



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SECOND SUNDAY OF EASTER

April 16, 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. There is also an all-gender restroom in the northwest 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 Choral, from *Symphonie Romane*

Charles-Marie Widor (1844–1937)

LAND ACKNOWLEDGMENT

THE ENTRANCE RITE

All stand, as able.

HYMN 193 *That Easter day with joy was bright* ♦ *The Hymnal 1982*

TUNE: *Puer nobis*



1 That Eas - ter day with joy was bright, the
2 His ris - en flesh with ra - diance glowed; his
3 O Je - sus, King of gen - tle - ness, do
4 O Lord of all, with us a - bide in
5 All praise, O ris - en Lord, we give to



1 sun shone out with fair - er light, when, to their long - ing
 2 wound - ed hands and feet he showed; those scars their sol - emn
 3 thou thy - self our hearts pos - sess that we may give thee
 4 this our joy - ful Eas - ter - tide; from ev - ery wea - pon
 5 thee, who, dead, a - gain dost live; to God the Fa - ther



1 eyes re - stored, the a - pos - tles saw their ris - en Lord.
 2 wit - ness gave that Christ was ris - en from the grave.
 3 all our days the will - ing tri - bute of our praise.
 4 death can wield thine own re - deemed for ev - er shield.
 5 e - qual praise, and God the Ho - ly Ghost, we raise.

Words: Latin, 5th cent.; ver. *Hymnal 1940* Copyright © The Church Pension Fund. Music: *Puer nobis*, melody from Trier MS., 15th cent.; adapt. Michael Praetorius (1571-1621); harm. *Hymns Ancient and Modern, Revised*, 1950; acc. John F. Erickson (b. 1938) Copyright ©1982 by John Erickson. All rights reserved. Used with permission.

OPENING ACCLAMATION

The Book of Common Prayer, p. 355

Alleluia. Christ is risen. **The Lord is risen indeed. Alleluia.**

COLLECT FOR PURITY

The Book of Common Prayer, p. 355

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. **Amen.**

SONG OF PRAISE *Gloria in excelsis*

William Mathias (1934-1992)

Glo-ry to God in the highest, and peace to God's peo-ple on earth. Lord God, heav'n-ly King, al -
 might-y God and Fa-ther, we wor-ship you, we give you thanks, we praise you for your glo - ry. Lord Je - sus
 Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, you take away the sin of the world: have mer - cy
 on us; you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.
 For you alone are the Ho - ly One, you alone are the Lord, you alone are the Most High, Je - sus Christ, with the
 Ho - ly Spi - rit, in the glo - ry of God the Fa - ther. A - - - men.

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

ALmighty and everlasting God, who in the Paschal mystery established the new covenant of reconciliation: Grant that all who have been reborn into the fellowship of Christ's Body may show forth in their lives what they profess by their faith; 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 *Acts 2:14a,22-32*

PETER, standing with the eleven, raised his voice and addressed the crowd, "You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know— this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. But God raised him up, having freed him from death, because it was impossible for him to be held in its power. For David says concerning him,

'I saw the Lord always before me, for he is at my right hand so that I will not be shaken; therefore my heart was glad, and my tongue rejoiced; moreover my flesh will live in hope. For you will not abandon my soul to Hades, or let your Holy One experience corruption. You have made

known to me the ways of life; you will make me full of gladness with your presence.'

"Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day. Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his descendants on his throne. Foreseeing this, David spoke of the resurrection of the Messiah, saying,

'He was not abandoned to Hades, nor did his flesh experience corruption.'

This Jesus God raised up, and of that all of us are witnesses."

