



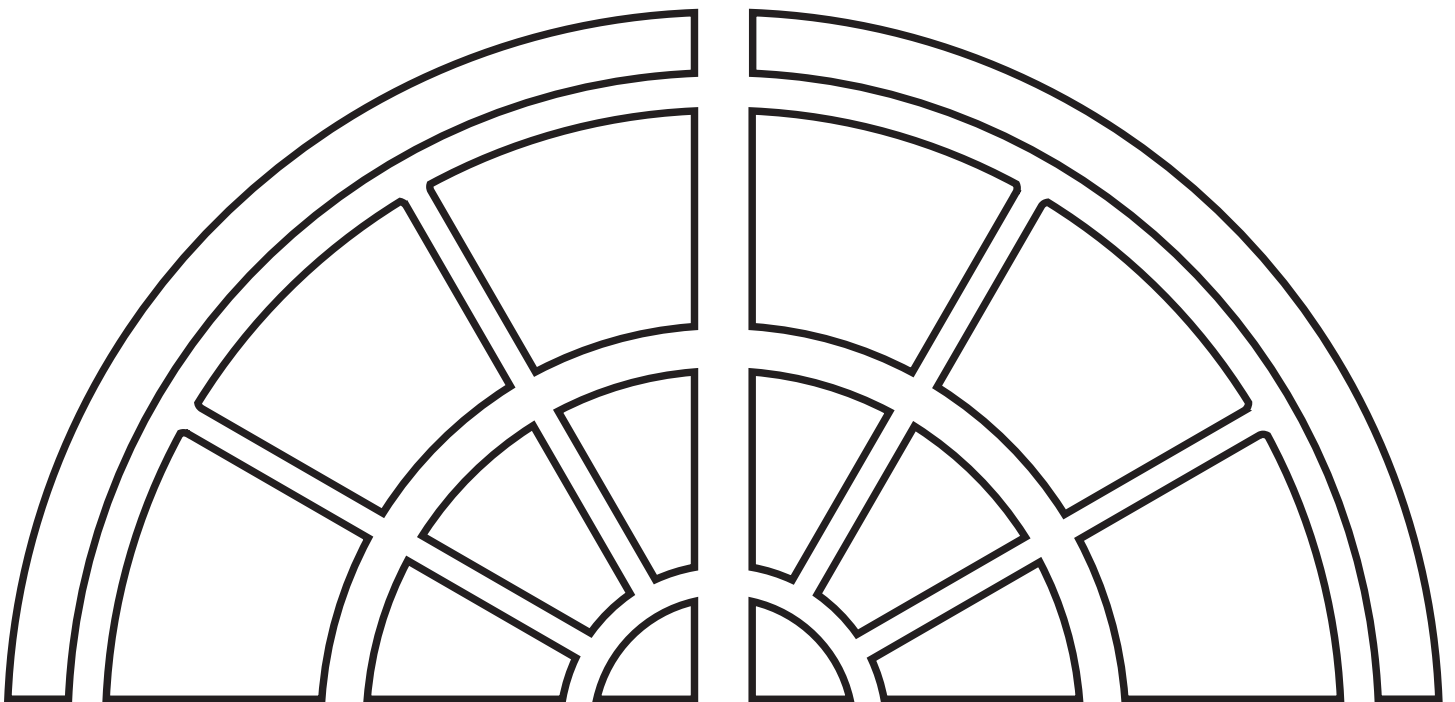
SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 26, 2023

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 all the Coast Salish Tribes.*

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

*Please note that masks are now recommended.*

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



**PRELUDE**     *I. Andante from Vesper Voluntaries, Op. 14*

Edward Elgar (1857–1934)

**LAND ACKNOWLEDGMENT**

# THE PENITENTIAL ORDER

*All stand, as able.*

**HYMN 448** *O love, how deep, how broad, how high* (sts. 1, 2 & 6) ♦ *The Hymnal 1982* TUNE: *Deus tuorum militum*

## OPENING ACCLAMATION

*Presider* Bless the Lord who forgiveth all our sins.

*Assembly* **His mercy endureth forever.**

*All kneel, as able. For those unable to kneel, a profound bow is an appropriate posture.*

## THE DECALOGUE

*The Book of Common Prayer, p. 317*

*Presider* God spake these words, and said:

I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not take the Name of the Lord thy God in vain.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Remember that thou keep holy the Sabbath day.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Honor thy father and thy mother.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt do no murder.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not commit adultery.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not steal.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not bear false witness against thy neighbor.

