



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 26, 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 or simply contact one of the clergy. Grace and peace to you!

*The Assembly speaks aloud the **text in boldface**.*



A brief organ voluntary offered a few minutes before the hour bids all to keep silence for prayer and preparation.

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

LAND ACKNOWLEDGMENT

THE GREAT LITANY

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

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

Cantor Holy God, Creator of heaven and earth,



Assembly **Have mercy on us.**

Cantor Holy and Mighty, Redeemer of the world,

Assembly **Have mercy on us.**

Cantor Holy Immortal One, Sanctifier of the faithful,

Assembly **Have mercy on us.**

Cantor Holy, blessed and glorious Trinity, One God,

Assembly **Have mercy on us.**

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



Assembly **Savior deliver us.**

Cantor From sloth, worldliness and love of money;
from hardness of heart and contempt for your word and your laws,

Assembly **Savior deliver us.**

Cantor From sins of body and mind; from deceits of the world, flesh and the devil,

Assembly **Savior deliver us.**

Cantor From famine and disaster; from violence, murder, and dying unprepared,

Assembly **Savior deliver us.**

Cantor In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,

Assembly **Savior deliver us.**

Cantor By the mystery of your holy incarnation; by your birth, childhood and obedience; by your
baptism, fasting and temptation,

Assembly **Savior deliver us.**

Cantor By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,

Assembly **Savior deliver us.**

Cantor By your agony and trial; by your cross and passion; by your precious death and burial,

Assembly **Savior deliver us.**

Cantor By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

Assembly **Savior deliver us.**

Cantor Hear our prayers, O Christ our God.



Assembly **Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

Cantor Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

Cantor Bless and keep all your people,

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

Cantor Guard and protect all children who are in danger.

***Assembly* Hear us, O Christ.**

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

***Assembly* Hear us, O Christ.**

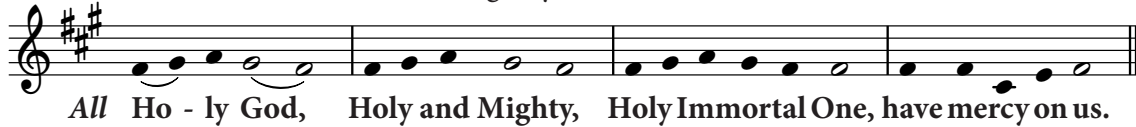
Cantor Forgive our enemies, persecutors and slanderers,
and turn their hearts.

***Assembly* Hear us, O Christ.**

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

Assembly Hear us, O Christ.

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



COLLECT OF THE DAY *First Sunday in Lent A*

Prayers for an Inclusive Church, adapt.

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

SPIRIT OF THE DESERT,
you drove Jesus to the edge of the world to find his truth and calling:
cleanse our hearts and awaken our hunger
that we might find our true food in you;
through Jesus Christ, the Lord of the wilds. Amen. **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*

Simplified Anglican chant, Robert Knox Kennedy (b. 1945)

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



HAPPY are they whose transgressions are for- / given, *
and whose sin is put a- / way!

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 a- / way, *
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 de- / liverance.

"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 under- / standing; *

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*

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, for the proclamation of the Gospel.

GOSPEL ACCLAMATION

Marty Haugen (b. 1950)

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

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

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

THE HOLY GOSPEL *Matthew 4:1-11*

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

*Following the homily, the assembly is invited into a period of silence, reflecting on the scriptures and sermon.
Please stand, as able, when the Presider stands to introduce the Creed.*

THE NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in

Authorized for use by the 1997 General Convention

accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PEACE

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

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



THE LITURGY OF THE TABLE

OFFERTORY

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

*Links to donate to Saint Mark's online are located on the livestream page. Visit saintmarks.org/give, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right), or visit this link on your mobile device: <https://venmo.com/saintmarkscathedralseattle>. If Venmo asks you for a four-digit code, enter **2076**.*



You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.

ANTHEM

Guárdame, Señor

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

Refrain:

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

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

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

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

All stand, as able.

THE GREAT THANKSGIVING

Prayers for an Inclusive Church, adapt.

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

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

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

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

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

SANCTUS & BENEDICTUS *Deutsche Messe*

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

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

The Hymnal 1982 #8-130, adaptation © 1985 G.I.A. Publications, Inc.

