



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE FOURTH SUNDAY IN LENT

March 19, 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.*

*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](http://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** Psalm Prelude, Opus 32, No. 3

Herbert Howells (1892–1983)

### LAND ACKNOWLEDGMENT

*All stand, as able.*

**INTROIT** *Jesu, the very thought of thee*

MUSIC: Edward C. Bairstow (1874–1946)

WORDS: attr. to Saint Bernard of Clairvaux (1093–1153), tr. Edward Caswall (1814–1878)

Jesu, the very thought of thee  
with sweetness fills my breast;  
but sweeter far thy face to see,  
and in thy presence rest.

## THE PENITENTIAL ORDER

**HYMN 339** *Deck thyself, my soul, with gladness* ♦ *The Hymnal 1982*

TUNE: *Schmücke dich*



1. Deck thy - self, my soul, with glad - ness, leave the gloo-my haunts of sad - ness,
2. Sun, who all my life dost bright - en; Light, who dost my soul en - light - en;
3. Je - sus, Bread of Life, I pray thee, let me glad-ly here o - bey thee;



come in - to the day-light's splen - dor, there with joy thy prais-es ren - der  
 Joy, the best that a - ny know-eth; Fount, whence all my be - ing flow - eth:  
 ne - ver to my hurt in - vit - ed, be thy love with love re - quit - ed;



un - to him whose grace un-bound - ed hath this won - drous ban-quet found - ed;  
 at thy feet I cry, my Ma - ker, let me be a fit par - tak - er  
 from this ban - quet let me mea - sure, Lord, how vast and deep its trea - sure;



high o'er all the heavens he reign-eth, yet to dwell with thee he deign-eth.  
 of this bless - èd food from hea - ven, for our good, thy glo - ry, giv - en.  
 through the gifts thou here dost give me, as thy guest in heaven re - ceive me.

**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 Œcumenica*, ©1999 Oregon Catholic Press.

## COLLECT OF THE DAY *Fourth Sunday in Lent*

*The Book of Common Prayer*, p. 219

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

**G**RACIOUS FATHER, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever **Amen.**

*Please be seated for the readings.*

# THE LITURGY OF THE WORD

## READING *1 Samuel 16:1-13*

**T**HE LORD said to Samuel, “How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.” Samuel said, “How can I go? If Saul hears of it, he will kill me.” And the LORD said, “Take a heifer with you, and say, ‘I have come to sacrifice to the LORD.’ Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.” Samuel did what the LORD commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said,

“Do you come peaceably?” He said, “Peaceably; I have come to sacrifice to the LORD; sanctify yourselves and come with me to the sacrifice.” And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, “Surely the LORD’s anointed is now before the Lord.” But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart.” Then Jesse called Abinadab, and made him

pass before Samuel. He said, “Neither has the LORD chosen this one.” Then Jesse made Shammah pass by. And he said, “Neither has the LORD chosen this one.” Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, “The LORD has not chosen any of these.” Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but he is keeping the sheep.” And Samuel said to Jesse, “Send and bring him; for we will not sit down until he comes here.” He sent and brought him

in. Now he was ruddy, and had beautiful eyes, and was handsome. The LORD said, “Rise and anoint him; for this is the one.” Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the LORD came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

**Thanks be to God.**

**PSALM**      *Psalm 23 ♦ Dominus regit me*

Peter Hallock

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

The LORD is my shepherd; I shall not want.

**H**E MAKES me lie down in green pastures and leads me beside still waters. He revives my soul and guides me along right pathways for his Name’s sake. **ANTIPHON**

Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me. **ANTIPHON**

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD for ever. **ANTIPHON**

**READING**      *Ephesians 5:8-14*

**O**NCE you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!  
Rise from the dead,  
and Christ will shine on you.”

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 538** God of mercy, God of grace ♦ The Hymnal 1982

TUNE: *Lucerna Laudoniae*

1 God of mer - cy, God of grace, show the bright - ness of thy  
2 Let thy peo - ple praise thee, Lord; be by all that live a -

face. Shine up - on us, Sa - vior, shine, fill thy  
dored. Let the na - tions shout and sing glo - ry

Church with light di - vine, and thy sav - ing health ex -  
to their Sa - vior King; let all be, be - low, a -

tend un - to earth's re - mot - est end.  
bove, one in joy, and light, and love.

