



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SECOND SUNDAY OF EASTER

April 16, 2023 ♦ 9:00 AM

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

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

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

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

*The Assembly speaks aloud the **text in boldface.***

During the Easter Season at the 9am Sunday Eucharist, we will use a Eucharistic Prayer adapted from the Scottish Episcopal Church rite. It follows the familiar pattern, but the imagery evokes resurrection themes and the glorious celebration that this season of new life invites. The Lord's Prayer is the form used at the 7pm Sunday Contemplative Eucharist and is adapted from a version authored by Parker Palmer.

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* (stanzas 1-3) ♦ *The Hymnal 1982*

TUNE: *Puer nobis*

OPENING ACCLAMATION

Enriching Our Worship 1, p. 50

Alleluia. Christ is risen. **Christ 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 Hymnal 1982 #8-278, by permission of Oxford University Press

COLLECT OF THE DAY *Second Sunday of Easter*

The Book of Common Prayer, p. 224

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

ALMIGHTY and everlasting God, who in the Paschal mystery established the new covenant of reconcilia-
tion: 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.”

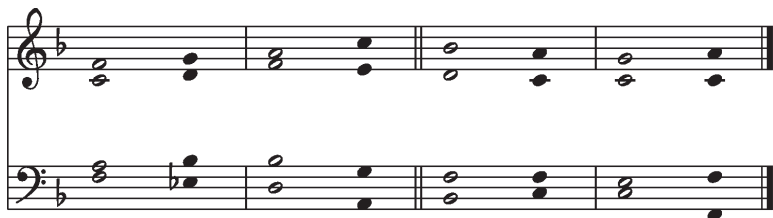
Hear what the Spirit is saying to God’s people.

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.

The Hymnal 1982 #S-413; © 1979, Robert Knox Kennedy.

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

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

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

Authorized for use by the 1997 General Convention

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

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

PRAYERS OF THE PEOPLE

In the course of the silence after each bidding, the People are invited to offer their own prayers, either silently or aloud.

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

THE PEACE

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

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

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

The Scottish Episcopal Church, adapt.

God be with you. **And also with you.**

Lift up your hearts. **We lift them to God.**

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

Worship and praise belong to you, Author of all being. Your power sustains, your love restores our broken world. Christ, raised from the dead, proclaims the dawn of hope. He lives in us that we may walk in light. Your Spirit is fire in us, your breath is power to purge our sin and warm our hearts to love.

As children of your redeeming purpose, freed by him who burst from the tomb and opened the gate of life, we offer you our praise, with angels and archangels and the whole company of heaven, singing the hymn of your unending glory,

SANCTUS & BENEDICTUS *A Community Mass*

Richard Proulx (b. 1937)

Ho-ly, ho-ly, ho - ly Lord, God of po-wer and might, heav'n_ and earth_ are full_ of your
glo-ry. Ho - san - na in the high-est. Ho - san-na in the high-est. Blessed is the one who comes in the
name of the Lord. Ho - san - na in the high-est. Ho - san-na in the high-est.

The Hymnal 1982 #8-125, © 1977 G.I.A. Publications, Inc.

Praise and thanksgiving be to you, God of all: In the first light of Easter glory broke from the tomb and changed the women's sorrow into joy. From the Garden the mystery dawned that he whom they had loved and lost is with us now in every place for ever. Making himself known in the breaking of the bread, speaking peace to the fearful disciples, he renewed the promise of his presence and of new birth in the Spirit who sets the seal of freedom on your sons and daughters.

Before he was given up to suffering and death, at supper with his disciples he took bread and offered you thanks. He broke the bread, and gave it to them, saying: "Take, eat. This is my Body: it is broken for you."

After supper, he took the cup, he offered you thanks, and gave it to them saying: "Drink this, all of you. This is my Blood of the new covenant; it is poured out for you, and for all. Do this in remembrance of me."

We now obey your Son's command, saying together:

We recall his blessed passion and death, his glorious resurrection and ascension; and we look for the coming of his Kingdom

Made one with him, we offer you these gifts and with them ourselves a holy living sacrifice. Hear us, most Holy One, and send your Holy Spirit upon us and upon this bread and this wine, that they may be the Body and Blood of your Son, and we may be kindled with the fire of your love and renewed for the service of your Reign.

