



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

March 6, 2022 ♦ 9:00 AM

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

Per the governor's current requirement, all are asked to wear masks while inside (except when leading worship or children under 2).

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 bids all to keep silence for prayer and preparation.

PRELUDE Meditation on *An Wasserflüssen Babylon*, BWV 653a J. S. Bach (1685-1750)
("By the waters of Babylon we sat down and wept," a German hymn based on Psalm 137)

LAND ACKNOWLEDGMENT

THE GREAT LITANY

Enriching Our Worship 1, p. 46; musical setting by Dent Davidson (b. 1960)

A bell bids all to kneel or stand, as able, and remain kneeling or standing throughout the Litany.



Holy God, Creator of heaven and earth, **Have mercy on us.**

Holy and Mighty, Redeemer of the world, **Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful, **Have mercy on us.**

Holy, blessed and glorious Trinity, One God, **Have mercy on us.**

From all evil and mischief; from pride, vanity and hypocrisy;
from envy, hatred and malice; and from all evil intent,



Savior deliver us.

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws, **Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation, **Savior deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil, **Savior deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign, **Savior deliver us.**

From famine and disaster; from violence, murder, and dying unprepared, **Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial, **Savior deliver us.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment, **Savior deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit, **Savior deliver us.**



Hear our prayers, O Christ our God.

Hear us, O Christ.

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

Hear us, O Christ.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, O Christ.

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Hear us, O Christ.

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

Hear us, O Christ.

Bring into the way of truth all who have erred and are deceived.

Hear us, O Christ.

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

Hear us, O Christ.

Guide the leaders of the nations into the ways of peace and justice.

Hear us, O Christ.

Give your wisdom and strength to Joseph, the President of the United States, Jay, the Governor of this state, and Bruce, the Mayor of this city, that in all things they may do your will, for your glory and the common good.

Hear us, O Christ.

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state

legislature, and all others in authority the grace to walk always in the ways of truth.

Hear us, O Christ.

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

Hear us, O Christ.

Give us the will to use the resources of the earth to your glory and for the good of all.

Hear us, O Christ.

Bless and keep all your people,

Hear us, O Christ.

Comfort and liberate the lonely, the bereaved and the oppressed.

Hear us, O Christ.

Keep in safety those who travel and all who are in peril.

Hear us, O Christ.

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute.

Hear us, O Christ.

Guard and protect all children who are in danger.

Hear us, O Christ.

Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.

Hear us, O Christ.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Hear us, O Christ.

Hear us as we remember those who have died and grant us with them a share in your eternal glory.

Hear us, O Christ.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.



Ho - ly God, Holy and Mighty, Holy Immortal One, have mercy on us.

COLLECT OF THE DAY *First Sunday in Lent C*

Prayers for an Inclusive Church, adapt.

God be with you. **And also with you.** Let us pray.

GOD OF THE WILDERNESS, your Spirit accompanies us as we search for truth and purpose: in our times of doubt and desolation, help us to resist the worship of empty power and the illusion of invulnerability, that we might find our true sustenance in Jesus Christ, the Broken Bread of Life. **Amen.**

Please be seated for the readings.

THE LITURGY OF THE WORD

READING *Deuteronomy 26:1-11*

WHEN you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us,

by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

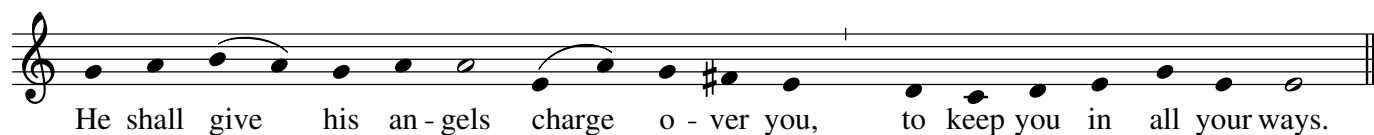
Hear what the Spirit is saying to God's people.

Thanks be to God.

PSALM *Psalms 91:1-2,9-16* ♦ *Qui habitat*

Plainsong, Tone IV.4

The cantor will sing the antiphon, all repeat; the cantor chants the Psalm, all repeating the antiphon where indicated.