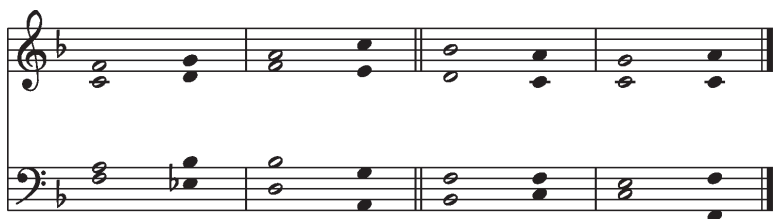
Hear what the Spirit is saying to God's people.

Thanks be to God.

PSALM *Psalm 16 ♦ Conserva me, Domine*

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

The organ will play through the chant once, then all chant the Psalm together.



Protect me, O God, for I take refuge in / you; *
I have said to the LORD, "You are my LORD,
my good above all / other."
All my delight is upon the godly that are in the / land, *
upon those who are noble among the / people.

But those who run after other / gods *
shall have their troubles / multiplied.
Their libations of blood I will not / offer, *
nor take the names of their gods upon my / lips.

O LORD, you are my portion and my / cup; *
it is you who uphold my / lot.
My boundaries enclose a pleasant / land; *
indeed, I have a goodly / heritage.

I will bless the LORD who gives me / counsel; *
my heart teaches me, night after / night.
I have set the LORD always be- / fore me; *
because he is at my right hand I shall not / fall.

My heart, therefore, is glad, and my spirit re- / joices; *
my body also shall rest in / hope.
For you will not abandon me to the / grave, *
nor let your holy one see the / Pit.

Repeat 2nd half of chant:

You will show me the path of / life; *
in your presence there is fullness of joy,
and in your right hand are pleasures for ever- / more.

READING *1 Peter 1:3-9*

BLESSED be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being

more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honor when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

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

music by Melchoir Vulpius (1560?-1616)

The cantor introduces the refrain, all repeat it. The cantor chants the verse and all respond with the refrain.

Al - le - lu - ia, _____ al - le - lu - ia, _____ al - le - lu - ia.

Verse: You believe in me, Thomas, because you have seen me; Blessed are those who have not seen and yet believe.

Wonder, Love, & Praise #848; refrain after Gelobt sei Gott, © 1996 John L. Hooker.

THE HOLY GOSPEL *John 20:19-31*

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

WHEN it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.”

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.”

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

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

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:

Risen Lord, **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/saintmarkscathedalseattle>. 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 *Morning has broken*

WORDS: Eleanor Farjeon (1881–1965);

MUSIC: Gaelic melody, arr. Cat Stevens (b. 1948), choral arr. Harry Simeone (1911–2005)

Morning has broken like the first morning;
blackbird has spoken like the first bird.

Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!

Sweet the rain's new fall, sunlit from heaven,
like the first dewfall on the first grass.

Praise for the sweetness of the wet garden,
sprung in completeness where his feet pass.

Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!
Praise with elation, praise every morning,
God's recreation, of the new day!

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer D*

The Book of Common Prayer, p. 372

The Lord be with you. And al - so 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.

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

SANCTUS & BENEDICTUS *sung by all*

Mathias

Organ: Ho - ly, ho - ly, ho - ly Lord, God of power and might,
Everyone: heav'n and earth are full of your glo-ry. Ho san na in the high-est.
 Bless-ed is the one who comes in the name of the Lord. Ho-san-na in the high-est.

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own

first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

The Hymnal 1982 #8-128 © Oxford University Press

We praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

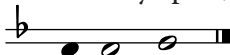
Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its

unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, with Mark and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever.



A - MEN.

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.

THE BREAKING OF THE BREAD *This is the feast of victory for our God*

Peter R. Hallock (1924-2014)

All sing the antiphon. The cantor sings the verses, all repeating the antiphon as indicated.



This is the feast of vic-to-ry for our God. Al-le - lu - ia, al - le - lu - ia!

The Hymnal 1982 #418, WORDS: after Revelation 5:12-13, ©1978 Augsburg Fortress; MUSIC: ©1984 Peter Hallock.

