

THE HOLY EUCHARIST

January 28, 2024

11:00 AM





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.

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.

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 <u>saintmarks.org/</u><u>newcomers</u> or connect with one of the clergy.

ABOUT THE LITURGY

Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. We encounter God within worship and are formed and transformed as the people of God. One of the hallmarks of the Episcopal Church is its liturgical worship. Liturgy literally is "the work of the people," and refers to the patterns, forms, words, and actions through which public worship is conducted.

THE LITURGY OF THE WORD

The service usually begins with an organ prelude or other music designed to call us into worshipful presence.

PRELUDE Andante Sostenuto from *Symphonie gothique*

C.M. Widor

Deo gracias

LAND ACKNOWLEDGMENT

All stand, as able.

 INTROIT
 From thee all skill and science flow
 Words: Charles Kingsley;

 Music from The Sacred Harp (1844), realized for full choir by Gregory Bloch

From thee all skill and science flow, all pity, care, and love,all calm and courage, faith and hope: O pour them from above!Impart them, Lord, to each and all, as each and all shall need,to rise, like incense, each to thee, in noble thought and deed.

And hasten, Lord, that perfect day when pain and death shall cease, and thy just rule shall fill the earth with health and light and peace; when everblue the sky shall gleam, and evergreen the sod, and our rude work deface no more the handiwork of God.

As a gathered community, we join together in praising God in song.

HYMN 449 O love, how deep, how broad, how high • The Hymnal 1982

OPENING ACCLAMATION

The Book of Common Prayer 1979, p. 355

Presider Blessed be God: Father, Son, and Holy Spirit.*Assembly* And blessed be God's kingdom, now and for ever. Amen.

COLLECT FOR PURITY

Presider 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.

All Amen.

SONG OF PRAISE The Third Song of Isaiah • chanted by all

WORDS: Isaiah 60:1–3, 11a, 14b, 18–19 MUSIC: Anglican chant by W. H. Longhurst

The first verses are chanted by the Choir alone. All join in chanting the remaining verses. In this style of chanting, the slashes in the text correspond to the barlines in the chant. When more than one syllable is sung on a black note, the dot • indicates the change of pitch.



Choir alone:

Arise, shine, for your / light has / come, and the glory of the / Lord has / dawned up / on you.
For behold, darkness / covers • the / land; deep / gloom en - / shrouds the / peoples.

All:

But over you the / Lord will / rise, and his / glory • will ap - / pear up - / on you. Nations will / stream to • your / light, and kings to the / brightness / of your / dawning. Your gates will / always • be / open; by day or / night • they will / never • be / shut. They will call you, The / City • of the / Lord, The Zion of the / Holy / One of / Israel. Violence will no more be / heard in • your / land, ruin or de - / struction • with - / in your / borders. You will call your / walls, Sal - / vation, and / all your / portals, / Praise. The sun will no more be your / light by / day; by night you will / not • need the / brightness • of the / moon. The Lord will be your ever - / lasting / light, and your / God will / be your / glory.

The collect is the prayer designated for each Sunday that "collects" or captures the theme of the day or season of the Church year. It summarizes the attributes of God as revealed in the scriptures for the day.

COLLECT OF THE DAY Fourth Sunday after the Epiphany

The Book of Common Prayer 1979, p. 215

PresiderThe Lord be with you.AssemblyAnd also with you.PresiderLet us pray.

A LMIGHTY and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; 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 readings.

The first reading is usually drawn from the Hebrew Scriptures, inviting us to trace our heritage in God's historical covenant with the People of God.

READING Deuteronomy 18:15-20

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

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

Assembly Thanks be to God.

The Psalm is a sung response to the previous reading. Psalms are the songbook of the Hebrew Scriptures. They express every emotion known to humankind.

PSALM *Psalm 111* • *St. Helena Psalter*

Anglican Chant (Turle)

Sung by the choir.

Confitebor tibi

HALLELUJAH! I will give thanks to you, O God, with my whole heart, * in the assembly of the upright, in the congregation.

Great are your deeds, O God; * they are studied by all who delight in them.

Your work is full of majesty and splendor, * and your righteousness endures for ever.

You make your marvelous works to be remembered: * you are gracious and full of compassion.

You give food to those who fear you; * you are ever mindful of your covenant.

You have shown your people the power of your works * in giving them the lands of the nations.

The works of your hands are faithfulness and justice; * all your commandments are sure.

