



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE FOURTEENTH SUNDAY AFTER PENTECOST

August 29, 2021 ♦ 11:00 AM

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

Coffee will be served outside on the front patio following the services (weather permitting).

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

TODAY, 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! Find the link at: [saintmarks.org/events](https://saintmarks.org/events)

### **Compline**

EVERY SUNDAY AT 9:30 P.M.

Now opened to in-person attendance. Radio broadcast and livestream will continue: [saintmarks.org/compline](https://saintmarks.org/compline)

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

WEDNESDAY, SEPTEMBER 1, 6:30-8 P.M., VIA ZOOM

All are invited to participate in a follow-up conversation to consultant Jamie Martin Currie's report, based on the parish survey and listening groups. [saintmarks.org/formationsurvey](https://saintmarks.org/formationsurvey)

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

FRIDAY, SEPTEMBER 3, 6-7:30 P.M.

A fun gathering to reconnect and honor the amazing kids of our community. All are welcome. Bring a blanket & your own picnic dinner. [saintmarks.org/events](https://saintmarks.org/events)

### **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. Executive Director Malahat Mazaher will join Program Manager Shogofa Amini and Ginna Brelsford to discuss the horrifying present and uncertain future of their work. [saintmarks.org/events](https://saintmarks.org/events)

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

SUNDAY, SEPTEMBER 12, AFTER THE 9 & 11 SERVICES

Learn about the many opportunities to engage with cathedral ministries, in person in the cathedral nave.

### **Cathedral Yoga**

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

The August 30 and September 6 class will be led by Wenday Townsend. Masks must be worn at all times. [saintmarks.org/yoga](https://saintmarks.org/yoga)

### **Funeral Announcements**

The funeral of Mary Baldwin Kennedy will be offered **Friday, September 17, at 4 p.m.** The funeral of Matt Briggs will be offered **Sunday, September 19, at 2 p.m.** These services will be livestreamed.

**NOTE: The previously-announced interfaith prayer event planned for September 11 has been cancelled.**

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

**PRELUDE** "The Peace may be exchanged" from *Rubrics*

Dan Locklair (b. 1949)

**LAND ACKNOWLEDGMENT**

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

## THE ENTRANCE RITE

All stand, as able.

**HYMN 423** *Immortal, invisible, God only wise* ♦ *The Hymnal 1982 #423*

TUNE: *St. Denio*

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,  
2 Un - rest - ing, un - hast - ing, and si - lent as light,  
3 To all life thou giv - est, to both great and small;  
4 Thou reign - est in glo - ry, thou rul - est in light,  
in light in - ac - ces - si - ble hid from our eyes,  
nor want - ing, nor wast - ing, thou rul - est in might;  
in all life thou liv - est, the true life of all;  
thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,  
 thy jus - tice like moun - tains high soar - ing a - bove  
 we blos - som and flour - ish, like leaves on the tree,  
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.  
 thy clouds, which are foun - tains of good - ness and love.  
 then with - er and per - ish; but nought chan - geth thee.  
 'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt.

Music: *St. Denio*, Welsh hymn, fom *Caniadau y Cyssegr*; 1839; adapt. John Roberts (1822-1877); harm. *The English Hymal*, 1906, alt.

**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 17*

*The Book of Common Prayer, p. 233*

God be with you.

**And also with you.**

Let us pray.

**L**ORD of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; 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.*

# THE LITURGY OF THE WORD

## READING *Song of Solomon 2:8-13*

**T**HE voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.

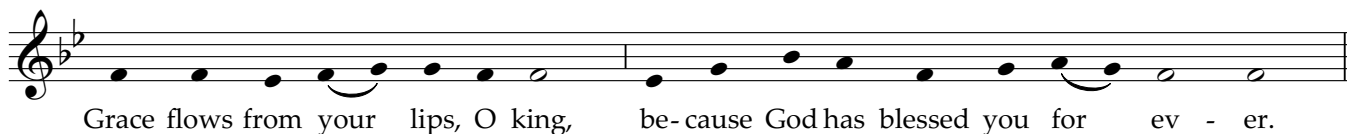
Hear what the Spirit is saying to God's people.

**Thanks be to God.**

## PSALM *Psalm 45:1-2,7-10*

Plainsong, Tone 8.1

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



*Eruĉtavit cor meum.*

**M**Y HEART is stirring with a noble song; let me recite what I have fashioned for the king; my tongue shall be the pen of a skilled writer. You are the fairest of men; grace flows from your lips, because God has blessed you for ever. **ANTIPHON**

Your throne, O God, endures for ever and ever, a scepter of righteousness is the scepter of your kingdom; you love righteousness and hate iniquity. Therefore God, your God, has anointed you with the oil of gladness above your fellows. **ANTIPHON**

All your garments are fragrant with myrrh, aloes, and cassia, and the music of strings from ivory palaces makes you glad. Kings' daughters stand among the ladies of the court; on your right hand is the queen, adorned with the gold of Ophir. **ANTIPHON**

**READING** James 1:17-27

EVERY generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not

doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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:* : God gave us birth by the word of truth so that we would become a kind of first fruits of creation.

**THE HOLY GOSPEL** Mark 7:1-8,14-15,21-23

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

WHEN the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written,

'This people honors me with their lips,  
but their hearts are far from me;

in vain do they worship me,  
teaching human precepts as doctrines.'

You abandon the commandment of God and hold to human tradition."

Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**HOMILY**

The Very Reverend Canon Steven L. Thomason

*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.”

