



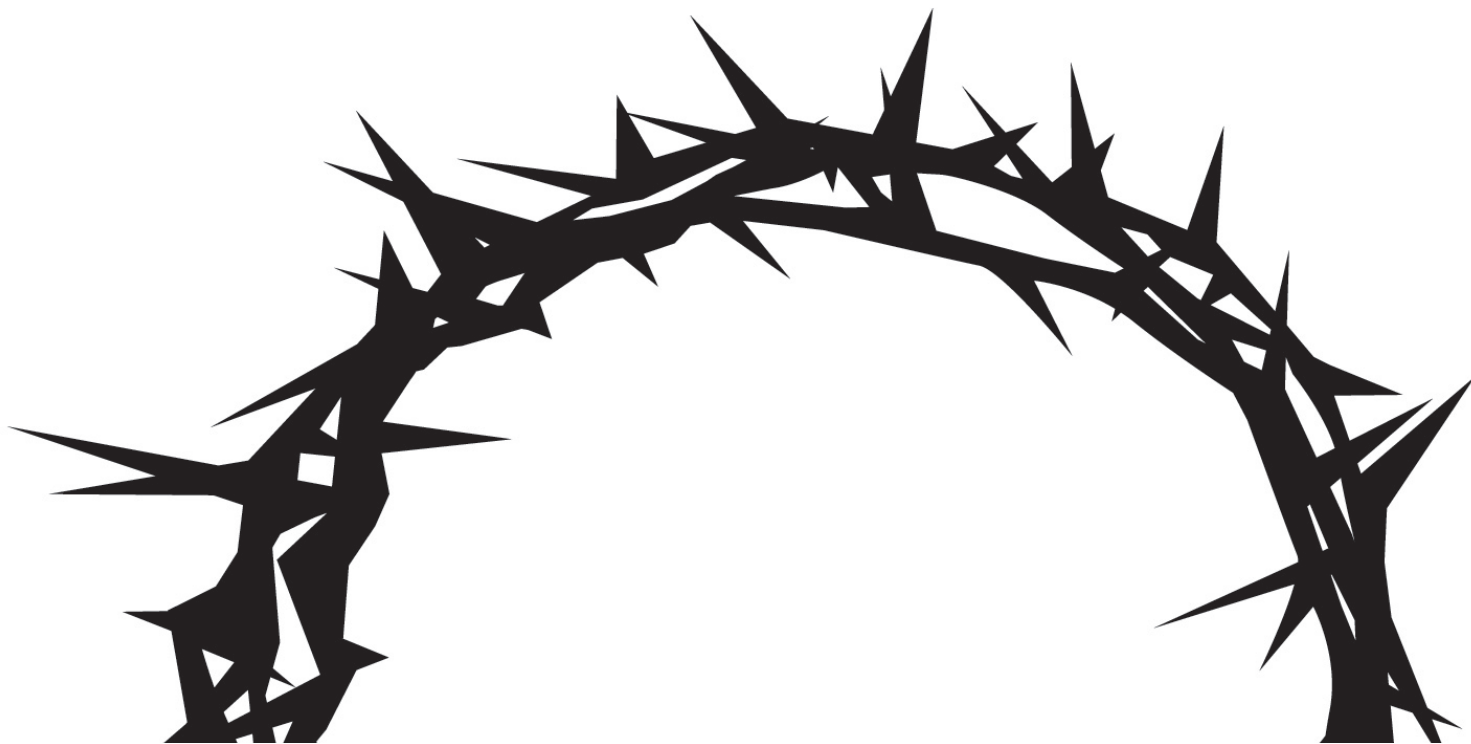
SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

TRIDUUM: THE SACRED THREE DAYS

MAUNDY THURSDAY

April 6, 2023

7:00 PM



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 Coast Salish tribes.

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

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

THE ENTRANCE RITE

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

PRELUDE Two settings of *Pange lingua* Nicolas de Grigny (1672–1703)
(Tune of Hymn 329, “Now my tongue the mystery telling”)
1. Melody in long notes in the tenor voice
2. Fugue on the opening phrase of the melody, for five voices

LAND ACKNOWLEDGMENT

All stand, as able.

