## The Holy Eucharist

## THE SEVENTH SUNDAY OF EASTER:

THE SUNDAY AFTER ASCENSION DAY
May 21, 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!
All-gender restrooms are available on the 5th floor of Cathedral House, accessible via the elevator or southwest stairwell, and in
the northwest stairwell. Ushers can direct you to these. Ushers are available before and 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.

Today, the fixed portions of our celebration of the Eucharist-the Kyrie, Gloria, Sanctus, Benedictus, and Agnus Dei-are sung by the Cathedral Choir, inviting the congregation into a more contemplative approach to the prayers and praises in our Sunday morning liturgy.

The setting sung by the choir was composed in 1938 by Jehan Alain: his Messe modale en septuor (Modal Mass for Septet.) Two of the seven voices are sung by the sopranos and altos of the choir; the remaining five are played on flute, two violins, viola, and cello. The music is neither conventionally "major" nor "minor," but cast in the ancient "church modes"-scales which form the basis of Gregorian Chant. Alain composed his Messe modale for the Church of Saint Nicholas in Maisons-Laffitte, a northwestern suburb of Paris. He served as organist in that church from 1935 to 1938. In June, 1940, at the age of only 29, Alain was killed while serving in the French army in the battle of Saumur. His compositions, though few, are widely regarded as among the most original of the 20th century. In them may be heard the influences of the earlier Claude Debussy, and Alain's contemporary, Olivier Messiaen.
While some of our prayers and praises are sung by the choir, we are also active participants and we indicate that by standing. However, please feel free to sit if you need to during the longer mass movements.

A brief organ voluntary offered a few minutes before the hour bids all to keep silence for prayer and preparation.
PRELUDE Serene Alleluias of a soul yearning for heaven, from L'Ascension Olivier Messiaen

## LAND ACKNOWLEDGMENT

introit The Lord ascendeth up on high

The Lord ascendeth up on high, the Lord hath triumphed gloriously,
in power and might excelling;
the grave and hell are captive led.
Lo! he returns, our glorious Head, to his eternal dwelling.
words: Arthur T. Russell;
music: Ach Herr, du allerhöchster Gott, Michael Praetorius
The heavens with joy receive their Lord,
by saints, by angel hosts adored;
O day of exultation!
O earth, adore thy glorious King!
His rising, his ascension sing
with grateful adoration!

## THE ENTRANCE RITE

All stand, as able.
HYMN 214

## 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.

## OPENING ACCLAMATION

Alleluia. Christ is risen. The Lord is risen indeed. Alleluia.
The Book of Common Prayer, p. 355

KYRIE \& GLORIA from Messe Modale

Kyrie eleison. Christe eleison. Kyrie eleison.
Gloria in excelsis Deo et in terra pax hominibus bonce voluntatis.
Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam. Domine Deus, Rex ccelestis,
Deus Pater omnipotens,
Domine Fili unigenite, Jesu Christe,
Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostram; qui sedes ad dexteram Patris, miserere nobis.
Quoniam tu solus Sanctus, tu solus Dominus,
tu solus Altissimus, Jesu Christe, cum Sancto Spiritu: in gloria Dei Patris. Amen.

Jehan Alain
Lord, have mercy. Christ have mercy. Lord have mercy.
Glory be to God on high, and on earth peace to people of good will.

We praise you, we bless you,
we worship you, we glorify you, we give thanks to you for your great glory.
O Lord God, heavenly King,
God the Father Almighty,
O Lord, the only-begotten Son, Jesus Christ;
O Lord God, Lamb of God, Son of the Father, who takes away the sins of the world: have mercy upon us.
who takes away the sins of the world: receive our prayer.
who sits at the right hand of God the Father: have mercy upon us.
For you alone are Holy;
you alone are the Lord;
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

COLLECT OF THE DAY Seventh Sunday of Easter: The Sunday after Ascension Day The Book of Common Prayer, p. 226
The Lord be with you. And also with you. Let us pray.

OGod, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.

Please be seated for the readings.

# THE LITURGY OF THE WORD 

## READING Acts 1:6-14

WHEN the apostles had come together, they asked Jesus, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you
saw him go into heaven."
Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

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

## Thanks be to God.

## PSALM Psalm 68:1-10,33-36 *xsurgat Deus

The choir introduces the Antiphon, all repeating it. The choir chants the verses, all repeating the Antiphon as indicated.


LET GOD arise, and let his enemies be scattered; let those who hate him flee before him. Let them vanish like $\Delta$ smoke when the wind drives it away; as the wax melts at the fire, so let the wicked perish at the presence of God. But let the righteous be glad and rejoice before God; let them also be merry and joyful. ANTIPHON

Sing to God, sing praises to his Name; exalt him who rides upon the heavens; YAHWEH is his Name, rejoice before him! Father of orphans, defender of widows, God in his holy habitation! God gives the solitary a home and brings forth prisoners into freedom; but the rebels shall live in dry places. ANTIPHON

O God, when you went forth before your people, when you marched through the wilderness, The earth shook, and the skies poured down rain, at the presence of God, the God of Sinai, at the presence of God, the God of Israel. You sent a gracious rain, O God, upon your inheritance; you refreshed the land when it was weary. Your people found their home in it; in your goodness, O God, you have made provision for the poor. ANTIPHON

Sing to God, O kingdoms of the earth; sing praises to the Lord. He rides in the heavens, the ancient heavens; he sends forth his voice, his mighty voice. Ascribe power to God; his majesty is over Israel; his strength is in the skies.
How wonderful is God in his holy places! the God of Israel giving strength and power to his people! Blessed be God!
ANTIPHON

## READING $\quad 1$ Peter 4:12-14;5:6-11

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like
a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

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

## Thanks be to God.

The choir introduces the Alleluias, all repeat them. The choir chants the verse and all again repeat the Alleluias.


