The Holy Eucharist
THE FIFTH SUNDAY AFTER PENTECOST

July 5, 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.

Newcomers’ Coffee with Clergy
Begins immediately following the liturgy.
Wherever you may be located, if you are new to Saint Mark’s, or if you just have questions about the cathedral community, you are cordially invited to a special Zoom meeting following the 11 a.m. Sunday morning service on the first Sunday of the month. To get the link, email newcomers@saintmarks.org.

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.

#VoteFaithfully – Saint Mark’s Heeding the Call to Get Out the Vote
Wednesday, July 22, 7 p.m. via Zoom (link to register may be found in Sundays & Beyond)
Presiding Bishop Michael Curry tells us: “It is a Christian obligation to vote, and more than that, it is the church’s responsibility to help get souls to the polls.” Come hear about the Vote Faithfully movement in the Church – working together to empower every voice to get freely to the polls. We’re looking at ways to encourage voter registration and to speak out against voter suppression. We will hear from community members of their personal voting experience, share stories, share a faith perspective on voting your own conscience, and explore ways we can make a difference in valuing every voice through every vote. The registration link can be found in Sundays & Beyond. Questions? Email The Rev. Emily Austin (eaustin@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

Trio on Allein Gott in der Höh sei Ehr, BWV 664  
J. S. Bach (1685-1750)

WELCOME

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

HYMN 594  

God of grace and God of glory  
TUNE: Cwm Rhondda

1. God of grace and God of glory, on thy people pour thy power; crown thine ancient
   Church's story; bring her bud to glorious flower. Grant us wisdom, grant us courage,
   for the facing of this hour, (of this hour,) for the facing of this hour.
   for the living of these days, (of these days,) for the living of these days.

2. Lo! the hosts of evil round us scorn thy Christ, as sail his ways! From the fears that
   long have bound us free our hearts to faith and praise: grant us wisdom, grant us courage
   lest we miss thy kingdom's goal, (kingdom's goal,) lest we miss thy kingdom's goal.
   serving thee whom we adore, (we adore,) serving thee whom we adore.

3. Cure thy children's war-ring mad-ness, bend our pride to thy control; shame our wan-ton,
   selfish gladness, rich in things and poor in soul. Grant us wisdom, grant us courage,
   serving thee whom we adore.

4. Save us from weak re-signation to the evils we deplore; let the gift of
   thy salvation be our glory evermore. Grant us wisdom, grant us courage,
   The Hymnal 1982 #594, words: by permission of the author; music: public 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.
Please be seated for the readings.

COLLECT OF THE DAY

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

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; 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 servant said to Laban, “I am Abraham’s servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master’s wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, ‘You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father’s house, to my kindred, and get a wife for my son.’

“I came today to the spring, and said, ‘O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, “Please give me a little water from your jar to drink,” and who will say to me, “Drink, and I will draw for your camels also”—let her be the woman whom the Lord has appointed for my master’s son.’

“Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, ‘Please let me drink.’ She quickly let down her jar from her shoulder, and said, ‘Drink, and I will also water your camels.’ So I drank, and she also watered the camels. Then I asked her, ‘Whose daughter are you?’ She said, ‘The daughter of Bethuel, Nahor’s son, whom Milcah bore to him.’ So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshiped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master’s kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.”

And they called Rebekah, and said to her, “Will you go with this man?” She said, “I will.” So they sent away their sister Rebekah and her nurse along with Abraham’s servant and his men. And they blessed Rebekah and said to her, “May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.” Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, “Who is the man over there, walking in the field to meet us?” The servant said, “It is my master.” So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah’s tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother’s death.

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

Romans 7:15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delights in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ 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 I.2

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

V. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

THE HOLY GOSPEL  Matthew 11:16-19, 25-30

Preacher  The Holy Gospel of our Lord Jesus Christ according to Matthew.
Assembly  Glory to you, Lord Christ.

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Preacher  The Gospel of the Lord.
Assembly  Praise to you, Lord Christ.

SERMON

The Reverend Canon Jennifer King Daugherty
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 We pray to you,

Assembly Lord, have mercy.

We thank you for the revelation of your gift of abundant life and for the easing of our burdens when we put our trust in you.

We thank you for giving us the assurance of grace, that we might share a reconciling word with our age.

We thank you for leading us into the ways of peace as we strive for justice in divided times.

We thank you for the people of faith who surround us and for the family and friends, mentors and guides who assist our spiritual growth.

