



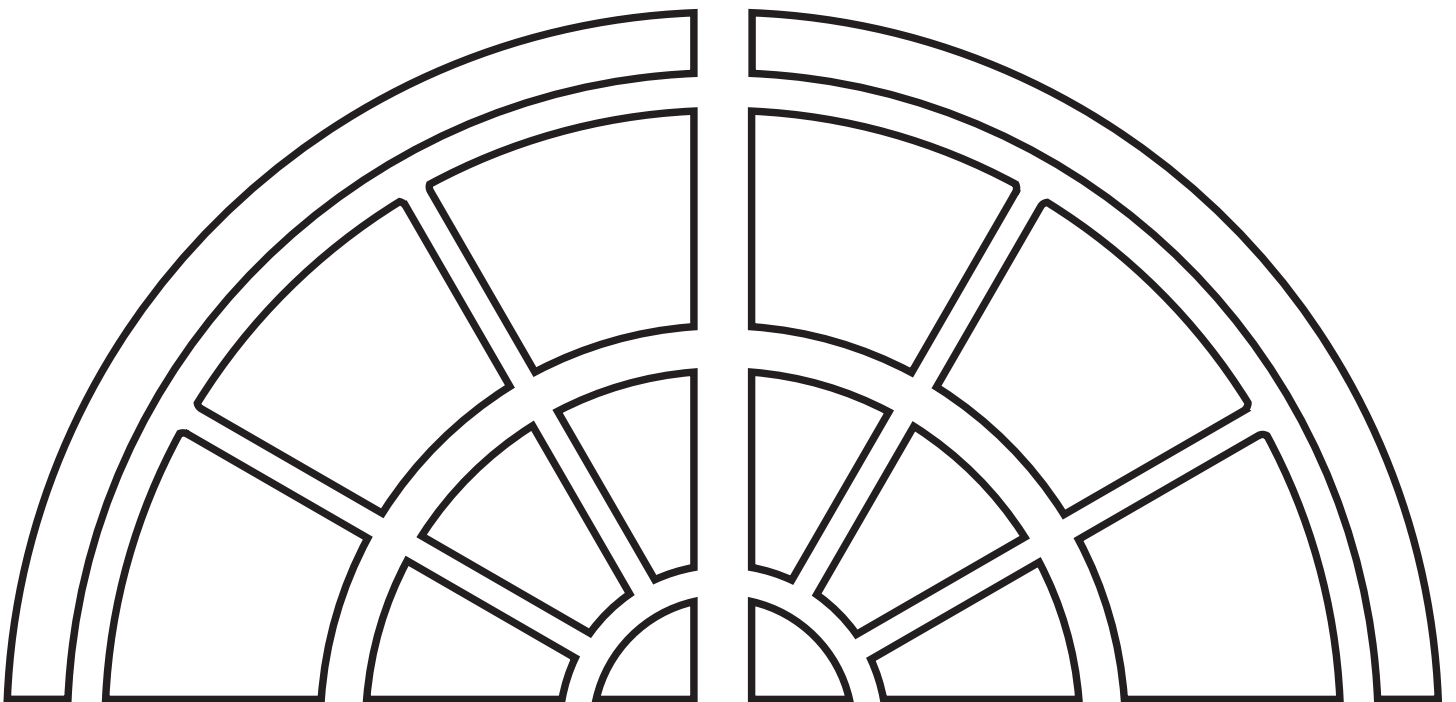
SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 15, 2020

11:00 AM



To all members of the Saint Mark's Cathedral community, and visitors and guests near and far, welcome to Saint Mark's Cathedral's first livestream-only liturgy.

The Book of Common Prayer reminds us that if one is unable to actually consume the consecrated bread and wine due to extreme sickness or disability, the desire is enough for God to grant all the benefits of communion (BCP, p. 457). When being present at a celebration of the Eucharist is absolutely impossible, this act of prayer and meditation can provide the means by which you can associate yourself with the Eucharistic Action and open yourself to God's grace and blessing.

Please join in singing the hymns, saying the responses, and participating in the prayers fully, even while unable to be present in the cathedral for a time. Please reach out to the cathedral—through whatever channel is convenient for you—to share what this experience was like for you, and how we might make it better. More information about the cathedral's continuing activities during this time of closure may be found at [saintmarks.org](http://saintmarks.org).

