



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SECOND SUNDAY IN LENT

March 5, 2023 ♦ 9:00 AM

Saint Mark's Cathedral acknowledges that we gather on the traditional land of the first people of Seattle, the Duwamish People, who are still here, and we honor with gratitude the land itself and the life of all the Coast Salish tribes.

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey you are welcome here! Signs in the nave indicate the distanced and undistanced sections. Please note that masks are required only in the distanced sections on the south side of the nave. Masks are recommended everywhere else.

All-gender restrooms are available on the 5th floor of Cathedral House, accessible via the elevator or southwest stairwell. Ushers can direct you. Ushers are available during the liturgy should you have any questions or concerns, or if you need a hearing assist device.

If you are new to Saint Mark's and would like to learn more, please consider completing a newcomer form, visit saintmarks.org/newcomers 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 *Tierce en taille* (Tenor Aria for the tierce stop combination of the organ) Nicolas de Grigny (1672–1703)

LAND ACKNOWLEDGMENT

THE PENITENTIAL ORDER

All stand, as able.

HYMN 401 *The God of Abraham praise* (stanzas 1, 2, & 5) ♦ *The Hymnal 1982*

TUNE: *Leoni*

OPENING ACCLAMATION

Enriching Our Worship 1, p. 50

Blessed be the God of our salvation: **who bears our burdens and forgives our sins.**

The Presider reads a sentence from scripture.

CONFESSION & ABSOLUTION

Let us pray to God for the forgiveness of our sins.

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

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

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

KYRIE ELEISON

Alexandr Arkhangelsky (1846–1924), arr. Richard Proulx

1. Lord, have mer-cy. Lord, have mer-cy. Lord, have mer-cy up - on _____ us.
 2. Christ, have mer-cy. Christ, have mer-cy. Christ, have mer-cy up - on _____ us.
 3. Lord, have mer-cy. Lord, have mer-cy. Lord, have mer-cy up - on _____ us.

from *Missa Ecumenica*, ©1999 Oregon Catholic Press.

COLLECT OF THE DAY *Second Sunday in Lent Year A*

Prayers for an Inclusive Church, adapt.

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

HOLY GOD,
whose enlivening Spirit illuminates the dark night of our souls:
transform the fearsome enclosure of night
into a womb of discovery and new life for us and all the world;
through Jesus Christ, in whom we are born anew. **Amen.**

Please be seated for the readings.



THE LITURGY OF THE WORD

READING *Genesis 12:1-4a*

THE LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you

all the families of the earth shall be blessed.”
So Abram went, as the LORD had told him; and Lot went with him.
Hear what the Spirit is saying to God’s people.
Thanks be to God.

PSALM

Psalm 121 ♦ Levavi oculos

Peter R. Hallock (1924–2014)

The choir chants the Psalm, all repeat the antiphon. The choir chants the verses, all repeat the antiphon.

My help comes from the LORD, the maker of heaven and earth.

LIFT up my eyes to the hills; from where is my help to come? My help comes from the LORD, the maker of heaven and earth. **ANTIPHON**

He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep; **ANTIPHON**

The LORD himself watches over you; the LORD is your shade at your right hand, So that the sun shall not strike you by day, nor the moon by night. **ANTIPHON**

The LORD shall preserve you from all evil; it is he who shall keep you safe. The LORD shall watch over your going out and your coming in, from this time forth for evermore. **ANTIPHON**

READING

Romans 4:1-5,13-17

WHAT then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings

wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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 choir introduces the refrain, all repeat it. The choir 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: The Son of Man must be lifted up, that whoever believes in him may have eternal life.

THE HOLY GOSPEL *John 3:1-17*

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

THERE was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of the Lord. **Praise to you, Lord Christ.**

HOMILY

The Reverend Linzi Stahlecker

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.

PRAYERS OF THE PEOPLE

After each petition:

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

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

THE PEACE

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

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

BIRTHDAY & ANNIVERSARY BLESSINGS

*Those celebrating birthdays and anniversaries this month are invited to come forward to receive a blessing.
All stand, as able, and joins the Presider in saying the prayers.*

Birthdays:

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace, which passes understanding, abide all the days of their lives; through Jesus Christ our Savior. Amen.

Anniversaries:

Loving God, in the mystery of the Holy Trinity, you reveal yourself as a community of self-giving love. We thank you for bringing us together into families. Bless we pray these couples who celebrate the anniversaries of their commitments to one another, and grant that they may grow in grace, fidelity and mutual affection all the days of their lives, through Jesus Christ our Savior. Amen.



THE LITURGY OF THE TABLE

OFFERTORY

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

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

God so loved the world

WORDS: John 3:16-17;

MUSIC: Sir John Stainer (1840–1901) from *The Crucifixion*

God so loved the world, that he gave his only begotten son, that whosoever believeth in him should not perish but have everlasting life.

For God sent not his son into the world to condemn the world, but that the world through him might be saved.

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, —
hea - ven 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 #S-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 691 *My faith looks up to thee* ♦ *The Hymnal 1982*

TUNE: *Olivet*

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.

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 473 *Lift high the cross ♦ The Hymnal 1982*

TUNE: *Crucifer*

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

VOLUNTARY Postlude on *Leoni* (Tune of Hymn 401, “The God of Abraham praise”)

Pamela Decker (b. 1955)



MINISTERS OF THE LITURGY

PRESIDER The Reverend Canon Eliacín Rosario-Cruz; **PREACHER** The Reverend Linzi Stahlecker; **DEACON** The Reverend Emily Austin; **ASSISTING LAY MINISTER** Rachel Crosbie; **EUCHARISTIC MINISTERS** Doug Thorpe, Norm Harris, The Reverend Canon Jennifer King Daugherty; **ALTAR GUILD** Sue Tait; **CRUCIFER** Peter Ermoian; **LECTORS** Sue Tait, John Carroll; **INTERCESSOR** Sue Tait; **GREETER** TBD; **USHERS** Dave Harms, Ralph Ermoian; **OBLATION BEARERS** Michael & Loy Dahl; **LAND ACKNOWLEDGMENT** John Carroll; **MUSICIANS** The Junior and Senior Choristers of Saint Mark’s Choir School; Saint Mark’s Singers; **SOUND BOARD** Michael Perera

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