The Holy Eucharist

The Second Sunday after Pentecost

June 14, 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 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.

ANNOUNCEMENTS

Virtual Coffee Hour
Begins immediately following the liturgy.
Immediately following the Sunday morning worship service, let’s join together on Zoom for a virtual coffee hour—to check in, connect, and just see each other’s faces! If you have not already received the link, please email Peter McClung at petercamfan@gmail.com. Include a few words about your connection to Saint Mark’s.

Exploring Sunday’s Scripture
Monday evenings, June 15, 22, & 29, 7–8 p.m., via Zoom
Join Cathedral Clergy and gather on Zoom for an hour on Monday evenings, June 8, 15, 22, and 29, to check in with each other and look ahead at some of the readings for the upcoming Sunday. A little Bible Study and a little reflection together as we find new ways to connect to our lives to the shared sacred narrative of Scripture. Join us whatever weeks you can! Email Canon Cristi Chapman for the Zoom link, cchapman@saintmarks.org.

Taking Up Our Responsibility for Racial Justice
Opening Plenary: Wednesday, July 1, 7 p.m., via Zoom. Four-session series begins July 15
At this critical moment in our nation’s and community’s history, we are confronted again with fresh knowledge of longstanding racial injustice. Our faith community is grappling with important questions: What do I need to learn? How should I and our church respond? Join a plenary session with Dean Thomason to learn more about the series on July 1, 7–8:30 p.m. The in-depth series follows on four Wednesday nights (July 15 and 29, August 12 and 26) and will require advance registration and a commitment to attend all sessions and read/watch articles and videos in advance. For questions or more information contact Canon Jennifer King Daugherty jkdaugherty@saintmarks.org, Canon Nancy Ross nross@saintmarks.org, or Canon Cristi Chapman cchapman@saintmarks.org.

Much more is happening in this place! To learn about other offerings, and to sign up for emails and newsletters, please visit saintmarks.org/newsletter.
THE GATHERING

A brief organ voluntary offered a few minutes before the hour invites all into quiet prayer and preparation.

PRELUDE Sexto Tono from Cuaderno de tonos de maitines de Sor María Clara del Santísimo Sacramento
["Notebook of Psalm Tones for Matins of Sister María Clara of the Most Blessed Sacrament”]

Anonymous (Mexican, early 19th century)
from a manuscript from the Regina Cœli convent in Oaxaca, Mexico

WELCOME

As the opening hymn is introduced, all rise as able.

HYMN 401 The God of Abraham praise
[stanzas 1, 4, & 5] TUNE: Leoni

1. The God of Abraham praise, who reigns en-throned a-bove; An-cient of ev-er-
   last-ing days, and God of love; the Lord, the great I AM, by
   earth and heaven con-fessed: we bow and bless the sacred Name for ev-er
   ev-er-more shall be: e-ter-nal Fa-ther, great I AM, we wor-ship thee.

4. The God who reigns on high the great arch-an-gels sing, and “Ho-ly, ho-ly,
   cry, “Al-might-y King! Who was, and is, the same, and
   hea-ven our songs we raise; all might and ma-jes-ty are thine, and end-less

5. The whole tri-um-phant host give thanks to God on high; “Hail, Fa-ther, Son, and
   Ho-ly Ghost’ they ev-er cry; hail, A-braham’s Lord di-vine! With
   all might and ma-jes-ty are thine, and end-less praise.

The Hymnal 1982 #401, WORDS & MUSIC: public domain.
OPENING ACCLAMATION

Presider  Blessed be God: Father, Son and Holy Spirit.
Assembly  And blessed be God’s kingdom, now and for ever. Amen.

COLLECT FOR PURITY

Presider  Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.
All  Amen.

