

THE HOLY EUCHARIST

THE TWELFTH SUNDAY AFTER PENTECOST: PROPER 15A

August 20, 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.

TODAY'S GUEST CHOIR

We welcome the Mägi Ensemble and their Founder and Artistic Director, Dr. Heather MacLaughlin Garbes. Named after Ester Mägi (1922–2021), an Estonian composer and professor of Music Theory, the Ensemble works to perform and record compositions that are rarely heard outside of the Baltic region, and also strives to be an ambassador of the power of music in inter-cultural dialogue and identity. They are an Artist-in-Residence Choir at Saint Mark's.

THE LITURGY OF THE WORD

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

PRELUDE *Tiento del Segundo tono* (Tiento in the second tone) Antonio de Cabezón (1510–1566)

[A tiento is an instrumental composition based on one of the church modes, polyphonic and imitative in style, and prevalent on the Iberian Peninsula in the 16th century.]

LAND ACKNOWLEDGMENT

All stand, as able.

PRELUDE *Hark! I hear the the harps eternal*

WORDS: Traditional folk hymn;

MUSIC: *Invitation*, William Hauser (1812–1880),
arr. Marsha Genensky and Johanna Maria Rose

Hark, I hear the harps eternal
Ringing on the farther shore,
As I near those swollen waters,
With their deep and solemn roar.

And my soul though stained with sorrow,
Fading as the light of day,
Passes swiftly o'er those waters
To the city far away. *Refrain.*

Refrain:
Hallelujah, hallelujah,
Hallelujah, praise the Lamb,
Hallelujah, hallelujah,
Glory to the great I AM.

Souls have crossed before me, saintly,
To that land of perfect rest;
And I hear them singing faintly
In the mansions of the blest. *Refrain.*

HYMN 371 *Thou, whose almighty word* ♦ *The Hymnal 1982*

TUNE: *Moscow*

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
d. = d. (same beat as before, not slower)
 Lord Je-sus Christ, on-ly Son of the Fa-ther, — Lord God, Lamb of God, you take a -
 way the sin of the world: have mer-cy on us; — you are seat-ed at the right hand of the
f
 Fa-ther: — re - ceive our prayer. For you a - lone are the Ho-ly One, you a -
mf
 lone are the Lord, — you a - lone are the Most High, Je - sus Christ, with the
f cresc. *ff* *broaden*
 Ho - ly Spi - rit, — in the glo-ry of God the Fa - ther. A - - men. —

COLLECT OF THE DAY *Proper 15*

The Book of Common Prayer, p. 232

Presider God be with you.

Assembly **And also with you.**

Presider Let us pray.

ALMMIGHTY GOD, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

All Amen.

Please be seated.

READING

Isaiah 56:1,6-8

THUS says the LORD:
 Maintain justice, and do what is right,
 for soon my salvation will come,
 and my deliverance be revealed.

And the foreigners who join themselves to the LORD,
 to minister to him, to love the name of the LORD,
 and to be his servants,
 all who keep the sabbath, and do not profane it,
 and hold fast my covenant—
 these I will bring to my holy mountain,
 and make them joyful in my house of prayer;
 their burnt offerings and their sacrifices
 will be accepted on my altar;
 for my house shall be called a house of prayer
 for all peoples.

Thus says the Lord GOD,
 who gathers the outcasts of Israel,
 I will gather others to them
 besides those already gathered.

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

Assembly **Thanks be to God.**

PSALM

Psalm 67 ♦ Deus misereatur

Plainsong, Tone VIII.1

The cantor introduces the Antiphon, all repeating it.

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



The Lord_ make his face to shine up - on___ us, and___ be___ gra-cious to us.

MAY God be merciful to us and bless us, *
 show us the light of his countenance and come to us.

Let your ways be known upon earth, *
 your saving health among all nations. **ANTIPHON**

Let the peoples praise you, O God; *
 let all the peoples praise you.

Let the nations be glad and sing for joy, *
 for you judge the peoples with equity
 and guide all the nations upon earth. **ANTIPHON**

Let the peoples praise you, O God; *
 let all the peoples praise you.

