



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 3, 2024

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](https://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

**PRELUDE**     *Voluntary*

John Bull

## LAND ACKNOWLEDGMENT

*All stand, as able.*

**HYMN 149**     *Eternal Lord of love, behold your Church (st. 1) ♦ The Hymnal 1982*

*Old 124th*

## OPENING ACCLAMATION

*Presider* Bless the Lord who forgiveth all our sins.

*Assembly* **His mercy endureth forever.**

*The Presider reads a sentence from scripture.*

## THE CONFESSION

*The Book of Common Prayer (1979), p. 320*

*Presider* Let us humbly confess our sins unto Almighty God.

*You are invited to kneel or stand 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 or standing, as able.*

## KYRIE ELEISON

*Presider* Lord, have mercy upon us.

*Assembly* **Christ, have mercy upon us.**

*Presider* Lord, have mercy upon us.

*Presider* The Lord be with you.

*Assembly* **And with thy spirit.**

*Presider* Let us pray.

**A**lmighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee 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** *Exodus 20:1-17*

**T**HEN God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

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

*Assembly* **Thanks be to God.**

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

The heavens declare the glory of God, \*  
and the firmament shows his handiwork.  
One day tells its tale to another, \*  
and one night imparts knowledge to another.  
Although they have no words or language, \*  
and their voices are not heard,  
Their sound has gone out into all lands, \*  
and their message to the ends of the world.  
In the deep has he set a pavilion for the sun; \*  
it comes forth like a bridegroom out of his chamber;  
it rejoices like a champion to run its course.  
It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again; \*  
nothing is hidden from its burning heat.  
The law of the LORD is perfect  
and revives the soul; \*  
the testimony of the LORD is sure  
and gives wisdom to the innocent.  
The statutes of the LORD are just  
and rejoice the heart; \*  
the commandment of the LORD is clear  
and gives light to the eyes.  
The fear of the LORD is clean  
and endures for ever; \*  
the judgments of the LORD are true  
and righteous altogether.  
More to be desired are they than gold,  
more than much fine gold, \*  
sweeter far than honey,  
than honey in the comb.  
By them also is your servant enlightened, \*  
and in keeping them there is great reward.  
Who can tell how often he offends? \*  
cleanse me from my secret faults.  
Above all, keep your servant from presumptuous sins;  
let them not get dominion over me; \*  
then shall I be whole and sound,  
and innocent of a great offense.  
Let the words of my mouth and the meditation of my  
heart be acceptable in your sight, \*  
O LORD, my strength and my redeemer. ♦

**READING***1 Corinthians 1:18-25*

**T**HE MESSAGE about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

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

*Assembly* **Thanks be to God.**

*All stand, as able.*

**THE HOLY GOSPEL** *John 2:13-22*

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

*Assembly* **Glory be to thee, O Lord.**

**T**HE PASSOVER of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, “Take these things out of here! Stop making my Father’s house a marketplace!” His disciples remembered that it was written, “Zeal for your house will consume me.” The Jews then said to him, “What sign can you show us for doing this?” Jesus answered them, “Destroy this temple, and in three days I will raise it up.” The Jews then said, “This temple has been under construction for forty-six years, and will you raise it up in three days?” But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

*Presider* The Gospel of the Lord.

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

*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 (1979), 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](https://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 (1979), 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 (1979), 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 (1979), 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 (1979), 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 471** *We sing the praise of him who died (sts. 1, 2, 5) ♦ The Hymnal 1982*

*Breslau*

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

**VOLUNTARY** *Fantasia of Four Parts*

Orlando Gibbons

## MINISTERS OF THE LITURGY

**PRESIDER & PREACHER**

The Very Rev. Steven L. Thomason

**ASSISTING LAY MINISTER**

Kerry Allman

**LECTOR & INTERCESSOR**

John Weintraub

**ORGANIST**

John Stuntebeck

**FLOWER MINISTERS**

Chrisine Caputo, Ray Miller, Bobbi Nodell, Carolyn Shaw