They stand fast for ever and ever, * because they are done in truth and equity.

You sent redemption to your people; you commanded your covenant for ever; * holy and awesome is your Name.

The fear of God is the beginning of wisdom; * those who act accordingly have a good understanding; God's praise endures for ever. •

This reading, taken from the New Testament, is typically from a letter (epistle) to the early Church, the Acts of the Apostles, or the Revelation to John.

READING 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be socalled gods in heaven or on earth—as in fact there are many gods and many lords yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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

The sequence hymn or Gospel acclamation moves us toward the summit of the Liturgy of the Word-the reading of the Holy Gospel. Gospel means "good news"specifically the "good news of Jesus Christ."

All stand, as able.

GOSPEL ACCLAMATION Alleluia #1

Mel Butler

The choir introduces the Alleluias, all repeat them. The choir sings the verse, then all repeat the Alleluias.



Verse: Be still, and know that I am God.

Assembly Thanks be to God.

This reading is taken from one of the four Gospels (Matthew, Mark, Luke, and John), which depict the life, teachings, death, resurrection, and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus's words and actions.

THE HOLY GOSPEL Mark 1:21-28

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

> JESUS and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

Deacon The Gospel of the Lord.

Assembly Praise to you, Lord Christ.

The homily directly follows the Gospel because it is grounded in the scriptures. It illuminates the scriptural readings and relates them to daily life.

The Reverend Canon Jennifer King Daugherty

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 word "creed" comes from the Latin "credo" for "I believe." First formulated at the Council of Nicaea in 325 CE and confirmed in 381 CE, the Nicene Creed is said at the Holy Eucharist and reflects what Christians believe regarding the relationship between the Father, Jesus, and the Holy Spirit: The Holy Trinity.

THE NICENE CREED

HOMILY

The Book of Common Prayer 1979, 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,

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

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.

> We pray for ourselves and particularly on behalf of others. Each week, we pray for the Universal Church, the nation and its leaders, the welfare of the world, the concerns of our community of faith, including those who are in need or suffer, and for the departed. We are reminded in prayer that we are part of a larger fellowship, the Church-the Body of Christ.

> > The Book of Common Prayer 1979, p. 360

PRAYERS OF THE PEOPLE After each petition:

begotten, not made,

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

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

CONFESSION & ABSOLUTION

Deacon Let us confess our sins against God and our neighbor.

You are invited to stand or kneel for the confession.

Deacon Most merciful God,

All we confess that we have sinned against you	We are truly sorry and we humbly repent
in thought, word, and deed,	For the sake of your Son Jesus Christ,
by what we have done,	have mercy on us and forgive us;
and by what we have left undone.	that we may delight in your will,
We have not loved you with our whole heart;	and walk in your ways,
we have not loved our neighbors as ourselves.	to the glory of your Name. Amen.

9

The exchange of peace within the gathered community is an ancient Christian practice. It is a sign of reconciliation, love, and renewed relationships prior to coming to God's table for Eucharist.

THE PEACE

Presider The peace of the Lord be always with you. *Assembly* And also with you.

THE LITURGY OF THE TABLE

Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness, and shared in the peace, we are prepared for the mystery and miracle of the Holy Communion. At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give.

OFFERTORY

An offering of money is received. Everyone participating in worship is invited to make an offering in gratitude for God's generosity. Together, these gifts make possible this community of welcome, reconciliation and service. Those worshiping in person may place their offering in baskets as they are passed through through the rows.

Visit <u>saintmarks.org/give</u>, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right). If Venmo asks you for a four-digit code, enter **2076**.

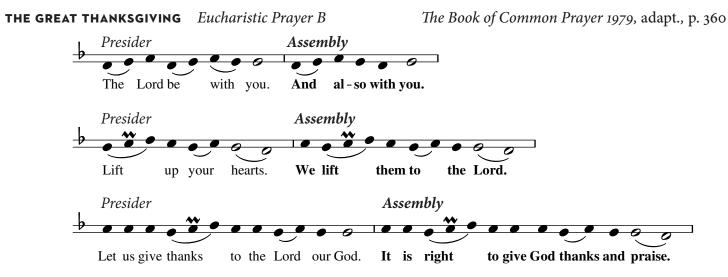


ANTHEMBehold a star from Jacob shiningWords arranged by Henry Wilder Foote
from The Book of Numbers, 24:17; Music: Felix Mendelssohn

Behold a star from Jacob shining, and a scepter from Israel rising, to reign in glory over the nations. Like some bright morning star is he, the promise of the coming day, beyond the night of sorrow. Break forth, O light! We, our joyful hearts uplifting with thanksgiving, hail the brightness of thy rising.