*Assembly* **Lord have mercy upon us, and incline our hearts to keep this law.**

*Presider* Thou shalt not covet.

*Assembly* **Lord have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.**

*The Presider reads a sentence from scripture.*

**THE CONFESSION**

*The Book of Common Prayer, p. 320*

*Presider* Let us humbly confess our sins unto Almighty God.

*You are invited to remain kneeling for the confession.*

*Presider* Almighty and most merciful Father,

**All we have erred and strayed from thy ways like lost sheep,  
we have followed too much the devices and desires of our own hearts,  
we have offended against thy holy laws,  
we have left undone those things which we ought to have done,  
and we have done those things which we ought not to have done.  
But thou, O Lord, have mercy upon us,  
spare thou those who confess their faults,  
restore thou those who are penitent,  
according to thy promises declared unto mankind  
in Christ Jesus our Lord;  
and grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of thy holy Name. Amen.**

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

*All remain kneeling, as able.*

**KYRIE ELEISON**

*Presider* Lord, have mercy upon us.

**Assembly Christ, have mercy upon us.**

*Presider* Lord, have mercy upon us.

**COLLECT OF THE DAY**

*The Book of Common Prayer, p. 166*

*Presider* The Lord be with you.

**Assembly And with thy spirit.**

*Presider* Let us pray.

**A**LMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

**All Amen.**

*Please be seated for the Liturgy of the Word*

# THE LITURGY OF THE WORD

## READING

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

**T**HE 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.

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

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

## PSALM

*Psalm 32 ♦ Beati quorum*

*The Book of Common Prayer, p. 624*

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

**H**APPY 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!

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.

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.

"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."

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. ♦

**READING***Romans 5:12-19*

**A**S 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.

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

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

*All stand, as able.*

**THE HOLY GOSPEL** *Matthew 4:1-11*

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

*Assembly* **Glory be to thee, O Lord.**

**J**ESUS 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.

*Presider* The Gospel of the Lord.

*Assembly* **Praise be to thee, O Christ.**

*All stand, as able.*

**THE NICENE CREED**

*The Book of Common Prayer, p. 326*

I believe in one God,  
the Father Almighty,  
maker of heaven and earth,  
and of all things visible and invisible;

And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God, Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father;  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,  
and was incarnate by the Holy Ghost of the Virgin Mary,  
and was made man;  
and was crucified also for us under Pontius Pilate;  
he suffered and was buried;  
and the third day he rose again according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father;  
and he shall come again, with glory,  
to judge both the quick and the dead;  
whose kingdom shall have no end.

And I believe in the Holy Ghost the Lord, and Giver of Life,  
who proceedeth from the Father and the Son;  
who with the Father and the Son together is worshiped and glorified;  
who spake by the Prophets.

And I believe one holy Catholic and Apostolic Church;  
I acknowledge one Baptism for the remission of sins;  
and I look for the resurrection of the dead,  
and the life of the world to come.

Amen.

## PRAYERS OF THE PEOPLE

*After each petition:*

*Intercessor* God, in your mercy,

***Assembly* hear our prayer.**

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

## THE COMFORTABLE WORDS

*The Presider reads sentences of scripture.*

*The Book of Common Prayer, p. 332*

## THE PEACE

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

***Assembly* And with thy spirit.**

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





# THE LITURGY OF THE TABLE

## OFFERTORY

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

*For electronic giving options, visit [saintmarks.org/give](https://saintmarks.org/give), or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right), or visit this link on your mobile device: <https://venmo.com/saintmarkscathedralseattle>. If Venmo asks you for a four-digit code, enter **2076**.*



*All stand, as able.*

## THE GREAT THANKSGIVING *Eucharistic Prayer II*

*The Book of Common Prayer, p. 340*

*Presider* The Lord be with you.

*Assembly* **And with thy spirit.**

*Presider* Lift up your hearts.

*Assembly* **We lift them up unto the Lord.**

*Presider* Let us give thanks unto our Lord God.

*Assembly* **It is meet and right so to do.**

*Presider* It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Who dost bid thy faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by thy Word and Sacraments, they may come to the fullness of grace which thou hast prepared for those who love thee. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**All Holy, holy, holy, Lord God of hosts:  
heaven and earth are full of thy glory  
Glory be to thee, O Lord most high.**

**Blessed is he that cometh in the name of the Lord.**

**Hosanna in the highest.**

*Presider* All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

*All* AMEN.

