

THE HOLY EUCHARIST

THE SIXTH SUNDAY AFTER PENTECOST:
PROPER 9A

July 9, 2023 ♦ 9:00 AM



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

LAND ACKNOWLEDGMENT & WELCOME

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.

NEW TO SAINT MARK'S?

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey, you are welcome here! We invite you to complete a newcomer form, visit saintmarks.org/newcomers or connect with one of the clergy.

QUESTIONS?

Please ask. Ushers (wearing the purple welcome lanyards) can answer your questions or concerns, or provide a hearing assist device. All-gender restrooms are available in the northwest stairwell and on the 5th floor of Cathedral House, accessible by elevator or southwest stairwell.

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

PRELUDE *Prelude in G, BWV 541a*

J. S. Bach

LAND ACKNOWLEDGMENT

THE ENTRANCE RITE

All stand, as able.

HYMN 657 *Love divine, all loves excelling (sts. 1 & 2) ♦ The Hymnal 1982*

TUNE: *Hyfrydol*

OPENING ACCLAMATION

Enriching Our Worship 1, p. 50

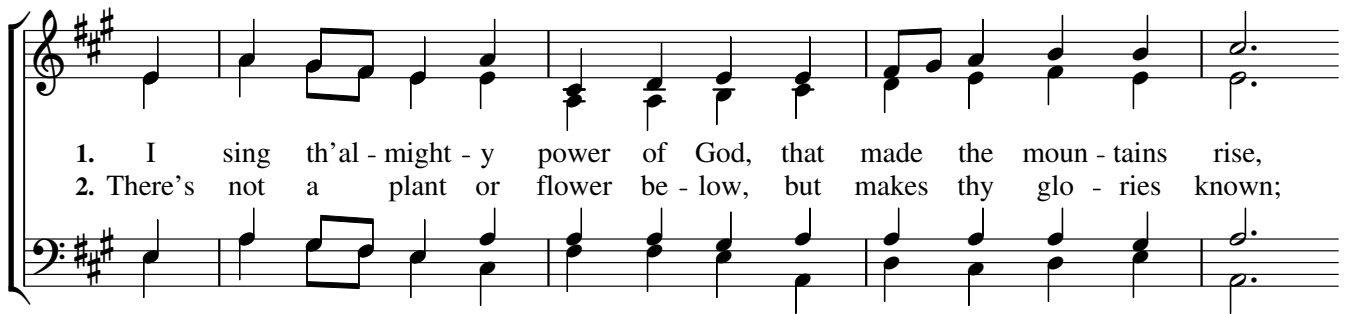
Presider Blessed be the one, holy, and living God.

