



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SEVENTEENTH SUNDAY AFTER PENTECOST

September 19, 2021 ♦ 11:00 AM

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey, and whether you are joining in the nave or via the livestream, you are welcome here!

Per the governor's current requirement, all are asked to wear masks during the service (except when leading worship).

Signs in the nave indicate the distanced and undistanced sections. Ushers are available during the liturgy should you have any questions or concerns, or if you need a hearing assist device.

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

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

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

PRELUDE Prelude on *Lobe den Herren*, BWV 650
[Tune of Hymn 390, Praise to the Lord, the Almighty]

J.S. Bach (1685-1750)

LAND ACKNOWLEDGMENT

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.

THE ENTRANCE RITE

All stand, as able.

HYMN 390 Praise to the Lord, the Almighty ♦ The Hymnal 1982 #390

TUNE: *Lobe den Herren*

1. Praise to the Lord, the Al - might - y, the King of cre - a - tion;
 2. Praise to the Lord; o - ver all things he glo - rious - ly reign - eth;
 3. Praise to the Lord, who doth pros - per thy way and de - fend thee;
 4. Praise to the Lord! O let all that is in me a - dore him!

O my soul, praise him, for he is thy health and sal - va - tion:
borne as on ea - gle-wings, safe - ly his saints he sus - tain - eth.
sure - ly his good - ness and mer - cy shall ev - er at - tend thee;
All that hath life and breath come now with prais - es be - fore him!

join the great throng, psal - ter - y, or - gan, and song,
Hast thou not seen how all thou need - est hath been
pon - der a - new what the Al - might - y can do,
Let the a - men sound from his peo - ple a - gain;

sound - ing in glad a - dor - a - tion.
grant - ed in what he or - dain - eth?
who with his love doth be - friend thee.
glad - ly for ev - er a - dore him.

OPENING ACCLAMATION

The Book of Common Prayer, p. 355

Blessed be God: Father, Son, and Holy Spirit. **And blessed be God's kingdom, now and for ever. Amen.**

COLLECT FOR PURITY

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.**

Organ *Everyone*

1. Glo-ry to you, — Lord God of our fa-ters; — you are worthy of praise; glo-ry to you. —

2. Glo-ry to you — for the rad-i-ance of your ho-ly Name; we will praise you and highly ex-alt you for ev-er. —

3. Glory to you — in the splendor of your temple; — on the throne of your ma-jesty, glory to you. —

4. Glo-ry to you, seated be-tween the Cher-u-bim; — we will praise you and highly ex-alt you for ev-er. —

5. Glo-ry to you, — be-holding the depths; in the high vault of heaven, glo-ry to you. — 6. Glo-ry to

you, — Father, Son, and Ho-ly Spi-rit; — we will praise you and highly ex-alt you for ev-er. —

The Hymnal 1982 #8-236; ©1985 Oxford University Press

COLLECT OF THE DAY *Proper 20*

The Book of Common Prayer, p. 234

The Lord be with you. **And also with you.** Let us pray.

GRANT us, Lord, not to be anxious about earthly things, but to love things heavenly; and even now, while we are placed among things that are passing away, to hold fast to those that shall endure; 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 *Proverbs 31:10–31*

ACAPABLE wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant-girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night.

She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates, taking his seat among the elders of the land. She makes linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways

of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears

the LORD is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

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

PSALM *Psalm 1*

Peter R. Hallock (1924–2014)

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

Happy are they—whose de - light is in the law of the LORD.

Beatus vir qui non abiit

HAPPY are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners, nor sat in the seats of the scornful! Their delight is in the law of the LORD, and they meditate on his law day and night. **ANTIPHON**

They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything they do shall prosper. It is not so with the wicked; they are like chaff which the wind blows away. **ANTIPHON**

Therefore the wicked shall not stand upright when judgment comes, nor the sinner in the council of the righteous. For the LORD knows the way of the righteous, but the way of the wicked is doomed. **ANTIPHON**

READING *James 3:13–4:3, 7–8a*

WHO is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace.

Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit mur-

der. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures.

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

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

All stand, as able.

