



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FIFTH SUNDAY AFTER THE EPIPHANY

February 7, 2021 ♦ 11:00 AM

Virtual Coffee Hour

EVERY SUNDAY AFTER THE 11 A.M. SERVICE, VIA ZOOM

All are welcome! This Sunday, Coffee Hour will include the commissioning of the newly-elected Vestry, a farewell blessing for departing staff member Kelly Moody, and birthday and anniversary blessings for those celebrating in the month of February.

Find the link at: saintmarks.org/coffeehour

Evensong

THIS EVENING, FEBRUARY 7, 4:30 P.M.

This month's Evensong liturgy will include Purcell's ravishing "Evening Hymn." Join in at

saintmarks.org/livestream

Shrove Tuesday Community Gathering & "Closing of the Doors" Liturgy

TUESDAY, FEBRUARY 16, 5:30 P.M. & 6:30 P.M.

Let's join together as a community via Zoom to cook, eat, and pray together on this festive and pivotal day. Gather at 5:30 p.m. to virtually visit each other's kitchens and prepare pancakes, the traditional dinner for this day. Then, at 6:30, participate in the "Closing of the Doors," a moving liturgy unique to Saint Mark's.

More details at: saintmarks.org/shrovetuesday

Ash Wednesday

WEDNESDAY, FEBRUARY 17, NOON & 7 P.M.

Online Ash Wednesday liturgies will be offered at noon and 7 p.m. Watch for a special message from Dean Thomason in the next few days!

"Easter Hymn" All-Parish Virtual Choir

Inspired by the success of the "O come, O come, Emmanuel" project in Advent, ALL are invited to add their voices to a similar video of "Jesus Christ is risen today!" for Easter 2021. Deadline for submission is soon—February 16. Find all the details at:

saintmarks.org/communitylife

Inquirers' Class: Living the Questions

SUNDAYS, FEBRUARY 14—MARCH 28, 12:30 P.M.

A series for newcomers and seekers. Learn more at:

saintmarks.org/inquirers

All-Parish Creation Care Survey

Everyone in the community of Saint Mark's is asked to complete a very brief survey to help the Creation Care Ministry leadership set priorities and make plans for the coming year. Deadline: February 14:

saintmarks.org/creationcaresurvey

Learn much more about cathedral offerings,
and sign up to cathedral email lists, at:

saintmarks.org/newsletter



SAINT MARK'S
EPISCOPAL CATHEDRAL

Welcome to Saint Mark's Cathedral's livestream service of worship, and thank you for joining us. We encourage you to participate fully from home—sing the hymns heartily, speak the prayers intentionally, and engage physically by sitting and standing as a form of “body prayer.” We welcome feedback on your experience as we strive to gather virtually in these extraordinary times.

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)
(Tune of Hymn 421, “All glory be to God on high”)

THE OPENING RITE

A bell bids all to rise, as able.

OPENING ACCLAMATION

The Book of Common Prayer, p. 355

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.

1 God of mer - cy, God of grace, show the bright - ness of thy
 2 Let thy peo - ple praise thee, Lord; be by all that live a -

face. Shine up - on us, Sa - vior, shine, fill thy
 dored. Let the na - tions shout and sing glo - ry

Church with light di - vine, and thy sav - ing health ex -
 to their Sa - vior King; let all be, be - low, a -

tend un - to earth's re - mot - est end.
 bove, one in joy, and light, and love.

The Hymnal 1982 #538, WORDS: Henry Francis Lyte (1793-1847), alt., public domain;
 MUSIC: David Evans (1874-1948), by permission of Oxford University Press.

Presider The Lord be with you.

Assembly **And also with you.**

Presider Let us pray.

SET US free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

All Amen.

Please be seated for the readings.

THE LITURGY OF THE WORD

READING *Isaiah 40:21-31*

Have you not known? Have you not heard?
Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth,
and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
and spreads them like a tent to live in;
who brings princes to naught,
and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown,
scarcely has their stem taken root in the earth,
when he blows upon them, and they wither,
and the tempest carries them off like stubble.

To whom then will you compare me,
or who is my equal? says the Holy One.

Lift up your eyes on high and see:
Who created these?

He who brings out their host and numbers them,
calling them all by name;
because he is great in strength,
mighty in power,
not one is missing.

Why do you say, O Jacob,
and speak, O Israel,

"My way is hidden from the Lord,
and my right is disregarded by my God"?

Have you not known? Have you not heard?
 The LORD is the everlasting God,
 the Creator of the ends of the earth.
 He does not faint or grow weary;
 his understanding is unsearchable.
 He gives power to the faint,
 and strengthens the powerless.
 Even youths will faint and be weary,
 and the young will fall exhausted;
 but those who wait for the LORD shall renew their strength,
 they shall mount up with wings like eagles,
 they shall run and not be weary,
 they shall walk and not faint.