Assembly **Glory to God for ever and ever.**

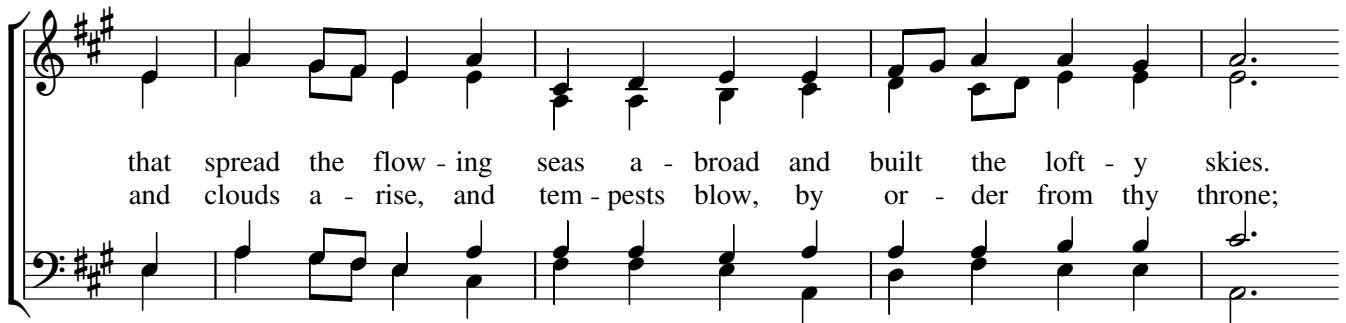
COLLECT FOR PURITY

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

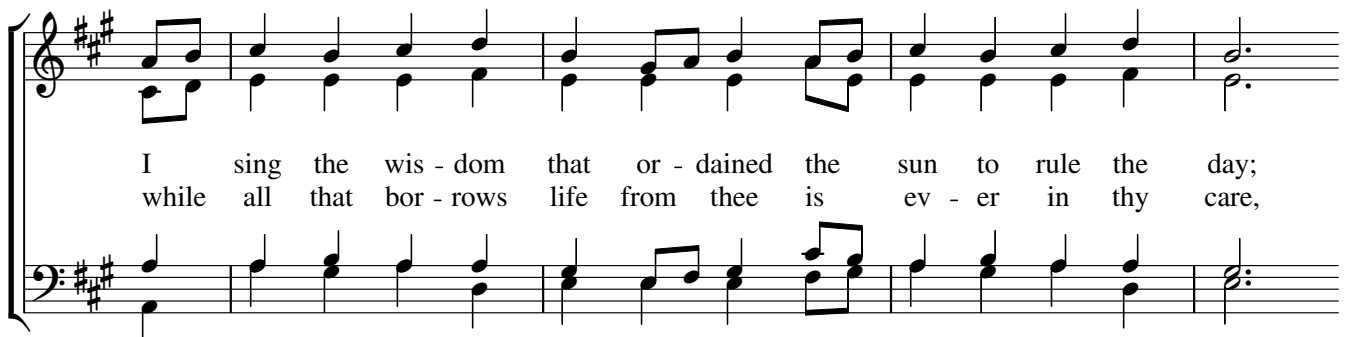
All **Amen.**



1. I sing th'al - might - y power of God, that made the moun - tains rise,
2. There's not a plant or flower be - low, but makes thy glo - ries known;



that spread the flow - ing seas a - broad and built the loft - y skies.
and clouds a - rise, and tem - pests blow, by or - der from thy throne;



I sing the wis - dom that or - dained the sun to rule the day;
while all that bor - rows life from thee is ev - er in thy care,



the moon shines full at God's com - mand, and all the stars o - bey.
and ev - ery - where that I could be, thou, God, art pre - sent there.

COLLECT OF THE DAY *Proper 9**The Book of Common Prayer, p. 230**Presider* God be with you.*Assembly* **And also with you.***Presider* Let us pray.

O GOD, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All Amen.*Please be seated for the Liturgy of the Word.*

THE LITURGY OF THE WORD

READING

Zechariah 9:9-12

REJOICE greatly, O daughter Zion!
Shout aloud, O daughter Jerusalem!

Lo, your king comes to you;
triumphant and victorious is he,

humble and riding on a donkey,
on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim
and the war horse from Jerusalem;

and the battle bow shall be cut off,
and he shall command peace to the nations;

his dominion shall be from sea to sea,
and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you,
I will set your prisoners free from the waterless pit.

Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

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

Assembly **Thanks be to God.**

PSALM

Psalm 145:8-15 (Saint Helena Psalter) ♦ Exaltabo te, Deus

Plainsong, Tone VIII.2

The cantor introduces the Antiphon, all repeating it.

The cantor chants the verses, all repeating the Antiphon as indicated.



Yours, O God, is an ev - er - last - ing reign.

YOU are gracious and full of compassion, *
slow to anger and of great kindness.

You are loving to everyone, *
and your compassion is over all your works. **ANTIPHON**

All your works praise you, O God, *
and your faithful servants bless you.

They make known the glory of your realm *
and speak of your power,

That the peoples may know of your power *
and the glorious splendor of your dominion. **ANTIPHON**

Yours, O God, is an everlasting reign; *
your dominion endures throughout all ages.

You are faithful in all your words *
and merciful in all your deeds.

You uphold all those who fall; *
you lift up those who are bowed down. **ANTIPHON**

READING

Romans 7:15-25a

I DO not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

Assembly **Thanks be to God.**

GOSPEL ACCLAMATION

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



Verse: Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

THE HOLY GOSPEL *Matthew 11:16-19, 25-30*

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

JESUS said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance;
we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

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

HOMILY

The Very Reverend Steven L. Thomason

*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 as the liturgy continues.*

THE NICENE CREED

Authorized for use by the 1997 General Convention

**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 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

After each petition:

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

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

CONFESSION & ABSOLUTION

Enriching Our Worship 1, p. 56

Deacon Let us confess our sins to God.
You are invited to stand or kneel for the confession.

Deacon God of all mercy,
**All we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.**

The Presider pronounces God's forgiveness of our sins. All respond: Amen.

