The Holy Eucharist

The Fourth Sunday after Pentecost

June 28, 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.

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.

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  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 every nation, of every, race and land,
re-deem the whole creation with your almighty hand;
where hate and fear divide us and bitter threats are hurled,
in love and mercy guide us and heal our strife-torn world.

2 From search for wealth and power and scorn of truth and right,
from trust in bombs that show er destruction through the night,
from pride of race and nation and blindness to your way,
de-liver every nation, eternal God, we pray!

3 Lord, strengthen all who labor that we may find release
when hatred and division give way to love and peace,
when hope and courage falter, your still small voice be heard;
with faith that none can alter, your servants under-gird.

4 Keep bright in us the vision of days when war shall cease,
till dawns the morning glorious when truth and justice reign
and Christ shall rule victorious o'er all the world's domain.
OPENING ACCLAMATION

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)

Gloria in excelsis Deo;
Gloria et honor in santo
Sanctissimo
Gloria in excelsis Deo.

Gloria in excelsis Deo;
Gloria et honor in santo
Sanctissimo
Gloria in excelsis Deo.
COLLECT OF THE DAY

Presider  God be with you.
Assembly  And also with you.
Presider  Let us pray.

Almighty 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

God 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.
**Reading Romans 6:12-23**

**Do 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

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

Plainsong Tone 1.2

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

Y. 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. 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

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.
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.

ANTHEM  My eyes for beauty pine

My eyes for beauty pine,                      And every gentle heart
My soul for God’s grace;                      That burns with true desire,
No other care nor hope is mine,               Is lit from eyes that mirror part
To heaven I turn my face.                    Of that celestial fire.

One splendour thence is shed
From all the stars above:
’Tis named when God’s name is said,
’Tis Love, ’tis heav’nly Love.

All rise as able.

THE GREAT THANKSGIVING  Eucharistic Prayer 1

Presider  It is truly right, and good and joyful,
          to give you thanks, all-holy God,
          source of life and fountain of mercy.
          You have filled us and all creation with your blessing
          and fed us with your constant love;
          you have redeemed us in Jesus Christ
          and knit us into one body.
          Through your Spirit you replenish us
          and call us to fullness of life.
          Therefore, joining with Angels and Archangels
          and with the faithful of every generation,
          we lift our voices with all creation as we sing:

          The Lord be with you.  And also with you.
          Lift up your hearts.  We lift them to the Lord.
          Let us give thanks to the Lord our God.  It is right to give our thanks and praise.
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.*

The disciples knew the Lord Jesus in the breaking of the bread.

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

_The Hymnal 1982 #5-167, ©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 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 609  Where cross the crowded ways of life  TUNE: Gardiner

1 Where cross the crowded ways of life, where sound the
2 In haunts of wretchedness and need, on shadowed
3 The cup of water given for thee still holds the
4 O Master, from the mountain side, make haste to
5 till all the world shall learn thy love, and follow

1 cries of race and clan, above the noise of
2 threshholds dark with fears, from paths where hide the
3 freshness of thy grace; yet long these multitudes
4 heal these hearts of pain; among these restless
5 where thy feet have trod; till glorious from thy

1 selfish strife, we hear thy voice, O Son of Man.
2 lures of greed, we catch the vision of thy tears.
3 tides to see the true compassion of thy face.
4 throngs abide, O tread the city's streets again;
5 heaven above, shall come the city of our God.

Enriching our Worship 1 p. 70

All rise as able.

PRAYER AFTER COMMUNION

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.
Lord Christ, when first thou cam'st to earth

1. Lord Christ when first thou cam'st to earth, up on a cross they
   bound thee, and mocked thy saving
   by thorns with which they crowned thee: and still our wrongs
   may weave thee now new thorns to pierce that
   steadfast brow, and robe of sorrow round thee.

2. O awe-ful Love, which found no room in life where sin de-
   nied thee, and doomed to death, must bring to doom
   the powers which crucified thee, till not a stone
   was left on stone, and all those nations'
   pride, o'erthrown, went down to dust beside thee!

3. New ad-vent of the love of Christ, shall we a-gain re-
   fuse thee, till in the night of hate and war
   we perish as we lose thee? From old un-faith
   our souls release to seek the kingdom
   of thy peace, by which alone we choose thee.

4. O wound-ed hands of Je-sus, build in us thy new cre-
   a-tion; our pride is dust, our vaunt is stilled,
   we wait thy reve-la-tion: O love that tri-
   fore thy cross, to finish thy salva-tion.

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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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