Verse: Worthy is Christ, the Lamb who was slain, whose blood set us free to be people of God. **ANTIPHON**

Verse: Power, riches, wisdom, and strength, and honor, blessing, and glory are his. **ANTIPHON**

Verse: Sing with all the people of God and join in the hymn of all creation. **ANTIPHON**

INVITATION TO COMMUNION

The Gifts of God for the People of God.

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 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*

1 We walk by faith, and not by sight; no
 2 We may not touch his hands and side, nor
 3 Help then, O Lord, our un - be - lief; and
 4 that, when our life of faith is done, in

gra - cious words we hear from him who spoke as
 fol - low where he trod; but in his prom - ise
 may our faith a - bound, to call on you when
 realms of clear - er light we may be - hold you

none e'er spoke; but we be - lieve him near.
 we re - joice, and cry, "My Lord and God!"
 you are near, and seek where you are found:
 as you are, with full and end - less sight.

Words: Henry Alford (1810-1871), alt. Music: *St. Botolph*, Gordon Slater (1896-1979) Copyright © Oxford University Press. All rights reserved. Used with permission.

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. 365

Eternal God, heavenly Father, **you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and**


Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

BLESSING *The Presider asks God's blessing on the Assembly. All respond: Amen.*


HYMN 206 *O sons and daughters* ♦ *The Hymnal 1982*

TUNE: *O filii et filiae*


Antiphon (at the beginning)




Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!



1 O sons and daught - ers, let us sing!
2 That night the a - pos - tles met in fear;
3 When Thom - as first the tid - ings heard,
4 "My pierc - ed side, O Thom - as, see;
5 No long - er Thom - as then de - nied,
6 How blest are they who have not seen,




1 The King of heaven, the glo - rious King,
2 a - midst them came their Lord most dear,
3 how they had seen the ris - en Lord,
4 my hands, my feet, I show to thee;
5 he saw the feet, the hands, the side;
6 and yet whose faith has con - stant been,



1 o'er death and hell rose tri - umph - ing. Al - le - lu - ia!
2 and said, "My peace be on all here." Al - le - lu - ia!
3 he doubt - ed the dis - ci - ples' word. Al - le - lu - ia!
4 not faith - less, but be - liev - ing be." Al - le - lu - ia!
5 "Thou art my Lord and God," he cried. Al - le - lu - ia!
6 for they e - ter - nal life shall win. Al - le - lu - ia! [Ant.]

Antiphon (at the end)



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

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

VOLUNTARY *Festival Postlude*

Dudley Buck (1839–1909)

(Tune of Hymn 208, "Alleluia! The strife is o'er, the battle done")

SAINT MARK'S EPISCOPAL CATHEDRAL ♦ SEATTLE, WASHINGTON

CATHEDRAL NEWSLETTER

NEWS, ANNOUNCEMENTS, OFFERINGS & EVENTS... ON SUNDAYS AND BEYOND

April 16, 2023 ♦ The Second Sunday of Easter



More details can be found
in the email newsletter.
Scan the code, or visit:
saintmarks.org/newsletter

ANNOUNCEMENTS

Godly Play resumes this morning, sharing *The Legend of the Easter Eggs*. Meet in the classroom in the St. Nicholas Building, 2nd floor, following the conclusion of the 9 a.m. service (about 10:10 a.m.) Godly Play is offered on the first and third Sunday of the month.

Organ by Night

THIS EVENING, SUNDAY, APRIL 16, 10 P.M. (FOLLOWING COMPLINE)

Wyatt Smith will offer this month's Organ by Night music following Compline this Sunday, April 16. He presently serves concurrently as Instructor of Organ & Harpsichord at the Epiphany Music Academy in Seattle and as the Affiliate Artist in Organ & Harpsichord at the University of Puget Sound. He will play works by Brenda Portman, J. S. Bach, Margaret Sandresky, and Pamela Decker.