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

PSALM *Psalm 147:1-12, 21c*

Simplified Anglican Chant
 Robert Knox Kennedy (b. 1945)

*The organist will play through the chant once,
 then all are invited to chant the Psalm with the soloist.*



Laudate Dominum.

HALLELUJAH!

- | | |
|---|---|
| How good it is to sing praises to our / God! * | 7 Sing to the LORD with / thanksgiving; * |
| how pleasant it is to honor him with / praise!. | make music to our God upon the / harp. |
| 2 The LORD rebuilds Je-/ rusalem; * | 8 He covers the heavens with / clouds * |
| he gathers the exiles of / Israel. | and prepares rain for the / earth; |
| 3 He heals the broken-/ hearted * | 9 He makes grass to grow upon the / mountains * |
| and binds up their / wounds. | and green plants to serve man-/ kind. |
| 4 He counts the number of the / stars * | 10 He provides food for flocks and / herds * |
| and calls them all by their / names. | and for the young ravens when they / cry. |
| 5 Great is our LORD and mighty in / power; * | 11 He is not impressed by the might of a / horse; * |
| there is no limit to his / wisdom. | he has no pleasure in the strength of a / man; |
| 6 The LORD lifts up the / lowly, * | 12 But the LORD has pleasure in those who / fear him, * |
| but casts the wicked to the / ground. | in those who await his gracious favor. Halle-/ lujah! ♦ |

After a brief silence the Presider stands; all rise as able for the proclamation of the Gospel.

GOSPEL ACCLAMATION

12th-century chant, adapt. Marilyn Haskel (b. 1945)

The soloist introduces the alleluias, all repeat them.

The soloist chants the verse below, then all repeat the alleluias.



∩. Go home to your friends. Tell them how much the Lord has done for you.

THE HOLY GOSPEL Mark 1:29-39

Presider The Holy Gospel of our Lord Jesus Christ according to Mark.

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

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons..

Presider The Gospel of the Lord.

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

HOMILY

Kelly Moody

All rise as able.

THE NICENE CREED

The Book of Common Prayer, p. 358

Presider We believe in one God,

All **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 PEOPLE

After each petition:

Intercessor God, in your mercy,

***Assembly* hear our prayer.**

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

CONFESSION

Presider Let us confess our sins against God and our neighbor.

Silence may be kept.

Presider Most merciful God,

***All* we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.**

**We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.**

We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ,

have mercy on us and forgive us;

that we may delight in your will,

and walk in your ways,

to the glory of your Name. Amen.

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

THE PEACE

Presider The peace of the Lord be always with you.

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

Socially distanced, all greet one another in the name of the Lord. Those at home 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 this link on your mobile device: <https://venmo.com/saintmarkscathedralseattle>. If Venmo asks you for a four-digit code, enter **2076**.



You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.

All rise, as able.

OFFERTORY HYMN *Heal me, hands of Jesus* ♦ sung by all

TUNE: Sharpe



1. Heal me, hands of Je - sus, and search out all my pain: re -
2. Cleanse me, blood of Je - sus, take bit - ter - ness a - way; let
3. Know me, mind of Je - sus, and show me all my sin; dis -
4. Fill me, joy of Je - sus: anx - i - e - ty shall cease and



store my hope, re - move my fear and bring me peace a - gain.
me for - give as one for - giv'n and bring me peace to - day.
pel the mem - o - ries of guilt, and bring me peace with - in.
heav'n's se - ren - i - ty be mine, for Je - sus brings me peace!

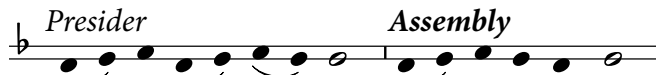
Wonder, Love, & Praise #773, WORDS: Michael Perry; © 1982, 1989 Hope Publishing Co., Carol Stream, IL 60188. All rights reserved.
MUSIC: Carl Hollywood (b. 1949), from *Tunes for Grace*, © 1997 Carl Haywood.

All remain standing.

THE GREAT THANKSGIVING Eucharistic Prayer B


The Book of Common Prayer, p. 367

Presider *Assembly*




The Lord be with you. And al - so with you.

