



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 12, 2023 ♦ 11:00 AM

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

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey, and whether you are joining in the nave or via the livestream, you are welcome here!

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

Signs in the nave indicate the distanced and undistanced sections. Ushers are available during the liturgy should you have any questions or concerns, or if you need a hearing assist device.

If you are new to Saint Mark's and would like to learn more, please consider completing a newcomer form, visit 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 *Martyrdom* (Tune of Hymn 658 "As the deer longs for cooling streams")
C. Hubert H. Parry (1848–1918)

LAND ACKNOWLEDGMENT

All stand, as able.

INTROIT *The Best of Rooms* WORDS: Robert Herrick (1591–1674); MUSIC: Gerald Near (b. 1942)

Christ, he requires still, wheresoe'er he comes to feed or lodge, to have the best of rooms: Give him the choice; grant him the nobler part of all the house: The best of all's the heart.

THE PENITENTIAL ORDER

HYMN 686 *Come, thou fount of every blessing* ♦ *The Hymnal 1982* TUNE: *Nettleton*



1. Come, thou fount of ev - ery bless - ing, tune my heart to sing thy grace!
2. Here I find my great - est trea - sure; hith - er by thy help, I've come;
3. Oh, to grace how great a debt - or dai - ly I'm con - strained to be!



Streams of mer - cy nev - er ceas - ing, call for songs of loud - est praise.
 and I hope, by thy good plea - sure, safe - ly to ar - rive at home.
 Let thy good - ness, like a fet - ter, bind my wan - d'ring heart to thee:



Teach me some me - lo-dious son - net, sung by flam - ing tongues a - bove.
 Je - sus sought me when a stran - ger, wan - d'ring from the fold of God;
 prone to wan - der, Lord, I feel it, prone to leave the God I love;



Praise the mount! Oh, fix me on it, mount of God's un - chang - ing love.
 he, to res - cue me from dan - ger, in - ter - posed his pre - cious blood.
 here's my heart, oh, take and seal it, seal it for thy courts a - bove.

OPENING ACCLAMATION

The Book of Common Prayer, p. 351

Bless the Lord who forgives all our sins; **God's mercy endures for ever.**

The Presider reads a sentence from scripture.

CONFESSION & ABSOLUTION

Let us confess our sins against God and our neighbor.

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

Most merciful God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. 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 *Third Sunday in Lent*

The Book of Common Prayer, p. 218

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

ALmighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Please be seated for the readings.



THE LITURGY OF THE WORD

READING *Exodus 17:1-7*

FROM the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, “Give us water to drink.” Moses said to them, “Why do you quarrel with me? Why do you test the Lord?” But the people thirsted there for water;

and the people complained against Moses and said, “Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?” So Moses cried out to the LORD, “What shall I do with this people? They are almost ready to stone me.” The LORD said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which

you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD

among us or not?”

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

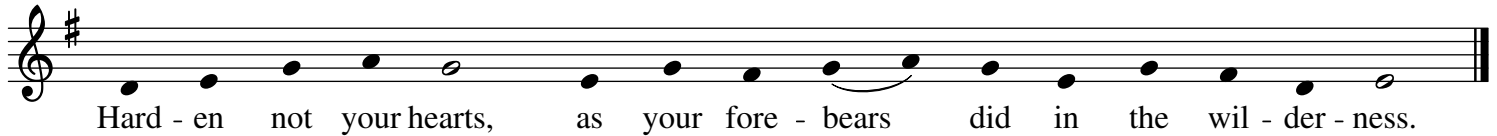
Thanks be to God.

PSALM

Psalm 95 ♦ Venite, exultemus

Plainchant Tone II.I

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



COME, let us sing to the LORD; let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. **ANTIPHON**

For the LORD is a great God, and a great King above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have molded the dry land.

ANTIPHON

Come, let us bow down, and bend the knee, and kneel before the LORD our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that today you would hearken to his voice! Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. **ANTIPHON**

They put me to the test, though they had seen my works. Forty years long I detested that generation and said, “This people are wayward in their hearts; they do not know my ways.” So I swore in my wrath, “They shall not enter into my rest.” **ANTIPHON**

READING

Romans 5:1-11

SINCE we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to

die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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.

HYMN 679

Surely it is God who saves me ♦ The Hymnal 1982

TUNE: *Thomas Merton*



1. Sure - ly it is God who saves me; trust-ing him, I shall not fear.
2. Make his deeds known to the peo - ples; tell out his ex - alt - ed Name.



For the Lord de - fends and shields me and his sav - ing help is near.
Praise the Lord, who has done great things; all his works his might pro-claim.



So re - jice as you draw wa - ter from sal - va - tion's liv - ing spring;
Zi-on, lift your voice in sing - ing; for with you has come to dwell,



in the day of your de - liv - erance thank the Lord, his mer - cies sing.
in your ve - ry midst, the great and Ho - ly One of Is - ra - el.

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

JESUS came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth,

for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

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

HOMILY

The Reverend Canon Eliacín Rosario-Cruz

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

The Book of Common Prayer, p. 358

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

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

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

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

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 the Lord be always with you. **And also with you.**

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

THE LITURGY OF THE TABLE

OFFERTORY

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

*Links to donate to Saint Mark's online are located on the livestream page. Visit 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

Sicut cervus

WORDS: Psalm 42, v. 1; MUSIC: Giovanni Pierluigi da Palestrina (ca. 1525–1594)

*Sicut cervus desiderat ad fontes aquarum:
ita desiderat anima mea ad te, Deus.*

As the deer longs for the waterbrooks,
so longs my soul for you, O God.

