



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE EIGHTH SUNDAY AFTER PENTECOST:
PROPER 13C

July 31, 2022

8:00 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 during the service (except those under 2).

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 or simply contact one of the clergy.

Grace and peace to you!

PRELUDE *Andante in F*

W. A. Mozart (1756–1791)

LAND ACKNOWLEDGMENT

THE ENTRANCE RITE

All stand, as able.

HYMN 665 *All my hope on God is founded* (stanzas 1 & 2) ♦ *The Hymnal 1982*

TUNE: *Michael*

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 *Eighth Sunday after Pentecost: Proper 13C*

The Book of Common Prayer, p. 232

Presider The Lord be with you.

Assembly **And also with you.**

Presider Let us pray.

LET your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All **Amen.**

Please be seated.

THE LITURGY OF THE WORD

READING

Hosea 11:1-11

WHEN Israel was a child, I loved him, and out of Egypt I called my son. The more I called them, the more they went from me; they kept sacrificing to the Baals, and offering incense to idols. Yet it was I who taught Ephraim to walk, I took them up in my arms; but they did not know that I healed them. I led them with cords of human kindness, with bands of love. I was to them like those who lift infants to their cheeks. I bent down to them and fed them. They shall return to the land of Egypt, and Assyria shall be their king, because they have refused to return to me. The sword rages in their cities, it consumes their oracle-priests, and devours because of their schemes. My people are bent on turning away from me. To the Most High they call, but he does not raise them up at all. How can I give you up, Ephraim? How can I hand you over, O Israel? How can I make you like Admah? How can I treat you like Zeboiim? My heart recoils within me; my compassion grows warm and tender. I will not execute my fierce anger; I will not again destroy Ephraim; for I am God and no mortal, the Holy One in your midst, and I will not come in wrath. They shall go after the LORD, who roars like a lion; when he roars, his children shall come trembling from the west. They shall come trembling like birds from Egypt, and like doves from the land of Assyria; and I will return them to their homes, says the LORD.

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

Assembly **Thanks be to God.**

PSALM

Psalm 107:1-9, 43 ♦ Confitemini Domino

The Book of Common Prayer, p. 746

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

GIVE thanks to the LORD, for he is good, *
and his mercy endures for ever.

Let all those whom the LORD has redeemed proclaim *
that he redeemed them from the hand of the foe.

He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.

Some wandered in desert wastes; *
they found no way to a city where they might dwell.

They were hungry and thirsty; *
their spirits languished within them.

Then they cried to the LORD in their trouble, *
and he delivered them from their distress.

He put their feet on a straight path *
to go to a city where they might dwell.

Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.

For he satisfies the thirsty *
and fills the hungry with good things.

Whoever is wise will ponder these things, *
and consider well the mercies of the LORD. ♦

READING*Colossians 3:1-11*

IF YOU have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). On account of these the wrath of God is coming on those who are disobedient. These are the ways you also once followed, when you were living that life. But now you must get rid of all such things-- anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

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

Assembly **Thanks be to God.**

All stand, as able.

THE HOLY GOSPEL *Luke 12:13-21*

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

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

SOMEONE in the crowd said to Jesus, "Teacher, tell my brother to divide the family inheritance with me." But he said to him, "Friend, who set me to be a judge or arbitrator over you?" And he said to them, "Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." Then he told them a parable: "The land of a rich man produced abundantly. And he thought to himself, 'What should I do, for I have no place to store my crops?' Then he said, 'I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, 'Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.' But God said to him, 'You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?' So it is with those who store up treasures for themselves but are not rich toward God."

Presider The Gospel of the Lord.

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

HOMILY

The Reverend Linzi Stahlecker

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.

PRAYERS OF THE PEOPLE

After each petition:

Intercessor Creator God,
Assembly awaken us to your presence and love.

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, 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. 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:

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 Alleluia. Christ our passover is sacrificed for us.

Assembly Therefore let us keep the feast. Alleluia.

INVITATION TO COMMUNION

Presider The Gifts of God for the People of God.

All seeking God are welcome at Christ's Table.

If you need communion brought to your seat, please let any of the liturgical ministers know.

Rice wafers for those who do not eat wheat are available; simply ask for one at the time of communion.