#### THE LORD'S PRAYER

*The Book of Common Prayer, p. 336*

*Presider* And now, as our Savior Christ hath taught us, we are bold to say,

*All* **Our Father,  
who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

#### THE BREAKING OF THE BREAD

*Presider* Christ our passover is sacrificed for us.

*Assembly* **Therefore let us keep the feast.**

## AGNUS DEI

*Presider* O Lamb of God, that takest away the sins of the world,  
**All have mercy upon us.**

*Presider* O Lamb of God, that takest away the sins of the world,  
**All have mercy upon us.**

*Presider* O Lamb of God, that takest away the sins of the world,  
**All grant us thy peace.**

## PRAYER OF HUMBLE ACCESS

*The Book of Common Prayer, p. 337*

**All** We do not presume to come to this thy Table, O merciful Lord,  
trusting in our own righteousness,  
but in thy manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under thy Table.  
But thou art the same Lord  
whose property is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of thy dear Son Jesus Christ,  
and to drink his blood,  
that we may evermore dwell in him, and he in us.  
**Amen.**

## INVITATION TO COMMUNION

*Presider* 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 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. 339*

*Presider* Let us pray.

**All** Almighty and everliving God,  
we most heartily thank thee  
for that thou dost feed us, in these holy mysteries,  
with the spiritual food of the most precious Body and Blood  
of thy Son our Savior Jesus Christ;  
and dost assure us thereby  
of thy favor and goodness towards us;  
and that we are very members incorporate  
in the mystical body of thy Son,  
the blessed company of all faithful people;  
and are also heirs, through hope, of thy everlasting kingdom.  
And we humbly beseech thee, O heavenly Father,  
so to assist us with thy grace,  
that we may continue in that holy fellowship,  
and do all such good works as thou hast prepared for us to walk in;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory,  
world without end. Amen.

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

**HYMN 143** *The glory of these forty days (stanzas 1–4) ♦ The Hymnal 1982*

TUNE: *Erhalt uns, Herr*

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

**VOLUNTARY** *Introduction from Vesper Voluntaries*

Elgar

## MINISTERS OF THE LITURGY

**PRESIDER & PREACHER**

The Very Reverend Steven L. Thomason

**ASSISTING LAY MINISTER**

Mary Dickinson

**LECTOR & INTERCESSOR**

John Weintraub

**ORGANIST**

Cara Peterson

SAINT MARK'S EPISCOPAL CATHEDRAL ♦ SEATTLE, WASHINGTON

# CATHEDRAL NEWSLETTER

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

February 26, 2023 ♦ The First Sunday in Lent



More details can be found  
in the email newsletter.

Scan the code, or visit:  
[saintmarks.org/newsletter](http://saintmarks.org/newsletter)

## ANNOUNCEMENTS

SPECIAL SUNDAY FORUM WITH DEAN THOMASON

### Planning Your Funeral and Preparing Your Will as Lenten Practice

THIS MORNING, SUNDAY, FEBRUARY 26, 10:10-10:50  
A.M., BLOEDEL HALL

On Ash Wednesday, Dean Thomason send a message to the congregation inviting everyone into the spiritual practice of planning your funeral as a gift to your loved ones, and to prepare (or review) your will and estate plans. Now this Sunday join the Dean between the 9 and 11 services this morning in Bloedel Hall as he talks about the meaning of these practices in more detail. As Christians, we do not deny death as a reality of life, but we deal honestly with the stark truth that we all die. Lent is an especially appropriate time for this, and all are welcome to attend. Resources are available at [saintmarks.org/community](http://saintmarks.org/community). Contact Dean Thomason with questions: [sthomason@saintmarks.org](mailto:sthomason@saintmarks.org)

### 20s/30s Questioning Together: Theodicy & Suffering

TONIGHT, SUNDAY, FEBRUARY 26, 7:30 P.M., LEFFLER

How do we justify God when there is so much suffering in the world? Come explore these themes at the beginning of Lent with Curate Linzi Stahlecker and 20s/30s member Fraser Reach as we consider transformation and the journey of deeper union with God. Dessert and light snacks provided. Questions? Email Emily Meeks: [emcmeeks@gmail.com](mailto:emcmeeks@gmail.com)

### Lent, Holy Week, & Easter Saint Mark's

In this sacred season of Lent, Saint Mark's offers a spectrum of liturgies, performances, forums, and other offerings ranging from an intimate musical interpretation of the events of the Passion of Our Lord, to large choral/orchestral concerts in the nave, and from a quiet Lenten Taizé service, to the great liturgies of Holy Week and Easter themselves. Check out the complete listing at: [saintmarks.org/lent](http://saintmarks.org/lent)

### A Concert for the Human Family

SATURDAY, MARCH 4, 7:30 P.M., CATHEDRAL NAVE.  
TICKETS \$20-35

Co-sponsored by Abbey Arts, Saint Mark's Cathedral, and the Office of the Presiding Bishop of the Episcopal Church.

