



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FOURTH SUNDAY IN LENT

March 10, 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 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

Chorale Prelude on *Schwing dich auf zu deinem Gott*
“Raise yourself up to your God,” No. 3 of Short Chorale Preludes

Ethel Smyth

LAND ACKNOWLEDGMENT

All stand, as able.

HYMN

Lift high the cross

Refrain

Lift high the cross, the love of Christ pro - claim
till all the world a - dore his sa - cred Name.

O Lord, once lift - ed on the glo - rious tree, as
So shall our song of tri - umph ev - er be: praise

thou hast prom - ised, draw the world to thee.
to the Cru - ci - fied for vic - to - ry.

Repeat Refrain

Words: George William Kitchin (1827-1912); alt. Michael Robert Newbold (1874-1956)
Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947)

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.

COLLECT OF THE DAY *Fourth Sunday in Lent*

The Book of Common Prayer (1979), p. 167

Presider The Lord be with you.

Assembly And with thy spirit.

Presider Let us pray.

GRACIOUS FATHER, whose blessed Son Jesus Christ came down from heaven to
be the true bread which gives life to the world: Evermore give us this bread, that
he may live in us, and we in him; who lives and reigns with you 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

Numbers 21:4-9

FROM Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the LORD to take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

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

Assembly **Thanks be to God.**

PSALM

Psalms 107:1-3, 17-22 ♦ Confitemini Domino

The Book of Common Prayer (1979), p. 746

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

GIVE thanks to the LORD, for he is good, *
and his mercy endures for ever.

Let all those whom the LORD has redeemed proclaim *
that he redeemed them from the hand of the foe.

He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.

Some were fools and took to rebellious ways; *
they were afflicted because of their sins.

They abhorred all manner of food *
and drew near to death's door.

Then they cried to the LORD in their trouble, *
and he delivered them from their distress.

He sent forth his word and healed them *
and saved them from the grave.

Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy. ♦

READING*Ephesians 2:1-10*

YOU WERE dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life

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

Assembly **Thanks be to God.**

All stand, as able.

THE HOLY GOSPEL *John 3:14-21*

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

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

JESUS SAID, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

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, 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 690 *Guide me, O thou great Jehovah (sts. 1 & 2) ♦ The Hymnal 1982*

Cwm Rhondda

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

VOLUNTARY *Allegro moderato from Voluntary IV*

Theophania Cecil

MINISTERS OF THE LITURGY

PRESIDER & PREACHER

The Rev. Canon Linzi Stahlecker

CHALICE BEARER

Amanda Mogg

LECTOR & INTERCESSOR

TBD

ORGANIST

John Stuntebeck

FLOWER MINISTERS

Judy Andrews, Sandra Knafla