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 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*

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

Let us pray.

Lord of the feast of boundless love;

we thank you for meeting us in our brokenness so that none might be lost:

liberate us now to share the living bread of good news with our neighbor,

each receiving from the other what we need to live according to your will. Amen.

SOLEMN PRAYER OVER THE ASSEMBLY *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 *Fughette on Ein' feste Burg ist unser Gott*
[tune of Hymn #687, "A mighty fortress is our God"]

Johann Pachelbel (1653–1706)

PRESIDER

The Very Rev. Steven L. Thomason

ASSISTING LAY MINISTER

Rachel McNary

EUCHARISTIC MINISTERS

Lynne Markova Judy Andrews

Eileen Van Doren Sunshine Pegues

Cyndi Ademujohn Jeff Helgesen

The Rev. Canon Cristi Chapman

The Rev. Canon Nancy Ross

OBLATION BEARERS

The Coil family

ALTAR GUILD

Nick Velez

Sue Tait

PREACHER

The Rev. Canon Jennifer King Daugherty

VERGER

Michael Seewer

ACOLYTE

Danielle Barnes

LECTORS

Gary Minugh

Maris Olsen

FLOWER GUILD CAPTAIN

Ray Miller

HOSPITALITY

The Creation Care Team

DEACON

The Rev. Emily Austin

USHERS

Ralph Ermoian

Jiho Bryson

GREETERS

Carol Green

Cameron McClung

MUSICIANS

Rebekah Gilmore, *Cantor*

Saint Mark's Singers

Michael Kleinschmidt

✠ John Stuntebeck, *Organists*