SONG OF PRAISE  Gloria in excelsis

John Rutter (b. 1945)

©1972 Oxford University Press.
COLLECT OF THE DAY

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

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, 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 LITURGY OF THE WORD


The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, “My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” And Abraham hastened into the tent to Sarah, and said, “Make ready quickly three measures of choice flour, knead it, and make cakes.” Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.” And Sarah was listening at the tent entrance behind him. Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. So Sarah laughed to herself, saying, “After I have grown old, and my husband is old, shall I have pleasure?” The Lord said to Abraham, “Why did Sarah laugh, and say, ‘Shall I indeed bear a child, now that I am old?’ Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son.” But Sarah denied, saying, “I did not laugh”; for she was afraid. He said, “Oh yes, you did laugh.”

The Lord dealt with Sarah as he had said, and the Lord did for Sarah as he had promised. Sarah conceived and bore Abraham a son in his old age, at the time of which God had spoken to him. Abraham gave the name Isaac to his son whom Sarah bore him. And Abraham circumcised his son Isaac when he was eight days old, as God had commanded him. Abraham was a hundred years old when his son Isaac was born to him. Now Sarah said, “God has brought laughter for me; everyone who hears will laugh with me.” And she said, “Who would ever have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age.”

Reader Hear what the Spirit is saying to God’s people.
Assembly Thanks be to God.
Psalm 116:1, 10–17

The cantor introduces the antiphon, all repeat it.
The choir chants the psalm verses, all repeating the antiphon as indicated.

Dilexi, quoniam

I love the Lord, because he has heard the voice of my supplication, *
because he has inclined his ear to me whenever I called upon him.  ANTIPHON

10 How shall I repay the Lord *
for all the good things he has done for me?

11 I will lift up the cup of salvation *
and call upon the Name of the Lord.  ANTIPHON

12 I will fulfill my vows to the Lord *
in the presence of all his people.

13 Precious in the sight of the Lord *
is the death of his servants.  ANTIPHON

14 O Lord, I am your servant; *
I am your servant and the child of your handmaid;
you have freed me from my bonds.

15 I will offer you the sacrifice of thanksgiving *
and call upon the Name of the Lord.  ANTIPHON

16 I will fulfill my vows to the Lord *
in the presence of all his people,

17 In the courts of the Lord’s house, *
in the midst of you, O Jerusalem.
Hallelujah!  ANTIPHON
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.

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.

GOSPEL ACCLAMATION  Plainsong Tone I.2

A Cantor introduces the alleluias; all repeat them. The Cantor chants the verse; all repeat the alleluias.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

℣. The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.
Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.”

Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: “Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff; for laborers deserve their food. Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. As you enter the house, greet it. If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town.

“See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. Beware of them, for they will hand you over to councils and flog you in their synagogues; and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved. When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes.”
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 O God, in your mercy:

Assembly Hear our prayer.

Grant to your apostolic church courage to witness to your love, O Gracious One, and send out laborers into your harvest, until all the world knows that the kingdom of heaven has come near.

Look upon all in authority as the world struggles: Fill them with your wisdom and courage to work for the good of all whom they serve. Pour out the abundance of your grace on all the nations that we may welcome the stranger and receive your gift of new life.

Let your compassionate Spirit go forth throughout the world bringing good news and healing to all who live in poverty, oppression, violence or injustice, that they may be relieved of their suffering and restored to wholeness and peace.

Endow this community as agents of your peace, that the world may come to know of your abounding love for all creation.

Hear our prayers for those near and far, especially [...].

We offer the sacrifice of thanksgiving for all our joys, especially [...].

We entrust with hope those who have died that they may share the glory of God, especially [...].

The Presider concludes the prayers with a collect. All respond: Amen.
THE HOLY EUCHARIST

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.
HYMN 686  Come, thou fount of every blessing

THE GREAT THANKSGIVING  Eucharistic Prayer 1

All rise as able.

Enriching Our Worship 1, p. 57
Presider  Blessed are you, gracious God,
   creator of the universe and giver of life.
You formed us in your own image
   and called us to dwell in your infinite love.
You gave the world into our care
   that we might be your faithful stewards
   and show forth your bountiful grace.