THE SAINT MARK'S MUSIC SERIES

All Bach on the Flentrop Organ with Nathan Laube, Organ

FRIDAY, MAY 5, 7:30 P.M., IN THE CATHEDRAL NAVE OR VIA TICKETED LIVESTREAM. \$25 GENERAL ADMISSION; \$20 STUDENTS & SENIORS.

The 22/23 Season of the Saint Mark's Music Series concludes with the cathedral's annual tradition of the All-Bach concert. Nathan Laube is a leading performer and pedagogue who is beloved around the world. He is Associate Professor of Organ at the Eastman School of Music, as well as International Consultant in Organ Studies at the Royal Birmingham Conservatoire in the United Kingdom. Known for his brilliant playing, gracious demeanor, and creative programming, Mr. Laube has earned high praise from critics and peers alike. Saint Mark's is delighted to welcome him for 2023's annual all-Bach concert on the Mighty Flentrop. Find a ticket link at: saintmarks.org/concerts

UPDATE: No Wednesday Forum April 19

Please note that the in-person forum on the topic of *Flower Arranging as a Spiritual Practice* announced for this Wednesday, April 19, was communicated in error and **will not take place**. The community dinner at 6 p.m. will still be offered as usual.

Cathedral Day 2023!—Living Water

SATURDAY, APRIL 22, 10:30 A.M.–2 P.M. REGISTRATION REQUIRED FOR FREE FOOD TRUCK LUNCH.

Cathedral Day is a celebration of the community of the Diocese of Olympia—a “family reunion” for Episcopalians from across western Washington. **Saint Mark's members are especially encouraged to attend**, both to see the cathedral in a new light, and to help extend hospitality to visitors, many of whom will be visiting THEIR cathedral for the first time.

This year, Cathedral Day and Earth Day fall on the same day. The theme of *Living Water* will be reflected in the liturgy and in the day's activities, which emphasize Creation Care. Communities from across the diocese will add water from their local area to the Baptismal font.

The Cathedral liturgy of Holy Eucharist with the rites of Confirmation, Reception, and Reaffirmation for candidates from parishes near and far will begin at 10:30 a.m., opening with a grand, colorful procession of parish banners. Following the service, all are invited to enjoy lunch from food trucks and participate in activities for all ages, including food demonstration, garden tour, butterfly release, and more, along with Cathedral Day staples like organ demonstration, collaborative art project, paper airplane launch from the loft, and the bounce house!

UPDATE: the Cathedral Day webpage now includes Bishop Skelton's video invitation to the event. Find the video, along with a schedule for the day and a link to the registration page, at: saintmarks.org/cathedral-day

UPCOMING EVENTS

Cathedral Yoga will be offered as usual on **Monday, April 17**, 6:30 p.m. with instructor Luna Miller continuing her series on the chakras. As it is the third Monday of the month, a sound bath experience will follow the class, beginning at 7:30. (You are welcome to come to the sound bath without participating in the class)

The **Tuesday Noon Bible Study** group meets every Tuesday, 12 p.m., online via Zoom only. Contact Lynne Cobb for more information and to get the Zoom link to join online: bhs76er@comcast.net

FROM THE DIOCESE OF OLYMPIA

Forum on Local Climate Action

WEDNESDAY, APRIL 19, 7-8:30 P.M., ONLINE VIA ZOOM ONLY

Interested in ways you can engage in local climate action at your parish or in your community? Join others from the diocese in discussing the climate pledge adopted at the 2022 Diocesan Convention, along with other important actions. John Kydd, Missioner for Climate Justice, will host. There will also be time to hear more about diocesan opportunities to connect and share resources, build community and collaborations, and support one another in this important work. Find the Zoom registration link at: ecwww.org/event/local-climate-action/

A New Offering from The Rev. Hillary Raining, PhD—*Enter the Cloud: A 40-Day Prayer/Meditation Practice*