Working alongside The Episcopal Church's *Becoming Beloved Community* program, which focuses on the work of racial reconciliation within and beyond the Church, team of musicians, artists, creatives, and church leaders conceived *A Concert for the Human Family*, an award-winning, genre-bending musical experience that bridges jazz, hip-hop, and bluegrass, performed by a multicultural team led by Nashville pianist and composer Kory Caudill. Since its debut in 2021 in Philadelphia Episcopal Cathedral, it has been offered in churches and cathedrals across the U.S. The concerts, designed to highlight a variety of musical and cultural traditions, stories, and reconciliation work, will serve as a centerpiece for **deeper and more long-standing conversations around racial reconciliation** "on the ground" in host communities, including Seattle. Find a ticket link at: [fremontabbey.org/events](http://fremontabbey.org/events)

### Is Christianity Worth Saving?—New Details

FRIDAY, MARCH 17, 2023, 9:30 A.M.-4 P.M., IN THE  
CATHEDRAL NAVE; REGISTRATION REQUIRED

Join renowned speaker, activist, public theologian and author Brian McLaren for a dynamic interactive event exploring the future of Christian faith in the 21st century. The format of the event will be a conversation between Brian, the audience and a panel of Seattle guests. **The list of participants has now been announced**, and includes distinguished experts such as **Derek McNeil**, President and Provost of The Seattle School of Theology & Psychology, **Fred Lynch**, founding member of the Christian rap collective P.I.D. (Preachers in Disguise), **James Wellman**, Professor and Chair of the Comparative Religion Program at the University of Washington, **Namitha Crow**, Talent Coordinator for the the global health equity nonprofit PATH, **Roxy Hornbeck**, former Assistant Professor of Arts Leadership at Seattle University, and many more.

Cost: Regular, \$39 | "Bring a Friend," \$69 | "Team" (up to five people), \$139. Find the registration link at [saintmarks.org/wisdom](http://saintmarks.org/wisdom)

## UPCOMING EVENTS

### Online Daily Office Services for Lent

**MONDAY-FRIDAY, 8:30 A.M. (MORNING PRAYER) AND 6 P.M. (EVENING PRAYER), ONLINE VIA ZOOM ONLY**

For the season of Lent, Saint Mark's Cathedral and St. Paul's, Seattle, will be partnering to offer both Morning and Evening Prayer via Zoom. Morning Prayer, hosted by St. Paul's, will be offered at 8:30 a.m.; Evening Prayer, hosted by Saint Mark's, will be offered at 6 p.m. Consider committing to attend these online services, just for these 40 days, as a Lenten discipline. You may be surprised what you discover. Find links at: [saintmarks.org/dailyoffice](http://saintmarks.org/dailyoffice)

*Please note: In-person Evening Prayer on Wednesdays in Thomsen Chapel is suspended during this season.* The Thursday 7 a.m. Eucharist/Morning Prayer will continue without change.

**Cathedral Yoga** on **Monday, February 27**, 6:30 p.m. will be a Yin Yoga class led by Leah Adams. Yin Yoga is a quite different style of yoga than a typical yoga class, consisting of long, passive stretches where gravity and time do the work. It is uniquely meditative and restorative. [saintmarks.org/yoga](http://saintmarks.org/yoga)

The **Tuesday Noon Bible Study** group meets every Tuesday, 12 p.m., online via Zoom only. Contact Lynne Cobb for more information and to get the Zoom link to join online: [bhs76er@comcast.net](mailto:bhs76er@comcast.net)

The **Centering Prayer** group meets each Tuesday at 7 p.m. in the cathedral nave for a time of silence followed by discussion. All are welcome. [saintmarks.org/prayer](http://saintmarks.org/prayer)

The **Creation Care Ministry** will have its monthly meeting online via Zoom on **Tuesday, February 28**, at 6:30 p.m. Visit the Creation Care webpage for more information: [saintmarks.org/creation](http://saintmarks.org/creation)