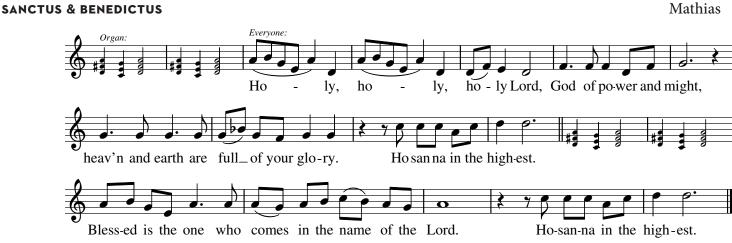
In the Great Thanksgiving, we do what Jesus himself asked us: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a lengthy prayer with several intentions. We recount the story of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning "Lift up your hearts."

All stand, as able.



Presider It is right, and a good and joyful thing, always and every where to give thanks to you, the Maker of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

> The Sanctus (Holy, Holy, Holy) is the hymn of praise that never ceases before God and is based on Isaiah 6:3.



We recall God's acts of salvation history. The presider says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine.

Presider We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. Through Mary's Holy Child, you have delivered us from evil and made us worthy to stand before you. You have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus 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, Jesus 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God:

All We remember his death, we proclaim his resurrection, we await his coming in glory;

Presider And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where with Mary, Mark, and all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ, the firstborn of all creation, the head of the Church, and the author of our salvation.

By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory is yours, Most Blessed One, now and forever.

The Great Amen unites the congregation in one great voice as we concur with all that the presider has prayed. It is the only "AMEN" in all capitals found in the Book of Common Prayer, signifying the importance of the congregation's response.

All A - MEN.

We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.

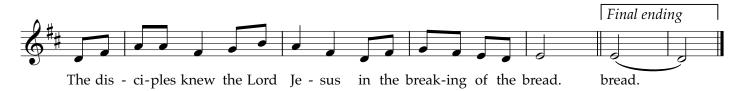
Rimsky-Korsakov THE LORD'S PRAYER hal-lowed be your Name, Our Fa-ther in heav'n, your king-dom come, your will be done, on earth as in heav'n. Give us to-day our dai-ly bread. For-give us our sins as we for-give those d 0 who sin a - gainst Save us from the time of trial, us. and de-li-ver us from e - vil. d For the king - dom, the pow'r, and the glo - ry are yours, now and for ev-er. A-men. d 0 0

In silence, the Presider breaks the consecrated bread.

THE BREAKING OF THE BREAD The disciples knew the Lord Jesus

Mark Sedio (b. 1954)

The choir introduces the refrain, all repeat it. The choir sings the verses, all repeat the refrain as indicated.



Verse: The bread which we break, alleluia, is the communion of the body of Christ. **REFRAIN** *Verse:* One body are we, alleluia, though many we share one bread. **REFRAIN**

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 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 339 Deck thyself, my soul, with gladness • The Hymnal 1982

Schmücke dich

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

From the earliest days of the Church, members of the congregation took bread to those who were ill or could not be present in person.

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.

Before concluding the service, we give thanks to God for the gifts received, and the Presider pronounces a blessing in God's name upon the assembly. A closing hymn and the dismissal conclude the liturgy.

POSTCOMMUNION PRAYER

The Book of Common Prayer 1979, p. 365

Presider Eternal God, heavenly Father,

All 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 493 O for a thousand tongues to sing • The Hymnal 1982