BEGINS FRIDAY, APRIL 21, ONLINE VIA ZOOM

The Rev. Dr. Hillary Raining served as Saint Mark's Theologian-in-Residence in 2022. She is convener of The Hive, a wonderfully creative center for wellness, spirituality and growth, with several online offerings. This Easter season, she is offering a new class which will engage in daily prayer and meditation, and you are invited to participate. The work is virtual and self-timed, but if enough Saint Mark's folks register, we will create live touchpoints locally here. Let one of the cathedral clergy know if you register so we can account for that. Learn more at: thehiveapiary.com

Mini-Concert and Choral Evensong on the Third Sunday of Easter

SUNDAY, APRIL 23, 4:30-5:45 P.M.

Saint Mark's Cathedral is pleased to welcome back the chamber choir from Walla Walla University, I Cantori, directed by Dr. Kraig Scott. They last sang here in February of 2020. This splendid college choir will lead Choral Evensong at 5 p.m., immediately preceded by a mini-concert at 4:30 p.m.

Radix Project 10: Gratitude

OPENING PLENARY: SUNDAY, APRIL 23, 7-8 P.M., ONLINE VIA ZOOM ONLY.

This Eastertide, the theme for the tenth iteration of The Radix Project is **Gratitude**. The deadline to register for a small group has now passed, but all are welcome and encouraged to join the opening Plenary Presentation with Dean Thomason and the Radix Project team. Find the link to join the plenary at: saintmarks.org/radix

CATHEDRAL COMMONS/THE WISDOM SCHOOL

Sacred Listening as a Transformational Practice

WEDNESDAY, APRIL 26, 6:45-8:15 P.M., IN PERSON IN BLOEDEL HALL AND ONLINE VIA ZOOM.

OPTIONAL COMMUNITY DINNER AT 6 P.M. (\$6/CHILD; \$8/ADULT; \$25/MAX. FAMILY).

Facilitated by The Rev. Linzi Stahlecker & The Rev. Canon Eliacín Rosario-Cruz.

Sacred listening is more than the hearing of words and sounds. Sacred listening is an invitation into relationship and an honoring of the ways in which the Divine presence is felt and responded to in our lives as a source of transformation. In this forum, we will learn about—and practice—various ways to cultivate sacred listening, how to notice and recognize the resistances and avoidances that may hinder our transformation, and we will create spaces together that honor the sharing of our stories and the fostering of transformative relationships as a way to enhance and expand our relationship with God. A Zoom registration link will be posted at: saintmarks.org/commons

The final offering in the **Mideast Focus Film Series** will be **Thursday, April 27**, both in person and online, presenting the documentary *The Boycott*. A hybrid discussion will follow the screening. Details at: saintmarks.org/mideast

20S/30S QUESTIONING TOGETHER:

The Efficacy of Prayer

SUNDAY, APRIL 30, 7:30 P.M., LEFFLER HOUSE

Come join a 20s/30s discussion with The Rev. Linzi Stahlecker and Fraser Reach as we explore the efficacy of prayer. Afterwards, some may wish to go to Compline together.

THE WISDOM SCHOOL AT SAINT MARK'S

The Wisdom of Your Body—A Saturday Workshop with Hillary McBride, PhD

SATURDAY, MAY 6, 2023, 9:30 A.M.–3 P.M., IN PERSON IN BLOEDEL HALL AND ONLINE VIA ZOOM

Many of us have, unknowingly, been sold the story that our minds are superior to our bodies, and that our bodies are barriers to “pure” or “true” spirituality. Together, we will examine how these ideas continue to keep us from wholeness. We’ll explore practices that help us repair the fragmentations we carry inside of us, so that we can truly remember our bodily selves. Hillary L. McBride, PhD, is a therapist, researcher, speaker and writer.