INTROIT *O wheat, whose crushing was for bread*

WORDS: Dolores Dufner, OSB (b. 1939);
MUSIC: Shirley W. McRae (b. 1933)

O wheat whose crushing was for bread,
O bread whose breaking is for life,
O life, your seeming end is seed,
a seed for wheat, our bread and life.

O fruit whose crushing was for wine,
O wine whose flowing is for blood,
O blood, your pouring out is life,
our life in you, O fruitful vine.

O life whose crushing was for love,
O love whose spending was to death,
O death, your mourning is our joy,
full joy and birth to lasting life.

HYMN 315 *Thou, who at thy first Eucharist didst pray* ♦ *The Hymnal 1982*

TUNE: *Song 1*

OPENING ACCLAMATION

Presider Bless the Lord who forgives all our sins.
Assembly **God's mercy endures forever.**

COLLECT FOR PURITY

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

All Amen.

SONG OF PRAISE *From all that dwell below the skies*

TUNE: *Old 100th*

1. From all that dwell be - low the skies let the Cre - a - tor's praise a - rise!
 2. E - ter - nal are thy mer - cies, Lord; and truth e - ter - nal is thy word:
 3. Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;

Let the Re - deem - er's name be sung through ev - 'ry land, by ev - 'ry tongue!
 thy praise shall sound from shore to shore till suns shall rise and set no more.
 praise him a - bove, ye heav'n - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

The Hymnal 1982 #380; public domain.

COLLECT OF THE DAY *Maundy Thursday*

The Book of Common Prayer, p. 274

Presider The Lord be with you.

Assembly And also with you.

Presider Let us pray.

ALmighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All Amen.

Please be seated.

THE LITURGY OF THE WORD

READING

Exodus 12:1-4,11-14

THE LORD said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbor in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it.

This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the LORD. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgments: I am the LORD. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt.

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the LORD; throughout your generations you shall observe it as a perpetual ordinance.

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

Assembly **Thanks be to God.**

PSALM

Psalms 116:1,10-17 Dilexi, quoniam

Plainsong, Tone VIII.1

The cantor introduces the antiphon, all repeat; the cantor chants the verses, all repeating the antiphon where indicated.



I will lift up the cup of sal - va - tion, and call up - on the name of the Lord.

I LOVE the LORD, because he has heard the voice of
my supplication, *
because he has inclined his ear to me whenever
I called upon him.

How shall I repay the LORD *
for all the good things he has done for me? **ANTIPHON**

I will fulfill my vows to the LORD *
in the presence of all his people.

Precious in the sight of the LORD *
is the death of his servants.

O Lord, I am your servant; *
I am your servant and the child of your handmaid;
you have freed me from my bonds. **ANTIPHON**

I will offer you the sacrifice of thanksgiving *
and call upon the Name of the LORD.

I will fulfill my vows to the Lord *
in the presence of all his people,

In the courts of the Lord's house, *
in the midst of you, O Jerusalem. **ANTIPHON**

READING *1 Corinthians 11:23-26*

I RECEIVED from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

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

Assembly **Thanks be to God.**

All stand, as able.

SEQUENCE HYMN *Three holy days enfold us now*

TUNE: *Rockingham*



1. Three ho - ly days en - fold us now in wash - ing feet and break - ing bread,
2. The mys - tery hid from a - ges past is here re - vealed in word and sign,
3. Christ lift - ed high up - on the tree be - fore you ev - 'ry knee shall bend



in cross and font and life__ re - newed: in Christ, God's first-born from_ the dead.
for Je - sus' sto - ry is__ our own: new life through death is God's de - sign.
and ev - 'ry tongue in praise pro - claim: "You are the Lord of all.__ A - men."

