



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 26, 2023

8:00 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 one of the liturgical ministers. Restrooms are available in the narthex; all-gender restrooms are available in the northwest stairwell of the nave and on the 5th floor of Cathedral House, accessible by the 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 saintmarks.org/newcomers 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 PENITENTIAL ORDER

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

PRELUDE *Erhalt uns, Herr, bei deinem Wort*, BuxWV 185 Dietrich Buxtehude
(Tune of Hymn 143, “The glory of these forty days”)

LAND ACKNOWLEDGMENT

All stand, as able.

HYMN 143 *The glory of these forty days* (sts. 1-4) ♦ *The Hymnal* 1982 *Erhalt uns, Herr*

OPENING ACCLAMATION

Presider Bless the Lord who forgiveth all our sins.

Assembly His mercy endureth forever.

All kneel, as able. For those unable to kneel, a profound bow is an appropriate posture.

THE DECALOGUE *The Book of Common Prayer*, p. 317

Presider God spake these words, and said:

I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not take the Name of the Lord thy God in vain.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Remember that thou keep holy the Sabbath day.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Honor thy father and thy mother.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt do no murder.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not commit adultery.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not steal.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not bear false witness against thy neighbor.

Assembly **Lord have mercy upon us, and incline our hearts to keep this law.**

Presider Thou shalt not covet.

Assembly **Lord have mercy upon us,
and write all these thy laws in our hearts, we beseech thee.**

The Presider reads a sentence from scripture.

THE CONFESSION

The Book of Common Prayer, p. 320

Presider Let us humbly confess our sins unto Almighty God.

You are invited to remain kneeling for the confession.

Presider Almighty and most merciful Father,

All we have erred and strayed from thy ways like lost sheep,
we have followed too much the devices and desires of our own hearts,
we have offended against thy holy laws,
we have left undone those things which we ought to have done,
and we have done those things which we ought not to have done.
But thou, O Lord, have mercy upon us,
spare thou those who confess their faults,
restore thou those who are penitent,
according to thy promises declared unto mankind
in Christ Jesus our Lord;
and grant, O most merciful Father, for his sake,
that we may hereafter live a godly, righteous, and sober life,
to the glory of thy holy Name. Amen.

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

All remain kneeling, as able.

KYRIE ELEISON

Presider Lord, have mercy upon us.

Assembly Christ, have mercy upon us.

Presider Lord, have mercy upon us.

COLLECT OF THE DAY

The Book of Common Prayer, p. 166

Presider The Lord be with you.

Assembly And with thy spirit.

Presider Let us pray.

ALmighty God, whose blessed Son was led by the Spirit to be tempted of Satan:
Make speed to help thy servants who are assaulted by manifold temptations;
and, as thou knowest their several infirmities, let each one find thee mighty to save;
through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the
Holy Spirit, one God, now and for ever.

All Amen.

Please be seated for the Liturgy of the Word

THE LITURGY OF THE WORD

READING

Genesis 9:8-17

GOD said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

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

Assembly **Thanks be to God.**

PSALM

Psalms 25:1-9 ♦ Ad te, Domine, levavi

The Book of Common Prayer, p. 614

Please join the lector in reading the Psalm aloud, starting after the first asterisk.

To you, O Lord, I lift up my soul;
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.

Show me your ways, O Lord, *
and teach me your paths.

Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long.

Remember, O Lord, your compassion and love, *
for they are from everlasting.

Remember not the sins of my youth and my transgressions; *
remember me according to your love
and for the sake of your goodness, O Lord.

Gracious and upright is the Lord; *
therefore he teaches sinners in his way.

He guides the humble in doing right *
and teaches his way to the lowly.

All the paths of the Lord are love and faithfulness *
to those who keep his covenant and his testimonies. ♦

READING*1 Peter 3:18-22*

CHRIST also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him..

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

Assembly **Thanks be to God.**

All stand, as able.

THE HOLY GOSPEL *Mark 1:9-15*

Presider The Holy Gospel of our Lord Jesus Christ according to Mark.

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

IN THOSE DAYS Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Presider The Gospel of the Lord.

Assembly **Praise be to thee, O Christ.**

HOMILY

The Reverend Canon Linzi Stahlecker

All stand, as able.

THE NICENE CREED

The Book of Common Prayer, p. 326

I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried;
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.

And I believe in the Holy Ghost the Lord, and Giver of Life,
who proceedeth from the Father and the Son;
who with the Father and the Son together is worshiped and glorified;
who spake by the Prophets.

