



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 21, 2021 ♦ 11:00 AM

Virtual Coffee Hour

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

All are welcome! Find the link at:

saintmarks.org/coffeehour

Lent, Holy Week, & Easter, 2021

The full schedule of events may be seen at:

saintmarks.org/len

“Lent at Home”

In the last week parishioners received a mailing containing a brief at-home liturgy for Lent. The Lent at Home web page contains that liturgy with additional resources, and a numbers of other special invitations for the penitential season:

saintmarks.org/lenathome

New! Wednesday Morning Prayer

BEGINS WEDNESDAY, FEBRUARY 24, 8:30 A.M.

A new service of Morning Prayer will be offered via Zoom at 8:30 a.m. beginning February 24.

(Thursday 7 a.m. Morning Prayer continues as usual.)

saintmarks.org/prayer

Wednesday Lenten Evensong

WEDNESDAYS, FEBRUARY 24–MARCH 24, 4:30 P.M.

The Choristers of the Choir School will present a special service of Evensong via Zoom at 4:30 p.m. on Wednesdays in Lent: saintmarks.org/len

Concert à 3—with Jillon Dupree, Rebekah Gilmore, and Page Smith

FRIDAY, FEBRUARY 26, 7:30 P.M., VIA LIVESTREAM

Three musical luminaries of the cathedral community collaborate on this livestreamed concert.

saintmarks.org/concerts

Jesus and the Disinherited

INTRODUCTION: SUNDAY, FEBRUARY 28, 1 P.M.

Theologian-in-residence Canon Walter Brownridge invites the community of Saint Mark's to read and engage with Howard Thurman's foundational work *Jesus and the Disinherited*. Introductory presentation on February 28, with a concluding discussion later in March. saintmarks.org/events

Cathedral Yoga Resumes

BEGINS MONDAY, MARCH 1, 5:30 P.M.

One year to the day after the last in-person class, Cathedral Yoga returns as a monthly online offering from the cathedral nave: saintmarks.org/yoga

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

saintmarks.org/newsletter

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 Three Preludes on Lententide Hymns Dieterich Buxtehude (1637-1707)

1. *Durch Adams Fall ist ganz verderbt*,
(“All mankind fell in Adam’s fall”), BuxWV 183
2. *Ein feste Burg ist unser Gott*,
(“A mighty fortress is our God,” Hymns 687 and 688 in *The Hymnal* 1982), BUXWV 184
3. *Erhalt uns, Herr, bei deinem Wort*,
(Tune of “The glory of these forty days,” Hymn 143 in *The Hymnal* 1982), BwXWV 185

THE OPENING RITE

THE GREAT LITANY

Enriching Our Worship 1, p. 46;
musical setting by Dent Davidson (b. 1960)

The Great Litany is attributed to Thomas Cranmer who compiled the litany in 1544, drawing on elements of the Liturgy of St. John Chrysostom (5th C.), the Sarum Rite (11th C.), and earlier texts of the Reformation. The version we chant this morning was adapted by The Episcopal Church in the 1990s with more inclusive language, with musical setting by former Saint Mark's Cathedral musician Dent Davidson. It is this cathedral's custom to pray The Great Litany on the First Sunday in Lent each year. Whether you kneel, sit or stand for the Litany, or move about your room in liturgical procession, chant the responses as we strike these ancient rhythms of prayer that echo across the centuries.

Cantor Holy God, Creator of heaven and earth,



Assembly **Have mercy on us.**

Cantor Holy and Mighty, Redeemer of the world,

Assembly **Have mercy on us.**

Cantor Holy Immortal One, Sanctifier of the faithful,

Assembly **Have mercy on us.**

Cantor Holy, blessed and glorious Trinity, One God,

Assembly **Have mercy on us.**

Cantor From all evil and mischief; from pride, vanity and hypocrisy;
from envy, hatred and malice; and from all evil intent,



Assembly **Savior deliver us.**

Cantor From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,

Assembly Savior deliver us.

Cantor From sins of body and mind; from deceits of the world, flesh and the devil,

Assembly Savior deliver us.

Cantor From famine and disaster; from violence, murder, and dying unprepared,

Assembly Savior deliver us.

Cantor In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,

Assembly Savior deliver us.

Cantor By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

Assembly Savior deliver us.

Cantor By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,

Assembly Savior deliver us.

Cantor By your agony and trial; by your cross and passion; by your precious death and burial,

Assembly Savior deliver us.

