



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE TWELFTH SUNDAY AFTER PENTECOST

August 15, 2021 ♦ 11:00 AM

### **In-Person Coffee Hour**

Coffee and water (no food just yet) will now be available in “coffee corner” (the southeast corner of the nave) following the 9 and 11 a.m. services.

### **Community Labyrinth Walk**

SUNDAY EVENINGS, 7-9:30 P.M. (COME ANY TIME)  
An informal gathering on the outdoor labyrinth.

### **In-person Compline Resumes Next Week**

SUNDAY, AUGUST 22, 9:30 P.M.  
A Seattle tradition since 1956, broadcast on KING 98.1 FM, and now livestreamed. Compline reopens to the public on August 22: [saintmarks.org/compline](https://saintmarks.org/compline)

### **Cathedral Yoga on Monday**

EVERY MONDAY, 6:30 P.M., IN THE CATHEDRAL NAVE  
The August 16 class will be led by Wendy Townsend.  
[saintmarks.org/yoga](https://saintmarks.org/yoga)

### **Funeral Announcement**

The funeral of Sandra Smith will be offered **Saturday, August 28, at 2 p.m.** This service will be livestreamed.

### **Canon Kleinschmidt's Sabbatical Report**

SUNDAY, AUGUST 29, 7-8:30 P.M., VIA ZOOM  
Canon for Cathedral Music Michael Kleinschmidt has some interesting stories to share about his sabbatical excursions! [saintmarks.org/events](https://saintmarks.org/events)

### **Community Conversation on the Formation Consultant's Report**

WEDNESDAY, SEPTEMBER 1, 6:30-8 P.M., VIA ZOOM  
Formation Consultant Jamie Martin Currie's report, based on the parish survey and listening groups, is now available to be read online. All in the Saint Mark's community are invited to participate in a follow-up conversation. [saintmarks.org/formationsurvey](https://saintmarks.org/formationsurvey)

### **Back-to-school Picnic & Backback Blessing**

FRIDAY, SEPTEMBER 3, 6-7:30 P.M.  
All are welcome to a back-to-school gathering to reconnect, have some fun, and honor the amazing kids of our community. Bring a blanket and your own picnic dinner. [saintmarks.org/events](https://saintmarks.org/events)

### **An Interfaith Prayer Service of Healing & Hope on the anniversary of the 9/11 attacks**

SATURDAY, SEPTEMBER 11, 3 P.M., IN THE CATHEDRAL NAVE & LIVESTREAMED  
A service of grief and gratitude, to offer hope and healing, co-sponsored by The Church Council of Greater Seattle, Temple De Hirsch Sinai, and St. James Cathedral. [saintmarks.org/911anniversary](https://saintmarks.org/911anniversary)

### **Cathedral Conversations about Race**

Episode 3 is now available: [saintmarks.org/podcast](https://saintmarks.org/podcast)

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

[saintmarks.org/newsletter](https://saintmarks.org/newsletter)

*Saint Mark's Cathedral acknowledges that we gather on the traditional land of the first people of Seattle, the Duwamish People, who are still here, and we honor with gratitude the land itself and the life of the Duwamish Tribe.*

*Welcome to Saint Mark's Cathedral's service of worship. Wherever you are on your spiritual journey, you are welcome here!*

*For those joining from home, you are encouraged to participate fully—sing the hymns heartily, speak the prayers*

*intentionally, and engage physically by sitting and standing as a form of "body prayer."*

*For those gathering in the cathedral, know that many more are gathering with you by livestream. Signs in the nave indicate the distanced and undistanced sections. The distanced section on south side is for unvaccinated persons and any vaccinated persons who would like to remain masked and distanced. The undistanced sections are for vaccinated persons who may*

*choose to remove their mask and sit undistanced with others. Hospitality ministers are available during the liturgy should you have any questions or concerns.*

*Hearing assist devices are now available; simply ask a hospitality minister.*

*If you are new to Saint Mark's and would like to learn more, please consider completing a newcomer form, visit [saintmarks.org/newcomers](https://saintmarks.org/newcomers) or simply contact one of the clergy. Grace and peace to you!*



A brief musical prelude offered a few minutes before the hour invites all into quiet prayer and preparation.

**PRELUDE** Tiento No. 5 for divided keyboard, soprano solo, on the 7th tone Francisco Correa de Arauxo (1584–1654)

## LAND ACKNOWLEDGMENT

The Assembly speaks aloud the **text in boldface**.

# THE ENTRANCE RITE

All stand, as able.