WORDS: Delores Dunfer, OSB, © 1997 G.I.A. Publications, Inc.,

THE HOLY GOSPEL *John 13:1-17, 31b-35*

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

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

"Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, 'Where I am going, you cannot come.' I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

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

HOMILY

The Reverend Emily Austin

LITURGY OF THE FOOT WASHING

Presider Fellow servants of our Lord Jesus Christ: On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the Kingdom of God come not by power, authority or even miracle, but by such lowly service.

Tonight, we are all invited to join him in washing one another's feet, as we remember his admonition that the one who is greatest must be the servant of all.

If you wish to participate in the foot washing, simply take off your shoes and socks before leaving your seat and come to one of the stations at the platform steps or along the sides of the nave.

First, sit to have your feet washed. Then wash the feet of the next person who comes. After you have washed that person's feet, please return to your seat.

The footwashing will take some time. The Assembly is invited to remain present to this action while seated through quiet prayer and through participation in the music that is offered. Please remain seated to sing.

MUSIC DURING THE FOOT WASHING

ANTHEM

Ubi caritas et amor

WORDS: attr. Paulinus of Aquilea (ca. 726–804)

MUSIC: Morten Lauridsen (b. 1943)

*Ubi caritas et amor, Deus ibi est.
Congregavit nos in unum Christi amor.
Exultemus, et in ipso jucundemur.
Timeamus, et amemus Deum vivum.
Et ex corde diligamus nos sincero.*

Where there is charity and love, God is there.
The love of Christ has gathered us together.
Let us rejoice and be glad in it.
Let us revere and love the living God.
And from a sincere heart let us love one another.

*Ubi caritas et amor, Deus ibi est.
Simul ergo cum in unum congregamur:
Ne nos mente dividamur caveamus.
Cessent jurgia maligna, cessent lites.
Et in medio nostri sit Christus Deus. Amen.*

Where there is charity and love, God is there.
Also, therefore, when as one we come together,
let us be careful, lest in mind we be divided.
Let us cease all quarrels and strife.
And let Christ dwell in the midst of us. Amen.

ANTHEM

Vater Unser

WORDS: The Lord's Prayer sung in German;

MUSIC: Arvo Pärt (b.1935)

Vater unser im Himmel, Geheiligt werde dein Name. Dein Reich komme. Dein Wille geschehe, wie im Himmel, so auf Erden. Unser tägliches Brot gib uns heute. Und vergib uns unsere Schuld, wie auch wir vergeben unseren Schuldigern. Und führe uns nicht in Versuchung, sondern erlöse uns von dem Bösen.

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth, as it is in heaven. Give us this day our daily bread, and forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

VOLUNTARY Variations on *Ubi Caritas*
(Tune of Hymn 606, "Where true charity and love dwell")

Denis Bédard (b. 1950)

HYMN *Lord, help us walk your servant way*

TUNE: *St. Agnes*

1. Lord, help us walk your ser - vant way wher - ev - er love may lead.
2. You came to earth, O Christ, as Lord, but pow'r you laid a - side.
3. No gold - en scep - ter but a towel you place with - in the hands
4. You bid us bend our hu - man pride, nor count our - selves a - bove
5. Lord, help us walk your ser - vant way wher - ev - er love may lead.

And bend - ing low, for - get - ting self, each serve the o - ther's need.
You lived your years in ser - vant - hood; in low - li - ness you died.
of those who seek to fol - low you and live by your com - mands.
the low - est place, the mean - est task, that waits the gift of love.
And bend - ing low, for - get - ting self, each serve the o - ther's need.

WORDS: Herman G. Stuempfle (1923–2007) ©1997 G.I.A. Publications; public domain; MUSIC: John Bacchus Dykes (1823–1876), public domain.

*When all the foot washing has been completed, the liturgy continues with the following spoken anthem.
At the invitation of the Presider, all stand, as able.*

ANTHEM

The Book of Common Prayer, p. 274

Presider The Lord Jesus, after he had supped with his disciples and had washed their feet, said to them, "Do you know what I, your Lord and Master, have done to you? I have given you an example, that you should do as I have done."