Presider *Assembly*



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

Presider *Assembly*



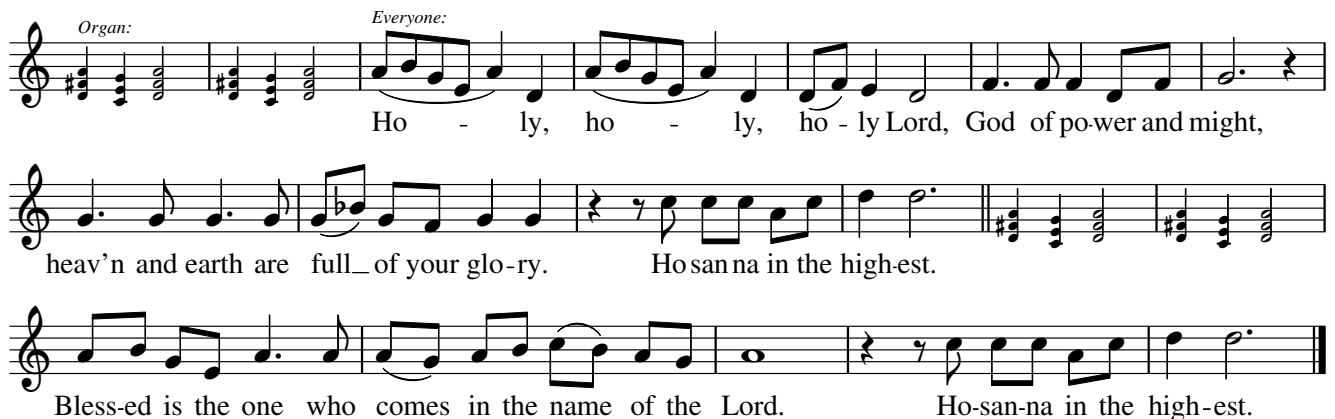
Let us give thanks to the Lord our God. It is right to give God thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS & BENEDICTUS

William Mathias (1934-1992)

Organ: *Everyone:*



Ho - ly, ho - ly, ho - ly Lord, God of po-wer and might,
heav'n and earth are full of your glo-ry. Ho san na in the high-est.
Bless-ed is the one who comes in the name of the Lord. Ho-san-na in the high-est.

The Hymnal 1982 #s-128, by permission of Oxford University Press.

Presider We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

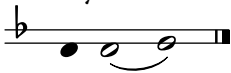
Therefore, according to his command, O Father,

**All We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

Presider And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary, Mark, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



All A - MEN.

THE LORD'S PRAYER

Presider Our Father in heaven,
All **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.**

THE BREAKING OF THE BREAD

A period of silence is kept. Then may be said:

Presider Alleluia. Christ our Passover is sacrificed for us.
Assembly **Therefore let us keep the feast. Alleluia.**

INVITATION TO COMMUNION

Presider The Gifts of God for the People of God.



All may be seated for the time of communion.

PRAYER AT THE TIME OF COMMUNION

from Saint Augustine's Prayer Book (Forward Movement, 2014)

Those worshiping with us 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.

All rise, as able.

PRAYER AFTER COMMUNION

The 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.**

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

CLOSING HYMN *Surely it is God who saves me* ♦ sung by all

TUNE: *Thomas Merton*



1 Sure - ly it is God ___ who saves me; trust-ing him, I shall not
2 Make his deeds ___ known to the peo - ples; tell out his ex - alt - ed



fear. For the Lord de - fends and shields me and his sav - ing
Name. Praise the Lord, who has done great things; all his works his



help is near. So re - joice as you draw wa - ter from sal -
might pro - claim. Zi - on, lift your voice in sing - ing; for with



va - tion's liv - ing spring; in the day of your de -
you has come to dwell, in your ve - ry midst, the



liv - erance thank the Lord, his mer - cies sing.
great and Ho - ly One of Is - ra - el.

*The Hymnal 1982 #679, WORDS: Carl P. Daw, Jr. (b. 1944), para. of *The First Song of Isaiah*, © 1982, Carl P. Daw, Jr.
MUSIC: Ray W. Urwin (b. 1950), © 1984, Ray W. Urwin.*

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

VOLUNTARY Trio on *Herr Jesu Christ*, BWV 655
(Tune of Hymn 3, "Now that the daylight fills the sky")

J.S. Bach

Immediately following the service, join us for Virtual Coffee Hour!

All are welcome. To access the Zoom link, [visit the Saint Mark's website.](#)

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, join us! To get the Zoom link, email newcomers@saintmarks.org.

MINISTERS OF THE LITURGY

PRESIDER

The Very Reverend Steven L. Thomason

PREACHER

Kelly Moody

LECTOR & INTERCESSOR

Susan McClung

SACRISTAN

Michael Seewer

MUSICIANS

Scott Kovacs, *soloist*

Michael Kleinschmidt, *organist*

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