**ENTRANCE HYMN** When in our music, God is glorified ♦ sung by all

TUNE: Engelberg



1. When in our mu - sic God is glo - ri - fied, and a - do - ra - tion leaves no room for pride,
2. How of - ten, mak - ing mu - sic, we have found a new di - men - sion in the world of sound,
4. Let ev - ery in - stru - ment be tuned for praise! Let all re - joice who have a voice to raise!



it is as though the whole cre - a - tion cried Al - le - lu - ia!  
as wor - ship moved us to a more pro - found Al - le - lu - ia!  
And may God give us faith to sing al - ways Al - le - lu - ia! A - men.

*The Hymnal 1982 #420 (stanzas 1, 2, & 5), WORDS: F. Pratt Green (1903-2000), © 1972 Hope Publishing Company;  
MUSIC: Charles Villiers Stanford (1852-1924), public domain.*

## OPENING ACCLAMATION

*Enriching Our Worship 1, p. 50*

Blessed be the one, holy, and living God.

**Glory to God for ever and ever.**

## COLLECT FOR PURITY

*The Book of Common Prayer, p. 355*

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. **Amen.**

**GLORIA IN EXCELSIS** ♦ *sung by all*

John Rutter (b. 1945)

*Organ:* *Everyone:*

Glory to God in the highest,\_\_\_ and peace to God's people on earth.\_\_\_ Lord  
God, heav'nly King, al-might-y God and Fa-ther,\_\_\_ we worship you, we give you thanks, we praise you for your  
glo-ry.\_\_\_ Lord Je-sus Christ, on-ly Son of the Fa-ther,\_\_\_ Lord God, Lamb of God, you take a -  
way the sin of the world: have mercy on us;\_\_\_ you are seated at the right hand of the Fa-ther:\_\_\_ re-ceive our  
prayer. For you a-lone are the Ho-ly One, you a-lone are the Lord,\_\_\_ you a-lone are the Most  
High, Je-sus Christ, with the Ho - ly Spi-rit,\_\_\_ in the glo-ry of God the Fa-ther. A - men.---

©1972 Oxford University Press

**COLLECT OF THE DAY** *Proper 15*

*The Book of Common Prayer, p. 232*

God be with you.

**And also with you.**

Let us pray.

**A**Lmighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated for the readings.*



# THE LITURGY OF THE WORD

## READING *1 Kings 2:10–12; 3:3–14*

**D**AVID slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established.

Solomon loved the LORD, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the LORD appeared to Solomon in a dream by night; and God said, “Ask what I should give you.” And Solomon said, “You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O LORD my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst

of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?”

It pleased the LORD that Solomon had asked this. God said to him, “Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life.”

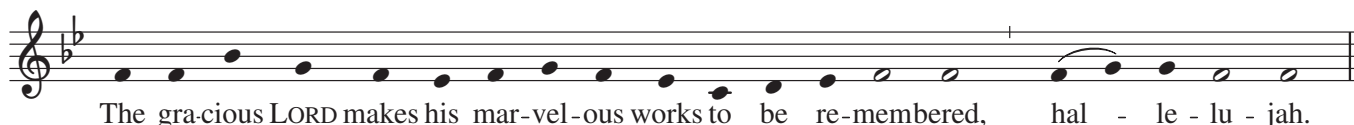
Hear what the Spirit is saying to God’s people.

**Thanks be to God.**

## PSALM *Psalm 111*

Plainchant

*The cantor introduces the antiphon, all repeat it. The cantor sings the verses, all repeating the antiphon as indicated.*



*Confitebor tibi*

**I**WILL give thanks to the LORD with my whole heart, in the assembly of the upright, in the congregation. Great are the deeds of the LORD! they are studied by all who delight in them. **ANTIPHON**

His work is full of majesty and splendor, and his righteousness endures for ever.

He makes his marvelous works to be remembered; the LORD is gracious and full of compassion.

He gives food to those who fear him; he is ever mindful of his covenant. **ANTIPHON**

He has shown his people the power of his works in giving them the lands of the nations.

The works of his hands are faithfulness and justice; all his commandments are sure.

They stand fast for ever and ever, because they are done in truth and equity. **ANTIPHON**

He sent redemption to his people; he commanded his covenant for ever; holy and awesome is his Name.

The fear of the LORD is the beginning of wisdom; those who act accordingly have a good understanding; his praise endures for ever. **ANTIPHON**

## READING *Ephesians 5:15–20*

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making

melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Hear what the Spirit is saying to God’s people.

**Thanks be to God.**

All stand, as able.

**GOSPEL ACCLAMATION**

Plainchant Tone I.2

The cantor introduces the alleluias; all repeat them. The cantor chants the verse, and all respond with the alleluias.



Verse: Those who eat my flesh and drink my blood abide in me, and I abide in them.

**THE HOLY GOSPEL** John 6:51-58

The Holy Gospel of our Lord Jesus Christ according to John.

**Glory to you, Lord Christ.**

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and

my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**HOMILY**

The Reverend Earl Grout

All stand, as able.