GOSPEL ACCLAMATION

Canon Michael Kleinschmidt

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

Al-le-lu - ia, al-le-lu - ia, al-le-lu - ia!

Verse: Whoever wants to be first must be last of all and servant of all.

THE HOLY GOSPEL *Mark 9:30-37*

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

JESUS and his disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him.

Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who

was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

The Gospel of the Lord. **Praise to you, Lord Christ.**

HOMILY

All stand, as able.

THE NICENE CREED

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

The Reverend Canon Doctor Marda Steedman Sanborn

The Book of Common Prayer, p. 358

he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

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

PRAYERS OF THE PEOPLE *The Assembly speaks aloud the text in boldface.*

In peace, we pray to you, O God:

In gratitude for this community, especially for [...] and for all the blessings of this life,
we praise and exalt you for ever and ever.

For the mission and ministry of the Church of God, **for all who serve the Gospel, and all who seek the Truth.**

For all who seek the outward signs and inward grace of your Holy Spirit,
for all who hunger and thirst for your presence.

For those we greet comfortably and love readily, **for those we ignore, diminish, or exclude.**

For this community, city, nation, and world, **for all who labor for justice, equity, health, and wholeness.**

For the just and proper use of your creation, **for the will to choose the common good.**

For all who are sick, suffering, displaced or detained, **for all who heal, soothe, grant refuge and release.**

For those on our prayer list and those on our hearts, especially [...]; hear us, O God, **for your mercy is great.**

For those who have died, especially [...] and for all the saints, **for eternal rest and peace.**

The Presider adds a concluding collect; all respond: Amen.

CONFESSION & ABSOLUTION

The Book of Common Prayer, p. 359

Let us confess our sins against God and our neighbor.

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

Most merciful God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

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

THE PEACE

The peace of the Lord 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. All worshipping in person are invited to place their offering in baskets as they are passed through through the rows.

*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.

ANTHEM

Lord, thou hast told us

WORDS: Thomas Washbourne (d. 1687); MUSIC: Arnold Bax

Lord, thou hast told us that there be
Two dwellings which belong to thee,
And those two, that's the wonder,
Are far asunder.

Though heaven be high, the gate is low,
And he that comes in there must bow;
The lofty looks shall ne'er
Have entrance there.

The one the highest heaven is,
The mansion of eternal bliss;
The other's the contrite
And humble sprite.

O God! since thou delight'st to rest
Within the humble contrite breast,
First make me so to be,
Then dwell with me.

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer A*

The Book of Common Prayer, p. 361

The Lord be with you. And al - so with you. Lift up your hearts. We lift them to the Lord.

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

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord. Therefore we

praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS & BENEDICTUS *Mass in the Lydian Mode*

Richard R. Webster (b. 1952)

Organ: Ho - ly, ho - ly, ho - ly Lord

Everyone: God of power and might. Heav'n 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 the Lord.

High voices: Ho - san - na, ho - san - na, ho - san-na in the high - est.

Low voices: Ho - san - na, ho - san - na, ho - san-na in the high - est.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

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

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

Therefore we proclaim the mystery of faith:

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

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



THE LORD'S PRAYER

Our Fa-ther in hea-ven, ha-llo-ved be your Name, your king-dom come, your will be done, on earth as in hea-ven.
Give us to-day our dai-ly bread. For-give us our sins as we for-give those who sin a-gainst us. Save us from the time of tri-al,
and de-li-ver us from e - vil. For the king-dom, the po-wer, and the glo-ry are yours, now and for ev - er. A - men.

The Hymnal 1982 #s-148; ©1971 Mason Martens; choir harmony by Mark Howe

THE BREAKING OF THE BREAD *We who are many*

Plainsong Mode 6

The cantor introduces the antiphon, all repeat it. The cantor sings the verse; all repeat the antiphon as indicated.

We who are ma - ny are one bo - dy, for we all share in the one bread.

Verse: Happy are they who come to the Supper of the Lamb. **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. Communion is currently being offered in one kind. The full grace of the sacrament is received with only the bread. If you prefer a gluten-free wafer, simply ask the priest for one at the time of Communion.