And I believe one holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I 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 of compassion,

Assembly **in your mercy, hear us.**

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

THE COMFORTABLE WORDS

The Book of Common Prayer, p. 332

The Presider reads sentences of scripture.

THE PEACE

Presider The peace of the Lord be always with you.

Assembly **And with thy spirit.**

All greet one another in the name of the Lord.



THE LITURGY OF THE TABLE

OFFERTORY

An offering of money is received. All worshipping in person are invited to place their offering in the plates as they are passed through through the rows.

*For electronic giving options, 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**.*



All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer II*

The Book of Common Prayer, p. 340

Presider The Lord be with you.

Assembly **And with thy spirit.**

Presider Lift up your hearts.

Assembly **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

Assembly **It is meet and right so to do.**

Presider It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Who dost bid thy faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by thy Word and Sacraments, they may come to the fullness of grace which thou hast prepared for those who love thee. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

All **Holy, holy, holy, Lord God of hosts:**

heaven and earth are full of thy glory

Glory be to thee, O Lord most high.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

Presider All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

All AMEN.

THE LORD'S PRAYER

The Book of Common Prayer, p. 336

Presider And now, as our Savior Christ hath taught us, we are bold to say,

All Our Father,

who art in heaven,

hallowed be thy Name,

thy kingdom come,

thy will be done,

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those

who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

for ever and ever. Amen.

THE BREAKING OF THE BREAD

Presider Christ our passover is sacrificed for us.

Assembly Therefore let us keep the feast.

AGNUS DEI

Presider O Lamb of God, that takest away the sins of the world,
All have mercy upon us.

Presider O Lamb of God, that takest away the sins of the world,
All have mercy upon us.

Presider O Lamb of God, that takest away the sins of the world,
All grant us thy peace.

PRAYER OF HUMBLE ACCESS

The Book of Common Prayer, p. 337

All We do not presume to come to this thy Table, O merciful Lord,
trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under thy Table.
But thou art the same Lord
whose property is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ,
and to drink his blood,
that we may evermore dwell in him, and he in us.
Amen.

INVITATION TO COMMUNION

Presider The Gifts of God for the People of God:
Take them in remembrance that Christ died for you,
and feed on him in your hearts by faith, with thanksgiving.

All seeking God are welcome at Christ's Table.

If you need communion brought to your seat, please let any of the liturgical ministers know.

Rice wafers for those who do not eat wheat are available; simply ask for one at the time of communion.

- ♦ *You are welcome to stand or kneel to receive communion.*
- ♦ *Hold out your hand to receive the bread and then eat. Guide the chalice of wine to your mouth and then drink.*
- ♦ *Intinction (dipping the bread in the wine) is not available at this time.*
- ♦ *To receive a blessing instead of the bread or wine, simply cross your arms over your chest.*

All stand, as able.

PRAYER AFTER COMMUNION

The Book of Common Prayer, p. 339

Presider Let us pray.

All Almighty and everliving God,
we most heartily thank thee
for that thou dost feed us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood
of thy Son our Savior Jesus Christ;
and dost assure us thereby
of thy favor and goodness towards us;
and that we are very members incorporate
in the mystical body of thy Son,
the blessed company of all faithful people;
and are also heirs, through hope, of thy everlasting kingdom.
And we humbly beseech thee, O heavenly Father,
so to assist us with thy grace,
that we may continue in that holy fellowship,
and do all such good works as thou hast prepared for us to walk in;
through Jesus Christ our Lord,
to whom, with thee and the Holy Ghost,
be all honor and glory,
world without end. Amen.

SOLEMN PRAYER OVER THE ASSEMBLY *The Presider prays over the Assembly. All respond: Amen.*

HYMN 147 *Now let us all with one accord (stanzas 1, 2, 5) ♦ The Hymnal 1982*

TUNE: *Bourbon*

DISMISSAL *The Presider dismisses the Assembly. The Assembly responds: Thanks be to God.*

VOLUNTARY *Präludium in E minor, BuxWV 142*

Dietrich Buxtehude

MINISTERS OF THE LITURGY

PRESIDER & PREACHER

The Rev. Canon Linzi Stahlecker

CHALICE BEARER

Hannah Hochkeppel

LECTOR & INTERCESSOR

Mary Dickinson

ORGANIST

John Stuntebeck

FLOWER MINISTERS

Eliza Davidson, Beatrix Roemheld-Hamm, Kathryn Schipper, Carlos Vargas

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