THE PEACE

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

All greet one another in the name of the Lord.

THE LITURGY OF THE TABLE

OFFERTORY

An offering of money is received. Everyone participating in Saint Mark's Cathedral's worship at this time in any way is invited to make an offering as an expression of gratitude for God's generosity. Together, our gifts make possible this community of welcome, reconciliation and service. All worshipping in person are invited to place their offering in baskets as they are passed through through the rows.

*Links to donate to Saint Mark's online are located on the livestream page. Visit saintmarks.org/give, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right), or visit this link on your mobile device: <https://venmo.com/saintmarkscathedralseattle>. If Venmo asks you for a four-digit code, enter **2076**.*



You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.

VOLUNTARY *Organ improvisation*

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer 2*

Enriching Our Worship 1, p. 60

Presider God be with you.

Assembly **And also with you.**

Presider Lift up your hearts.

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

Presider Let us give thanks to the Lord our God.

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

Presider We praise you and we bless you, holy and gracious God,
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep
and brought all things into being:

sun, moon, and stars;
earth, winds, and waters;
and every living thing.

You made us in your image,
and taught us to walk in your ways.

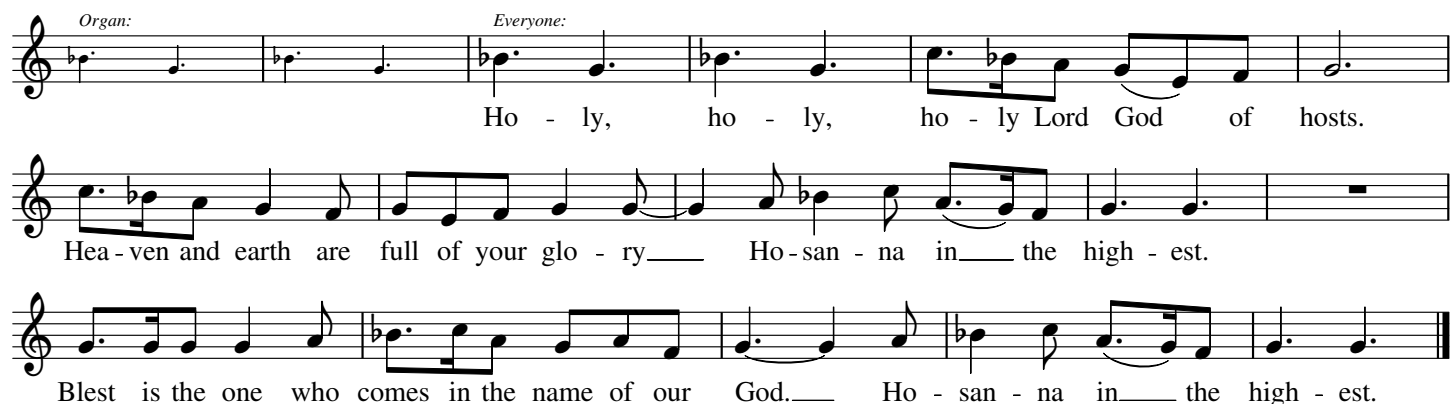
But we rebelled against you, and wandered far away;
and yet, as a mother cares for her children,
you would not forget us.

Time and again you called us
to live in the fullness of your love.

And so this day we join with Saints and Angels
in the chorus of praise that rings through eternity,
lifting our voices to magnify you as we sing:

SANCTUS & BENEDICTUS *Simple Missa Brevis*

Peter R. Hallock (1924–2014)



Organ: *Everyone:*
Ho - ly, ho - ly, ho - ly Lord God of hosts.
Hea - ven and earth are full of your glo - ry. Ho - san - na in the high - est.
Blest is the one who comes in the name of our God. Ho - san - na in the high - est.

Presider Glory and honor and praise to you, holy and living God.

To deliver us from the power of sin and death
and to reveal the riches of your grace,
you looked with favor upon Mary, your willing servant,
that she might conceive and bear a son,
Jesus the holy child of God.
Living among us, Jesus loved us.
He broke bread with outcasts and sinners,
healed the sick, and proclaimed good news to the poor.
He yearned to draw all the world to himself
yet we were heedless of his call to walk in love.
Then, the time came for him to complete upon the cross
the sacrifice of his life,
and to be glorified by you.

On the night before he died for us,
Jesus was at table with his friends.
He took bread, gave thanks to you,
broke it, and gave it to them, and said:

“Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine.