#### **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.**

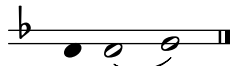
Remembering his death and resurrection,  
we now present to you from your creation  
this bread and this wine.

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.



**A - MEN.**

*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.*

*Those worshiping at home are invited to pray:*

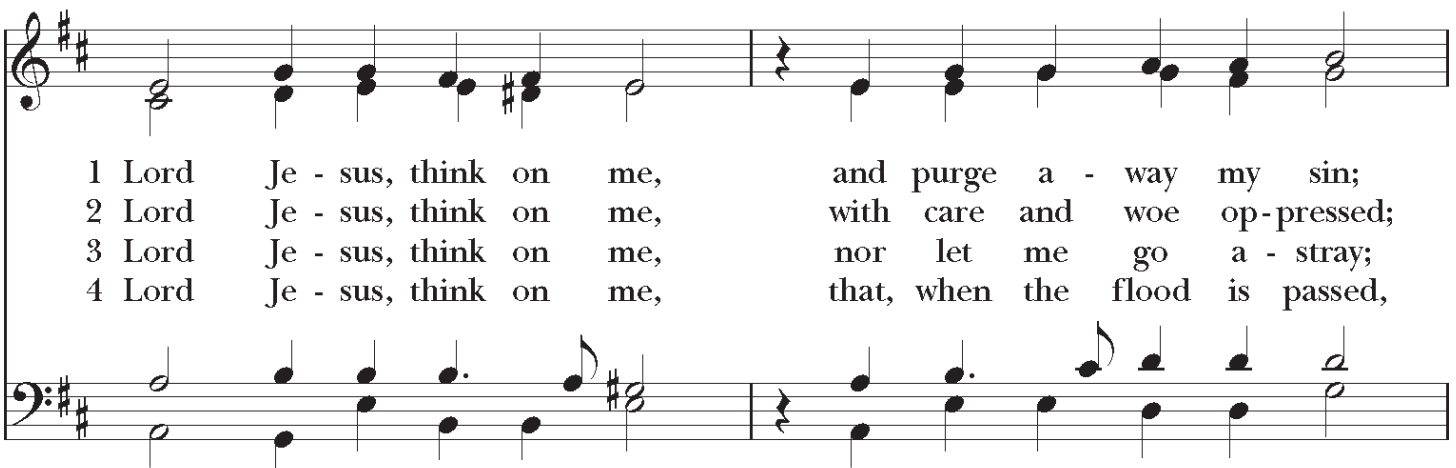
**PRAYER AT THE TIME OF COMMUNION**

*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.

**HYMN 641** *Lord Jesus, think on me* ♦ *The Hymnal 1982 #641*

TUNE: *Southwell*



1 Lord Je - sus, think on me, and purge a - way my sin;  
2 Lord Je - sus, think on me, with care and woe op - pressed;  
3 Lord Je - sus, think on me, nor let me go a - stray;  
4 Lord Je - sus, think on me, that, when the flood is passed,

from harm - ful pas - sions set me free, and make me pure with - in.  
 let me thy lov - ing ser - vant be, and taste thy prom - ised rest.  
 through dark - ness and per - plex - i - ty point thou the heaven - ly way.  
 I may the e - ter - nal bright - ness see, and share thy joy at last.

Words: Synesius of Cyrene (375?-414?); tr. Allen William Chatfield (1808-1896), alt. Music: *Southwell*, from *Daman's Psalter*, 1579; adapt. *Hymnal 1982*

*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**    *Lord, I want to be a Christian* (stanzas 1, 2 & 5) ♦ *LEVAS II #138*

TUNE: *Negro Spiritual*

1. Lord, I want to be a Chris-tian in my heart, in my heart;\_  
2. Lord, I want to be more lov - ing in my heart, in my heart;\_  
5. Lord, I want to be like Je - sus in my heart, in my heart;\_

Lord, I want to be a Chris-tian in my heart, \_\_\_\_\_  
Lord, I want to be more lov - ing in my heart, \_\_\_\_\_  
Lord, I want to be like Je - sus in my heart, \_\_\_\_\_

in my heart, \_\_\_\_\_ in my heart, \_\_\_\_\_  
in my heart. in my heart. in my heart,

Lord, I want to be a Chris-tian in my heart. \_\_\_\_\_  
Lord, I want to be more lov - ing in my heart. \_\_\_\_\_  
Lord, I want to be like Je - sus in my heart. \_\_\_\_\_

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

**VOLUNTARY**    *Trumpet Tune in A*

David N. Johnson (1922-1987)

# MINISTERS OF THE LITURGY

## PRESIDER & PREACHER

The Very Reverend Steven L. Thomason

## DEACON

The Reverend Earl Grout

## ASSISTING CLERGY

The Reverend Edie Weller

## ASSISTING LAY MINISTER

Lynne Markova

## ALTAR GUILD

Morgan Bawcom-Randall

Hannah Hochkeppel

## VERGER

Nancy Cleminshaw

## CRUCIFER

Peter McClung

## LECTORS

Rachel Baker

Olivier Santos

## INTERCESSOR

Ruth McRee

## LAND ACKNOWLEDGMENT

Carmen Brady

## HOSPITALITY MINISTERS

Carolyn Blount

Chris Rigos

Carolyn Woodward

## MUSICIANS

James Wilcox, *cantor*

Canon Michael Kleinschmidt, *organist*

## SOUND BOARD

Michael Perera

## 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](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

Adam Conley, *Seattle Service Corps Director & Staff Support for 20s/30s Group* . . . [aconley@saintmarks.org](mailto:aconley@saintmarks.org)  
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