- ◆ *You are welcome to stand or kneel to receive communion.*
- ◆ *Hold out your hand to receive the bread and then eat. Guide the chalice of wine to your mouth and then drink.*
- ◆ *Intinction (dipping the bread in the wine) is not available at this time.*
- ◆ *To receive a blessing instead of the bread or wine, simply cross your arms over your chest.*

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 594 *God of grace and God of glory (stanzas 1 & 3) ♦ The Hymnal 1982*

TUNE: *Cwm Rhondda*

DISMISSAL

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

VOLUNTARY *Kyrie Gott Vater in Ewigkeit (God the Eternal Father, have mercy on us), BWV 672 J. S. Bach (1685–1750)*

MINISTERS OF THE LITURGY

PRESIDER & PREACHER

The Reverend Linzi Stahlecker

ASSISTING LAY MINISTER

Mary Dickinson

LECTOR & INTERCESSOR

Kerry Allman

FLOWER MINISTER

Beatrix Roemheld-Hamm

ORGANIST

Cara Peterson

SAINT MARK'S EPISCOPAL CATHEDRAL ♦ SEATTLE, WASHINGTON

CATHEDRAL NEWSLETTER

NEWS, ANNOUNCEMENTS, OFFERINGS & EVENTS... ON SUNDAYS AND BEYOND

July 24, 2022 ♦ The Seventh Sunday after Pentecost



More details can be found
in the email newsletter.

Scan the code, or visit:
saintmarks.org/newsletter

ANNOUNCEMENTS

Tonight: The Women's Compline Choir

TONIGHT, SUNDAY, JULY 24, 9:30 P.M., IN THE
CATHEDRAL NAVE, BROADCAST, OR LIVESTREAMED

The first of the 2022 Women's Compline Choir services occurred last Sunday, and commenters online have called the liturgy "superb," "remarkable," "exquisite," "lovely and moving," and "beyond beautiful." Video of that service can be seen at saintmarks.org/womenscompline

This coming Sunday's service will feature Abbie Betinis' haunting *Lumen*, a setting of a beautiful Latin aphorism—"I give you light so that you may give it to others"—as well as Peter Hallock's setting of Psalm 122 and Kim André Arneson's dramatic setting of *Ubi Caritas*.

Since its debut in 2019, the Office of Compline has been chanted by The Women's Compline Choir led by Rebekah Gilmore each year. However, the pandemic meant that the women's Compline services in 2020 were chanted by four solo voices, and that in 2021 the service remained closed to the public. Now at last in 2022, a full choir featuring some of the finest choral singers in the region will chant services open to one and all. Join in person, via livestream, or via the KING-FM radio broadcast.

A Grateful Evensong Choir Departs on Pilgrimage

The Evensong Choir departs on Saturday, July 30, to serve as choir in residence for a week each in Chichester and Bristol Cathedrals, England. A significant portion of the funds for this trip came from everyone in our cathedral community who participated in the Hymnathon, Cabaret, and Psalmathon fundraisers held within the past eight months. The choir holds this community gratefully in their hearts as they embark on this journey.

Thirty singers, ages 11 to 64, are going, plus four staff and eleven parents/spouses. They will sing daily Evensong and the Sunday Eucharists in each cathedral. (The complete schedule of U.K. services may be seen on the Evensong Choir page: saintmarks.org/evensong) In addition, they will

EAT! PLAY! LOVE! — Next Gathering July 27

TWO MORE WEDNESDAYS: JULY 27 & AUGUST 24,
5-8 P.M., THROUGHOUT THE CATHEDRAL GROUNDS

The **Eat Play Love!** gathering this coming Wednesday, July 27, will begin with a delicious dinner prepared by our own Chef Marc Aubertin, followed a reflection on Jesus's baptism by The Rev. Linzi Stahlecker, and activities such as a sound bath, crayon-resist watercolor painting, and an opportunity to remember our own baptisms and the promises we made and renew together in community. As always, you have the option of attending in-person Evening Prayer 6–6:30 p.m., and the evening will end with a brief service of Compline in the Cathedral Nave.

The first of this year's Eat, Play, Love gatherings, on June 22, was a fun evening for all involved. Each of the three gatherings stand alone, and all ages are welcome for the next installment whether or not you attended the previous.