Help us, who are gathered into the fellowship of Christ's Body to live and work to your praise and glory; may we grow together in unity and love until at last, in your new creation, we enter into our heritage in the company of Mary, Mark and all the apostles and prophets, and of all our brothers and sisters living and departed.

Through Jesus Christ, with whom, and in whom, in the unity of the Holy Spirit, all honor and glory be to you, God of all creation, world without end. **AMEN.**

THE LORD'S PRAYER

Parker Palmer, adapt.

Heavenly Father, heavenly Mother,
Holy and blessed is your name.
We pray for your reign of peace to come,
We pray that your will be done,
On earth as it is in heaven.
Give us this day the bread we need,
Give it to those who have not enough.
Let forgiveness flow between us.
Deliver us from evil.
For yours is the power and the glory and the mercy
now and forever. Amen.

In silence, the Presider breaks the consecrated bread.

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

TUNE: *Festival Canticle*

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

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

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**

The Hymnal 1982 #417, ©1978 by permission of Augsburg Publishing House.

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 be placed into your outstretched palm taking care not to touch your hand. If you prefer a gluten-free wafer, simply ask for one at the time of Communion. If you wish to receive a blessing instead, please cross your arms in front of your chest.

Intinction (dipping the bread in the wine) is not available at this time. If you do not wish to drink from the common cup, please cross your arms in front of your chest as you pass by the chalice. The full grace of the sacrament is received with only the bread.

VOLUNTARY *Organ improvisation*

HYMN 209 *We walk by faith* ♦ *The Hymnal 1982*

TUNE: *St. Botolph*

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

SENDING OF EUCHARISTIC VISITORS

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

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

POSTCOMMUNION PRAYER

Prayers for an Inclusive Church, adapt.

Gracious God, we have broken the bread which is Christ's body; we have tasted the wine of his new life. We thank you for these gifts by which we are made one in him and drawn into that new creation which is your will for all humanity; through Christ our Savior. Amen.

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

HYMN 206 *O sons and daughters* (stanzas 1, 2, & 6) ♦ *The Hymnal 1982*

TUNE: *O filii et filiae*

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

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

Dudley Buck (1839–1909)



PRESIDER The Reverend Canon Eliacín Rosario-Cruz

PREACHER The Reverend Linzi Stahlecker

DEACON The Reverend Emily Austin

Music and texts under copyright are reprinted by permission under OneLicense.net #A-706820

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
- The Rev. Canon Jennifer King Daugherty, *Canon for Engagement & Connection*
. jkdaugherty@saintmarks.org
- The Rev. Canon Eliacin Rosario-Cruz, *Cathedral Canon* erosario@saintmarks.org
- The Rev. Linzi Stahlecker, *Curate* lstahlecker@saintmarks.org
- The Rev. Earl Grout, *Deacon* egrout@saintmarks.org
- The Rev. Emily Austin, *Deacon* eaustin@saintmarks.org
- Canon Michael Kleinschmidt, *Canon for Cathedral Music* mkleinschmidt@saintmarks.org
- Dr. Jason Anderson, *Compline Choir Director* director@complinechoir.org
- Michael Seewer, *Cathedral Sacristan & Head Verger* mseewer@saintmarks.org
- John Stuntebeck, *Associate Organist* jstuntebeck@saintmarks.org
- Laura Loge, *Music Series Coordinator* lloge@saintmarks.org
- Jim Van Horn, *Music Librarian* jvanhorn@saintmarks.org
- Rebekah Gilmore, *Associate Musician, Choir School Director & Interim Director of Youth Ministry* .
. rgilmore@saintmarks.org
- Canon Wendy Claire Barrie, *Canon for Intergenerational Ministries* wbarrie@saintmarks.org
- Luke Abdow, *Seattle Service Corps Director & Staff Support for 20s/30s* labdow@saintmarks.org
- Erik Donner, *Cathedral Administrator* edonner@saintmarks.org
- Gregory Bloch, *Director of Communications* gbloch@saintmarks.org
- Krista Osborne, *Communications Intern* kosborne@saintmarks.org
- Stephen Eddy, *Bookkeeper & Scheduler* seddy@saintmarks.org
- Christopher Brown, *Cathedral Buildings & Grounds & AV Ministry Coordinator*
. cbrown@saintmarks.org

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