Fee: \$65 (for both online and in-person participants). Find the link to register at: saintmarks.org/wisdom

20S/30S QUESTIONING TOGETHER:

Sabbath & Rest—A 20s/30s Conversation with St. Luke's Ballard

SUNDAY, MAY 7, 7:30–10 P.M., LEFFLER HOUSE

How does keeping sabbath allow us to break a restless cycle and focus on the wholeness God intends? Join for a conversation to explore the practice of sabbath with young adults from St. Luke's and their clergy, Canon Britt Olson and Mother Hillary Kimsey. Conversation will draw on themes from Walter Brueggemann's *Sabbath as Resistance* but prior reading is not required. Dessert will be provided. At 9:15, we'll head over to Compline together.

The next service of **Candlelit Prayer in the style of Taizé** will be offered on **Tuesday, May 9**, 7 p.m. in the cathedral nave and livestreamed. saintmarks.org/taize

CATHEDRAL COMMONS

Dr. Christena Cleveland & the Black Madonnas: Pilgrimage of a Womanist Theologian

TWO WEDNESDAYS, MAY 10 & 24, 6:45–8:15 P.M., IN PERSON IN BLOEDEL HALL AND ONLINE VIA ZOOM.

The Rev. Canon Carla Robinson will lead a discussion of the book *God Is a Black Woman* by Dr. Christena Cleveland, as seen through the lens of pilgrimage. The book

FUNERALS

A funeral for Stephen Bayne will be offered
Wednesday, May 10, 1:30 p.m., in the cathedral nave

itself came out of her journey to see the Black Madonnas of France. In this series, we will explore the major themes of Dr. Cleveland's latest book.

Dr. Cleveland will be visiting the Cathedral in June. This two-part series is intended to help people prepare for the material she will present when she comes to Saint Mark's. Attendees are asked to read the book in advance, and to listen to an interview, at a link which may be found at: saintmarks.org/commons

Behind the Seams: Ugly Clothes with 20s/30s member Clara Berg

SATURDAY, MAY 13, 2–3 P.M., MOHAI AND WHITE SWAN PUBLIC HOUSE. SIGN UP REQUIRED.

Hosted by 20s/30s—All are welcome

Join MOHAI Curator of Collections and 20s/30s member, Clara Berg, for an in-person, one-hour session to view historic fashions in MOHAI's collection which were once stylish but don't translate well to our modern eyes. Some may choose to join early (12:30 p.m.) to visit the museum's exhibit and/or join after (3:30 p.m.) for snacks and refreshments at White Swan Public House. Tickets are required; a limited number of discounted tickets from Saint Mark's are available (\$20). Find the sign up link at: saintmarks.org/community

Saint Mark's Book Group Selection for May: *The Faith Club*

SUNDAY, MAY 21, IN CATHEDRAL HOUSE ROOM 210 OR ONLINE VIA ZOOM.

(Note that the May meeting has been moved to the third Sunday of the month, due to Mother's Day.)

Three women, a Muslim, a Jew, and a Christian begin a conversation. The genesis wasn't a worn out joke but the earnest desire to write a children's book to teach their own children tolerance in the wake of 9/11. They discovered they had a lot to learn themselves about differences and similarities of the Abrahamic faiths and about their own prejudices and, yes, even about their own faith. They began a series of conversations, each one keeping their own journal; *The Faith Club* (2006) by Ranya Idliby, Suzanne Oliver, and Priscilla Warner is the result of those meetings. saintmarks.org/bookgroup



SUNDAY SERVICES

* indicates livestreamed services

8 A.M.

The Holy Eucharist, *Thomsen Chapel*

9 A.M.

The Holy Eucharist, *Cathedral Nave*

11 A.M.

* **The Holy Eucharist**, *Cathedral Nave*

4:30 P.M. [first Sunday of the month only]

* **Choral Evensong**, *Cathedral Nave*

7 P.M.

Contemplative Eucharist, *Thomsen Chapel*

9:30 P.M.

