



SAINT MARK'S

EPISCOPAL CATHEDRAL

SEATTLE, WASHINGTON

LIVE-STREAMED LITURGY  
DURING CATHEDRAL CLOSURE

# THE HOLY EUCHARIST

THE FOURTH SUNDAY AFTER PENTECOST

June 28, 2020

11:00 AM





## SAINT MARK'S EPISCOPAL CATHEDRAL

*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](http://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](mailto:petercamfan@gmail.com). Include a few words about your connection to Saint Mark's.

### **Diocesan Ordination Liturgy**

*This Tuesday, June 30, 6:30 P.M., on the Saint Mark's live-stream page*

God willing and the people consenting, Rong By, Stephen Crippen (former deacon at Saint Mark's), Natalie Johnson, and Hillary Kimsey will be ordained to the priesthood in a very special live-streamed liturgy this coming Tuesday. Bishop Rickel will preside, with many participants joining remotely. Please note, our Evening Prayer on Zoom is cancelled for this evening. Instead, all are invited to join us for the live-stream!

### **Taking Up Our Responsibility for Racial Justice**

*Opening Plenary this Wednesday, July 1.*

*Four-session series follows beginning July 15. (Links to register may be found in *Sundays & Beyond*)*

At this critical moment in our nation's history, we will undertake a four-week study and discussion series to confront racism—its theology, history, and presence in our lives today—and ways to move forward toward justice. 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.

### **Today Was A Good Day: Watch Party with Director David Wild**

*Wednesday, July 8, 7 p.m., via Zoom (link to register may be found in *Sundays & Beyond*)*

Join with the broad Saint Mark's community for a watch party of parishioner David Wild's documentary film, *Today Was A Good Day*. This 25-minute film offers different perspectives on the day-to-day life of a caregiver, as seen through the eyes of three Southeastern Michigan residents. Afterwards, we'll have a chance to hear David reflect on the film and discuss the caregiver experience, including for those with dementia. Questions? Contact Canon Daugherty at [jkdaugherty@saintmarks.org](mailto:jkdaugherty@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](http://saintmarks.org/newsletter).**

# THE GATHERING

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

**PRELUDE** Hymn Prelude on *The Church's One Foundation*

Flor Peeters (1903-1986)

## WELCOME

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

**HYMN 607** O God of every nation

TUNE: *Llangloffan*

1 O God of ev - ery na - tion, of ev - ery, race and land,  
2 From search for wealth and pow - er and scorn of truth and right,  
3 Lord, strength-en all who la - bor that we may find re - lease  
4 Keep bright in us the vi - sion of days when war shall cease,

re - deem the whole cre - a - tion with your al - might - y hand;  
from trust in bombs that show - er de - struc-tion through the night,  
from fear of rat - tling sa - ber, from dread of war's in - crease;  
when ha - tred and di - vi - sion give way to love and peace,

where hate and fear di - vide us and bit - ter threats are hurled,  
from pride of race and na - tion and blind-ness to your way,  
when hope and cour - age fal - ter, your still small voice be heard;  
till dawns the morn - ing glo - rious when truth and jus - tice reign

in love and mer - cy guide us and heal our strife - torn world.  
de - liv - er ev - ery na - tion, e - ter - nal God, we pray!  
with faith that none can al - ter, your ser - vants un - der - gird.  
and Christ shall rule vic - to - rious o'er all the world's do - main.

**OPENING ACCLAMATION**

*Enriching our Worship 1, p. 50*

*Presider* Blessed be the one, holy, and living God.  
*Assembly* **Glory to God for ever and ever.**

**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)

*One-in-a-bar; firmly* ***f***

Glo-ry to God in the high-est, and peace to God's  
 peo-ple on earth. Lord God, heav'n-ly King, al-might-y God and Fa-ther,  
 we wor-ship you, we give you thanks, we praise you for your glo-ry.  
*d. = d. (same beat as before, not slower)* ***p***  
 Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a -  
 way the sin of the world: have mer-cy on us; you are seat-ed at the right hand of the  
 Fa-ther: re - ceive our prayer. For you a - lone are the Ho-ly One, you a -  
 lone are the Lord, you a - lone are the Most High, Je - sus Christ, with the  
 Ho - ly Spi - rit, in the glo-ry of God the Fa - ther. ***f cresc.*** ***ff*** *broaden* A - - men.

**COLLECT OF THE DAY**

*Book of Common Prayer, Proper 8, p. 230*

*Presider* God be with you.

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

*Presider* Let us pray.

**A**Lmighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; 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**

*Genesis 22:1-14*

**G**OD TESTED Abraham. He said to him, "Abraham!" And he said, "Here I am." He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you." So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, "Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you." Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, "Father!" And he said, "Here I am, my son." He said, "The fire and the wood are here, but where is the lamb for a burnt offering?" Abraham said, "God himself will provide the lamb for a burnt offering, my son." So the two of them walked on together.