Assembly **Peace is my last gift to you, my own peace I now leave with you;
peace which the world cannot give, I give to you.**

Presider I give you a new commandment:
Love one another as I have loved you.

Assembly **Peace is my last gift to you, my own peace I now leave with you;
peace which the world cannot give, I give to you.**

Presider By this shall the world know that you are my disciples:
That you have love for one another.

PRAYERS OF THE PEOPLE

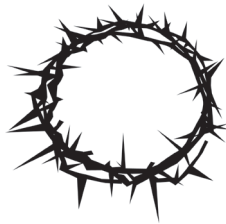
Intercessor God, in your mercy,
Assembly Hear our prayer.

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

THE PEACE

Presider The peace of the Lord be always with you.
Assembly And also with you.

All greet one another in the name of the Lord, 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

Ave Verum corpus

WORDS. attributed to Pope Innocent VI; MUSIC: William Byrd (ca. 1543–1623)

*Ave verum corpus, natum
de Maria Virgine,
vere passum, immolatum
in cruce pro homine,
cuius latus perforatum
unda fluxit sanguine:
esto nobis prægustatum
mortis in examine.*

Hail, true Body, born
of the Virgin Mary,
having truly suffered, sacrificed
on the cross for mankind,
and from whose pierced side
water and blood flowed:
Be for us a foretaste [of the Heavenly banquet]
in the trial of death.

*O dulcis! O pie!
O Jesu, fili Mariæ,
miserere mei. Amen.*

O sweet! O holy!
O Jesus, son of Mary,
have mercy on me. Amen.

Presider The Lord be with you.

Assembly **And also with you.**

Presider Lift up your hearts.

Assembly **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

Assembly **It is right to give God thanks and praise.**

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord. For our sins he was lifted high upon the cross, that he might draw the whole world to himself; and, by his suffering and death, he became the source of eternal salvation for all who put their trust in him. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

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.

Presider Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

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

Presider We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

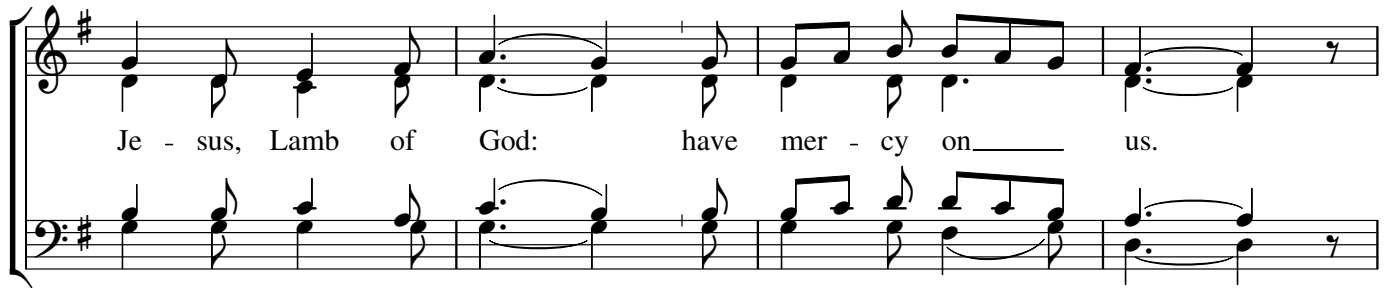
Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

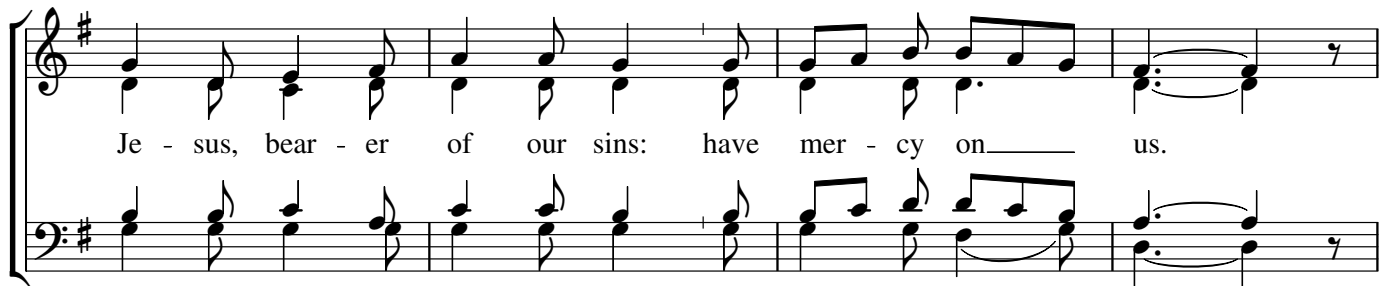
All AMEN.