## THE GATHERING

**PRELUDE** Meditation on *Martyrdom* C. Hubert H. Parry (1848–1918)  
[tune of Hymn #658: "As longs the deer for cooling streams"]

### WELCOME BY THE DEAN

*A bell bids all to rise as able.*

**HYMN 686** Come, thou fount of every blessing ♦ *The Hymnal 1982 #686* TUNE: *Nettleton*



1. Come, thou fount of ev - ery bless - ing, tune my heart to sing thy grace!  
2. Here I find my great - est trea - sure; hith - er by thy help, I've come;  
3. Oh, to grace how great a debt - or dai - ly I'm con - strained to be!



Streams of mer - cy nev - er ceas - ing, call for songs of loud - est praise.  
and I hope, by thy good plea - sure, safe - ly to ar - rive at home.  
Let thy good - ness, like a fet - ter, bind my wan - d'ring heart to thee:



Teach me some me - lo - dious son - net, sung by flam - ing tongues a - bove.  
Je - sus sought me when a stran - ger, wan - d'ring from the fold of God;  
prone to wan - der, Lord, I feel it, prone to leave the God I love;



Praise the mount! Oh, fix me on it, mount of God's un - chang - ing love.  
he, to res - cue me from dan - ger, in - ter - posed his pre - cious blood.  
here's my heart, oh, take and seal it, seal it for thy courts a - bove.

*The Hymnal 1982 #686. WORDS & MUSIC: public domain.*

# THE PENITENTIAL ORDER

## LENTEN ACCLAMATION

*Presider* Bless the Lord who forgives all our sins.  
*Assembly* **God's mercy endures forever.**

*The Presider reads a sentence from scripture.*

## CONFESSION

*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.*

*Please remain kneeling or standing as able.*

## KYRIE ELEISON

Alexandr Arkhangelsky (1846–1924), adapt. Richard Proulx

1. Lord, have mer-cy. Lord, have mer-cy. Lord, have mer-cy up - on us.  
2. Christ, have mer-cy. Christ, have mer-cy. Christ, have mer-cy up - on us.  
3. Lord, have mer-cy. Lord, have mer-cy. Lord, have mer-cy up - on us.

from *Missa Oecumenica*, ©Oregon Catholic Press.

## COLLECT OF THE DAY

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

**A**Lmighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; 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** *Exodus 17:1-7*

**F**ROM the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

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

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

**PSALM** *Psalm 95*

Plainsong, Tone II.1

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



*Venite, exultemus*

**C**OME, let us sing to the LORD; \*  
let us shout for joy to the Rock of our salvation.

- 2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God, \*  
and a great King above all gods. **ANTIPHON**
- 4 In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.
- 5 The sea is his, for he made it, \*  
and his hands have molded the dry land. **ANTIPHON**
- 6 Come, let us bow down, and bend the knee, \*  
and kneel before the LORD our Maker.
- 7 For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice! **ANTIPHON**
- 8 Harden not your hearts,  
as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah,  
when they tempted me.

- 9 They put me to the test, \*  
though they had seen my works.
- 10 Forty years long I detested that generation and said, \*  
“This people are wayward in their hearts;  
they do not know my ways.”
- 11 So I swore in my wrath, \*  
“They shall not enter into my rest.” **ANTIPHON**

**READING** *Romans 5:1-11*

SINCE we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

*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.*

**HYMN 679** *Surely it is God who saves me* ♦ *The Hymnal 1982 #679*

TUNE: *Thomas Merton*



1. Sure - ly it is God who saves me; trust - ing him, I shall not fear.  
2. Make his deeds known to the peo - ples; tell out his ex - alt - ed Name.



For the Lord de - fends and shields me and his sav - ing help is near.  
Praise the Lord, who has done great things; all his works his might pro - claim.



So re - joice as you draw wa - ter from sal - va - tion’s liv - ing spring;  
Zi - on, lift your voice in sing - ing; for with you has come to dwell,



in the day of your de - liv - erance thank the Lord, his mer - cies sing.  
in your ve - ry midst, the great and Ho - ly One of Is - ra - el.

*Preacher* The Holy Gospel of our Lord Jesus Christ according to John.

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

**J**ESUS came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

*Preacher* 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.*

## THE PEACE

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

# THE LITURGY OF THE TABLE

## OFFERTORY

An offering of money is received. Everyone participating in Saint Mark's Cathedral's worship at this time in any way 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. If you are joining this morning's livestream from another congregation, please consider making a gift to your local church.

Links to donate to Saint Mark's online are located on the livestream page. Visit [saintmarks.org/give](http://saintmarks.org/give), or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right).



You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.

## ANTHEM *Sicut cervus*

WORDS: Psalm 42:1

MUSIC: Giovanni Pierluigi da Palestrina (c. 1525-1594)

*Sicut cervus desiderat ad fontes aquarum:  
Ita desiderat anima mea ad te, Deus.*

As the deer longs for springs of water,  
so longs my soul for you, O God.

