



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE FIFTH SUNDAY AFTER THE EPIPHANY

February 5, 2023 ♦ 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 all the Coast Salish tribes.*

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

*Signs in the nave indicate the distanced and undistanced sections. Please note that masks are required only in the distanced sections on the south side of the nave. Masks are recommended everywhere else.*

*All-gender restrooms are available on the 5th floor of Cathedral House, accessible via the elevator or southwest stairwell. Ushers can direct you. 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](https://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**     *Wie schön leuchtet der Morgenstern*  
(Tune of Hymn 496, "How bright appears the Morning Star")

Paul Manz (1919–2009)

### LAND ACKNOWLEDGMENT

## THE ENTRANCE RITE

*All stand, as able.*

**HYMN 427**     *When morning gilds the skies* (sts. 1, 2, & 4) ♦ *The Hymnal* 1982

TUNE: *Laudes Domini*

### OPENING ACCLAMATION

*Enriching Our Worship* 1, p. 50

Blessed be the one, holy, and living God. **Glory to God for ever and ever.**

### COLLECT FOR PURITY

*The Book of Common Prayer*, p. 355

**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. **Amen.**

1. A - rise, your light has come! The Spi - rit's call o - bey;  
 2. A - rise, your light has come! Fling wide the pri - son door;  
 3. A - rise, your light has come! All you in sor - row born,  
 4. A - rise, your light has come! The moun - tains burst in song!

show forth the glo - ry of your God which shines on you to - day.  
 pro - claim the cap - tive's li - ber - ty, good tid - ings to the poor.  
 bind up the bro - ken - heart - ed ones and com - fort those who mourn.  
 Rise up like ea - gles on the wing; God's pow'r will make us strong.

WORDS: *The Third Song of Isaiah*; metrical para. Ruth Duck (b. 1947), © 1992 GIA Publications, Inc.; MUSIC: William H. Walter (1825-1893), public domain.

**COLLECT OF THE DAY** *Fifth Sunday after the Epiphany: Year A*

*Prayers for an Inclusive Church, adapt.*

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

**G**RACIOUS GOD, giver of love's law,  
 in whom there is no blandness or dullness;  
 liberate us from all that numbs our compassion  
 or delays our discovery of clarity and richness in your commands;  
 through Jesus Christ, fulfiller of the law. **Amen.**

*Please be seated for the readings.*

## THE LITURGY OF THE WORD

**READING** *Isaiah 58:1-9a*

**S**HOUT OUT, do not hold back! Lift up your voice like a trumpet!  
 Announce to my people their rebellion, to the house of Jacob  
 their sins. Yet day after day they seek me and delight to know my  
 ways, as if they were a nation that practiced righteousness and did  
 not forsake the ordinance of their God; they ask of me righteous  
 judgments, they delight to draw near to God.

“Why do we fast, but you do not see? Why humble ourselves, but  
 you do not notice?” Look, you serve your own interest on your fast

day, and oppress all your workers. Look, you fast only to quarrel  
 and to fight and to strike with a wicked fist. Such fasting as you do  
 today will not make your voice heard on high. Is such the fast that  
 I choose, a day to humble oneself? Is it to bow down the head like  
 a bulrush, and to lie in sackcloth and ashes? Will you call this a  
 fast, a day acceptable to the LORD? Is not this the fast that I choose:  
 to loose the bonds of injustice, to undo the thongs of the yoke,  
 to let the oppressed go free, and to break every yoke? Is it not to

share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the

glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

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

**Thanks be to God.**

**PSALM**

*Psalm 112:1-9 ♦ Beatus vir*

Peter R. Hallock (1924–2014)

*The cantor chants the antiphon, all repeat. The cantor chants the verses, all repeat the antiphon.*



Happy are they who have giv-en to the poor.

**H**ALLELUJAH! Happy are they who fear the LORD and have great delight in his commandments! Their descendants will be mighty in the land; the generation of the upright will be blessed. **ANTIPHON**

Wealth and riches will be in their house, and their righteousness will last for ever. Light shines in the darkness for the upright; the righteous are merciful and full of compassion. **ANTIPHON**

It is good for them to be generous in lending and to manage their affairs with justice. For they will never be shaken; the righteous will be kept in everlasting remembrance. **ANTIPHON**

They will not be afraid of any evil rumors; their heart is right; they put their trust in the LORD. Their heart is established and will not shrink, until they see their desire upon their enemies. They have given freely to the poor, and their righteousness stands fast for ever; they will hold up their head with honor.