But we failed to honor your image
   in one another and in ourselves;
we would not see your goodness in the world around us;
   and so we violated your creation,
abused one another,
   and rejected your love.
Yet you never ceased to care for us,
   and prepared the way of salvation for all people.

Through Abraham and Sarah
   you called us into covenant with you.
You delivered us from slavery,
   sustained us in the wilderness,
and raised up prophets
   to renew your promise of salvation.

Then, in the fullness of time,
   you sent your eternal Word,
made mortal flesh in Jesus.
Born into the human family,
   and dwelling among us,
he revealed your glory.
Giving himself freely to death on the cross,
   he triumphed over evil,
opening the way of freedom and life.

On the night before he died for us,
our Savior Jesus Christ took bread,
   and when he had given thanks to you,
he broke it, 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.”
Presider  As supper was ending, Jesus 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 poured out for you and for all 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  Remembering his death and resurrection, we now present to you from your creation this bread and this wine.

By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ.

Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world.

Bring us into the everlasting heritage of your daughters and sons, that with Mary, Mark, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

All  A - MEN.

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**  The disciples knew the Lord Jesus  Plainsong Mode 6

The Cantor introduces the antiphon, all repeat it. The Cantor sings the verse; all repeat the antiphon as indicated.

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[V.] The disciples knew the Lord Jesus in the breaking of the bread.

蚁. One body are we, alleluia, for though many we share one bread. **ANTIPHON**
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**INVITATION TO COMMUNION**

Presider  The Gifts of God for the People of God.

**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 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 321**  
*My God, thy table now is spread*  
**TUNE: Rockingham**

1. My God, thy table now is spread, thy cup with love doth overflow; be all thy children well with joyful guests; and may each soul salvation see, that here its sacred pledges tastes. Father’s board the Bread that lives beyond the tomb.

2. O let thy table honored be, and furnished numbers let them come and gather from their thither led, and let them thy sweet mercies know. All be blessed who see the light or feel the sun.

3. Drawn by thy quickening grace, O Lord, in countless world thy truth has run, till with this Bread shall va-tion see, that here its sacred pledges tastes. Father’s board the Bread that lives beyond the tomb.

4. Nor let thy spreading Gospel rest till through the thither led, and let them thy sweet mercies know. All be blessed who see the light or feel the sun.

_The Hymnal 1982 #321, WORDS & MUSIC: public domain._

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**PRAYER AFTER COMMUNION**  
*Book of Common Prayer, p. 365*

Presider  
Eternal God, heavenly Father,

All  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.

Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you with gladness and singleness of heart;  
through Christ our Lord. Amen.

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**BLESSING**  
*The Presider asks God’s blessing on the Assembly. All respond: Amen.*
Lord, you give the great commission

1. Lord, you give the great commission: “Heal the sick and preach the word.”
4. Lord, you show us love’s true measure: “Father, what they do, forgive.”
5. Lord, you bless with words assuring: “I am with you to the end.”

Lest the church neglect its mission, and the gospel go unheard,
Yet we hoard as private treasure all that you so freely give.
Faith and hope and love restoring, may we serve as you intend

help us witness to your purpose with renewed integrity.
May your care and mercy lead us to a just society.
and, amid the cares that claim us, hold in mind exter­ni­ty.

Refrain

With the Spirit’s gifts empower us for the work of ministry.


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

VOLUNTARY  Sonata in G Major  José Larrañaga (1728–1806)
MINISTERS OF THE LITURGY

PRESIDER
The Reverend Canon Nancy Ross

PREACHER
The Very Reverend Steven L. Thomason

LECTOR
Norva Osborn

SACRISTAN
Michael Seewer

MUSICIANS
Elizabeth Mitchell
Sibyl Adams
Marc Aubertin
Mark Penrod
John Stuntebeck, Organist

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