All rise as able.

## THE GREAT THANKSGIVING

Eucharistic Prayer A, *Book of Common Prayer*, p. 361

*Presider* The Lord be with you.

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

*Presider* Lift up your hearts.

*Assembly* **We lift them to God.**

*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. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. 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:

## SANCTUS & BENEDICTUS

Russian Orthodox Tone I, adapt. Richard Proulx





*Presider* Holy and gracious Father:  
In your infinite love you made us for yourself;  
and, when we had fallen into sin and become subject to evil and death,  
you, in your mercy, sent Jesus Christ, your only and eternal Son,  
to share our human nature,  
to live and die as one of us,  
to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross,  
and offered himself, in obedience to your will,  
a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death,  
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 we proclaim the mystery of faith:

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

*Presider* We celebrate the memorial of our redemption, O Father,  
in this sacrifice of praise and thanksgiving.  
Recalling his death, resurrection, and ascension, we offer you these gifts.  
Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son,  
the holy food and drink of new and unending life in him.  
Sanctify us also that we may faithfully receive this holy Sacrament,  
and serve you in unity, constancy, and peace;  
and at the last day bring us with all your saints into the joy of your eternal kingdom.  
All this we ask through your Son Jesus Christ.  
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**

**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.

*The Hymnal 1982 #S-160; Mass 18, adapt. Mason Martens. ©1984 Mason Martens*

**INVITATION TO COMMUNION**

*Presider* 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.

**PRAYER AT THE TIME OF COMMUNION**

from *Saint Augustine's Prayer Book* (Forward Movement, 2014)

*Those experiencing this liturgy at home are invited to pray:*

In union, blessed Jesus, with the faithful gathered at every altar of your Church  
where your blessed Body and Blood are offered this day,  
(and remembering particularly my own parish and those worshipping there),  
I long to offer you praise and thanksgiving, for creation and all the blessings of this life,  
for the redemption won for us by your life, death, and resurrection,  
for the means of grace and the hope of glory,  
and particularly for the blessings given me [...]

I believe that you are truly present in the Holy Sacrament,  
and, since I cannot at this time receive communion, I pray you to come into my heart.  
I unite myself with you and embrace you with all my heart, my soul, and my mind.  
Let nothing separate me from you;  
let me serve you in this life until, by your grace,  
I come to your glorious kingdom and unending peace.  
Amen.

Come Lord Jesus, and dwell in my heart in the fullness of your strength;  
be my wisdom and guide me in right pathways;  
conform my life and actions to the image of your holiness;  
and, in the power of your gracious might, rule over every hostile power  
that threatens or disturbs the growth of your kingdom,  
who with the Father and the Holy Spirit, lives and reigns, one God, in glory everlasting.  
Amen.

1. I heard the voice of Je - sus say, "Come un - to me and rest;  
 2. I heard the voice of Je - sus say, "Be - hold, I free - ly give  
 3. I heard the voice of Je - sus say, "I am this dark world's light;

and in your wear - i - ness lay down your head up - on my breast."  
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."  
 look un - to me, thy morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wear - y, worn, and sad;  
 I came to Je - sus, and I drank of that life - giv - ing stream;  
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.  
 my thirst was quenched, my soul re - vived, and now I live in him.  
 and in that light of life I'll walk till pil - grim days are done.

*The Hymnal 1982 #692*, harmony altererd. WORDS: public domain; MUSIC: by permission of Oxford University Press.

All rise as able.

