

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 26, 2023 ◆ 11:00 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, and whether you are joining in the nave or via the livestream, 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.

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 <u>saintmarks.org/newcomers</u> 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

musical setting by Peter R. Hallock (1924–2014)

A bell bids all to kneel as able, and remain kneeling throughout the Litany. For those unable to kneel, a profound bow is an appropriate posture.



Cantor O God the Father, Creator of heaven and earth,



Assembly Have mercy upon us.

Cantor O God the Son, Redeemer of the world,

Assembly Have mercy upon us.

Cantor O God the Holy Ghost, Sanctifier of the faithful,

Assembly Have mercy upon us.

Cantor O holy, blessed, and glorious Trinity, one God,

Assembly Have mercy upon us.

Cantor Remember not, Lord Christ, our offenses, nor the offenses of our forebears; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.



Assembly Spare us, good Lord.

Cantor From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,



Assembly Good Lord, deliver us.

Cantor From all blindness of heart; from pride, vainglory, and hypocrisy;

from envy, hatred, and malice; and from all want of charity,

Assembly Good Lord, deliver us.

Cantor From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the

devil,

Assembly Good Lord, deliver us.

Cantor From all false doctrine, heresy, and schism; from hardness of heart,

and contempt of thy Word and commandment,

Assembly Good Lord, deliver us.

Cantor From lightning and tempest; from earthquake, fire, and flood;

from plague, pestilence, and famine,

Assembly Good Lord, deliver us.

Cantor From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying

suddenly and unprepared,

Assembly Good Lord, deliver us.

Cantor By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy

Baptism, Fasting, and Temptation,

Assembly Good Lord, deliver us.

Cantor By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

Assembly Good Lord, deliver us.

Cantor In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

Assembly Good Lord, deliver us.

Cantor We sinners do beseech thee to hear us,
O Lord God; and that it may please
thee to rule and govern thy holy
Church Universal in the right way,



Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to bless and keep all thy people,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to send forth laborers into thy harvest, and to draw all humankind into thy kingdom,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to bring into the way of truth all such as have erred, and are deceived,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth.

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to preserve all who are in danger by reason of their labor or their travel,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to have mercy upon all humankind,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

Assembly We beseech thee to hear us, good Lord.

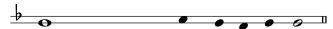
Cantor That it may please thee to grant to all the faithful departed eternal life and peace,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to grant that, in the fellowship of Mary, Mark, and all the saints, we may attain to thy heavenly kingdom,

Assembly We beseech thee to hear us, good Lord.

Cantor Son of God, we beseech thee to hear us.



Assembly Son of God, we beseech thee to hear us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Have mercy upon us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Have mercy upon us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Grant us thy peace.

Cantor O Christ, hear us.



Assembly O Christ, hear us.

Cantor Lord, have mercy upon us.



Assembly Christ, have mercy upon us.

Cantor Lord, have mercy upon us. •

COLLECT OF THE DAY First Sunday in Lent

The Book of Common Prayer, p. 218



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

A LMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated for the readings.

THE LITURGY OF THE WORD

READING Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." But

the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

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

PSALM Psalm 32 ◆ Beati quorum

Plainsong, Tone 3.4

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



Hap-py_ are they to whom the LORD imputes no guilt.

HAPPY are they whose transgressions are forgiven, and whose sin is put away! Happy are they to whom the LORD imputes no guilt, and in whose spirit there is no guile! **ANTIPHON**

While I held my tongue, my bones withered away, because of my groaning all day long. For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer. Then I acknowledged my sin to you, and did not conceal my guilt. I said," I will confess my transgressions to the LORD." Then you forgave me the guilt of my sin. **ANTIPHON**

Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them. You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance. **ANTIPHON**

"I will instruct you and teach you in the way that you should go; I will guide you with my eye. Do not be like horse or mule, which have no understanding; who must be fitted with bit and bridle, or else they will not stay near you." **ANTIPHON**

Great are the tribulations of the wicked; but mercy embraces those who trust in the LORD. Be glad, you righteous, and rejoice in the LORD; shout for joy, all who are true of heart. **ANTIPHON**

READING Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings

justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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.

