The Holy Eucharist
The Fourth Sunday in Lent
March 22, 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 livestream-only service of Holy Eucharist.

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.

THE GATHERING

PRELUDE  Chorale-Prelude on Schmücke dich, O liebe Seele, bwv 654  J.S. Bach (1685–1750)

[tune of Hymn #339: “Deck thyself, my soul, with gladness”]

WELCOME BY THE DEAN

A bell bids all to rise as able.

HYMN 493  O for a thousand tongues to sing  The Hymnal 1982 #493  TUNE: Azmon

1. O for a thousand tongues to sing my dear Redeemer’s praise,
2. My gracious Master and my God, assist me to proclaim,
3. Jesus! the Name that charms our fears and bids our sorrows cease;
4. He speaks; and, listening to his voice, new life the dead receive,
5. Hear him, ye deaf; ye voiceless ones, your loosened tongues employ;
6. Glory to God and praise and love be now and ever given

1. the glories of my God and King, the triumphs of his grace!
2. and spread through all the earth a-broad the honors of thy Name.
3. ’tis music in the sinner’s ears, ’tis life and health and peace.
4. the mournful broken hearts rejoice, the humble poor believe.
5. ye blind, behold, your Savior comes; and leap, ye lame, for joy!
6. by saints below and saints above, the Church in earth and heaven.
**THE PENITENTIAL ORDER**

**LENTEN ACCLAMATION**  
*Book of Common Prayer, p. 351–352*

- **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**  
*Book of Common Prayer, p. 219*

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

G RACIOUS Father, whose blessed Son Jesus Christ came down from heaven to be  
the true bread which gives life to the world: Evermore give us this bread, that  
he may live in us, and we in him; who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.

- **All** Amen.

*Please be seated for the readings.*
The Lord said to Samuel, “How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.” Samuel said, “How can I go? If Saul hears of it, he will kill me.” And the Lord said, “Take a heifer with you, and say, ‘I have come to sacrifice to the Lord.’ Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.” Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, “Do you come peaceably?” He said, “Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice.” And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, “Surely the Lord’s anointed is now before the Lord.” But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.” Then Jesse called Abinadab, and made him pass before Samuel. He said, “Neither has the Lord chosen this one.” Then Jesse made Shammah pass by. And he said, “Neither has the Lord chosen this one.” Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, “The Lord has not chosen any of these.” Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but he is keeping the sheep.” And Samuel said to Jesse, “Send and bring him; for we will not sit down until he comes here.” He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, “Rise and anoint him; for this is the one.” Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

Psalm 23 [Coverdale translation] • sung by the Choir

Dominus regit me

The Lord is my shepherd; * therefore can I lack nothing.

2 He shall feed me in a green pasture, * and lead me forth beside the waters of comfort.

3 He shall convert my soul, * and bring me forth in the paths of righteousness for his Name’s sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; * for thou art with me; thy rod and thy staff comfort me.

5 Thou shalt prepare a table before me against them that trouble me; * thou hast anointed my head with oil, and my cup shall be full.

6 But thy loving-kindness and mercy shall follow me all the days of my life; * and I will dwell in the house of the Lord for ever. •
READING  Ephesians 5:8–14

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!
Rise from the dead,
and Christ will shine on you.”

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 538  God of mercy, God of grace  ♫ The Hymnal 1982 #538  TUNE: Lucerna Laudonix

1. God of mercy, God of grace, show the brightness of thy face.
2. Let the people praise thee, Lord; be by all that live adored.

Shine upon us, Saviour, shine, fill thy Church with light divine,
Let the nations shout and sing glory to their Saviour King;

and thy saving health extend unto earth’s remotest end.
let all be, below, above, one in joy, and light, and love.

The Hymnal 1982 #538. words: public domain; music: by permission of Oxford University Press
As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.” They said to him, “What did he do to you? How did he open your eyes?” He answered them, “I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?” Then they reviled him, saying, “You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out.
Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

Preacher
The Gospel of the Lord.

Assembly Praise to you, Lord Christ.

SERMON

The Right Reverend Gregory H. Rickel

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 of the petitions which follow:*

**Intercessor** Lord, in your mercy.

**Assembly** Hear our prayer.

**Intercessor** Grant, Almighty God, as we fast from gathering, that all may yet live together in your love, bestow blessing on our neighbors, seek reverence in worship, and reveal your glory in the world.

Inspire our leaders, including Donald, our President, and all our elected leaders, to act with compassion and in the interests of the most vulnerable.

Help Michael, our Presiding Bishop, Greg our Bishop, and all the ministers of your church to be advocates and allies to all who are in need.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good, shielding the most vulnerable among us with every breath and every step.