DISMISSAL The Deacon dismisses the assembly; all respond: **Thanks be to God.**

VOLUNTARY Prelude in G

Charles Villiers Stanford

Azmon

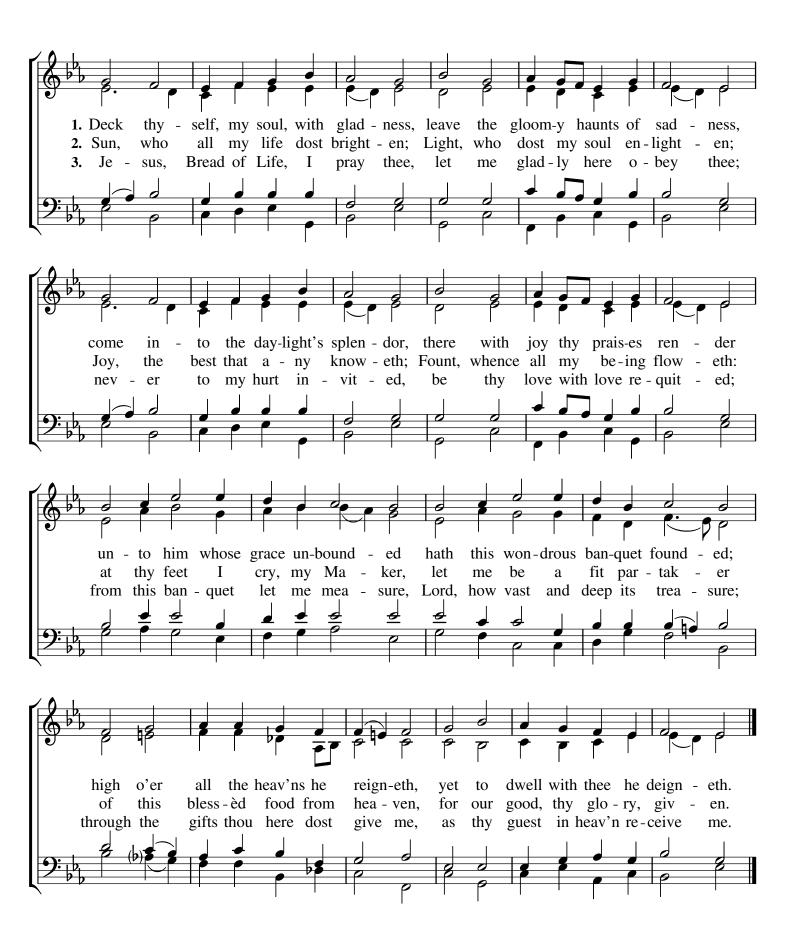
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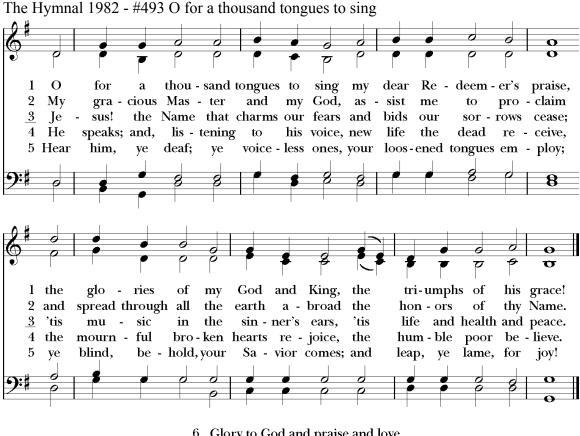
The Hymnal 1982 - #449 O love, how deep, how broad, how high

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Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: Deo Gracias, English ballad melody, Trinity College MS., 15th cent.; harm. Hymns Ancient and Modern, Revised, 1950 Copyright © by permission of Hymns Ancient & Modern Limited. All rights reserved. Used with permission.

- 1 O love, how deep, how broad, how high, how passing thought and fantasy, that God, the Son of God, should take our mortal form for mortals' sake.
- 2 For us baptized, for us he bore his holy fast and hungered sore; for us temptations sharp he knew; for us the tempter overthrew.
- 3 For us he prayed; for us he taught; for us his daily works he wrought: by words and signs and actions, thus still seeking not himself, but us.
- 4 For us to wicked men betrayed, scourged, mocked, in purple robe arrayed, he bore the shameful cross and death; for us gave up his dying breath.





 6 Glory to God and praise and love be now and ever given by saints below and saints above, the Church in earth and heaven.

Words: Charles Wesley (1707-1788), alt. Music; Azmon, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872)

- O for a thousand tongues to sing my dear Redeemer's praise, the glories of my God and King, the triumphs of his grace!
 My gracious Master and my God, assist me to proclaim and spread through all the earth abroad the honors of thy Name.
 Jesus! the Name that charms our fears and bids our sorrows cease;
 - 'tis music in the sinner's ears, 'tis life and health and peace.
- 4 He speaks; and, listening to his voice, new life the dead receive, the mournful broken hearts rejoice,
 - the humble poor believe.