HYMN 449 O love, how deep, how broad, how high (sts. 1, 2, & 6) ◆ The Hymnal 1982 TUNE: Deus tuorum militum



Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deo Gracias*, English ballad melody, Trinity College MS., 15th cent.; harm. *Hymns Ancient and Modern, Revised*, 1950 Copyright © by permission of Hymns Ancient & Modern Limited. All rights reserved. Used with permission.

THE HOLY GOSPEL Matthew 4:1-11

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

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

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

'He will command his angels concerning you,' and 'On their hands they will bear you up,

so that you will not dash your foot against a stone."

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test."

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

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

Then the devil left him, and suddenly angels came and waited on him.

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: 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.

THE PEACE

The peace of the Lord be always with you. And also with you.

All exchange a sign of peace, respecting others' desires for distance to be maintained.



THE LITURGY OF THE TABLE

OFFERTORY

An offering of money is received. Everyone participating in Saint Mark's Cathedral's worship at this time in any way is invited to make an offering as an expression of gratitude for God's generosity. Together, our gifts make possible this community of welcome, reconciliation and service. All worshipping in person are invited to place their offering in baskets as they are passed through through the rows.

Links to donate to Saint Mark's online are located on the livestream page. Visit <u>saintmarks.org/give</u>, 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.



words & Music: Phillip McIntyre (1951-1991)

ANTHEM That's how good God is!

Pray to Him in deep despair,
He will hear the faintest prayer,
That's how good God is!
Come to Him on bended knee,
He will hear your simplest plea.
That's how good God is!
When friends on earth deceive you and you feel you're all alone,
Don't hesitate to call on God, He's waiting on his throne.

He will comfort you,
He will see you through.
That's how good God is!
Young and old, the meek, the bold,
come in from life's bitter cold,
for He is your friend.
He awaits with open arms,
He will shelter you from harm.
That's how good God is!
He sends the Holy Spirit to direct and be our guide,
to walk beside us always, daily there to be our guide.

He knows all our pain, He'll our hope sustain. That's how good God is! Amen.

THE GREAT THANKSGIVING Eucharistic Prayer C

The Lord be with you. And also with you.

Lift up your hearts. We lift them to the Lord.

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

God of all power, Ruler of the Universe, you are worthy of glory and praise. **Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home. By your will they were created and have their being.

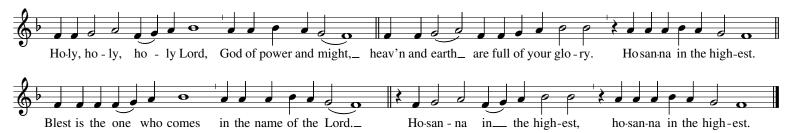
From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another. Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace. By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

SANCTUS & BENEDICTUS Missa œcumenica

Russian Orthodox Tone I, adapt. Richard Proulx



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And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, **We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our ancestors; God of Abraham, Sarah, and Hagar, Isaac and Rebekah, Jacob, Leah, Rachel, Bilhah, and Zilpah; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

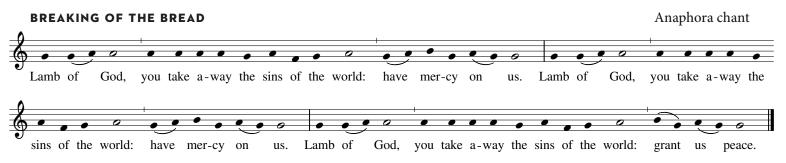
Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **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.



The Hymnal 1982 #S-160, © 1984 by Mason Martens.

INVITATION TO COMMUNION

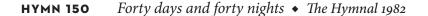
The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All may be seated for the time of Communion. All seeking God are welcome at Christ's Table.