Again, he gave thanks to you,
gave it to them, and said:

“Drink this, all of you:

This is my Blood of the new Covenant,
which is poured out for you and for all
for the forgiveness of sins.

Whenever you drink it,
do this for the remembrance of me.”

Now gathered at your table, O God of all creation,
and remembering Christ, crucified and risen,
who was and is and is to come,
we offer to you our gifts of bread and wine,
and ourselves, a living sacrifice.
Pour out your Spirit upon these gifts
that they may be the Body and Blood of Christ.
Breathe your Spirit over the whole earth
and make us your new creation,
the Body of Christ given for the world you have made.
In the fullness of time bring us,
with Mary, Mark, and all your saints,
from every tribe and language and people and nation,
to feast at the banquet prepared
from the foundation of the world.

Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise,
for ever and ever.

All AMEN.

THE LORD'S PRAYER

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

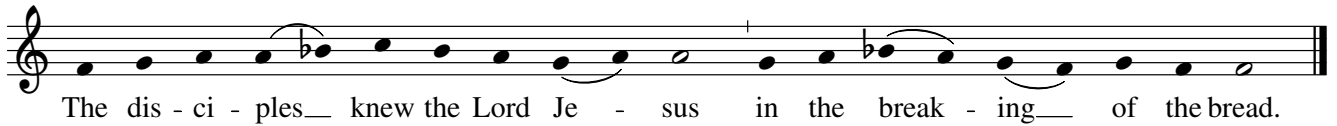
In silence, the Presider breaks the consecrated bread.

THE BREAKING OF THE BREAD

Mode 6 melody; adapt. Mason Martens (b. 1933)

The cantor introduces the Antiphon, all repeat it.

The cantor chants the verses, all repeat the Antiphon as indicated.



Verse: The bread which we break, alleluia, is the communion of the body of Christ. **ANTIPHON**

Verse: One body are we, alleluia, for though many we share one bread. **ANTIPHON**

INVITATION TO COMMUNION

Presider 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. 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 482 Lord of all hopefulness ♦ The Hymnal 1982

TUNE: *Slane*

After singing the hymn, the assembly is invited to remain seated for a period of silence, contemplating the gifts of God given and received.

All stand, as able.

SENDING OF EUCHARISTIC VISITORS

Presider One body are we.

Assembly For, though many, we share one bread and one cup.

Deacon Go in peace, bearing holy gifts for holy people.

POSTCOMMUNION PRAYER

Enriching Our Worship 1, p. 69

Presider God of abundance,
All you have fed us
with the bread of life and cup of salvation;
you have united us
with Christ and one another;
and you have made us one
with all your people in heaven and on earth.
Now send us forth in the power of your Spirit,
that we may proclaim your redeeming love to the world
and continue for ever
in the risen life of Christ our Savior. Amen.

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

HYMN 544 *Jesus shall reign (sts. 1, 4, & 5) ♦ The Hymnal 1982*

TUNE: *Duke Street*

DISMISSAL

Deacon Let us go forth in the name of Christ.
Assembly **Thanks be to God.**

PRELUDE *Fugue in G, BWV 541b*

J. S. Bach

MINISTERS OF THE LITURGY

The Rev. Cn. Dr. Marda Steedman Sanborn - Presider
The Very Rev. Steven L. Thomason - Preacher
The Rev. Cn. Jennifer King Daugherty - Assisting Priest
Judy Andrews - Assisting Lay Minister
TBD - Acolyte
Jon Achee - Chalice Bearer
Doug Thorpe - Chalice Bearer
Marjorie Ringness - Greeter

Don Sutkus - Usher
Karrie Sutkus - Usher
The Judd-Herzfeldt family - Oblation Bearers
Sue Tait - Land Acknowledgment & Lector
David Thompson - Lector & Intercessor
Michael Perera - Sound Board
Josette Falzone - Cantor
Canon Michael Kleinschmidt - Organist

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SAINT MARK'S EPISCOPAL CATHEDRAL ♦ SEATTLE, WASHINGTON

CATHEDRAL NEWSLETTER

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

July 9, 2023 ♦ The Sixth Sunday after Pentecost



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

ANNOUNCEMENTS

Hunger Offering Today

On the second Sunday of the month a special offering is collected to support several food programs in the Seattle area. Please give generously in the boxes in the rear of the nave, or electronically. Choose “Hunger offering” on saintmarks.org/give, or use Venmo (information on the back page of the leaflet) and write “Hunger Offering” in the memo line. This ministry is currently helping the following hunger programs: Ballard Food Bank, Lifelong AIDS Alliance, Pike Market Food Bank, Immanuel Community Services, The Food Bank@ St. Mary's, and St. Brigid's Banquet. Contact Vicky Greenbaum to learn more or to get involved: vgreenbaum1@gmail.com