To participate, complete the registration form, then submit your payment according to the instructions on the form. Alternatively, you may pay at the door, but please register in advance if you are able, even if you play to pay at the door. Fee, when paid in advance: \$10 per person/per night, maximum of \$90 per family. Inability to pay should not be a barrier to participation; email Canon Barrie with questions: wbarrie@saintmarks.org Find the link to the registration form at: saintmarks.org/commons

A new issue of the **Creation Care Newsletter** was recently sent out, containing upcoming events, resources, recommendations, photographs, a new reflection by Prof. Doug Thorpe, and more! Find a link to the new issue at saintmarks.org/creation

visit Guildford Cathedral (a 20th-century cathedral with a similar history to Saint Mark's), Salisbury Cathedral, and Bath Abbey. Stonehenge and the Isle of Wight will be featured among visits to other sites of historical and cultural significance.

UPCOMING EVENTS

Cathedral Yoga on Monday, July 25 will be led by returning guest instructor **Andrew Ragan**, beginning at 6:30 p.m. Pay what you can.

Andrew, a student of regular Cathedral Yoga instructor Leah Adams, will offer a **Yin yoga** practice, which is quite different from other classes you may have experienced. Yin yoga features gentle passive stretches held for up to 5 minutes at a time. These long durations create an opportunity to get in touch with the body in a new way, to release long-held tension, and to let gravity do the work of gently opening the places of resistance.

The challenge of yin yoga is not about exerting effort to hold a pose, but rather about allowing the body to let go of all exertion and effort. This is why Leah calls yin yoga *“the other side of exercise.”* If you think yoga is not for you, consider giving this class a try. Just wear comfortable clothes. Mats are available to borrow.

Find links to learn more at saintmarks.org/yoga

Night Prayer with the 20s/30s

MONDAY, JULY 25, 7:30 P.M.

On the second Monday of the month, join for a brief (15 minute) liturgy over the phone. On the fourth Monday of each month we'll also meet in-person outdoors on the labyrinth (call-in option still available).

After one year of praying together using a liturgy from the Corrymeela community, this gathering will now use an order of service based on the *New Zealand Prayer Book*. Find a link to learn more and download the order of service at saintmarks.org/20s30s

Tuesday Bible Study continues to meet online-only. The gathering will take a hiatus in August, then resume in September, possibly with an in-person option. The group meets Tuesdays, 11:30 a.m.–1:30 p.m. Contact Lynne Cobb to join: bhs76er@comcast.net

Neighborhood Eucharist

SATURDAY, JULY 30, 4 P.M., HOSTED BY LAUREL PETRIK ON FIRST HILL

Update: July's gathering will be hosted by Saint Mark's member Laurel Petrik and her housemates, who are currently serving with the Jesuit Volunteer Corps

Northwest, and will occur at “Mercy House,” the Jesuit Volunteer Corps residence on First Hill. (RSVP for address and directions.) The Rev. Linzi Stahlecker will preside. All ages are welcome.

Each month from May to October, Saint Mark's parishioners are taking turns hosting a simple Neighborhood Eucharist in a backyard or park on a late Saturday afternoon. The first two, in May and June, were moving and meaningful experiences. Looking ahead to August 27, a gathering will be hosted by the Gavin family—Neil, Sonjia, Alex, and Eli—at their home in Lynnwood. Canon Rosario-Cruz will preside.

RSVP by emailing Canon Barrie:
wbarrie@saintmarks.org

Organ Meditation

MONDAY, AUGUST 1 (AND THE FIRST MONDAY OF EACH MONTH), 6–6:30 P.M., IN THE CATHEDRAL NAVE

On the first Monday of each month, hear 30 minutes of drone-based improvisations on the mighty Flentrop as a meditative sensory experience, and as a prelude to Cathedral Yoga. August's offering will be played by frequent Saint Mark's Chapel Organist **Cara Peterson**.

Arrive at any time between 6 and 6:30, but note that the nave will not be open until just before 6 p.m. Cathedral Yoga led by Wendy Townsend follows immediately at 6:30. You are welcome to stay for the organ prelude without attending the yoga class.

Climate Conversations

NEXT OFFERING: TUESDAY, AUGUST 2, 5:30–6:30 P.M., VIA ZOOM ONLY

Please join the Creation Care Ministry for August's Climate Conversation, when the topic will be *What You Can Do About Water*. These conversations are focused on practical things individuals can do to respond to this global crises and to reduce your carbon footprint. Register to attend one or all of these monthly conversations—find the link at: saintmarks.org/creation

The next **Newcomers' Coffee with Clergy** will be offered on **Sunday, August 7**, following the 11 a.m. liturgy.

The next **Cathedral Garden Ministry** work party will be **Saturday, August 13**, 9 a.m. to noon. Everyone is welcome and needed!