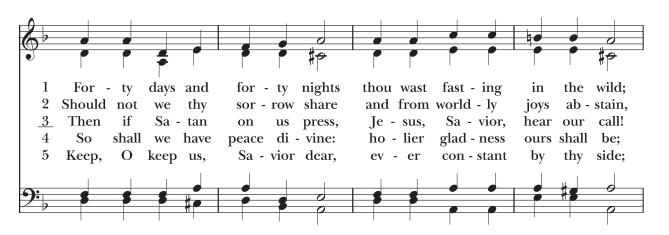
Please follow the directions of the Liturgical Ministers. Bread and wine are distributed at standing stations at the head of three aisles. The bread will placed into your outstretched palm taking care not to touch your hand. If you prefer a gluten-free wafer, simply ask for one at the time of Communion. If you wish to receive a blessing instead, please cross your arms in front of your chest.

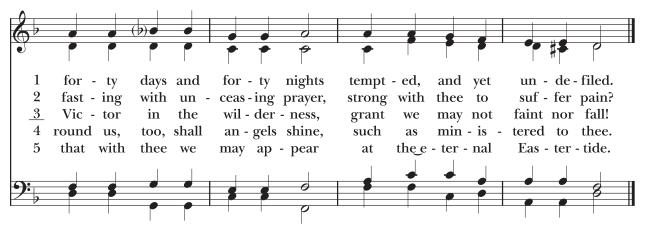
Intinction (dipping the bread in the wine) is not available at this time. If you do not wish to drink from the common cup, please cross your arms in front of your chest as you pass by the chalice. The full grace of the sacrament is received with only the bread.

VOLUNTARY Organ improvisation



TUNE: Aus der Tiefe rufe ich





Words: George Hunt Smyttan (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

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.

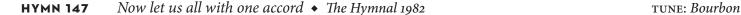
One body are we. **For though many, we share one bread and one cup.** Go in peace, bearing holy gifts for holy people.

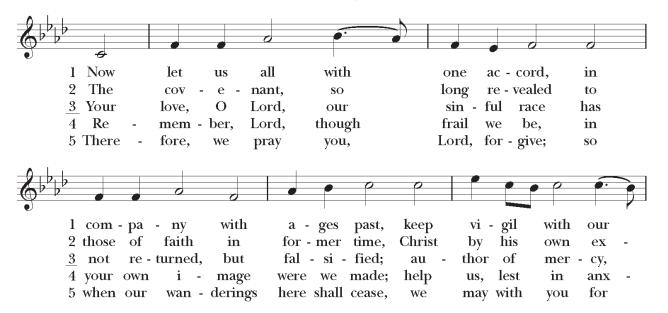
POSTCOMMUNION PRAYER

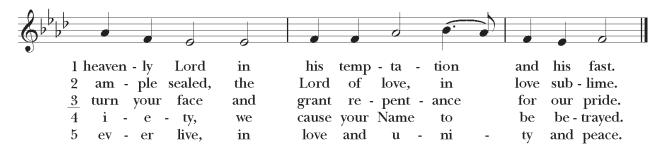
The Book of Common Prayer, p. 366

Let us pray. Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

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







Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. Copyright © by James Quinn, SJ. Printed by permission of Geoffrey Chapman, a divison of Cassell Ltd. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938) Copyright ©1984, Thomas Foster. All rights reserved. Used with permission.

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

VOLUNTARY Präludium in E minor, BuxWV 142

Dietrich Buxtehude (1637–1707)



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 Jeremy Crawford; EUCHARISTIC MINISTERS Kelsey Herschberger, Rose Hazard, Emily Meeks, John Selberg, The Reverend Canon Eliacín Rosario-Cruz, The Reverend Linzi Stahlecker; ALTAR GUILD James Davidson, Ashley Hedeen, Hannah Hochkeppel; VERGERS Michael Seewer, Erik Donner; ACOLYTES Kate Halamay, Nicole Thompson, Alexandra Thompson, Rollin Salsbery, Jen Younggren; LECTORS Peter Snyder, Betsy Heimburger; GREETERS Hisako Beasley, Tony Deleganos, Jay Quarterman; USHERS Wayne Duncan, Jeff Sackett; OBLATION BEARERS The Heath-McCormick Family; LAND ACKNOWLEDGMENT George Pro; MUSICIANS The Cathedral Choir; SOUND BOARD Michael Perera; VIDEO Chris Brown