**ANTIPHON**

**READING**

*1 Corinthians 2:1-12*

**W**HEN I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

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

**Thanks be to God.**

*All stand, as able.*

**GOSPEL ACCLAMATION**

Tone 2; refrain from *Tibi, Christe, splendor Patris*, 12<sup>th</sup> cent.; adapt. Marilyn L. Haskel

*The choir will introduce the Alleluias, all repeat them. The choir will chant the verse, all again repeat the Alleluias.*



*Verse:* Open my eyes; so that I may behold wondrous things out of your law.

*Wonder, Love, & Praise, #847; © 1997 The Church Pension Fund.*

**THE HOLY GOSPEL** *Matthew 5:13-20*

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

**J**ESUS SAID, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until

heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

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.*

*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, 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.**

## **PRAYERS OF THE PEOPLE**

*After each petition:*

God, in your mercy, **hear our prayer.**

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

## **CONFESSION & ABSOLUTION**

Let us confess our brokenness to God.

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

Christ, Lover of all who struggle, **we confess that we have fallen short of your goodness and love: we have not loved one another or creation, we have not loved you, Holy One; we have not loved ourselves. We cannot avoid what we are not; our faults and failures are before us, and we are sorry for our sins. You see us for who we are and yet still stand by us, offering us mercy and hope and forgiveness. Grant us the courage to receive these gifts that we may delight in your will, and walk in your ways. This is our solemn prayer. Amen.**

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

## **THE PEACE**

The peace of Christ be always with you. **And also with you.**

*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.*

*The Assembly stands 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](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/saintmarkscathedalseattle>. 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 *If ye love me*

WORDS: John 14:15-18;  
MUSIC: Philip Wilby (b. 1949)

If ye love me, keep my commandments,  
And I will pray the Father, and He shall give you another Comforter,  
That He may abide with you forever; E'en the Spirit of Truth.

And ye know Him, for He dwelleth with you, and shall be in you.  
I will not leave you comfortless. I will come to you.

*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 praise you, God of many names, whose Spirit runs freely throughout the earth, whose image lies deep in every mortal soul. In your grace your Word is made known to all people, calling forth their goodness; your Beloved is immersed in the waters of creation, healing the chaos that floods our world; your Son is the guest who offers new wine and warms hearts grown cold and withered. Therefore, we celebrate the rays of morning light that bathe the world in glory and kindle a new song:

## SANCTUS & BENEDICTUS *sung by all*

William Mathias (1934-1992)

*Organ:*

*Everyone:*

Ho - ly, ho - ly, ho - ly Lord, God of po-wer and might,  
heav'n and earth are full of your glo-ry. Ho san-na in the high-est.  
Bless-ed is the one who comes in the name of the Lord. Ho-san-na in the high-est.

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:

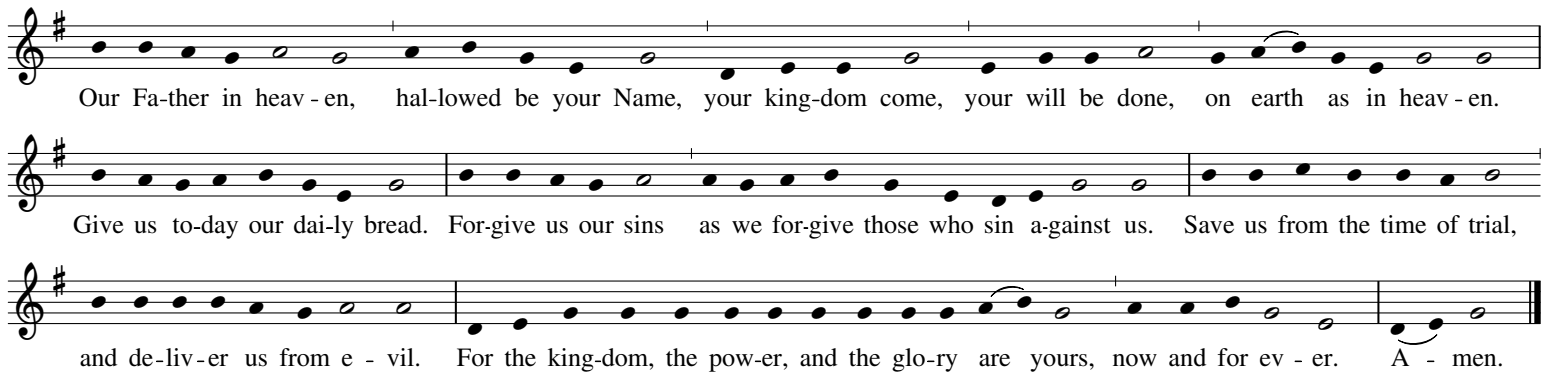
**Christ has died. Christ is risen.  
Christ will come again.**