A Holy Waste of Time

FRIDAY-SUNDAY, AUGUST 19-21, AT ST. ANDREW'S HOUSE RETREAT CENTER ON HOOD CANAL.

EARLY-BIRD REGISTRATION HAS BEEN EXTENDED! \$95/PERSON ON OR BEFORE JULY 31; \$110/PERSON AFTER

Young adults from across the Diocese of Olympia are invited to the Holy Waste of Time Retreat, an annual weekend of fun, rest and friendship at St. Andrew's House in Union, WA, on the Hood Canal, August 19-21. Participants can choose their own indoor or outdoor activities. Each evening we'll gather to share and celebrate evening prayer and our time together will culminate with a Sunday Eucharist.

Register now through July 31 for \$95—which includes all food, lodging and activities. After July 31, registration is \$110. Scholarships are available. Questions? Email Valerie Reinke: VReinke@ecww.org Find the link to register at: ecww.org/faith-formation/young-adults/

20s/30s Explore Bainbridge Day

SATURDAY, AUGUST 27, 10 A.M.-3 P.M.

Saint Mark's 20s/30s Group, let's take a day trip to Bainbridge Island! We will take a tour of St. Barnabas Episcopal with a break for coffee and conversation. Next, we'll visit the Japanese Exclusion Memorial to reflect and remember those forced to leave their homes for incarceration camps. We'll enjoy lunch at the home of John Simmons and Scott Hulet with the option for exploring a trail to the Halls Hill labyrinth, Blakely Harbor, and a historic cemetery.

For those wanting to carpool, we will meet at 7:30 a.m. at Saint Mark's. RSVP (encouraged but not required) to Emily: emcmeeeks@gmail.com

OTHER ANNOUNCEMENTS

Education for Ministry (EfM) Registration Now Open

Education for Ministry (EfM) registration is now open for 2022-23! Are you interested in a deeper study of scripture, reflecting on its meaning for your life? This four-year program has been active at Saint Mark's for decades and has enriched the lives of many in this community. This year classes will be offered on Monday morning and evening. An information table will be available after both the 9 a.m. and 11 a.m. services on July 17 and August 7. Email communication with mentors is fine too: contact Julia Logan for the morning class at jmciverlogan@me.com or Tom Hayton at tomhayton@yahoo.com or Wayne Duncan at duncan.sw@gmail.com for the evening class.

FUNERALS

The funeral of Philip Bayne will be offered **Wednesday, August 17, 2 p.m.** in Thomsen Chapel

The funeral of Sue Yunker-Jones will be offered **Saturday, September 17, 3 p.m.**, in the cathedral nave

The funeral of J.J. Henke will be offered **Saturday, October 22, 2 p.m.** in Thomsen Chapel

Creation Care Ministry Meeting Update

The Creation Care Ministry will NOT have its monthly ministry meeting in July. But plan to join us on August 16 when we will have a rare in-person gathering to celebrate the work of this ministry and have a chance to get to know each other better outside of our Zoom screens! saintmarks.org/creation

Follow Along the Saint Mark's Iona Pilgrimage with Penny Reid

A week ago, a group from Saint Mark's led by Dean Thomason and Canon Daugherty departed for the U.K. on a two-week pilgrimage to Iona and other ancient sacred sites of Britain. Community member Penny Reid is documenting and reflecting upon her journey on her personal blog, with a new post each day. Follow along with her at: alwaysbridging.com/blog

Meals with Tent City 3

SUNDAY EVENINGS THROUGH SEPTEMBER 4, 2:30-6:30 P.M., BLOEDEL HALL.

Coordinators Chris Rigos and Maris Olsen are happy to announce that all the volunteer slots for the remaining Tent City 3 meals have now been filled. You can email Chris at crigos33@gmail.com and he will reach out in the case of additional needs or last-minute cancellations.

The meals have been a great experience for all involved. Check out updates and photos from each Sunday at: saintmarks.org/tentcity

Daily Evening Prayer meets in person at 6 p.m. in Thomsen Chapel on Wednesday only (note the new day and new time!), and is offered online via zoom at 6 p.m. on Monday-Tuesday and Thursday-Friday.

Morning Prayer on is offered online via Zoom Wednesdays at 8:30 a.m.

Thursday Morning: At 7 a.m. on on the first and third Thursdays of the month only, a service of Holy Eucharist is offered in person in Thomsen Chapel. On the second, fourth, and fifth Thursdays of the month, an online-only prayer service is offered at 7 a.m. instead.