Bless this time of Sabbath, stillness, and fasting to be for us a Holy Lent, that we may do it not for self alone, but for the common good. As we learn more and more that all we do affects, for good or ill, all other lives: bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Comfort and heal all those who suffer in body, mind, or spirit, particularly [...]; and those impacted by the Coronavirus; those at risk of losing health, or work, or home; the disabled, the elders, and the poor; and all who are anxious, lonely, and afraid; give us courage and hope in our troubles, and bring us the joy of your salvation.

We commend to your mercy all who have died, especially [...] that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*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.

*If you would like, you are invited to take a moment at this point in the service to text or email someone with whom you would like to share the peace of Christ.*
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, 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.

CHORAL HYMN  By gracious powers so wonderfully sheltered  [see The Hymnal 1982, #695]  
words: Von guten Mächten, Dietrich Bonhoeffer (1900–1945), translated and adapted by F. Pratt Green (1903–2000)  
music: C. Hubert H. Parry (1848–1918)

By gracious powers so wonderfully sheltered,  
and confidently waiting, come what may,  
we know that God is with us night and morning  
and never fails to greet us each new day.

Yet is this heart by its old foe tormented,  
still evil days bring burdens hard to bear;  
O give our frightened souls the sure salvation  
for which, O Lord, you taught us to prepare.

And when this cup you give is filled to brimming  
with bitter suffering, hard to understand,  
we take it thankfully and without trembling,  
out of so good and so beloved a hand.

Yet when again in this same world you give us  
the joy we had, the brightness of your sun,  
we shall remember all the days we lived through,  
and our whole life shall then be yours alone.

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 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. 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:
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.

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

Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.

The Hymnal 1982 #5:160; 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

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 worshiping 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.
Hymn 339
Deck thyself, my soul, with gladness  •  The Hymnal 1982 #339
Tune: Schmücke dich

1. Deck thyself, my soul, with gladness, leave the gloomy haunts of sadness,
come into the day-light’s splendor, there with joy thy praises render.
unto him whose grace unbounded hath this wondrous banquet found;
high o’er all the heav’ns he reigneth, yet to dwell with thee he deigneth.

2. Sun, who all my life dost brighten; Light, who dost my soul enlighten;
Joy, the best that any knoweth; Fount, whence all my being floweth:
ever to my hurt invited, be thy love with love requited;
of this blessed food from heaven, for our good, thy glory, given.

3. Jesus, Bread of Life, I pray thee, let me gladly here obey thee;
Jesus, Bread of Life, I pray thee, let me gladly here obey thee;
unto thee whose grace unbounded hath this wondrous banquet found;
through the gifts thou here dost give me, as thy guest in heav’n receive me.

All rise as able.

**PRAYER AFTER COMMUNION**

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 and remain bowed as the Presider prays over the Assembly. All respond:  Amen.

**HYMN 646**  The King of love my shepherd is ✦ The Hymnal 1982 #646

   TUNE: Dominus regit me

1. The King of love my shep-herd is, whose good-ness fail-eth nev-er;
2. Where streams of liv-ing wa-ter flow, my ran-somed soul he lead-eth,
3. Per-verse and fool-ish oft I strayed, but yet in love he sought me,
4. In death’s dark vale I fear no ill with thee, dear Lord, be-side me;
5. Thou spread’st a ta-ble in my sight; thy un-ci-ration grace be-stow-eth;
6. And so through all the length of days thy good-ness fail-eth ne-ver:

   I noth-ing lack if I am his, and he is mine for ev-er.
2. and where the ver-dant pas-tures grow, with food ce-les-tial feed-eth.
3. and on his shoul-der gent-ly laid, and home, re-joic-ing, brought me.
4. thy rod and staff my com-fort still, thy cross be-fore to guide me.
5. and oh, what trans-port of de-light from thy pure cha-lice flow-eth!

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

**VOLUNTARY**  Fugue in G minor, bwv 542b

J. S. Bach
MINISTERS OF THE LITURGY

PRESIDER
The Very Reverend Steven L. Thomason, Dean and Rector of Saint Mark’s Cathedral

PREACHER
The Right Reverend Gregory H. Rickel, Bishop of the Diocese of Olympia

ACOLYTE
Alexandra Thompson

LECTOR
Lynne Markova

ALTAR GUILD
Carrie Davis

SACRISTAN
Michael Seewer

VIDEOGRAPHY
Christopher Brown

SOUND
Michael Perera

MUSICIANS
Sophia Fugent
Cara Peterson
Gregory Bloch
James Wilcox
John Stuntebeck &
Michael Kleinschmidt, Organists