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**

MUSIC: McNeil Robinson II (1943-2015)



Our Fa-ther in heav-en, hal-lowed be your Name, your king-dom come, your will be done, on earth as in heav-en.  
Give us to-day our dai-ly bread. For-give us our sins as we for-give those who sin a-against us. Save us from the time of trial,  
and de-liv-er us from e-vil. For the king-dom, the pow-er, and the glo-ry are yours, now and for ev-er. A-men.

*The Hymnal 1982 #s-149; from Music for the Lord's Supper, ©1984 Theodore Presser Co.*

**THE BREAKING OF THE BREAD** *We who are many*

Plainsong Mode 6

*The Choir introduces the antiphon, all repeat it. The Choir chants 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 and wine are distributed at standing stations at the head of three aisles. The bread will be placed into your outstretched palm taking care not to touch your hand. If you prefer a gluten-free wafer, simply ask for one at the time of Communion. If you wish to receive a blessing instead, please cross your arms in front of your chest.*

*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.*



**ANTHEM***Arise, shine, for your light has come*

WORDS: The Third Song of Isaiah (Isaiah 60);

MUSIC: Alexander Arkhangelsky (1846–1924), adapt. Scott R. King (b. 1955)

Refrain: *Arise, shine, for your light has come, and the glory of the Lord has dawned on you.*

For behold, darkness covers the land; deep gloom enshrouds the peoples.

But over you the Lord will rise, and his glory will appear upon you.

Nations will stream to your light, and kings to the brightness of your dawning.

Your gates will always be open; by day or night they will never be shut. *Refrain.*

They will call you, “The City of the Lord,” the Zion of the Holy One of Israel.

Violence will no more be heard in your land, ruin or destruction within your borders.

You will call your walls, “Salvation,” and all your portals, “Praise.”

The sun will no more be your light by day; by night you will not need the brightness of the moon.

The Lord will be your everlasting light, and your God will be your glory. *Refrain.**The assembly is invited to remain seated for a period of silence, contemplating the gifts of God given and received.**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***Prayers for an Inclusive Church, adapt.*Let us pray. **Lord of the wedding feast, we thank you for sharing with us the abundance of your life: in the beauty of humility may we receive with joy the gift of the stranger, the grace of the water, and the living bread of love’s desire. Amen.****BLESSING***The Presider asks God’s blessing on the Assembly. All respond: Amen.***HYMN 419***Lord of all being, throned afar ♦ The Hymnal 1982*TUNE: *Mendon***DISMISSAL***The Deacon dismisses the Assembly. The Assembly responds: Thanks be to God.***VOLUNTARY***Wie schön leuchtet der Morgenstern*

Johann Pachelbel (1653–1706)

(Tune of Hymn 496, “How bright appears the Morning Star”)

## MINISTERS OF THE LITURGY

**PRESIDER** The Reverend Canon Jennifer King Daugherty; **PREACHER** The Very Reverend Steven L. Thomason; **DEACON** The Reverend Earl Grout; **ASSISTING LAY MINISTER** Rachel Crosbie; **EUCHARISTIC MINISTERS** Nan Sullins, Doug Thorpe, The Reverend Canon Eliacián Rosario-Cruz; **ALTAR GUILD** Sue Tait; **CRUCIFER** Marina Barnes; **LECTORS** John Carroll, Pamela Bradburn; **INTERCESSOR** John Carroll; **GREETER** Steve Quinn; **USHERS** Liz Shea, Ralph Ermoian; **OBLATION BEARERS** Loy & Michael Dahl; **FLOWER MINISTERS** Ray Miller, *team captain*; **LAND ACKNOWLEDGMENT** Doug Thorpe; **MUSICIANS** The Jr. and Sr. Choristers of Saint Mark’s Choir School; Anneka Herring, *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.*