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

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

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

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

mystery of faith, saying:

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

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

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

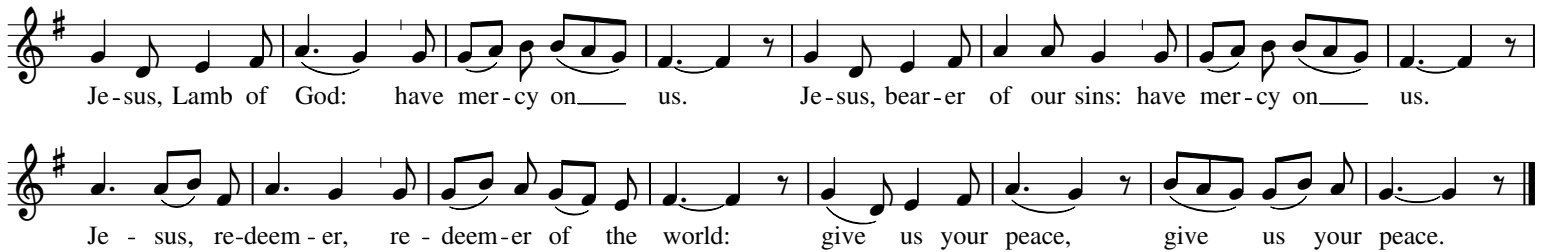
THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

In silence, the Presider breaks the consecrated bread.

BREAKING OF THE BREAD *Deutsche Messe*

Schubert, arr. Proulx



Je-sus, Lamb of God: have mer-cy on___ us. Je-sus, bear-er of our sins: have mer-cy on___ us.

Je - sus, re-deem - er, re - deem-er of the world: give us your peace, give us your peace.

The Hymnal 1982 #8-130, adaptation © 1985 G.I.A. Publications, Inc.

INVITATION TO COMMUNION

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

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

Please follow the directions of the Liturgical Ministers. Bread 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.

VOLUNTARY Organ improvisation

HYMN 150 *Forty days and forty nights* ♦ *The Hymnal 1982*

TUNE: *As der Tiefe rufe ich*

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

SENDING OF EUCHARISTIC VISITORS

On some Sundays, ministers take Holy Communion to sick or housebound members of the community.

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

POSTCOMMUNION PRAYER

Prayers for an Inclusive Church, adapt.

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

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

HYMN 147 *Now let us all with one accord* ♦ *The Hymnal 1982*

TUNE: *Bourbon*

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** Hannah Hochkeppel; **EUCCHARISTIC MINISTERS** Re Knack, Rose Hazard, The Reverend Canon Eliacín Rosario-Cruz; **ALTAR GUILD** Sue Tait; **VERGER** Michael Seewer; **ACOLYTES** Eli Howard; **LECTORS** Ray Miller, Maris Olsen; **GREETERS** TBD; **USHERS** Loy Dahl, Michael Dahl; **OBLATION BEARERS** TBD; **LAND ACKNOWLEDGMENT** Maris Olsen; **MUSICIANS** Saint Mark's Singers; Rebekah Gilmore, *cantor*; **SOUND BOARD** Michael Perera; **VIDEO** Chris Brown

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

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

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. Contact Dean Thomason with questions: 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

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

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

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

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

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

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

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

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

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

Midwest Focus Film Series

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

The next offering in the **Midwest 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: seattlemidwestfocus@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

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: kaminsch@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

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 Questions? Email Kristen Kelly (klk87@hotmail.com) or Doug Thorpe (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

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

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

The Radix Project 10: Gratitude begins April 23, and registration is now open. saintmarks.org/radix



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.

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

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](https://www.facebook.com/SaintMarksSeattle)
Instagram: [saintmarksseattle](https://www.instagram.com/saintmarksseattle)
YouTube: [@saintmarksseattle](https://www.youtube.com/@saintmarksseattle)

CATHEDRAL LEADERSHIP & STAFF

- The Very Rev. Steven L. Thomason, *Dean & Rector* sthomason@saintmarks.org
- The Rev. Canon Jennifer King Daugherty, *Canon for Engagement & Connection*
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- The Rev. Canon Eliacin Rosario-Cruz, *Cathedral Canon* erosario@saintmarks.org
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. cbrown@saintmarks.org

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](https://www.venmo.com/@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