More information and links at: saintmarks.org/worship



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

SUNDAY SERVICES

* indicates livestreamed services

8 A.M.

The Holy Eucharist, Thomsen Chapel

9 A.M.

The Holy Eucharist, Cathedral Nave

11 A.M.

* The Holy Eucharist, Cathedral Nave

4:30 P.M. [first Sundays—resumes October 2]

* Choral Evensong, Cathedral Nave

7 P.M.

Contemplative Eucharist, Thomsen Chapel

9:30 P.M.

* Compline, Cathedral Nave
also broadcast live on Classical KING-FM 98.1

WEEKDAY OFFERINGS

MONDAY—FRIDAY, 6 P.M.

Daily Evening Prayer

Wednesdays: in person in Thomsen Chapel
Mondays, Tuesdays, Thursdays, & Fridays:
online via Zoom only.

Please note the earlier time, and the new day for
the in-person offering, in effect from June 6.

MONDAY, 6:30 P.M.

Cathedral Yoga in person in the cathedral nave

TUESDAY, 11:30 A.M.

Bible Study now meeting online via Zoom

WEDNESDAY, 8:30 A.M.

Morning Prayer online only via Zoom

THURSDAY, 7 A.M.

Holy Eucharist in person in Thomsen Chapel,
1st and 3rd Thursdays only

Morning Prayer online via Zoom
2nd, 4th & 5th Thursdays

Weekday services are occasionally canceled due
to holidays or conflicts. Check the cathedral
events calendar at saintmarks.org/calendar

CATHEDRAL OFFICE HOURS

MONDAY—FRIDAY, 9 A.M.—4:30 P.M.

Main office number: 206.323.0300
General email: info@saintmarks.org

PASTORAL CARE

For urgent spiritual needs, the 24/7 Pastoral
Care Hotline is now available by calling the
main cathedral office number, and then entering
extension 100: 206.323.0300 X100.

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

NEWSLETTERS

A number of special email newsletters and
announcements are sent out regularly by the
cathedral, including those for Liturgical
Ministries, Children, Youth & Families,
Mideast Focus, Creation Care, and more. You
can sign up for each list individually. Find the
link at: saintmarks.org/newsletter

SAINT MARK'S ONLINE

The cathedral website contains a great deal of
information and resources, including archive
videos of all livestreamed services, audio
recordings and written transcripts of sermons,
a calendar of events, a directory of cathedral
ministries, and much more: saintmarks.org

The "Community Life" page on the website
contains events, reports, personal reflections,
and more: saintmarks.org/community

Please follow the cathedral on social media:

Facebook: [SaintMarksSeattle](https://www.facebook.com/SaintMarksSeattle)

Instagram: [saintmarksseattle](https://www.instagram.com/saintmarksseattle)

YouTube: [SaintMarksEpiscopalCathedralSeattle](https://www.youtube.com/SaintMarksEpiscopalCathedralSeattle)

CATHEDRAL LEADERSHIP & STAFF

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The Rev. Canon Jennifer King Daugherty, Canon for Engagement & Connection
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VESTRY

DEAN & RECTOR The Very Rev. Steven L. Thomason; BISHOP'S REPRESENTATIVE The Rev.

Canon Arianne Davison; SENIOR WARDEN Emily Meeks; JUNIOR WARDENS Clara Berg,

Walter Stuteville, Chris Rigos; VESTRY MEMBERS Doug Thorpe, Carmen Brady, Scott Kovacs,

Kathy Minsch, Wayne Duncan, Scott Hulet, Kristen Kelly, Justin Mills; DIOCESAN VESTRY

MEMBERS Katie Prettyman, Tina Blondino; CHANCELLOR Re Knack; CLERK Barbara Erickson;

TREASURER Lynne Cobb

NEWCOMERS

You are welcome to all aspects of
the life of this cathedral! Please
help us know how best to serve
you by completing a Visitor Card
in the cathedral nave, or by using the form at
saintmarks.org/newcomers. Contact the
welcome team at: newcomers@saintmarks.org.



DONATIONS

You may make a donation to
Saint Mark's at any time using the
electronic giving page at
saintmarks.org/give, or using the
Venmo mobile app—scan the code, or search
for @SaintMarksCathedralSeattle



PRAYER LIST

The complete cathedral prayer list,
including recent and long-term
prayer requests, as well as the
Anglican, Diocesan, and Cathedral
cycles of prayer, is posted each week at:
saintmarks.org/prayer