* **Compline**, *Cathedral Nave*
also broadcast live on Classical KING-FM 98.1

WEEKDAY OFFERINGS

Note: Most weekday services are suspended April 3–8 due to Holy Week. Check the cathedral events calendar at saintmarks.org/calendar

MONDAY–FRIDAY, 8:30 A.M.

Daily Morning Prayer online via Zoom only.
offered in collaboration with St. Paul's, Seattle

MONDAY–FRIDAY, 6 P.M.

Daily Evening Prayer online via Zoom only.
saintmarks.org/prayer

MONDAY, 6:30 P.M.

Cathedral Yoga
in the cathedral nave: saintmarks.org/yoga

TUESDAY, 12 P.M.

Bible Study via Zoom: saintmarks.org/classes

TUESDAY, 7 P.M.

Centering Prayer in the cathedral nave

THURSDAY, 7 A.M.

Holy Eucharist in *Thomsen Chapel*,
1st/3rd/5th Thursdays only

Morning Prayer online via Zoom
2nd/4th Thursdays. saintmarks.org/prayer

CATHEDRAL OFFICE HOURS

MONDAY–FRIDAY, 9 A.M.–4:30 P.M.

Main office number: 206.323.0300
General email: info@saintmarks.org

PASTORAL CARE

For urgent spiritual needs, the **24/7 Pastoral Care Hotline** is now available by calling the main cathedral office number, and then entering extension 100: **206.323.0300 x100**.

Clergy are also available for individual pastoral appointments. To schedule an appointment, please call the main office.

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

NEWSLETTERS

A number of special email newsletters and announcements are sent out regularly by the cathedral, including those for Liturgical Ministries, 20s/30s Group, Mideast Focus, Creation Care, and more. You can sign up for each list individually. Find the link at: saintmarks.org/newsletter

THE RUBRIC

In continual publication since 1889, *The Rubric* is a publication that tells the story of Saint Mark's Cathedral and who we are as a parish, as a cathedral for the Diocese of Olympia, as Episcopalians, and as Christians. Each issue contains reports and reflections on cathedral life during these extraordinary times. A new issue is now available—pick up a copy in the narthex or read online at: saintmarks.org/rubric

CATHEDRAL LEADERSHIP & STAFF

- The Very Rev. Steven L. Thomason, *Dean & Rector* sthomason@saintmarks.org
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- The Rev. Canon Eliacin Rosario-Cruz, *Cathedral Canon* erosario@saintmarks.org
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VESTRY

DEAN & RECTOR The Very Rev. Steven L. Thomason; **BISHOP'S REPRESENTATIVE** The Rev. Canon Arienne Davison; **SENIOR WARDEN** Scott Hulet; **JUNIOR WARDENS** Scott Kovacs, Greg Hamm, Chris Rigos; **VESTRY MEMBERS** Carmen Brady, Kathy Minsch, Wayne Duncan, Kristen Kelly, Justin Mills, Doug Thorpe, Peter Snyder, Alexandra Thompson; **DIOCESAN VESTRY MEMBERS** Katie Prettyman, Tina Blondino, Becky Kacel; **CHANCELLOR** Re Knack; **CLERK** Barbara Erickson; **TREASURER** Lynne Cobb

NEWCOMERS

You are welcome to all aspects of the life of this cathedral! Please help us know how best to serve you by completing a Visitor Card in the cathedral nave, or by using the form at saintmarks.org/newcomers. Contact the welcome team at: newcomers@saintmarks.org.



DONATIONS

You may make a donation to Saint Mark's at any time using the electronic giving page at saintmarks.org/give, or using the Venmo mobile app—scan the code, or search for [@SaintMarksCathedralSeattle](https://www.venmo.com/@SaintMarksCathedralSeattle)



PRAYER LIST

The complete cathedral prayer list, including recent and long-term prayer requests, as well as the Anglican, Diocesan, and Cathedral cycles of prayer, is posted each week at: saintmarks.org/prayer