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer C*

The Book of Common Prayer, p. 369

The Lord be with you. **And also with you.**

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

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

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

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

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

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

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

SANCTUS & BENEDICTUS *Missa œcumenica*

Russian Orthodox Tone I, adapt. Richard Proulx

Ho - ly, ho - ly, ho - ly Lord, God of power and might, —
heav'n and earth — are full of your glo - ry. 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.

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

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper, he took the cup of wine, gave thanks, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

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

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

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

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

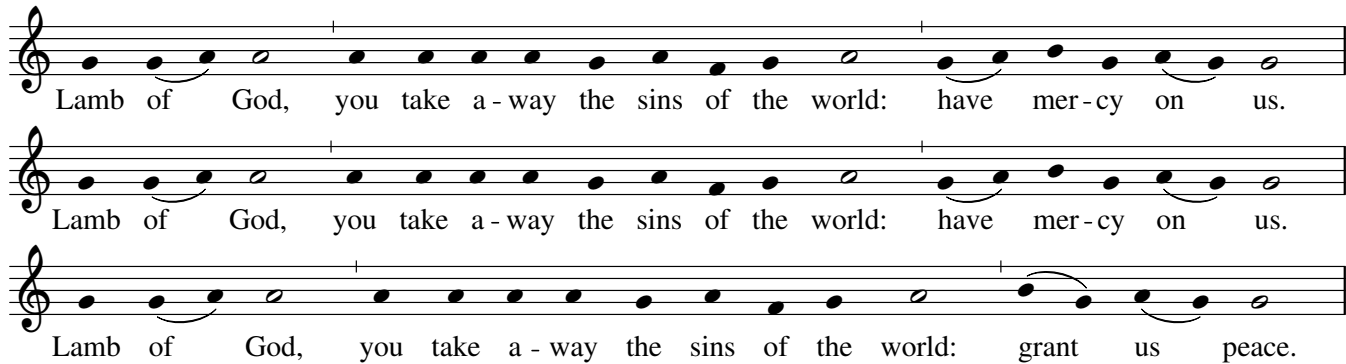
THE LORD’S PRAYER

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

In silence, the Presider breaks the consecrated bread.

BREAKING OF THE BREAD

Anaphora chant



Lamb of God, you take a-way the sins of the world: have mer-cy on us.

Lamb of God, you take a-way the sins of the world: have mer-cy on us.

Lamb of God, you take a-way the sins of the world: grant us peace.

The Hymnal 1982 #8-160, © 1984 by Mason Martens.

INVITATION TO COMMUNION

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

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

Please follow the directions of the Liturgical Ministers. Bread and wine are distributed at standing stations at the head of three aisles. The bread will 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 692 *I heard the voice of Jesus say* ♦ *The Hymnal 1982*

TUNE: *The Third Tune*

1. I heard the voice of Je - sus say, "Come un - to me and rest;
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give
3. I heard the voice of Je - sus say, "I am this dark world's light;

and in your wear - i - ness lay down your head up - on my breast."
the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
look un - to me, thy morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wear - y, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
my thirst was quenched, my soul re - vived, and now I live in him.
and in that light of life I'll walk till pil - grim days are done.

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

SENDING OF EUCHARISTIC VISITORS

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

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

POSTCOMMUNION PRAYER

The Book of Common Prayer, p. 366

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

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

HYMN 690 *Guide me, O thou great Jehovah* ♦ *The Hymnal 1982*

TUNE: *Cwm Rhondda*

1. Guide me, O thou great Je - ho - vah, pil - grim though this bar - ren land;
2. O - pen now the crys - tal foun - tain, whence the heal - ing stream doth flow;
3. When I tread the verge of Jor - dan, bid my anx - ious fears sub - side;

I am weak, but thou art might - y; hold me with thy pow'r - ful hand;
let the fire and cloud - y pil - lar lead me all my jour - ney through;
death of death, and hell's de - struc - tion, land me safe on Ca - naan's side;

bread of hea - ven, bread of hea - ven, feed me now and ev - er - more, (ev - er - more)
 strong de - liv - erer, strong de - liv - erer. be thou still my strength and shield, (strength and shield)
 songs of prais - es, songs of prais - es, I will ev - er give to thee, (give to thee)

feed me now and ev - er - more.
 be thou still my strength and shield.
 I will ev - er give to thee.

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

VOLUNTARY *Fugue in B minor, BWV 544b*

J. S. Bach (1685–1750)



MINISTERS OF THE LITURGY

PRESIDER The Reverend Linzi Stahlecker; **PREACHER** The Reverend Canon Eliacín Rosario-Cruz; **DEACON** The Reverend Earl Grout;
ASSISTING LAY MINISTER Peter Snyder; **EUCCHARISTIC MINISTERS** Rose Hazard, Kelsey Herschberger, TBD, Wendy Claire Barrie,
 The Reverend Mark Miller, The Reverend Canon Jennifer King Daugherty; **ALTAR GUILD** Ashley Hedeem, Morgan Bawcom-Randall;
VERGERS Alexandra Thompson, Sharon Ferguson; **ACOLYTES** Carrie Davis, Austin LESure, Barbara Zito, Hilary McLeland-Wieser,
 TBD; **LECTORS** Rachel Baker, Ruth McRee; **INTERCESSOR** Ray Miller; **GREETERS** Barbara Selberg, John Selberg; **USHERS** Jeff Sackett
 | Sarah McCord, Chris Rigos; **OBLATION BEARERS** The Mills Family; **LAND ACKNOWLEDGMENT** Roberta Nestaas; **MUSICIANS** The
 Cathedral Choir; **SOUND BOARD** Michael Perera; **VIDEOGRAPHY** Chris Brown

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