THE LORD'S PRAYER

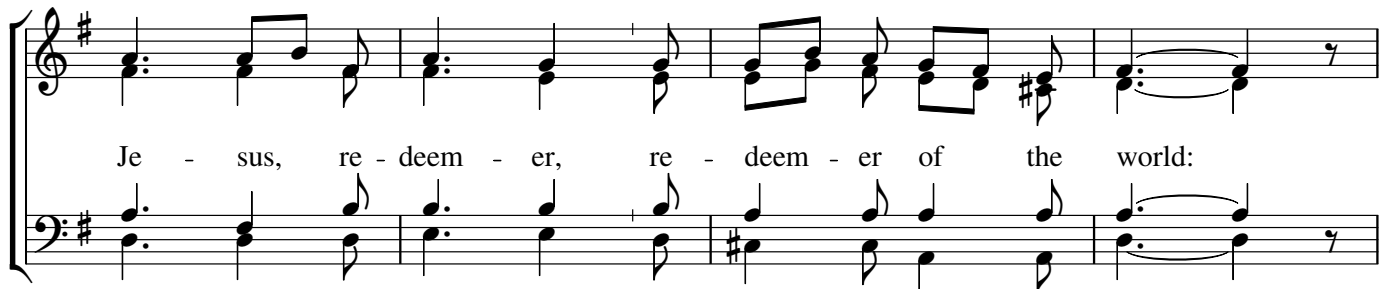
**All Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory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



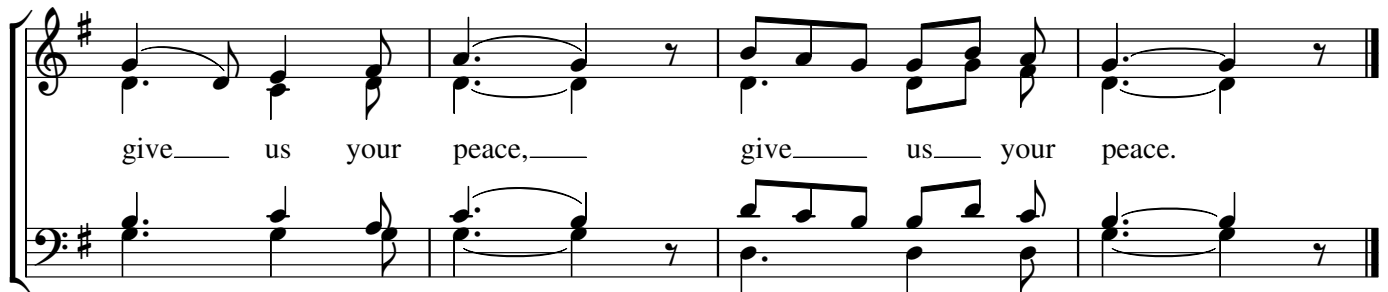
Je - sus, Lamb of God: have mer - cy on us.



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 #s-164, ©1985 G.I.A. Publications

INVITATION TO COMMUNION

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

All 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.