Cantor By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

Assembly Savior deliver us.

Cantor Hear our prayers, O Christ our God.



Assembly Hear us, O Christ.

Cantor Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

Assembly Hear us, O Christ.

Cantor Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Assembly Hear us, O Christ.

Cantor Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Assembly Hear us, O Christ.

Cantor Give your people grace to witness to your word and bring forth the fruit of your Spirit.

Assembly Hear us, O Christ.

Cantor Bring into the way of truth all who have erred and are deceived.

Assembly Hear us, O Christ.

Cantor Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

Assembly Hear us, O Christ.

Cantor Guide the leaders of the nations into the ways of peace and justice.

Assembly Hear us, O Christ.

Cantor Give your wisdom and strength to Joseph, the President of the United States, Jay, the Governor of this state, and Jenny, the Mayor of this city, that in all things they may do your will, for your glory and the common good.

Assembly Hear us, O Christ.

Cantor Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

Assembly Hear us, O Christ.

Cantor Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

Assembly Hear us, O Christ.

Cantor Give us the will to use the resources of the earth to your glory and for the good of all.

Assembly Hear us, O Christ.

Cantor Bless and keep all your people,
Assembly **Hear us, O Christ.**

Cantor Comfort and liberate the lonely, the bereaved and the oppressed.
Assembly **Hear us, O Christ.**

Cantor Keep in safety those who travel and all who are in peril.
Assembly **Hear us, O Christ.**

Cantor Heal the sick in body, mind or spirit
and provide for the homeless, the hungry and the destitute.
Assembly **Hear us, O Christ.**

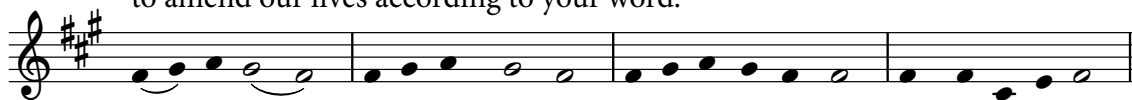
Cantor Guard and protect all children who are in danger.
Assembly **Hear us, O Christ.**

Cantor Shower your compassion on prisoners, hostages and refugees,
and all who are in trouble.
Assembly **Hear us, O Christ.**

Cantor Forgive our enemies, persecutors and slanderers,
and turn their hearts.
Assembly **Hear us, O Christ.**

Cantor Hear us as we remember those who have died
and grant us with them a share in your eternal glory.
Assembly **Hear us, O Christ.**

Cantor Give us true repentance;
forgive us our sins of negligence and ignorance
and our deliberate sins;
and grant us the grace of your Holy Spirit
to amend our lives according to your word.



All Ho - ly God, Holy and Mighty, Holy Immortal One, have mercy on us.

COLLECT OF THE DAY *First Sunday in Lent*

The Book of Common Prayer, p. 218

Presider The Lord be with you.

Assembly **And also with you.**

Presider Let us pray.

ALMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

All **Amen.**

Please be seated for the readings.

THE LITURGY OF THE WORD

READING

Genesis 9:8-17

GOD said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

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

Assembly **Thanks be to God.**

PSALM

Psalm 25:1-9

Simplified Anglican Chant
James Frazier (b. 1947)

The organist will play through the chant once, then all chant the Psalm with the choir.



Ad te, Domine, levavi

TO YOU, O LORD, I lift up my soul;
my God, I put my / trust in you; *

let me not be humiliated,
nor let my enemies triumph / over me.

2 Let none who look to you be put to / shame; *
let the treacherous be disappointed in their / schemes.

3 Show me your ways, O / LORD, *
and teach me your / paths.

4 Lead me in your truth and / teach me, *
for you are the God of my salvation;
in you have I trusted all the day / long.

5 Remember, O LORD, your compassion and / love, *
for they are from ever- / lasting.

6 Remember not the sins of my youth
and my trans- / gressions; *
remember me according to your love
and for the sake of your goodness, O / LORD.

7 Gracious and upright is the / LORD; *
therefore he teaches sinners in his / way.

8 He guides the humble in doing / right *
and teaches his way to the / lowly.

Repeat 2nd half of chant:

9 All the paths of the LORD are love and / faithfulness *
to those who keep his covenant and his / testimonies.

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

GOSPEL ACCLAMATION

Marty Haugen (b. 1950)

The cantor introduces the refrain, all repeat it. The cantor sings the verse below, then all repeat the refrain.