The earth has brought forth her increase; *
 may God, our own God, give us his blessing.

May God give us his blessing, *
 and may all the ends of the earth stand in awe of him. **ANTIPHON**

READING *Romans 11:1-2a, 29-32*

ASK, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

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

Assembly **Thanks be to God.**

After a brief pause, the Presider stands; all stand, as able, for the proclamation of the Gospel.

HYMN 538 *God of mercy, God of grace* ♦ *The Hymnal 1982*

TUNE: *Lucerna Laudoniae*

THE HOLY GOSPEL *Matthew 15:10-19, 21-28*

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

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

JESUS called the crowd to him and said to them, "Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles." Then the disciples approached and said to him, "Do you know that the Pharisees took offense when they heard what you said?" He answered, "Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit." But Peter said to him, "Explain this parable to us." Then he said, "Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles.

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

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.

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 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.



ANTHEM *No Time*

Traditional Camp Meeting Song, arr. Susan Brumfield

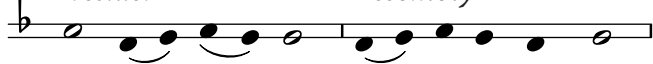




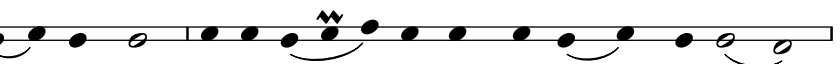
Rise, oh fathers rise, let's go meet 'em in the skies,
we will hear the angels singing in that morning.
Oh I really do believe that just before the end of time,
we will hear the angels singing in that morning.

No time to tarry here, no time to wait for you.
No time to tarry here, for I'm on my journey home.
Brothers, oh fare ye well, for I'm on my journey home.
Sisters, oh fare ye well, for I'm on my journey home.

All stand, as able.

THE GREAT THANKSGIVING Eucharistic Prayer 2




Enriching Our Worship 1, p. 60

<p style="text-align: center;"><i>Presider</i></p> 	<p style="text-align: center;"><i>Assembly</i></p> 
<p>God be with you. And al-so with you.</p>	
<p style="text-align: center;"><i>Presider</i></p> 	<p style="text-align: center;"><i>Assembly</i></p> 
<p>Lift up your hearts. We lift them to the Lord.</p>	
<p style="text-align: center;"><i>Presider</i></p> 	<p style="text-align: center;"><i>Assembly</i></p> 
<p>Let us give thanks to the Lord our God. It is right to give God thanks and praise.</p>	

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)

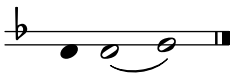
<i>Organ:</i>	<i>Everyone:</i>
	
<p>Ho - ly, ho - ly, ho - ly Lord God of hosts.</p>	
	
<p>Hea - ven and earth are full of your glo - ry — Ho - san - na in the high - est.</p>	
	
<p>Blest is the one who comes in the name of our God. — Ho - san - na in the high - est.</p>	

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.



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.

ANTHEM

Peace unto Zion, from Shaker Songs

arr. Kevin Siegfried

Peace unto Zion.
Peace, peace to the faithful,
and a crown of rejoicing
from your Heavenly Father.

When Zion shall be cleansed
she shall flourish as a rose.
I will walk in her midst and will bless
all those with a tenfold blessing.
And their sorrows shall cease,
for I'll cry upon her walls.

Peace, peace, sweet peace.

HYMN

In boldness, look to God

In bold-ness, look to God for help, like wo-men folk who dared:
In bold-ness, lean on God for strength, and heal-ing from dis - ease,
In bold-ness, learn of God the truth of Ma-ry's bet - ter part:
In bold-ness, love, nor count the cost. Con - front the world's harsh stare:

to ask that Je - sus heal a child, that crumbs of grace be shared,
of mind and bod - y, heart and will, whose bond-age Je - sus frees.
by fear and cen - sure un - de-tered, de - ter-mined in her heart
like one who washed the feet of Christ, and wiped them with her hair,

that out - cast ones be wel - comed to the feast God has pre - pared.
 Reach out and touch the hem of Christ, and gath - er spi - rit's ease.
 to kneel at Je - sus' feet and learn the wis - dom he im - parts.
 poured per - fume to a - noint her Lord, and left love's fra - grance there.