There will be **no** Cathedral Commons forum or presentation on **Wednesday, March 1**, but the community dinner *will* be served at 6 p.m. as usual. All are welcome. [saintmarks.org/commons](http://saintmarks.org/commons)

### Mideast Focus Film Series

**THURSDAY, MARCH 2, 7 P.M., ONLINE ONLY**

The next offering in the **Mideast Focus Film Series** will be Thursday, March 2, 7 p.m., online only, presenting the short documentary *Inside Israeli Apartheid*. The special guest for the post-film discussion will be former Saint Mark's clergy **The Rev. David Messenbring**, who will share his experience living and working under South African Apartheid during the turbulent 1970s, and explore the controversy around applying this term to Israel/Palestine. To receive a link to this film and discussion, send an email to: [seattlemideastfocus@gmail.com](mailto:seattlemideastfocus@gmail.com)

**FROM OUR NEIGHBORS**

### Film Screening at S.U.

#### *Wonderfully Made: LGBTQ+R(eligion)*

**THURSDAY, MARCH 2, 5 P.M. (RECEPTION) 6 P.M. (SCREENING) 8 P.M. (Q&A WITH FILMMAKERS), IN PIGOTT AUDITORIUM AT SEATTLE UNIVERSITY, 901 12TH AVE., SEATTLE. FREE, REGISTRATION REQUIRED.**

All are invited to attend this screening, which was announced at the Queer in Christ ministry launch forum last Sunday. To fight for greater LGBTQ+ acceptance, while overlooking or ignoring religion, is to miss the root of the problem. *Wonderfully Made: LGBTQ+R(eligion)* features interviews with leading advocates of LGBTQ+ Catholics and highlights the factions who are fighting for LGBTQ+ acceptance and who often are criticized and attacked. A Q&A with the director and executive producer of the film will follow the screening. Learn more about register at: [ignatiancenter.org/wonderfully-made](http://ignatiancenter.org/wonderfully-made)

### Creation Care Ministry Retreat

**SATURDAY, MARCH 4, 9 A.M.-3 P.M., AT DIOCESAN HOUSE, 1551 10TH AVE E., SEATTLE**

Saint Mark's Creation Care Ministry will gather on Saturday, March 4 to focus on next steps in this vibrant ministry, consider how to build on what we've accomplished so far, and strategies to move us forward. **The Rev. Stephen Crippen** will guide us in this interactive conversation. Join us at beautiful nearby **Diocesan House** for a rich time of reflection, planning, and celebration. Lunch will be served. RSVP by sending an email to Kathy Minsch: [kminsch@gmail.com](mailto:kminsch@gmail.com)



## Choral Evensong

SUNDAY, MARCH 5, 4:30 P.M., IN THE CATHEDRAL NAVE AND LIVESTREAMED

Raise your hearts and voices to God in this monthly service of prayer and praise at eventide. The intergenerational Evensong Choir will offer serene settings of the *Magnificat* and *Nunc dimittis* by Gabriel Jackson (2001), and a soaring setting by Paul Halley (1994) of “Jesu, the very thought of thee,” a hymn attributed to St. Bernard of Clairvaux (11th century).

### CATHEDRAL COMMONS

## Hymns as Spiritual Nourishment

WESNESDAYS, MARCH 8 & 15, 6:45-8:15 P.M., IN PERSON IN BLOEDEL HALL ONLY.

Canon Kleinschmidt will lead a two-part exploration of the wonderful world of hymns, focusing on the hymns we will sing this Lent and Holy Week. We will ask questions such as: *Why do some hymns touch our hearts more than others? What ingredients of word and melody do our most enduring hymns share? How may I participate in singing a hymn in church, even when I am unfamiliar with the melody? How may hymns enrich my own devotional life?* We will sing, we will laugh, and we may even shed a tear or two in our exploration together.

## A Lenten Quiet Morning

SATURDAY, MARCH 11, 9:30 A.M.-12 P.M., LEFFLER HOUSE AND OUTDOORS

Save the date! Join Rev. Linzi for a morning exploring a variety of contemplative spiritual practices, be offered in the living room at Leffler House on the cathedral campus. Email Linzi with any questions: [lstahlecker@saintmarks.org](mailto:lstahlecker@saintmarks.org)

## Care Packet Packaging Party

SUNDAY, MARCH 12, 10:10 A.M., BLOEDEL HALL

Saint Mark's often welcomes visitors who are unhoused or are otherwise in need of basic supplies. You are invited to join in this intergenerational gathering to assemble a small care packet with basic items like socks, toothbrush, and rain poncho in gallon size Ziplock bags.