HE WHO dwells in the shelter of the Most High, abides under the shadow of the Almighty. He shall say to the LORD, "You are my refuge and my stronghold, my God in whom I put my trust." Because you have made the LORD your refuge, and the Most High your habitation, There shall no evil happen to you, neither shall any plague come near your dwelling. **ANTIPHON**

For he shall give his angels charge over you, to keep you in all your ways. They shall bear you in their hands, lest you dash your foot against a stone. You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet. **ANTIPHON**

Because he is bound to me in love, therefore will I deliver him; I will protect him, because he knows my Name. He shall call upon me, and I will answer him; I am with him in trouble; I will rescue him and bring him to honor. With long life will I satisfy him, and show him my salvation. **ANTIPHON**

READING *Romans 10:8b-13*

“The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be

put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

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

Thanks be to God.

After a brief silence the Presider stands; all rise, as able, for the proclamation of the Gospel.

GOSPEL ACCLAMATION

Marty Haugen (b. 1950)

The cantor introduces the refrain, all repeat it. The cantor sings the verse below, then all repeat the refrain.

Re - turn to God with all your heart, the Source of grace and
mer - cy; Come, seek the ten - der faith - ful ness of God.

Verse: One does not live by bread alone, but by every word that comes from the mouth of God.

THE HOLY GOSPEL *Luke 4:1-13*

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

AFTER his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,
to protect you,'

and

'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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

HOMILY

The Very Reverend Steven L. Thomason

Following the homily, the assembly is invited into a period of silence, reflecting on the scriptures and sermon.

Please stand, as able, when the Presider stands to introduce the Creed.

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, 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

Authorized for use by the 1997 General Convention

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.

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.

BIRTHDAY & ANNIVERSARY BLESSINGS

Those celebrating birthdays and anniversaries this month are invited to come forward to receive a blessing. All stand, as able, and joins the Presider in saying the prayers.

Birthdays:

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace, which passes understanding, abide all the days of their lives; through Jesus Christ our Savior. Amen.

Anniversaries:

Loving God, in the mystery of the Holy Trinity, you reveal yourself as a community of self-giving love. We thank you for bringing us together into families. Bless we pray these couples who celebrate the anniversaries of their commitments to one another, and grant that they may grow in grace, fidelity and mutual affection all the days of their lives, through Jesus Christ our Savior. Amen.

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

Guárdame, Señor

WORDS: Mark Sedio, based on Psalms 23, 42, and 51;
MUSIC: Mark Sedio (b. 1954)

Refrain:

Guárdame, Señor, oh Dios, mi amor.
Pon en mi un corazón limpio.
Guárdame, Señor.

*May your gracious love stay with us, Lord.
Quench our thirsty hearts, our weary souls,
Bless and keep us, Lord.*

Look on me, Lord, in your unfailing love,
And wash me clean as the mountains.
Renew my spirit and mend my broken heart,
Guide me, O Lord, in your ways.

Open my mouth and I will sing your praise,
O let me hear of your mercy.
Surely your goodness will always follow me
All of the days of my life.

All stand, as able.

THE GREAT THANKSGIVING

Prayers for an Inclusive Church, adapt.

God be with you. **And also with you.**

Lift up your hearts. **We lift them to God.**

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

We thank you, God of the wilderness, that in the valley of dry bones you create hearts of flesh quickened by the Spirit's breath. We thank you that you shared your Beloved Child who spurns might and glory and turns toward all who are broken in mind, body or spirit. We count the cross as folly to the world of violence

and coercion, and true wisdom to all who would follow you on the journey of selfless love. Therefore, with the whole communion of saints who glimpsed the glory in the humanity you shared, we worship you in holy majesty, as we sing:

SANCTUS & BENEDICTUS *Deutsche Messe*

Franz Schubert (1797–1828), arr. Richard Proulx

Ho - ly, ho - ly, ho - ly Lord, God of power and might, — Ho - ly, ho - ly, ho - ly Lord, God of power and might, —
heaven and earth are full, — full — of your glo - ry. Ho - san - na in the high - est. Ho - san - na in the high - est.



The Hymnal 1982 #S-130, adaptation © 1985 G.I.A. Publications, Inc.

We ask that your Holy Spirit fall upon us and upon these gifts, that these fragile, earthly things may be to us the body and blood of our Lord and brother, Jesus Christ.

On the night he was betrayed, Jesus gathered with his faltering friends. He took bread, gave thanks, broke it and said: "This is my body, which is given for you. Do this in remembrance of me."

In the same way after supper, he took the cup of wine, saying, "This cup is the new covenant in my blood. Do this, whenever you drink it, in remembrance of me."

