



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE THIRTEENTH SUNDAY AFTER PENTECOST

August 22, 2021 ♦ 9:00 AM

### **A Farewell to Canon Nancy Ross**

Today is the final Sunday at Saint Mark's for The Rev. Canon Nancy Ross before her move to California. She will be sent forth with the prayers and deep gratitude of this community at the conclusion of the service.

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

Due to new masking requirements indoors, coffee will be served outside on the front patio (weather permitting). Today, there will also be cake in honor of Canon Ross's departure.

### **In-person Compline Resumes Tonight**

**SUNDAY, AUGUST 22, 9:30 P.M.**

The 65-year tradition of Compline resumes in-person attendance tonight! Doors to the nave open at approximately 9:10 p.m. Live broadcast and livestream will continue. Come early for the **Community Labyrinth Walk** beginning at 7 p.m., or the **20s/30s Dessert Gathering** in Leffler Living Room at 8 p.m. A program of **organ music** played by Canon Kleinschmidt will follow the office at 10 p.m. [saintmarks.org/compline](https://saintmarks.org/compline)

### **Cathedral Yoga**

**EVERY MONDAY, 6:30 P.M., IN THE CATHEDRAL NAVE**

The August 23 class will be led by Irene Beausoleil. Masks must be worn at all times. (**20s/30s Night Prayer** follows at 7:30 p.m. in Leffler Sun Room.) [saintmarks.org/yoga](https://saintmarks.org/yoga)

### **Forum in Response to the Afghan Crisis**

**WEDNESDAY, SEPTEMBER 8, 7-8:30 P.M.**

The organization Sahar has been working for education for girls in Afghanistan for 20 years. Ginna Brelsford and Program Manager Shogofa Amini will discuss the horrific present and potential future of their work. [saintmarks.org/events](https://saintmarks.org/events)

### **Homecoming Sunday/Ministry Fair**

**SUNDAY, SEPTEMBER 12**

At the 9 and 11 a.m. services on September 12, the ministries of the cathedral will be blessed and commissioned for the new program year. The Ministry Fair will follow in the nave. The day will also see the return of the Cathedral Choir and the resumption of the 8 a.m. and 7 p.m. Sunday services.

### **Choir School Resumes**

**REHEARSALS BEGIN SEPTEMBER 8**

The Junior & Senior Choristers and the Cathedral Schola (youth choir) will resume in-person rehearsals, with extensive COVID precautions in place. Learn more and register at [saintmarks.org/choirschool](https://saintmarks.org/choirschool)

### **Funeral Announcements**

The funeral of Sandra Smith will be offered **Saturday, August 28, at 2 p.m.** The funeral of Mary Baldwin Kennedy will be offered **Friday, September 17, at 4 p.m.** These services will be livestreamed.

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!*

*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](http://saintmarks.org/newcomers) or simply contact one of the clergy. Grace and peace to you!*



*A brief organ voluntary offered a few minutes before the hour invites all into quiet prayer and preparation.*

**PRELUDE** *Fughetta & Andante sostenuto from Suite No. 1 for organ*

Florence Price (1887–1953)

## **LAND ACKNOWLEDGMENT**

The Assembly speaks aloud the text in boldface.

# THE ENTRANCE RITE

All stand, as able.

**HYMN 460** Alleluia! Sing to Jesus! [stanzas 1 & 3] ♦ *The Hymnal 1982 #460*

TUNE: *Hyfrydol*

## 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 16

*The Book of Common Prayer, p. 232*

God be with you.

**And also with you.**

Let us pray.

**G**rant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Please be seated for the readings.



**READING**     *Ephesians 6:10–20*

**B**E STRONG in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of

peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

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:* Lord, to whom shall we go? You have the words of eternal life.

**THE HOLY GOSPEL**     *John 6:56–69*

The Holy Gospel of our Lord Jesus Christ according to John.  
**Glory to you, Lord Christ.**

**J**ESUS said, “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.” He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you

are spirit and life. But among you there are some who do not believe.” For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, “For this reason I have told you that no one can come to me unless it is granted by the Father.”

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**HOMILY**

The Reverend Canon Nancy Ross

*All stand, as able.*

## **THE NICENE CREED**

*Authorized for use by the 1997 General Convention*

**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,  
was incarnate of the Holy Spirit  
and the Virgin Mary  
and became truly human.**

**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,  
who with the Father and the Son is worshiped and glorified,  
who 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.**

*All exchange a sign of peace, respecting others' desires for distance to be maintained.*

# 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

God be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks unto our Lord 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

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.”

#### **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.**

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.

**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 #S-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.*

**HYMN 517** *How lovely is thy dwelling place* ◆ *The Hymnal 1982 #517*

TUNE: *Brother James' Air*

*Stanza 1 will be sung by cantor alone; all sing stanzas 2-4.*

*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.*

**HYMN 617**     *Eternal Ruler of the ceaseless round (stanzas 1 & 3) ♦ The Hymnal 1982 #617*

TUNE: *Song 1*

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

**VOLUNTARY**     *Toccata (Juba), from Suite No. 1 for organ*

Florence Price



# MINISTERS OF THE LITURGY

**PRESIDER & PREACHER**

The Reverend Canon Nancy Ross

**ASSISTING CLERGY**

The Reverend Mark Miller

The Very Reverend Steven L. Thomason

**DEACON**

The Reverend Earl Grout

**ASSISTING LAY MINISTER**

Rachel Crosbie

**CRUCIFER**

Ray Miller

**LECTORS**

Sue Tait

Michael Perera

**INTERCESSOR**

Eliza Davidson

**ALTAR GUILD**

Sue Tait

**HOSPITALITY MINISTERS**

Liz Shea

Don Sutkus

Randy Urmston

Rick Wyckoff

**LAND ACKNOWLEDGMENT**

Marjorie Ringness

**MUSICIANS**

Amanda Davis, *cantor*

Canon Michael Kleinschmidt, *organist*

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**SOUND BOARD**

Michael Perera



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

### WEEKDAY SERVICES

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

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 Andrea Gradinaru, *Interim Sunday Morning Children's Ministry Coordinator* . . . [agradinaru@saintmarks.org](mailto:agradinaru@saintmarks.org)  
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 Rebekah Gilmore, *Associate Musician & Choir School Director*  
 & *Interim Director of Youth Ministry* . . . . . [rgilmore@saintmarks.org](mailto:rgilmore@saintmarks.org)  
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 Steve Thomason, *Dean & Rector* . . . . . [sthomason@saintmarks.org](mailto:sthomason@saintmarks.org)

### 2021–2022 VESTRY

*Dean & Rector:* The Very Rev. Steven L. Thomason; *Bishop's Representative:* The Rev. Canon Arienne Davison; *Senior Warden:* Peter McClung; *Junior Wardens:* Clara Berg and Walter Stuteville; Kristen Austin, Carmen Brady, James Buskirk, Scott Kovacs, Emily Meeks, Kathy Minsch, Marjorie Ringness, Chris Rigos. *Diocesan Members:* Katie Prettyman, Micah Kurtz, and Karla Koon *Chancellor:* Re Knack; *Clerk:* Barbara Erickson; *Treasurer:* Phil Lloyd

### PASTORAL CARE

Do you or someone you know need urgent spiritual care? Please call the **24/7 Pastoral Care Hotline** at **206-755-2076**. An on-call chaplain will respond as soon as they are able.

Clergy are available for individual pastoral appointments. To schedule an appointment, please call the main office at 206.323.0300.

You may make a donation to Saint Mark's at any time using the Venmo mobile app. Scan the code or search for @SaintMarksCathedralSeattle