When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the LORD called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place "The LORD will provide"; as it is said to this day, "On the mount of the LORD it shall be provided."

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

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

The cantor introduces the antiphon, all repeat it.

The choir chants the psalm verses, all repeating the antiphon as indicated.



*Usquequo, Domine?*

**H**ow long, O LORD, will you forget me for ever? \*  
How long will you hide your face from me?

- 2 How long shall I have perplexity in my mind,  
and grief in my heart, day after day? \*  
how long shall my enemy triumph over me? **ANTIPHON**
- 3 Look upon me and answer me, O LORD my God; \*  
give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," \*  
and my foes rejoice that I have fallen. **ANTIPHON**
- 5 But I put my trust in your mercy; \*  
my heart is joyful because of your saving help.
- 6 I will sing to the LORD, for he has dealt with me richly; \*  
I will praise the Name of the Lord Most High. **ANTIPHON**

## READING

*Romans 6:12-23*

**D**O NOT let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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

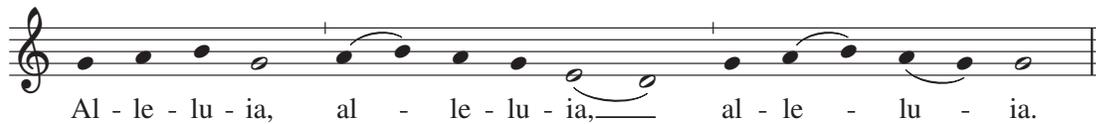
**Assembly** **Thanks be to God.**

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.



∿. Whoever welcomes you welcomes me,  
and whoever welcomes me welcomes the one who sent me.

**THE HOLY GOSPEL** *Matthew 10:40-42*

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

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

JESUS SAID, “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

*Preacher* The Gospel of the Lord.

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

**SERMON**

The Reverend Canon Nancy Ross



*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* Let us pray to the Lord.

*Assembly* **Lord, have mercy.**

For the church, that we might be faithful witnesses of the Gospel, willing to serve, constant in grace, and receptive to newness.

For this congregation, that we might be eager in our welcome of others, diligent in prayer, and generous in action.

For our nation and this city, that we might listen to the needs of neighbors, advocate for those in need, and model Gospel justice.

For everyone in this community in their daily life and work, especially those whose work makes them vulnerable in this pandemic.

For our families and for all placed under our care, for those with whom we disagree or feel enmity, and for those who are examples of grace in our lives.

For those who grieve, those who are sick or suffering, those in prison, those who are addicted, and those who are despondent, especially [...] and those we now name.

For those people and things that bring us joy and make us glad, especially for [...] and those blessings we now name.

For those who have died, especially [...] and those we now name.

*The Presider concludes the prayers with a collect. All respond: **Amen.***

## CONFESSION

*Enriching our Worship 1, p. 56*

*Presider* Let us confess our sins to God.

*You are invited to kneel or stand for the confession.*

*Presider* God of all mercy,

**All** we confess that we have sinned against you,  
opposing your will in our lives.

**We have denied your goodness in each other,  
in ourselves, and in the world you have created.**

**We repent of the evil that enslaves us,  
the evil we have done,**

**and the evil done on our behalf.**

**Forgive, restore, and strengthen us  
through our Savior Jesus Christ,**

**that we may abide in your love  
and serve only your will. Amen.**

*The Presider pronounces God's forgiveness of our sins. All respond: Amen.*

## THE PEACE

*Presider* The peace of Christ be always with you.

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

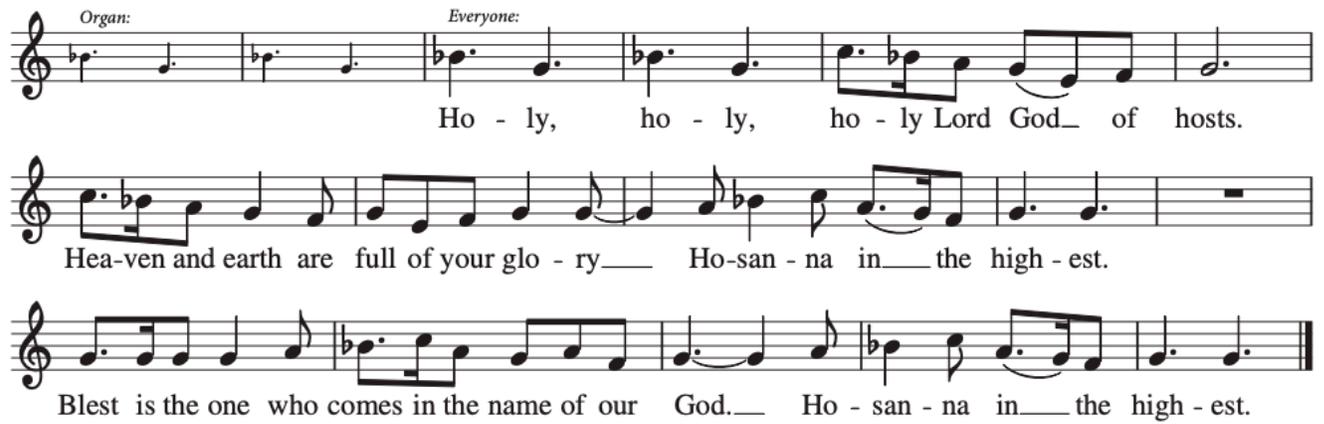
*If you would like, you are invited to take a moment at this point in the service to text or email someone with whom you would like to share the peace of Christ.*