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

**A**s JESUS walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His par-

ents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

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

## **HOMILY**

The Reverend Canon Jennifer King Daugherty

*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](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/saintmarkscathedraseattle>. 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

*Richte mich, Gott, Opus 78, No. 2*

*Richte mich, Gott,  
und führe meine Sache wider das unheilige Volk,  
und errette mich von den falschen  
und bösen Leuten.*

*Denn du bist der Gott meiner Stärke;  
warum verstößest du mich?*

*Warum lässest du mich so traurig gehen,  
wenn mein Feind mich drängt?*

*Sende dein Licht und deine Wahrheit,  
daß sie mich leiten zu deinem heiligen Berge,  
und zu deiner Wohnung,*

*Daß ich hinein gehe zum Altar Gottes,  
zu dem Gott, der meine Freude und Wonne ist,  
und dir, Gott, auf der Harfe danke,  
mein Gott.*

WORDS: Psalm 43; MUSIC: Felix Mendelssohn (1809-1847)

Give judgment for me, O God,  
and defend my cause against an ungodly people;  
deliver me from the deceitful  
and the wicked.

For you are the God of my strength;  
why have you put me from you?  
and why do I go so heavily  
while the enemy oppresses me?

Send out your light and your truth,  
that they may lead me to your holy hill  
and to your dwelling;

That I may go to the altar of God,  
to the God of my joy and gladness;  
and on the harp I will give thanks to you,  
O God my God.

Was betrübst du dich, meine Seele,  
 und bist so unruhig in mir?  
 Harre auf Gott!  
 denn ich werde ihm noch danken,  
 daß er meines Angesichts Hülfe,  
 und mein Gott ist.

Why are you so full of heaviness, O my soul?  
 and why are you so disquieted within me?  
 Put your trust in God!  
 for I will yet give thanks to him,  
 who is the help of my countenance,  
 and my 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.**

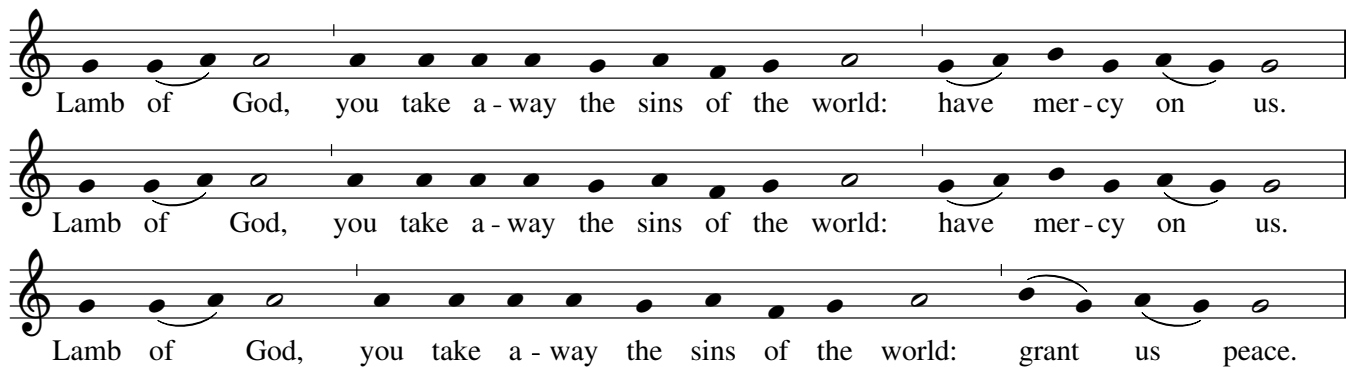
### THE LORD'S PRAYER

**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 #s-160, © 1984 by Mason Martens.*

### INVITATION TO COMMUNION

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

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

*Please follow the directions of the Liturgical Ministers. Bread and wine are distributed at standing stations at the head of three aisles. The bread will 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** *Schmücke dich, o liebe Seele*, Op. 22, No. 5  
(Tune of Hymn 339, "Deck thyself, my soul, with gladness")

Johannes Brahms (1833–1897)

**COMMUNION HYMN** *Heal me, hands of Jesus* ♦ *Wonder, Love, & Praise*

TUNE: *Sharpe*



1. Heal me, hands of Je - sus, and search out all my pain: re -  
2. Cleanse me, blood of Je - sus, take bit - ter - ness a - way; let  
3. Know me, mind of Je - sus, and show me all my sin; dis -  
4. Fill me, joy of Je - sus: anx - i - e - ty shall cease and



store my hope, re - move my fear and bring me peace a - gain.  
me for - give as one for - giv'n and bring me peace to - day.  
pel the mem - o - ries of guilt, and bring me peace with - in.  
heav'n's se - ren - i - ty be mine, for Je - sus brings me peace!

*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*

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
 2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
 3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
 4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
 5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
 2 and spread through all the earth a - broad the hon - ors of thy Name.  
 3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
 4 the mourn - ful bro - ken hearts re - jice, the hum - ble poor be - lieve.  
 5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
 be now and ever given  
 by saints below and saints above,  
 the Church in earth and heaven.

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

**VOLUNTARY** *Fanfare and Chorale*

Calvin Fuller (b. 1943)