Re - turn to God with all your heart, the Source of grace and
mer - cy; Come, seek the ten - der faith - ful ness of God.

Refrain Copyright 1991, GIA Publications, Inc.

Verse: The kingdom of God has come near; repent, and believe in the good news. (Mark 1:15)

THE HOLY GOSPEL *Mark 1:9-15*

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

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

IN THOSE days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Preacher The Gospel of the Lord.

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

HOMILY

The Reverend Canon Nancy Ross

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.**

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.

OFFERTORY ANTHEM *I want Jesus to walk with me*

African-American Spiritual
arr., Carl Haywood (b. 1949),

I want Jesus to walk with me; all along my pilgrim journey, Lord, I want Jesus to walk with me.	In my trials, Lord, walk with me; when the shades of life are falling, Lord, I want Jesus to walk with me.	In my sorrows, Lord, walk with me; when my heart within is aching, Lord, I want Jesus to walk with me.
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All rise as able.

THE GREAT THANKSGIVING *Eucharistic Prayer C*

The Book of Common Prayer, p. 369

Presider The Lord be with you.

Assembly **And also with you.**

Presider Lift up your hearts.

Assembly **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

Assembly **It is right to give God thanks and praise.**

Presider God of all power, Ruler of the Universe, you are worthy of glory and praise.

Assembly **Glory to you for ever and ever.**

Presider At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

Assembly **By your will they were created
and have their being.**

Presider From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Assembly **Have mercy, Lord,
for we are sinners in your sight.**

Presider Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

Assembly **By his blood, he reconciled us.
By his wounds, we are healed.**

Presider And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Ho - ly, ho - ly, ho - ly Lord, God of power and might,____
 Ho - ly, ho - ly, ho - ly Lord, God of power and might,____
 hea - ven and earth are full,____ full____ of your glo - ry. Ho -
 san - na in the high - est. Ho - san - na in the high - est.
 Blest is the one who comes____ in the name of the Lord.____ Ho -
 san - na in the high - est, ho - san - na in the high - est.

The Hymnal 1982 #s-130, © 1985 G.I.A. Publications, Inc.

Presider And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

**All We celebrate his death and resurrection,
 as we await the day of his coming.**

Presider Lord God of our ancestors; God of Abraham and Sarah, Isaac and Rebekah, Jacob and Leah and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Assembly Risen Lord, be known to us in the breaking of the Bread.

Presider Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

All AMEN.

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

INVITATION TO COMMUNION

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

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.

PRAYER AFTER COMMUNION

Presider Almighty and everliving God,

All we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.

And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

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

CLOSING HYMN *Now let us all with one accord ♦ sung by all*

TUNE: Bourbon



1 Now let us all with one ac - cord, in
2 The cov - e - nant, so long re - vealed to
3 Your love, O Lord, our sin - ful race has
4 Re - mem - ber, Lord, though frail we be, in
5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our
2 those of faith in for - mer time, Christ by his own ex -
3 not re - turned, but fal - si - fied; au - thor of mer - cy,
4 your own i - mage were we made; help us, lest in anx -
5 when our wan - derings here shall cease, we may with you for



1 heaven - ly Lord in his temp - ta - tion and his fast.
2 am - ple sealed, the Lord of love, in love sub - lime.
3 turn your face and grant re - pent - ance for our pride.
4 i - e - ty, we cause your Name to be be - trayed.
5 ev - er live, in love and u - ni - ty and peace.

The Hymnal 1982 #147, WORDS: att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt., © James Quinn, SJ;
MUSIC: melody att. Freeman Lewis (1780-1859), public domain.

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

VOLUNTARY *Kyrie, Gott heiliger Geist, BWV 671*
(Lord God, Holy Spirit, comfort and strengthen us)

J.S. Bach (1685-1750)

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

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

MINISTERS OF THE LITURGY

PRESIDER

The Very Reverend Steven L. Thomason

PREACHER

The Reverend Canon Nancy Ross

LECTOR

Bryan Kapski

CRUCIFER

Carrie Davis

SACRISTAN & VERGER

Michael Seewer

MUSICIANS

Heather MacLaughlin Garbes

Carmen Brady

Peter Garbes

Matt Brady

Michael Kleinschmidt, *organist*

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SAINT MARK'S EPISCOPAL CATHEDRAL

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