1. Lord of all hope - ful - ness, Lord of all joy,
 2. Lord of all ea - ger - ness, Lord of all faith,
 3. Lord of all kind - lin - ess, Lord of all grace,
 4. Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,
 whose strong hands were skilled at the plane and the lathe,
 your hands swift to wel - come, your arms to em - brace,
 whose voice is con - tent - ment, whose pre - sence is balm,



be there at our wak - ing, and give us, we pray,
 be there at our la - bors, and give us, we pray,
 be there at our hom - ing, and give us, we pray,
 be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
 your strength in our hearts, Lord, at the noon of the day.
 your love in our hearts, Lord, at the eve of the day.
 your peace in our hearts, Lord, at the end of the day.

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

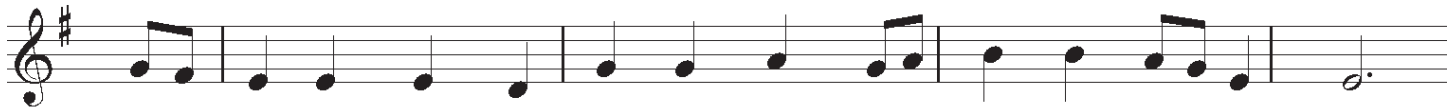
The Book of Common Prayer, p. 365

Let us pray. **Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

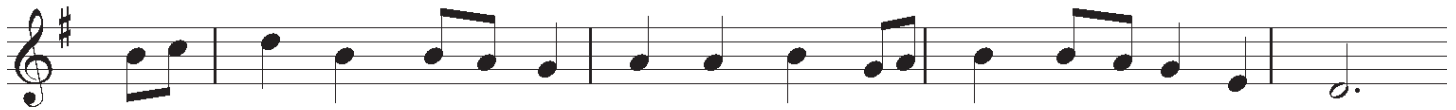
BLESSING *The Presider asks God's blessing on the Assembly. All respond: Amen.*



1 When Je - sus left his Fa - ther's throne, he chose an hum - ble birth;
 2 Sweet were his words and kind his look, when mo - thers round him pressed;
 3 When Je - sus in - to Zi - on rode, the chil - dren sang a - round;



like us, un - hon - ored and un - known, he came to dwell on earth.
 their in - fants in his arms he took, and on his bos - om blessed.
 for joy they plucked the palms and strowed their gar - ments on the ground.



Like him may we be found be - low, in wis - dom's path of peace;
 Safe from the world's al - lur - ing harms, be - neath his watch - ful eye,
 Ho - san - na our glad voic - es raise, ho - san - na to our King!



like him in grace and know - ledge grow as years and strength in - crease.
 thus in the cir - cle of his arms may we for ev - er lie.
 Should we for - get our Sa - vior's praise, the stones them - selves would sing.

Words: James Montgomery (1771-1854) Music: *Kingsfold*, English folk melody; adapt. and harm. Ralph Vaughan Williams (1872-1958) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

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

VOLUNTARY *Fugue in C, BUXWV 174*

Dieterich Buxtehude (1637-1707)



MINISTERS OF THE LITURGY

PRESIDER The Very Reverend Steven L. Thomason; **PREACHER** The Reverend Canon Doctor Marda Steedman Sanborn; **ASSISTING CLERGY** The Reverend Mark Miller; **DEACON** The Reverend Emily Austin; **ASSISTING LAY MINISTER** Peter Snyder; **ALTAR GUILD** Morgan Bawcom-Randall, Hannah Hochkeppel; **VERGER** Erik Donner; **ACOLYTES** Austin LeSure, Ray Miller, Barbara Zito; **LECTORS** Michael Perera, Ruth McRee; **INTERCESSOR** Roberta Nestaas; **USHERS** Wayne Duncan, Sarah McCord; **GREETERS** Julia Logan, Jaime Rubio; **OBLATION BEARER** Walter Stuteville; **LAND ACKNOWLEDGMENT** Walter Stuteville; **MUSICIANS** The Cathedral Choir, Canon Michael Kleinschmidt, *director*; Canon Michael Kleinschmidt & John Stuntebeck, *organists*; **SOUND BOARD** Michael Perera; **VIDEOGRAPHY** Chris Brown

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