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 Music: *Brother James' Air*, J. L. Macbeth Bain; in the Public Domain.

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.*

DISMISSAL

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

VOLUNTARY *Tiento lleno por B cuadrado* (Tiento for undivided stops in B-flat) Juan Cabanilles (1644–1712)

MINISTERS OF THE LITURGY

The Rev. Cn. Jennifer King Daugherty - Presider	Mary Frederick - Greeter
The Very Rev. Steven Thomason - Preacher	Rachel Baker - Greeter
The Rev. Edie Weller, The Rev. Cn. Dr. Marda Steedman Sanborn - Assisting Priests	TBD - Usher
Peter Snyder - Assisting Lay Minister	Chris Rigos - Usher
Alexander Snow - Acolyte	Jeff Sackett - Usher
Krista Olson - Acolyte	Nancy George - Oblation Bearer
Barbara Zito - Acolyte	Chris Rigos - Land Acknowledgment
John Selberg - Chalice Bearer	Christine Szabadi - Lector
Kelsey Herschberger - Chalice Bearer	Bob Carter - Lector
Rose Hazard - Chalice Bearer	Norva Osborn - Intercessor
Russ Campbell - Chalice Bearer	Michael Perera - Sound Board
Shelley Mackaman - Chalice Bearer	Chris Brown - Video
Carrie Davis - Altar Guild	James Wilcox - Cantor
Walter Stuteville - Altar Guild	The Mägi Ensemble,
Kate Halamay - Verger	Heather MacLaughlin Garbes, Director;
Nancy Cleminshaw - Verger	Peter Garbes, piano;
	John Stuntebeck, organist

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1. Thou, whose al - might - y word cha - os and dark - ness heard, and took their flight; hear us, we
 2. Thou who didst come to bring on thy re - deem - ing wing heal - ing and sight, health to the
 3. Spi - rit of truth and love, life - giv - ing, ho - ly Dove, speed forth thy flight! Move on the
 4. Ho - ly and bless - èd Three, glo - ri - ous Tri - ni - ty, wis - dom, love, might; bound - less as

humb - ly pray, and, where the Gos - pel day sheds not its glo - ri - ous ray, let there be light!
 sick in mind, sight to the in - ly blind, now to all hu - man - kind, let there be light!
 wa - ters' face bear - ing the gifts of grace, and, in earth's dark - est place, let there be light!
 o - cean's tide, roll - ing in full - est pride, through the world, far and wide, let there be light!

The Hymnal 1982 - #538 God of mercy, God of grace

1 God of mer - cy, God of grace, show the bright - ness of thy
 2 Let thy peo - ple praise thee, Lord; be by all that live a -

face. Shine up - on us, Sa - vior, shine, fill thy
 dored. Let the na - tions shout and sing glo - ry

Church with light di - vine, and thy sav - ing health ex -
 to their Sa - vior King; let all be, be - low, a -

tend un - to earth's re - mot - est end.
 bove, one in joy, and light, and love.

Words: Henry Francis Lyte (1793-1847), alt.
 Music: *Lucerna Laudoniae*, David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

1 God of mercy, God of grace,
 show the brightness of thy face.
 Shine upon us, Savior, shine,
 fill thy Church with light divine,
 and thy saving health extend

1. From all that dwell be - low the skies let the Cre - a - tor's praise a - rise!
2. E - ter - nal are thy mer - cies, Lord; and truth e - ter - nal is thy word:
3. Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;

Let the Re - deem - er's name be sung through ev - 'ry land, by ev - 'ry tongue!
thy praise shall sound from shore to shore till suns shall rise and set no more.
praise him a - bove, ye heav'n - ly host: praise Fa - ther, Son, and Ho - ly Ghost.