**PRAYER AFTER COMMUNION**

*Book of Common Prayer, p. 365*

*Presider* Almighty and everliving God,

**All** 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.

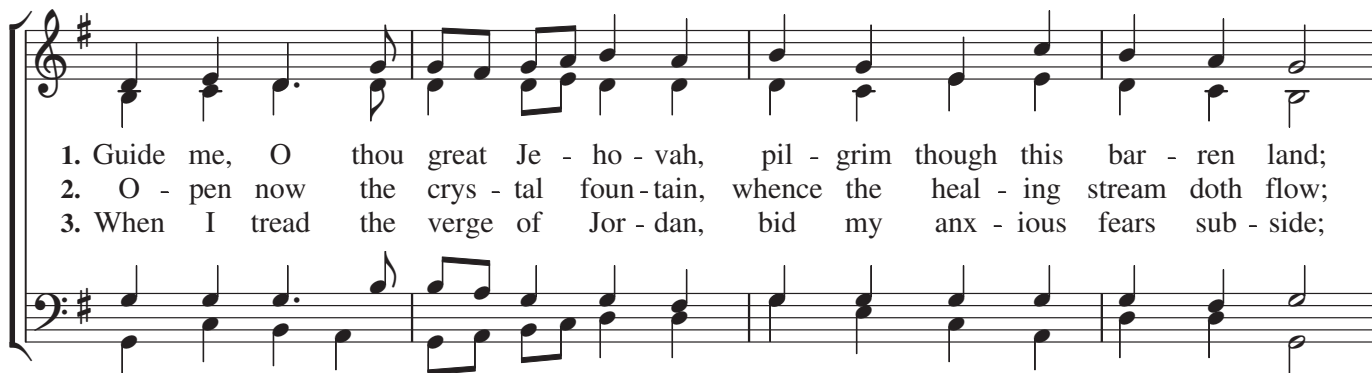
**SOLEMN PRAYER OVER THE ASSEMBLY**

*Presider* Let us bow down in the presence of God.

*All bow their heads. The Presider prays over the Assembly. All respond: Amen.*

**HYMN 690** *Guide me, O thou great Jehovah* ♦ *The Hymnal 1982 #690*

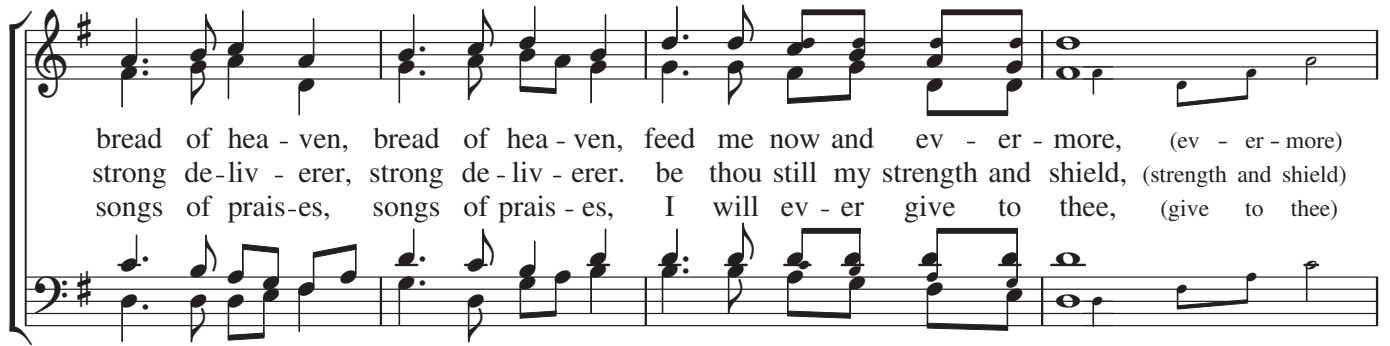
TUNE: *Cwm Rhondda*



1. Guide me, O thou great Je - ho - vah, pil - grim though this bar - ren land;  
2. O - pen now the crys - tal foun - tain, whence the heal - ing stream doth flow;  
3. When I tread the verge of Jor - dan, bid my anx - ious fears sub - side;



I am weak, but thou art might - y; hold me with thy pow'r - ful hand;  
let the fire and cloud - y pil - lar lead me all my jour - ney through;  
death of death, and hell's de - struc - tion, land me safe on Ca - naan's side;



bread of hea - ven, bread of hea - ven, feed me now and ev - er - more, (ev - er - more)  
 strong de - liv - erer, strong de - liv - erer. be thou still my strength and shield, (strength and shield)  
 songs of prais - es, songs of prais - es, I will ev - er give to thee, (give to thee)



feed me now and ev - er - more.  
 be thou still my strength and shield.  
 I will ev - er give to thee.

*The Hymnal 1982 #690. WORDS & MUSIC: public domain.*

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

**VOLUNTARY** Chorale-Prelude on *O Gott du frommer Gott*, Op. 122, no. 7  
 [tune of Hymn #681, "Our God, to whom we turn"]

Johannes Brahms (1833–1897)

## MINISTERS OF THE LITURGY

**PRESIDER**

The Reverend Canon Cristi Chapman

**PREACHER**

The Very Reverend Steven L. Thomason

**ACOLYTE**

Erik Donner

**LECTOR**

Robert Stevens

**ALTAR GUILD**

Jenny Donner  
 Michael Seewer

**VIDEOGRAPHY**

Christopher Brown

**SOUND**

Michael Perera

**MUSICIANS**

Rebekah Gilmore, *conducting*  
 Amanda Davis  
 Gregory Bloch  
 Nicholas Chrisman  
 John Stuntebeck, *Organist*