**THE NICENE CREED**

The Book of Common Prayer, p. 358

We believe in one God,  
 the Father, the Almighty,  
 Maker of heaven and earth,  
 of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
 the only Son of God,  
 eternally begotten of the Father,  
 God from God, Light from Light,  
 true God from true God,  
 begotten, not made,  
 of one Being with the Father.  
 Through him all things were made.  
 For us and for our salvation  
 he came down from heaven:  
 by the power of the Holy Spirit  
 he became incarnate  
 from the Virgin Mary;  
 and was made man.

For our sake he was crucified under Pontius Pilate;  
 he suffered death and was buried.  
 On the third day he rose again  
 in accordance with the scriptures;  
 he ascended into heaven  
 and is seated at the right hand of the Father.  
 He will come again in glory to judge the living and the dead,  
 and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
 who proceeds from the Father and the Son.  
 With the Father and the Son he is worshiped and glorified.  
 He has spoken through the Prophets.  
 We believe in one holy catholic and apostolic Church.  
 We acknowledge one baptism for the forgiveness of sins.  
 We look for the resurrection of the dead,  
 and the life of the world to come. Amen.

*Today's Prayers of the People and Confession are adapted from Prayers Honoring God in Creation, developed by the Standing Commission for Liturgy and Music of the General Convention of the Episcopal Church.*

## **PRAYERS OF THE PEOPLE**

*After each petition:*

God, giver of life,  
**hear our prayer.**

## **CONFESSION & ABSOLUTION**

*Prayers Honoring God in Creation, adapt.*

Let us confess our sins against God and God's creation.

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

God of compassion, **have mercy upon us.**

**Heal our relationship with all creation.**

**Forgive us for our mistreatment and neglect of the creatures who share the earth with us.**

**We are truly sorry and we humbly repent for the harm we have done,  
and for what we have left undone.**

**Fill us with your Spirit, that we may care for one another and for all creatures,  
according to your will and in the fullness of your love;**

**through Jesus Christ our Redeemer. Amen..**

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

## **THE PEACE**

The peace of Christ be always with you.

**And also with you.**

*Those in the nave exchange a sign of peace, respecting others' desires for distance to be maintained.*

*Those participating from 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 LITURGY OF THE TABLE

## **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. Due to COVID precautions, the offertory plates will not be passed at this time. All worshipping in person are invited to place their offering in baskets at the head of the aisles when you come to Communion.*

*Links to donate to Saint Mark's online are located on the livestream page. Visit [saintmarks.org/give](https://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.*

## **ORGAN IMPROVISATION**



All stand, as able.

**THE GREAT THANKSGIVING** *Eucharistic Prayer 1*

*Enriching Our Worship 1, p. 57*

*Presider*                      *Assembly*

God 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.

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:

**SANCTUS & BENEDICTUS** *Simple Missa brevis*

Peter R. Hallock (1924–2014)

*Organ:*                      *Everyone:*

Ho - ly, ho - ly, ho - ly Lord God of hosts.

Hea - ven and earth are full of your glo - ry — Ho - san - na in — the high - est.

Blest is the one who comes in the name of our God. — Ho - san - na in — the high - est.

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."

As supper was ending, Jesus took the cup of wine,  
 and when he had given thanks,  
 he gave it to them, and said:

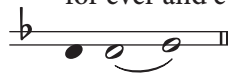
"Drink this, all of you:  
 This is my Blood of the new Covenant,  
 which is poured out for you and for all  
 for the forgiveness of sins.  
 Whenever you drink it,  
 do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

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.



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 dis - ci - ples\_\_ knew the Lord Je - sus in the break - ing\_\_ of the bread.

*Verse:* The bread which we break, alleluia, is the communion of the body of Christ. **ANTIPHON**

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

## INVITATION TO COMMUNION

The Gifts of God for the People of God.

*All may be seated for the time of Communion.*

*All seeking God are welcome at Christ's Table.*

*Please follow the directions of the Liturgical Ministers. Bread is distributed by priests at standing stations at the head of three aisles. Before receiving the bread, please sanitize your hands. The priest will place the bread into your outstretched palm taking care not to touch your hand.*

- ♦ *If you prefer a gluten-free wafer, simply ask the priest for one at the time of Communion.*
- ♦ *Communion is currently being offered in one kind. The full grace of the sacrament is received with only the bread.*

*Those worshipping at home are invited to pray:*

### PRAYER AT THE TIME OF COMMUNION

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

O Christ, 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.

### COMMUNION HYMN *I am the bread of life*

TUNE: *I Am the Bread of Life*

*The full text of this hymn may be found in The Hymnal 1982 at hymn #335.*

*The Verses will be sung by the cantor. All are invited to sing the refrain.*

*Refrain*

And I will raise them up, and I will raise them up, and I will raise them up on the last day.