Second Sunday Book Group

SUNDAY, JULY 9, 12:30 P.M., ROOM 210 OR VIA ZOOM

The Saint Mark's Book Group selection for July is *Out of the Ashes* by Cathedral member Sallie Crotty. In it, she shares the story of her journey with bipolar disorder, in order to help remove the stigma that surrounds mental illness and give hope to others. Sallie led a Cathedral Commons forum in March about the issues in the book—you can find a video of the forum at saintmarks.org/forum—but this is an opportunity to engage with the book itself. She will be present at to this afternoon's meeting. Learn more at: saintmarks.org/bookgroup

20s/30s Parent Connect

SUNDAY, JULY 9, 2-3:30 P.M., CATHEDRAL LAWN

What's it like to be a young adult and parent of faith? Join for a gathering to connect and share in fellowship together. Snacks, juice and lawn activities for children of all ages will be available. Bring a snack and/or camp chair if you would like. Drop in or out as your schedule allows. Questions? Email Emily: emcmeeks@gmail.com

QUEER IN CHRIST MINISTRY

Pauli Murray Forum

WEDNESDAY, JULY 12, 6 P.M., IN BLOEDEL HALL AND ONLINE VIA ZOOM

Noted author (and creator of the Brave Sis Project) Rozella Kennedy will present an evening hybrid forum in Bloedel Hall and on Zoom, exploring who Pauli Murray was, their life as a priest, activist, scholar, and poet, and why her story is important to us today. A Zoom registration link is now available at: saintmarks.org/queer (no registration needed to attend in person.)

Concluding Evensong Liturgy for Choir Camp 2023

FRIDAY, JULY 14, 4:30 P.M., CATHEDRAL NAVE

Senior Chorister Choir Camp runs from July 10–14 this year, and the week concludes with the campers presenting what they have learned in a liturgy of Choral Evensong to which all are invited. The service will include canticles from David Hogan's beloved *Washington Service*. The campers will also be offering music at the 11 a.m. service on Sunday, July 16.

Creation Care Stories

The Creation Care Ministry is creating a **Story Sharing Project** to allow parishioners to share actions they are taking related to Creation Care, as a way for parishioners to share their good work and to encourage others to help reduce climate change. What actions are you taking? Let the community know! Stories can be about anything you are doing, large or small, to care for Creation and mitigate climate change. Stories can take the form of a brief written essay, a video, a photo album, an infographic, or a piece of podcast-style audio. Sharing these stories can help others to learn, lead to new ideas about what to do, and be an inspiration for others to take action too. Find a link to how to submit your own story at: saintmarks.org/creation

The Creation Care Ministry page also contains a link to the first stories to be shared. In the first installment, Elizabeth Clark-Stern reflects on choosing to eat vegan, Marjorie Ringness shares a strategy for saving water in the kitchen, and Richard Hartung writes about buying second-hand.

UPCOMING EVENTS

Cathedral Yoga will be offered on Monday, July 10, 6:30 p.m., led by instructor Luna Miller. saintmarks.org/yoga

The **Tuesday Noon Bible Study** group continues to meet each week online via Zoom only. The discussion begins at noon, or join early at 11:30 for social time. The gathering will take a hiatus in the month of August. For more information and to get the Zoom link to join online email: bhs76er@comcast.net

Climate Conversation for July: *Changing our Daily Routine to Save the Planet*

THURSDAY, JULY 13, 6:30–7:30 P.M., ONLINE VIA ZOOM

From the time we get up in the morning until the time we go to bed, we usually follow a similar set of daily habits. Make breakfast, brush teeth, commute to school or the office, drink coffee, eat lunch, stream a video, and more. What we usually don't do is think about the climate impact of those actions. In this discussion we'll take a look at the climate impact of each of those things we usually do during the day. How much carbon emissions does breakfast create, for example, and how much water do we use? We'll then look at how to be more mindful of our impact and what we can do to have less effect on the climate. Our discussion will center around how we can make changes to care for creation better.