HYMN 329 *Now, my tongue, the mystery telling* (stanzas 1-4)

TUNE: *Pange Lingua*



1. Now, my tongue, the mys-tery tell - ing of the glo - rious Bo - dy sing,
 2. Given for us, and con - de - scend - ing to be born for us be - low,
 3. That last night, at sup - per ly - ing, 'mid the Twelve, his chos - en band,
 4. Word made flesh, true bread he tak - eth by his word his Flesh to be,



and the blood, all price ex - cell - ing, which the Gen - tiles' Lord and King,
 he, with us in con - verse blend - ing, dwelt, the seed of truth to sow,
 Je - sus, with the law com - ply - ing, keeps the feast its rites de - mand;
 wine his sa - cred Blood he mak - eth, though the sen - ses fail to see;



once on earth a - mong us dwell - ing, shed for this world's ran - som - ing.
 till he closed with won - drous end - ing his most pa - tient life of woe.
 then, more pre - cious food sup - ply - ing, gives him - self with his own hand.
 faith a - lone the true heart wak - eth to be - hold the mys - ter - y.

The Hymnal 1982 #329, translation © The Church Pension Fund

As communion is ending, the Presider and Deacon take the reserved sacrament to the Altar of Repose in McCaw Chapel, where it will be in place and veiled and for the all-night vigil.

All stand, as able.

POSTCOMMUNION PRAYER

Presider Almighty and everliving God,

**All 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.**

Please be seated.

THE STRIPPING OF THE ALTAR

As cantors chant Psalm 22, the altar—where Christ's self-offering is continually made present for us in the Eucharistic liturgy—and the entire altar platform are stripped bare and washed.

Psalm 22 ♦ Deus, Deus meus

ANTIPHON: *They divide my garments among them; they cast lots for my clothing.*

MY GOD, my God, why have you forsaken me? *
and are so far from my cry
and from the words of my distress?

O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.

Yet you are the Holy One, *
enthroned upon the praises of Israel.

Our forefathers put their trust in you; *
they trusted, and you delivered them.

They cried out to you and were delivered; *
they trusted in you and were not put to shame.

But as for me, I am a worm and no man, *
scorned by all and despised by the people.

All who see me laugh me to scorn; *
they curl their lips and wag their heads, saying,

“He trusted in the LORD; let him deliver him; *
let him rescue him, if he delights in him.”

Yet you are he who took me out of the womb, *
and kept me safe upon my mother's breast.

I have been entrusted to you ever since I was born; *
you were my God when I was still in my
mother's womb.

Be not far from me, for trouble is near, *
and there is none to help.

Many young bulls encircle me; *
strong bulls of Bashan surround me.

They open wide their jaws at me, *
like a ravening and a roaring lion.

I am poured out like water;
all my bones are out of joint; *
my heart within my breast is melting wax.

My mouth is dried out like a pot-sherd;
my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.

Packs of dogs close me in,
and gangs of evildoers circle around me; *
they pierce my hands and my feet;
I can count all my bones.

They stare and gloat over me; *
they divide my garments among them;
they cast lots for my clothing.

Be not far away, O LORD; *
you are my strength; hasten to help me.

Save me from the sword, *
my life from the power of the dog.

Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.

I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.

Praise the LORD, you that fear him; *
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them; *
but when they cry to him he hears them.

My praise is of him in the great assembly; *
I will perform my vows in the presence of those who
worship him.

The poor shall eat and be satisfied,
and those who seek the LORD shall praise him: *
"May your heart live for ever!"

All the ends of the earth shall remember and turn to
the LORD, *
and all the families of the nations bow before him.

For kingship belongs to the LORD; *
he rules over the nations.

To him alone all who sleep in the earth bow down
in worship; *
all who go down to the dust fall before him.

My soul shall live for him;
my descendants shall serve him; *
they shall be known as the LORD's for ever.

They shall come and make known to a people yet unborn *
the saving deeds that he has done. ♦

When the stripping and washing of the altar is concluded, we disperse in silence.

*There is no dismissal, for our celebration of the Paschal Triduum continues tomorrow with the Good Friday liturgy.
Before leaving, you are welcome to spend some time in the cathedral in silence,
or pray at the Altar of Repose in McCaw Chapel.*

PRESIDER

The Very Reverend Steven L. Thomason

PREACHER

The Reverend Emily Austin

DEACON

The Reverend Earl Grout

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