Verse: Jesus prayed for his disciples, Holy Father, protect them in your name that you have given me, so that they may be one as we are one.

## THE HOLY GOSPEL John 17:1-11

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

,Esus looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.
"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given
me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."

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

## HOMILY

The Reverend Canon Britt Olson, Vicar, St. Luke's Episcopal Church, Seattle

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: 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

The Book of Common Prayer, p. 358
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.

## 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/saintmarkscathedralseattle. If Venmo asks you for a four-digit code, enter 2076.


You may also mail your gift to the cathedral: 1245 1oth Ave. E, Seattle,WA 98102.

> O Lord Most High, eternal King words: Medieval Latin, tr. F. Bland Tucker \& Benjamin Webb; music: Eterne Rex altissime, Plainsong, Mode 1, from Zisterzienser Hymnar, 14 ${ }^{\text {th }}$ cent.

| O Lord Most High, eternal King, | Be thou our Joy, O Mighty Lord, <br> by thee redeemed thy praise we sing. |
| :--- | :--- |
| as thou wilt be our great reward; |  |
| The bonds of death are burst by thee, | let all our glory be in thee |
| and grace has won the victory. | both now and through eternity. |
| Ascending to the Father's throne | O risen Christ, ascended Lord, |
| thou claim'st the kingdom as thine own; | all praise to thee let earth accord, |
| and angels wonder when they see | who art, while endless ages run, |
| how changed is our humanity. | with Father and with Spirit, One. |

All stand, as able.
the great thanksgiving Eucharistic Prayer D
The Book of Common Prayer, p. 372


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, sanctus, sanctus,
> Dominus Deus Sabaoth.
> Pleni sunt coeli et terra gloria tua. Hosanna in excelsis.

> Benedictus qui venit in nomine Domini. Hosanna in excelsis.

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."

Holy, holy, holy,
Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes
in the name of the Lord.
Hosanna in the highest.

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.
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.



Our Fa-ther in heav'n, hallowed be your Name, your king-dom come, your will be done, on earth as in heav'n.


Give us today our daily bread. Forgive us our sins as we forgive those who sin a-gainst us. Save us from the time of trial,

and de-li-ver us from e - vil. For the king-dom, the pow'r, and the glo-ry are yours, now and for ever. A-men.


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 choir sings the verses, all repeating the antiphon as indicated.


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. 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.

## ANTHEM

Agnus Dei from Messe modale
Alain
Agnus Dei, qui tollis peccata mundi, miserere nobis. $(\times 2)$
Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

Lamb of God, who takes away the sins of the world, have mercy on us. $(\times 2)$
Lamb of God, who takes away the sins of the world, grant us peace.

HYMN 315 Thou, who at thy first Eucharist didst pray * The Hymnal 1982 (see end of this document) TUNE: Song 1

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 483 The head that once was crowned with thorns * (see end of this document)
tune: St. Magnus

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

VOLUNTARY Toccata on Llanfair
Rebecca Groom te Velde
(Tune of Hymn 214, "Hail the day that sees him rise")
presider The Very Reverend Steven L. Thomason
preacher The Reverend Canon Britt Olson, Vicar, St. Luke's Episcopal Church, Seattle
deacon The Reverend Earl Grout
guest musicians Carolyn Canfield, Adrianna Hulscher, Eileen Swanson, Brian Wharton, Evan Pengra-Sultz


Nords: Charles Wesley (1707-1788), alt. Music: Llanfair, Robert Williams (1781-1821).


1. Thou, who at thy first Eu-cha-rist didst pray
2. For all thy Church, O Lord, we in - ter - cede;
that all thy Church might be for ev - er one, make thou our sad di - visions soon to cease;
3. So, Lord, at length when sa-craments shall cease, may we be one with all thy Church a-bove,


The Hymnal 1982-\#483 The head that once was crowned with thorns


6 The cross he bore is life and health, though shame and death to him: his people's hope, his people's wealth, their everlasting theme.

Words: Thomas Kelly (1769-1855)
Music: St. Magnus, melody from Divine Companion, 1707; harm. William Henry Monk (1823-1889), after John Pyke Hullah (19th cent.)
1 The head that once was crowned with thorns is crowned with glory now; a royal diadem adorns the mighty victor's brow.
2 The highest place that heaven affords is his, is his by right,
the King of kings, and Lord of lords, and heaven's eternal Light;
3 the joy of all who dwell above, the joy of all below,
to whom he manifests his love and grants his name to know.
4 To them the cross with all its shame, with all its grace is given;
their name, an everlasting name;