These Climate Conversations happen on the second Thursday of each month and include various topics. The Zoom link stays the same each month. Learn more at: saintmarks.org/creation

Special Guests to Visit from the Holy Land

GUEST SERMON: SUNDAY, JULY 16, AT 9 & 11 A.M.
"FRIENDS TALKING" FORUM: 10:10 A.M., BLOEDEL

Saint Mark's cathedral is delighted to welcome **The Rev. Fadi Diab, Rector of St. Andrew's Episcopal Church in Ramallah, Palestine**, his wife Ruba and son Andrew to our diocese in July. They will share with us about the lives of Christians in the Holy Land today. Palestinian families who make up most of the Episcopal Diocese of Jerusalem are descendants of the original Christians first baptized at Pentecost. They seek to uphold the work and teachings of Christ in the very places where he ministered in his earthly life. Fr. Fadi will preach at both the 9 and 11 a.m. services, and a conversation with all three members of the family is scheduled for the 10 a.m. "Friends Talking" Forum.

Behind the Scenes with the Mighty Flentrop and Your Favorite Hymns

SUNDAY, JULY 16, 12:30–2 P.M., ORGAN LOFT

Join Canon Michael Kleinschmidt for a fabulous "back-stage" pass experience of Saint Mark's famous Flentrop Organ. First, we'll gather after the 11 a.m. service for light refreshments and conversation in the nave. At 12:30 pm, we'll head up to the organ loft where Michael will offer a "tour" and demonstration of the instrument with opportunity for questions. At 1 p.m. we'll join in a singalong of our favorite hymns. This event is hosted by the 20s/30s group, but everyone is invited. Email Bryan (bpansing@gmail.com) for questions or to request your favorite hymn title from *The Hymnal 1982*.

Hike on the Naches Peak Loop with Picnic Lunch & Outdoor Eucharist

SATURDAY, JULY 22, MEET AT 10:30 A.M., HIKE CONCLUDES ~1 P.M. RSVP FOR LOCATION AND DETAILS.

All are invited to an Intergenerational Hike on the Naches Peak Loop, which passes through Mount Rainier National Park. The hike will be kid-friendly (only 200 ft elevation gain) and will include a lunch break and outdoor Eucharist. Naches Peak Loop is one of the most beautiful and easily accessed trails in the central Cascades. Capacity is limited—RSVP to Canon Barrie for details: wbarrie@saintmarks.org

40s/50s Brunch

SUNDAY, JULY 23, 12:30 P.M., LEFFLER HOUSE

40s/50s of Saint Mark's, it's time to do brunch again! All community members in their 40s and 50s are invited to Leffler House following the 11 a.m. service on July 23 service for food and fellowship. There will be an opportunity to discuss future 40s/50s offerings as well. If you'd like to bring something to share, please sign up using this form. Contact Kristine Ekman with questions: krisekman@aol.com

The Women's Compline Choir Returns

SUNDAYS, JULY 30 & AUGUST 6, 2023, 9:30 P.M., IN THE CATHEDRAL NAVE, BROADCAST, AND LIVESTREAMED

Following their debut in the summer of 2019, the Women's Compline Choir, led by Saint Mark's Associate Musician Rebekah Gilmore, has become an annual tradition at Saint Mark's, chanting the Office of Compline in place of the all-male Compline

Choir and presenting special repertoire for women's voices, including world-premiere compositions and arrangements. This year's services will be July 30 and August 6, and repertoire will include *Grace Before Sleep* by contemporary composer Susan LaBarr and *Beautiful Savior* arranged by Ryan Murphy. Watch this space for more details as they become available. Photos and video of all the past iterations can be seen at: saintmarks.org/womenscompline

SMC to Alki Bike Ride & Alki Beach Meetup

SUNDAY, JULY 30, BEGINS ON THE CATHEDRAL FRONT LAWN AT 12:30 P.M.; MEETUP AT ALKI BEACH AT 2 P.M.

What better community activity in July than a gathering on the beach? Following the 11 a.m. Sunday Eucharist, meet on the labyrinth for a blessing and pre-ride snacks and connection. Then gather again at Alki Beach, meeting at the Statue of Liberty around 2 p.m. for post-ride fellowship. Alki Beach offers many choices for take out food and snacks. Bring a swimsuit for a post-ride dip. Questions? Email Emily: emcmeeks@gmail.com

There are four ways to experience this event:

Option 1: Bike 10 miles

From Saint Mark's to Alki Beach via Aloha/12th/Yesler to downtown.