**SANCTUS & BENEDICTUS**

Peter R. Hallock (1924-2014)



*Organ:* *Everyone:*  
 Ho - ly, ho - ly, ho - ly Lord God of hosts.  
 Hea-ven and earth are full of your glo - ry Ho-san - na in the high - est.  
 Blest is the one who comes in the name of our God Ho - san - na in the high - est.

*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.

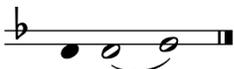
On the night before he died for us,  
 our Savior Jesus Christ took bread,  
 and when he had given thanks to you,  
 he broke it, and gave it to his friends, and said:  
 "Take, eat: This is my Body which is given for you.  
 Do this for the remembrance of me."

*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.*



∇. One body are we, alleluia, for though many we share one bread. **ANTIPHON**

*The Hymnal 1982 #8-167, ©1971 Mason Martens*

**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 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 Where cross the crowd - ed ways of life, where sound the  
 2 In haunts of wretch - ed - ness and need, on sha - dowed  
 3 The cup of wa - ter given for thee still holds the  
 4 O Mas - ter, from the moun - tain side, make haste to  
 5 till all the world shall learn thy love, and fol - low

1 cries of race and clan, a - bove the noise of  
 2 thresh - olds dark with fears, from paths where hide the  
 3 fresh - ness of thy grace; yet long these mul - ti -  
 4 heal these hearts of pain; a - mong these rest - less  
 5 where thy feet have trod; till glo - rious from thy

1 self - ish strife, we hear thy voice, O Son of Man.  
 2 lures of greed, we catch the vi - sion of thy tears.  
 3 tudes to see the true com - pas - sion of thy face.  
 4 throgs a - bidde, O tread the ci - ty's streets a - gain;  
 5 heaven a - bove, shall come the ci - ty of our God.

*The Hymnal 1982 #609, WORDS & MUSIC: Public domain.*

*All rise as able.*

**PRAYER AFTER COMMUNION**

*Enriching our Worship 1 p. 70*

*Presider* Loving God,

**All** we give you thanks  
 for restoring us in your image  
 and nourishing us with spiritual food  
 in the Sacrament of Christ's Body and Blood.  
 Now send us forth  
 a people, forgiven, healed, renewed;  
 that we may proclaim your love to the world  
 and continue in the risen life of Christ our Savior. Amen.

**BLESSING** *The Presider asks God's blessing on the Assembly. All respond: Amen.*



1. Lord Christ when first thou cam'st to earth, up - on a cross they—  
 2. O awe - ful Love, which found no room in life where sin de -  
 3. New ad - vent of the love of Christ, shall we a - gain re -  
 4. O wound - ed hands of Je - sus, build in us thy new cre -



bound thee, and mocked thy sav - ing king - ship then  
 nied thee, and, doomed to death, must bring to doom  
 fuse thee, till in the night of hate and war  
 a - tion; our pride is dust, our vaunt is stilled,



by thorns with which they crowned thee: and still our wrongs  
 the pow'rs which cru - ci - fied thee, till not a stone  
 we per - ish as we lose thee? From old un - faith -  
 we wait thy rev - e - la - tion: O love that tri -



may weave thee now new thorns to pierce that  
 was left on stone, and all those na - tions'  
 our souls re - lease to seek the king - dom  
 umphs o - ver loss, we bring our hearts be -



stead - y brow, and robe of sor - row round thee.  
 pride, o'er-thrown, went down to dust be - side thee!  
 of thy peace, by which a - lone we choose thee.  
 fore thy cross, to fi - nish thy sal - va - tion.

*The Hymnal 1982 #598, WORDS: by permission of the family of Walter Russell Bowie, MUSIC: public domain..*

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

**VOLUNTARY** *Toccata in F, BUXWV 157*

Dieterich Buxtehude (1637–1707)

# MINISTERS OF THE LITURGY

**PRESIDER**

The Very Reverend Steven L. Thomason

**PREACHER**

The Reverend Canon Nancy Ross

**LECTOR**

Carrie Davis

**SACRISTAN**

Michael Seewer

**MUSICIANS**

Heather MacLaughlin Garbes

Carmen Brady

Peter Garbes

Matt Brady

John Stuntebeck, *Organist*

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Michael Perera

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