We thank you for the gifts of creation and for wholesome times of recreation, even in our physical distancing time.

We thank you for those who tend the sick, accompany the frustrated, visit the lonely, comfort the dying, walk with the addicted, or minister to any in need. And we pray for all who are sick or suffering, especially [...] and those we now name.

We thank you for the many blessings of this life, especially [...] and those blessings we now name.

We thank you for the love and lives of those who have died, and we commend them to your mercy, 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), or visit
Venmo online: https://venmo.com/saintmarkscathedralseattle.

You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.
Let streams of living justice flow down upon the earth;
give freedom’s light to captives, let all the poor have worth.
The hungry’s hands are pleading, the workers claim their rights,
the mourners long for laughter, the blinded seek for sight.
Make liberty a beacon, strike down the iron power;
abolish ancient vengeance: proclaim your people’s hour.

For healing of the nations, for peace that will not end,
for love that makes us lovers, God grant us grace to mend.
Weave our varied gifts together; knit our lives as they are spun;
on your loom of time enroll us till our thread of life is run.
O great weaver of our fabric, bind church and world in one;
dye our texture with your radiance, light our colors with your sun.

Your city’s built to music; we are the stones you seek;
your harmony is language; we are the words you speak.
Our faith we find in service, our hope in others’ dreams,
our love in hand of neighbor; our homeland brightly gleams.
Inscribe our hearts with justice; your way—the path untried;
your truth—the heart of stranger; your life—the Crucified.

All rise as able.

THE GREAT THANKSGIVING Eucharistic Prayer 1

**Presider**

**Assembly**

The Lord be with you.  **And also with you.**

**Presider**

**Assembly**

Lift up your hearts.  **We lift them to the Lord.**

**Presider**

**Assembly**

Let us give thanks to the Lord our God.  **It is right to give our thanks and praise.**

**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:
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.*

\[\begin{align*}
\text{The disciples} \quad & \text{knew the Lord Jesus in the breaking of the bread.} \\
Y. \text{ One body are we, alleluia, for though many we share one bread.} & \text{ANTIPHON}
\end{align*}\]

**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.
I heard the voice of Jesus say

1. I heard the voice of Jesus say, “Come unto me and rest;
   and in your weariness lay down your head upon my breast.’’
2. I heard the voice of Jesus say, “Behold, I freely give
   the living water; thirsty one, stoop down and drink, and live.’’
3. I heard the voice of Jesus say, “I am this dark world’s light;
   look unto me, thy morn shall rise, and all your day be bright.’’

I came to Jesus as I was, so weary, worn, and sad;
and I drank of that life-giving stream;
I looked to Jesus, and I found in him my Star, my Sun;
and in that light of life I’ll walk till pilgrim days are done.

I found in him a resting place, and he has made me glad.
my thirst was quenched, my soul revived, and now I live in him.
and in that light of life I’ll walk till pilgrim days are done.

The Hymnal 1982 #692, words: public domain; music: by permission of Oxford University Press.

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.

HYMN  
How beautiful, our spacious skies  
TUNE: Materna

How beau-ti-ful, our spa-cious skies, our am-ber waves of grain,  
Indi-ge-nous and im-mi-grant, our daugh-ters and our sons:  
How beau-ti-ful, sin-cere la-ment, the wis-dom born of tears,  

our pur-ple moun-tains as they rise a-bove the fruit-ful plain.  
O may we nev-er rest con-tent till all are truly one.  
the cour-age called for to re-pent the blood-shed through the years.

A-mer-i-ca! A-mer-i-ca! God’s gra-cious gifts a-bound,  
A-mer-i-ca! A-mer-i-ca! God grant that we may be  
A-mer-i-ca! A-mer-i-ca! God grant that we may be  

and more and more we’re grate-ful for life’s boun-ty all a-round.  
a sis-ter-hood and broth-er-hood from sea to shin-ing sea.  
a na-tion blessed, with none op-pressed, true land of li-ber-ty.

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

VOLUNTARY  
Meditation on Materna  
[tune of the closing hymn How beautiful, our spacious skies]  
Calvin Hampton (1938-1984)
MINISTERS OF THE LITURGY

PRESIDER
The Reverend Canon Cristi Chapman

PREACHER
The Reverend Canon Jennifer King Daugherty

LECTOR
Susan McClung

SACRISTAN
Michael Seewer

MUSICIANS
Sophia Fugent
Amanda Davis
Greg Bloch
Mark Penrod
Michael Kleinschmidt, Organist

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