



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

THE SEVENTEENTH SUNDAY AFTER PENTECOST

September 19, 2021

8:00 AM



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

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

Signs indicate the distanced and undistanced pews.

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

## THE ENTRANCE RITE

**PRELUDE** *Vater unser im Himmelreich [Our Father in Heaven]*, BuxWV 219 D. Buxtehude (1637–1707)  
[Tune of Hymn 575, Before thy throne, O God]

**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.*

*All stand, as able.*

**HYMN 390** *Praise to the Lord, the Almighty* [stanzas 1 & 3] ♦ *The Hymnal 1982 #390* TUNE: *Lobe den Herren*

**OPENING ACCLAMATION** *The Book of Common Prayer*, p. 355

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

### COLLECT FOR PURITY

*Presider* **A**LMIGHTY 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.  
*All* **Amen.**

**GLORIA** **Glory to God in the highest, and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks, we praise you for your glory.  
Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,  
you take away the sin of the world: have mercy on us;  
you are seated at the right hand of the Father: receive our prayer.  
For you alone are the Holy One, you alone are the Lord, you alone are the Most High,  
Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

**COLLECT OF THE DAY** *Proper 20* *The Book of Common Prayer*, p. 231

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

**G**RANT 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.  
*All* **Amen.**

# THE LITURGY OF THE WORD

## READING *Proverbs 1:20–33*

**A** CAPABLE 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.

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

**Assembly** **Thanks be to God.**

## PSALM *Psalms 1 ♦ Beatus vir qui non abiit*

*The Book of Common Prayer, p. 585*

*Please join the lector in reading the Psalm aloud, starting after the first asterisk.*

**H**APPY 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.

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.

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. ♦

**READING***James 3:13-4:3, 7-8a*

**W**HO 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 murder. 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.

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

*Assembly* **Thanks be to God.**

*All stand, as able.*

**THE HOLY GOSPEL** *Mark 9:30-37*

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

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

**J**ESUS 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."

*Presider* The Gospel of the Lord.

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

**HOMILY**

The Reverend Canon Doctor Marda Steedman Sanborn

**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 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 ASSEMBLY**

*After each petition:*

*Intercessor* Lord, in your mercy,

*Assembly* Hear our prayer.

*The Presider concludes the prayers with a collect. All respond: Amen.*

**CONFESSION & ABSOLUTION**

*Presider* Let us confess our sins against God and our neighbor.

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

*Presider* Most merciful God,

**All** 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**

*Presider* The peace of the Lord be always with you.

*Assembly* And also with you.

*All greet one another in the name of the Lord.*

# THE LITURGY OF THE TABLE

## OFFERTORY

*An offering of money is received. All worshipping in person are invited to place their offering in the plates as they are passed through through the rows.*

*For electronic giving options, 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**.*



*All stand, as able.*

## THE GREAT THANKSGIVING *Eucharistic Prayer B*

*The Book of Common Prayer, p. 367*

*Presider* The Lord be with you.

*Assembly* **And also with you.**

*Presider* Lift up your hearts.

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

*Presider* Let us give thanks to the Lord our God.

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

*Presider* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son 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:

**All Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*Presider* We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

**All We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*Presider* And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary, Mark, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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.

**All AMEN.**

#### **THE LORD'S PRAYER**

**All 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.**

#### **THE BREAKING OF THE BREAD**

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

#### **INVITATION TO COMMUNION**

*Presider* The Gifts of God for the People of God.

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

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

*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.*

*All stand, as able.*

**PRAYER AFTER COMMUNION**

*The Book of Common Prayer, p. 365*

*Presider* Eternal God,  
**All** 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.*

**HYMN 480** *When Jesus left his Father's throne ♦ The Hymnal 1982 #443*

TUNE: *Kingsfold*

**DISMISSAL**

*Presider* Let us go forth in the name of Christ.  
*Assembly* **Thanks be to God.**

**VOLUNTARY** *Fugue in C, BuxWV 174*

Dieterich Buxtehude (1637-1707)

## MINISTERS OF THE LITURGY

**PRESIDER & PREACHER**

The Reverend Canon Doctor Marda Steedman Sanborn

**ASSISTING LAY MINISTER**

Susan Knirk

**LECTOR & INTERCESSOR**

John Weintraub

**ORGANIST**

John Stuntebeck