Option 2: Bike 3 miles

Drive to Jack Block Park, and then bike to Alki Beach. Find bike route maps at: saintmarks.org/community

Option 3: Bus/Water Taxi/Walk

From Saint Mark's via bus downtown followed by the Metro Water Taxi, then take another bus or walk about 2 miles to the meeting spot.

Option 4: Travel to Alki on your own

Drive to Alki and meet up with the groups there. Be aware that parking can take some time near Alki Beach, especially on a sunny day.

INTERGENERATIONAL EVENT

Jefferson Park Lawn Bowling Club Night

FRIDAY, AUGUST 4, 6-9 P.M., 4103 BEACON AVE S.; FREE, BUT \$5 DONATION APPRECIATED

Enjoy the sunset, great views of the city, food and community while learning the basics of lawn bowling from parishioner Tom Sunderland. All ages welcome but no pets. Please wear soft-soled shoes without a heel. Bring a snack or side dish to share for a potluck picnic. More information and directions may be found at saintamarks.org/community If you are interested in carpooling, please email Kristen Kelly: klk87@hotmail.com

Schola Camp (for high school singers) will be August 14-18, and the registration deadline is **August 7**. Much more information at: saintmarks.org/choircamp

North Capitol Hill Annual Community Emergency Practice Drill

SUNDAY, AUGUST 27, 3-5 P.M., MEET IN THE PARKING LOT OF THE SEVENTH DAY ADVENTIST CHURCH, 13TH AVE. E. AND E. ALOHA ST.

A Seattle Community Emergency Hub is a pre-determined location where neighbors and community members are likely to gather to begin exchanging information and resources among themselves without outside assistance from city services. Hubs are organized and run entirely by volunteers. All are invited to participate in the upcoming North Capitol Hill Emergency Practice Drill. Volunteers are needed to be "Hubsters" as well as to play the role of neighbors affected by an emergency. Your participation will help test our Hub's systems. Meet at 3 p.m. at the North Capitol Hill neighborhood Hub, located in the church parking lot at 13th Ave. E. and E Aloha. For more information visit: seattleemergencyhubs.org or email ncaphillhub@gmail.com

OTHER ANNOUNCEMENTS

It's not too late to sign up for weekly box of local organic produce from **Oxbow Farm & Conservation Center**, with convenient pick-up at Saint Mark's every Saturday, 10 a.m.-2 p.m. Learn more at: oxbow.org

Tent City 3 Meals Report

Friday's email newsletter contains a report and photos each week from the **Sunday evening meals** shared in Bloedel Hall with our guests in Tent City 3, who will be in residence in the lower parking lot until early September. All the weekly reports and more photos can be found at: saintmarks.org/community

Sign up for cathedral emails at: saintmarks.org/newsletters

Updates from the Bishop Search Committee

The search committee for the next Bishop of Olympia has created a comprehensive website containing explanations of the role, the process, and the timeline, and providing regular updates about their work. Check out the site here: olympiabishopsearch.ecww.org and sign up for Diocesan newsletters to stay updated.



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.

* **Choral Evensong**, *Cathedral Nave*
[on hiatus until October 1]

7 P.M.

Contemplative Eucharist, *Thomsen Chapel*
[on hiatus until September 10]

9:30 P.M.

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

WEEKDAY OFFERINGS

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. [on hiatus until September]

Centering Prayer in the cathedral nave
[on hiatus until September]
(A * **Taizé service** replaces Centering Prayer
on September 12, & November 7.)

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

Weekday services are occasionally canceled due to holidays or conflicts. Check the cathedral events calendar at saintmarks.org/calendar

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

SAINT MARK'S ONLINE

The cathedral website contains a great deal of information and resources, including archive videos of all livestreamed services, audio recordings and written transcripts of sermons, a calendar of events, a directory of cathedral ministries, and much more: saintmarks.org

The "Community Life" page on the website contains events, reports, personal reflections, and more: saintmarks.org/community

Please follow the cathedral on social media:

Facebook: [SaintMarksSeattle](https://www.facebook.com/SaintMarksSeattle)

Instagram: [saintmarksseattle](https://www.instagram.com/saintmarksseattle)

YouTube: [@saintmarksseattle](https://www.youtube.com/@saintmarksseattle)

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

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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 Arianne 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