*The Hymnal 1982 #335, WORDS: Suzanne Toolan (b. 1927), adapt. of John 6; © 1971 G. I. A. Publications;  
MUSIC: Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928); © 1970, 1975, Celebration.*

All stand, as able.

### SENDING OF EUCHARISTIC VISITORS

On some Sundays, ministers take Holy Communion to sick or housebound members of the community.

One body are we.

**For though many, we share one bread and one cup.**

Go in peace, bearing holy gifts for holy people.

### POSTCOMMUNION PRAYER

*Enriching Our Worship 1, p. 69*

God of abundance,

**you have fed us with the bread of life and cup of salvation;**

**you have united us with Christ and one another;**

**and you have made us one with all your people in heaven and on earth.**

**Now send us forth in the power of your Spirit,**

**that we may proclaim your redeeming love to the world**

**and continue for ever in the risen life of Christ our Savior. Amen.**

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

**CLOSING HYMN**     *O praise ye the Lord ♦ sung by all*

TUNE: *Laudate Dominum*

1. O praise ye the Lord! Praise him in the height; re-joice in his word, ye an-gels of light;  
2. O praise ye the Lord! Praise him up-on earth, in tune-ful ac-cord, all ye of new birth;  
3. O praise ye the Lord! All things that give sound; each ju-bi-lant chord re-ech-o a-round;  
4. O praise ye the Lord! Thanks-giv-ing and song to him be out-poured all ag-es a-long!

ye heavens, a-dore him by whom ye were made, and wor-ship be-fore him, in brightness ar-rayed.  
praise him who hath brought you his grace from a-bove, praise him who hath taught you to sing of his love.  
loud or-gans, his glo-ry forth tell in deep tone, and sweet harp, the sto-ry of what he hath done.  
For love in cre-a-tion, for hea-ven re-stored, for grace of sal-va-tion, O praise ye the Lord!

*The Hymnal 1982 #432, WORDS: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150 public domain;  
MUSIC: Charles Hubert Hastings Parry (1848-1918); public domain.*

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

**VOLUNTARY**     *Nun lob, mein Seel, den Herren*  
("My soul, now praise thy maker"—a paraphrase of Psalm 103)

Michael Praetorius (1571-1621)

# MINISTERS OF THE LITURGY

## PRESIDER

The Reverend Canon Jennifer King Daugherty

## ASSISTING CLERGY

The Reverend Canon  
Nancy Ross

## DEACON

The Reverend Emily Austin

## ASSISTING LAY MINISTER

Peter Snyder

## ALTAR GUILD

Deborah Person  
Walter Stuteville

## SOUND BOARD

Michael Perera

## VERGER

Nancy Cleminshaw

## CRUCIFER

Krista Olson

## LECTORS

Norva Osborn  
Erik Donner

## INTERCESSOR

Lynne Markova

## PREACHER

The Reverend Earl Grout

## HOSPITALITY MINISTERS

Barbara Erickson  
Janet Miller  
Paul Mitchell  
Jaime Rubio

## LAND ACKNOWLEDGMENT

Robert Stevens

## MUSICIANS

Nick Chrisman, *cantor*  
Michael Kleinschmidt, *organist*

## VIDEOGRAPHY

Chris Brown

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*Wherever you are on  
your spiritual journey,  
you are welcome here.*

## WEEKDAY SERVICES

Find Zoom links at [saintmarks.org/prayer](https://saintmarks.org/prayer)

MONDAY–FRIDAY, 6:30 P.M.

### Daily Evening Prayer

in person in Thomsen Chapel *Tuesdays only*  
Mon. & Wed.–Fri.: online via Zoom.

MONDAY, 6:30 P.M.

**Cathedral Yoga** in person in the cathedral nave

WEDNESDAY, 8:30 A.M.

### Morning Prayer

online only via Zoom

THURSDAY, 7 A.M.

**Holy Eucharist** in person in Thomsen Chapel,  
1<sup>st</sup> and 3<sup>rd</sup> Thursdays only

**Morning Prayer** online via Zoom

2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Thursdays

## CATHEDRAL OFFICE HOURS

MONDAY–FRIDAY, 9 A.M.–4:30 P.M.

The main number is 206.323.0300,  
or email [info@saintmarks.org](mailto:info@saintmarks.org)

## CATHEDRAL STAFF & LEADERSHIP

Adam Conley, *Seattle Service Corps Director & Staff Support for 20s/30s Group* . . . [aconley@saintmarks.org](mailto:aconley@saintmarks.org)  
Andrea Gradinaru, *Interim Sunday Morning Children's Ministry Coordinator* . . . [agradinaru@saintmarks.org](mailto:agradinaru@saintmarks.org)  
Christopher Brown, *Event Support & Facilities Associate* . . . . . [cbrown@saintmarks.org](mailto:cbrown@saintmarks.org)  
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