There is an **online sign-up** to bring care packet items which provides the specific items and quantities needed—find the link at [saintmarks.org/carepackets](https://saintmarks.org/carepackets) Questions? Email Kristen Kelly ([klk87@hotmail.com](mailto:klk87@hotmail.com)) or Doug Thorpe ([dthorpe@spu.edu](mailto:dthorpe@spu.edu)).

## FUNERALS

A funeral for Norma & Thomas Beadie will be offered today, **Sunday, February 26, 2 p.m.**, Thomsen Chapel

A funeral for Kenneth Martin will be offered **Saturday, March 11, 2 p.m.**, in the cathedral nave

A funeral for John Weller will be offered **Saturday, March 18, 2 p.m.**, in the cathedral nave

A funeral for Stephen Bayne will be offered **Wednesday, May 10, 1:30 p.m.**, in the cathedral nave

## Second Sunday Book Group

SUNDAY, MARCH 12, 12:30-2 P.M., IN PERSON IN ROOM 210 OR ONLINE VIA ZOOM

Saint Mark's Book Group has chosen Khaled Hosseini's 2007 novel, *A Thousand Splendid Suns*, as its selection for March. The Seattle Opera is staging an opera based on the novel Feb 25-Mar 11, but you do not need to see the opera in order to participate in the discussion. [saintmarks.org/bookgroup](https://saintmarks.org/bookgroup)

## Climate Conversation for March

TUESDAY, MARCH 14, 6:30 P.M., ONLINE VIA ZOOM

The next offering in the popular series of Climate Conversations will be on the subject of **reuse**. We'll discuss the concept of reuse and then provide a multitude of practical suggestions on how to reuse items or enable reuse of things we want or need in our everyday lives. **Please note** that Climate Conversations will be offered on the **second Tuesday** of the month, at **6:30 p.m.**, going forward.

The next service of **Candlelit Prayer in the style of Taizé** will be offered on **Tuesday, March 14**, 7 p.m. in the cathedral nave and livestreamed. [saintmarks.org/taize](https://saintmarks.org/taize)

## OTHER ANNOUNCEMENTS

### Update on the Popal Family

There are still a just few spots left on the sign-up for household items requested by the Popal family to furnish their new home in Shoreline, including some smaller gifts as well as the big-ticket items. Find the link to the sign-up at: [saintmarks.org/afghan](https://saintmarks.org/afghan)

**The Radix Project 10: Gratitude** begins April 23, and registration is now open. [saintmarks.org/radix](https://saintmarks.org/radix)



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 Sunday of the month only]

\* 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, 8:30 A.M.

Daily Morning Prayer online via Zoom only.
A special offering in Lent with St. Paul's, Seattle

MONDAY-FRIDAY, 6 P.M.

Daily Evening Prayer online via Zoom only.
(in-person Evening Prayer is suspended in Lent)
saintmarks.org/prayer

MONDAY, 6:30 P.M.

Cathedral Yoga
in the cathedral nave: saintmarks.org/yoga

TUESDAY, 12 P.M.

Bible Study via Zoom: saintmarks.org/classes

TUESDAY, 7 P.M.

Centering Prayer in the cathedral nave

THURSDAY, 7 A.M.

Holy Eucharist in Thomsen Chapel,
1st/3rd/5th Thursdays only

Morning Prayer online via Zoom
2nd/4th Thursdays. saintmarks.org/prayer

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, 20s/30s Group, 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
Instagram: saintmarksseattle
YouTube: @saintmarksseattle

CATHEDRAL LEADERSHIP & STAFF

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VESTRY

DEAN & RECTOR The Very Rev. Steven L. Thomason; BISHOP'S REPRESENTATIVE The Rev. Canon Arienne Davison; SENIOR WARDEN Scott Hulet; JUNIOR WARDENS Scott Kovacs, Greg Hamm, Chris Rigos; VESTRY MEMBERS Carmen Brady, Kathy Minsch, Wayne Duncan, Kristen Kelly, Justin Mills, Doug Thorpe, Peter Snyder, Alexandra Thompson; DIOCESAN VESTRY MEMBERS Katie Prettyman, Tina Blondino, Becky Kacel; 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

