

THE HOLY EUCHARIST

THE ELEVENTH SUNDAY AFTER PENTECOST: PROPER 14A

August 13, 2023 ♦ 11:00 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, and whether you are joining in the nave or via the livestream, 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 Improvisation on *Melita* (Tune of Hymn 608, "Eternal Father, strong to save")

LAND ACKNOWLEDGMENT

THE ENTRANCE RITE

All stand, as able.

HYMN 390 Praise to the Lord, the Almighty ♦ *The Hymnal 1982*

TUNE: *Lobe den Herren*

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.**

SONG OF PRAISE *Gloria in excelsis*

John Rutter (b. 1945)

One-in-a-bar; firmly *f*
Glo-ry to God in the high-est, and peace to God's

mf
peo-ple on earth. Lord God, heav'n-ly King, al-might-y God and Fa-ther,

f
we wor-ship you, we give you thanks, we praise you for your glo-ry.

p
Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a -

♩ = *♩* (same beat as before, not slower)

way the sin of the world: have mercy on us; you are seated at the right hand of the

Fa-ther: receive our prayer. For you alone are the Holy One, you a-

lone 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.

COLLECT OF THE DAY *Proper 14*

The Book of Common Prayer, p. 232

Presider God be with you.

Assembly **And also with you.**

Presider Let us pray.

GRANT to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 *1 Kings 19:9-18*

AT HOREB, the mount of God, Elijah came to a cave, and spent the night there. Then the word of the LORD came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a

sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?” He answered, “I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.” Then the LORD said to him, “Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.”

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

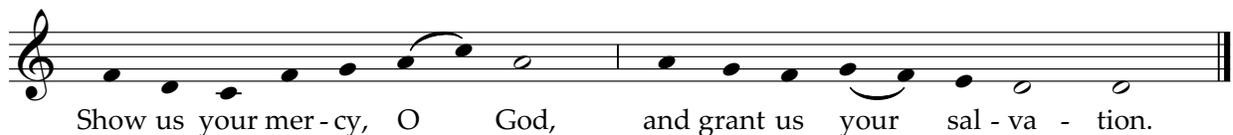
Assembly **Thanks be to God.**

PSALM *Psalm 85:8-13* ♦ *Benedixisti, Domine* (Saint Helena Psalter)

Plainsong, Tone I.2

The cantor introduces the Antiphon, all repeating it.

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



I will listen to what you are saying, *
for you are speaking peace to your faithful people
and to those who turn their hearts to you.

Truly, your salvation is very near to those who fear you, *
that your glory may dwell in our land. **ANTIPHON**

Mercy and truth have met together; *
righteousness and peace have kissed each other.

Truth shall spring up from the earth, *
and righteousness shall look down from heaven. **ANTIPHON**

You, O God, will indeed grant prosperity, *
and our land will yield its increase.

Righteousness shall go before you, *
and peace shall be a pathway for your feet. **ANTIPHON**

READING *Romans 10:5-15*

MOSES writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you,
on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

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

Assembly **Thanks be to God.**

HYMN 637 *How firm a foundation, ye saints of the Lord* (sts. 1, 3, & 5) ♦ *The Hymnal 1982*

TUNE: *Lyons*

THE HOLY GOSPEL *Matthew 14:22-33*

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.

Assembly **Glory to you, Lord Christ.**

JESUS made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

Peter answered him, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, “Truly you are the Son of God.”

Deacon The Gospel of the Lord.

Assembly **Praise to you, Lord Christ.**

HOMILY

Canon Wendy Claire Barrie

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.

All stand, as able.

THE NICENE CREED

The Book of Common Prayer, p. 358

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

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.

Through him all things were made.

For us and for our salvation

he came down from heaven:

by the power of the Holy Spirit

he became incarnate from the Virgin Mary;
and was made man.

For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.

On the third day he rose again

in accordance with the scriptures;

he ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,

and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE *After each petition:*

Intercessor Creator God,

Assembly awaken us to your presence and love.

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 Assembly
God be with you. And al-so with you.

Presider Assembly
Lift up your hearts. We lift them to the Lord.

Presider Assembly
Let us give thanks to the Lord our God. 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,

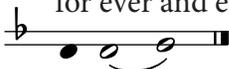
which is poured out for you and for all

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 A - MEN.

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.



The dis - ci - ples__ knew the Lord Je - sus in the break - ing__ of the bread.

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*

1. Pre-cious Lord, take my hand, lead me on, let me stand, I am tired, I am
 2. When my way grows drear, pre-cious Lord, lin-ger near, when my life is
 3. When the dark - ness ap - pears and the night draws near, and the day is

weak, I am worn; through the storm, through the night, lead me on to the
 al - most gone; hear my cry, hear my call, hold my hand, lest I
 past and gone; at the riv - er I stand, guide my feet, hold my

light, take my hand, pre-cious Lord, lead me on.
 fall, take my hand, pre-cious Lord, lead me on.
 hand, take my hand, pre-cious Lord, lead me on.

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 608 *Eternal Father, strong to save ♦ The Hymnal 1982*

TUNE: *Melita*

DISMISSAL

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

VOLUNTARY *Obangiji "Almighty God, you are worthy of our worship"*

Fela Sowande (1905–1987)

MINISTERS OF THE LITURGY

The Very Rev. Steven L. Thomason -
Presider & Preacher
The Rev. Cn. Jennifer King Daugherty; TBD -
Assisting Priests
Rose Hazard - Assisting Lay Minister
Hilary McLeland-Wieser - Acolyte
Austin LeSure - Acolyte
Rollin Salsbery - Acolyte
Deborah Person - Chalice Bearer
Peter Snyder - Chalice Bearer
Russ Campbell - Chalice Bearer
Shelley Mackaman - Chalice Bearer
James Davidson - Altar Guild
Ashley Hedeem - Altar Guild
Nancy Cleminshaw - Verger

Barbara Selberg - Greeter
John Selberg - Greeter
TBD - Usher
Kathy Sodergren - Usher
Janet Miller - Usher
Carrie Kahler - Oblation Bearer
Nancy George - Oblation Bearer
Carrie Kahler - Land Acknowledgment
Lara Shibata - Lector
Kathy Minsch - Lector
TBD - Intercessor
Michael Perera - Sound Board
Chris Brown - Video
Joey Blundell - Cantor
John Stuntebeck - Organist

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