As on that night, so here and now he offers himself in touch and taste beyond all that words can hold. And so we proclaim the great

mystery of faith, saying:

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

With these gifts we are filled with the life-giving presence of Christ; we proclaim him as creation's host, transforming poverty into plenty with his generous love. Inspire us with the hope that one day death and greed will be no more, and people will come from east and west, north and south to share a feast of abundance.

We ask this through Jesus Christ our Savior, by whom and with whom and in whom, in the unity of the Holy Spirit, all honor and glory be yours, Mother of blessings, for ever and ever. **AMEN.**

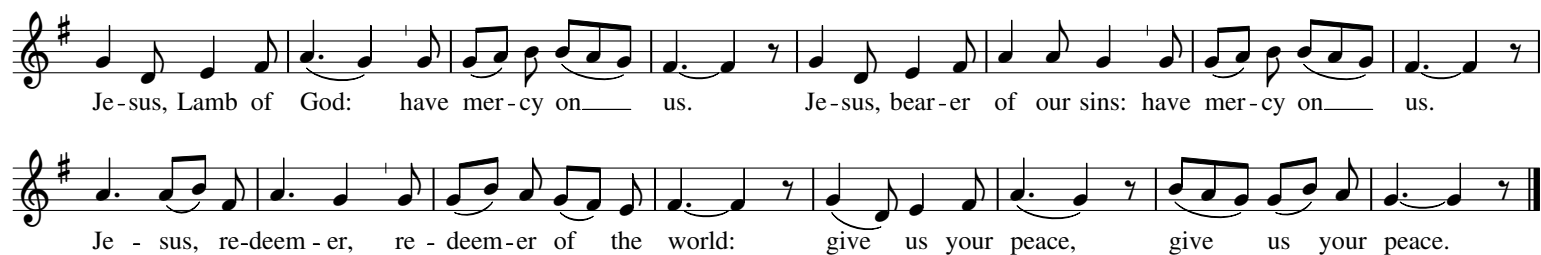
THE LORD'S PRAYER

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.

BREAKING OF THE BREAD *Deutsche Messe*

Schubert, arr. Proulx



The Hymnal 1982 #S-130, adaptation © 1985 G.I.A. Publications, Inc.

INVITATION TO COMMUNION

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

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.

Wine is distributed at the head of the middle aisles. Intinction (dipping the bread in the wine) is not available at this time. If you do not wish to drink from the common cup, please cross your arms in front of your chest as you pass by the chalice. The full grace of the sacrament is received with only the bread.

HYMN 142 *Lord, who throughout these forty days* ♦ *The Hymnal 1982*

TUNE: *St. Flavian*

*The assembly is invited to remain seated for a period of silence, contemplating the gifts of God given and received.
Please stand, as able, when the Presider stands and returns to the Altar.*

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

Prayers for an Inclusive Church, adapt.

Let us pray. **Lord of the feast of boundless love; we thank you for meeting us in our brokenness
so that none might be lost: liberate us now to share the living bread of good news with our
neighbor, each receiving from the other what we need to live according to your will. Amen.**

SOLEMN PRAYER OVER THE ASSEMBLY *The Presider prays over the Assembly. All respond: Amen*

HYMN 147 *Now let us all with one accord* (stanzas 1, 2, 4, & 5) ♦ *The Hymnal 1982*

TUNE: *Bourbon*

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

VOLUNTARY Postlude on *Ein feste Burg ist unser Gott*
(Hymn 688: "A mighty fortress is our God")

Johann Pachelbel (1653-1706)



MINISTERS OF THE LITURGY

PRESIDER The Reverend Canon Jennifer King Daugherty; **PREACHER** The Very Reverend Steven L. Thomason; **DEACON** The Reverend Emily Austin; **ASSISTING LAY MINISTER** Judy Andrews; **ALTAR GUILD** Sue Tait; **VERGER** Michael Seewer; **CRUCIFER** Ray Miller; **LECTORS** Maris Olsen, Christopher Brown; **GREETER** Steve Quinn; **USHERS** Dave Harms, Ralph Ermoian; **OBLATION BEARERS** Michael & Loy Dahl; **LAND ACKNOWLEDGMENT** Doug Thorpe; **FLOWER MINISTERS** Ray Miller, *team captain*; **MUSICIANS** The Junior Choristers of Saint Mark's Choir School; Daniel Brady, *cantor*; Saint Mark's Singers; **SOUND BOARD** Michael Perera

Music and texts under copyright are reprinted by permission under OneLicense.net #A-706820

Portions of this liturgy were adapted from Prayers for an Inclusive Church by Steven Shakespeare, © 2008, Church Publishing, Inc.