



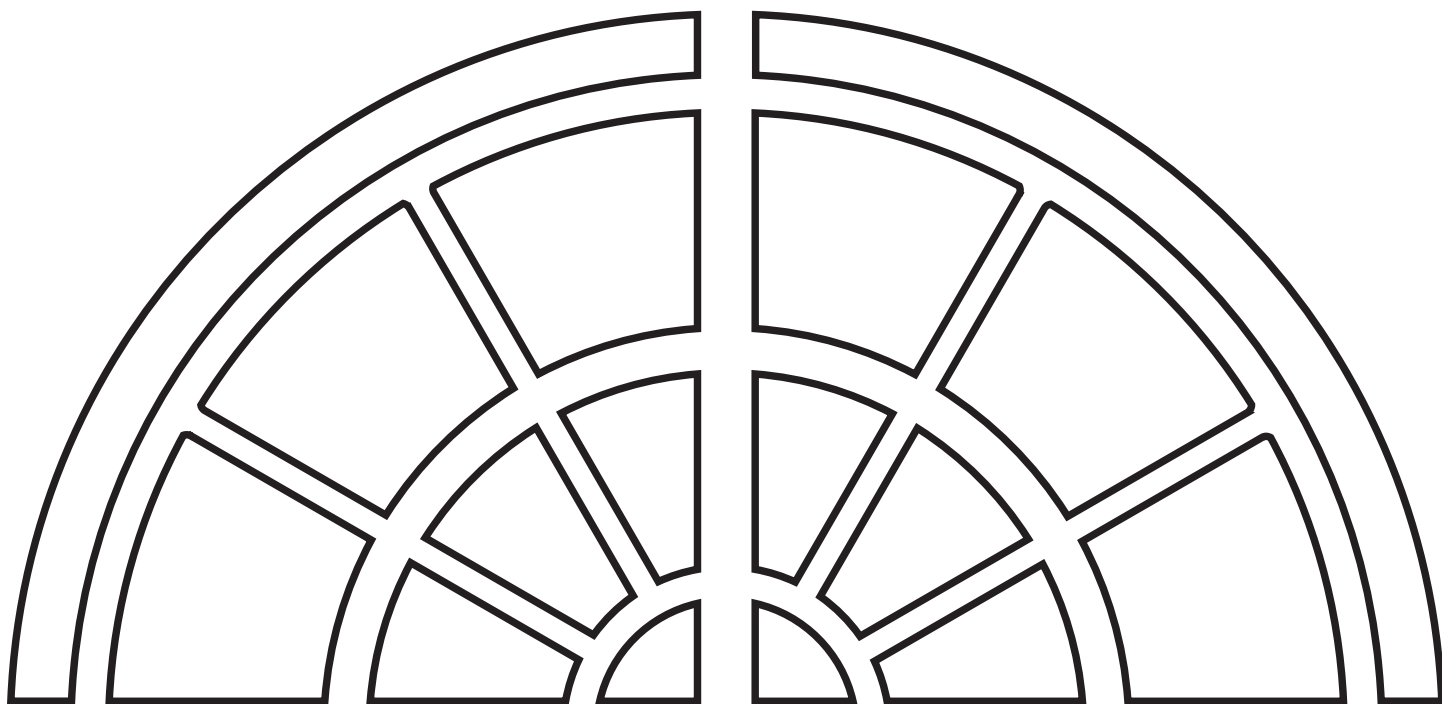
SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SECOND SUNDAY IN LENT

March 1, 2026

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 level 5 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 LITURGY OF THE WORD

PRELUDE *A Little More Faith in Jesus*

arr. John W. Work III

LAND ACKNOWLEDGMENT

All stand, as able.

HYMN 401 *The God of Abraham praise (verses 1 & 2) ♦ The Hymnal 1982*

Leoni

OPENING ACCLAMATION

Presider Bless the Lord who forgiveth all our sins.

Assembly **His mercy endureth forever.**

COLLECT FOR PURITY

Presider **A**LMIGHTY GOD, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord.

All **Amen.**

The Presider reads a sentence from Scripture.

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.

O GOD, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever.

All **Amen.**

Please be seated for the readings.

READING *Genesis 12:1-4A*

THE LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

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

Assembly **Thanks be to God.**

PSALM*Psalm 121 ♦ Levavi oculos**The Book of Common Prayer (1979), p.779**Please join the lector in reading the Psalm aloud, starting after the first asterisk.*

LIFT up my eyes to the hills; *
 from where is my help to come?

My help comes from the LORD, *
 the maker of heaven and earth.

He will not let your foot be moved *
 and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel *
 shall neither slumber nor sleep;

The LORD himself watches over you; *
 the LORD is your shade at your right hand,

So that the sun shall not strike you by day, *
 nor the moon by night.

The LORD shall preserve you from all evil; *
 it is he who shall keep you safe.

The LORD shall watch over your going out and your coming in, *
 from this time forth for evermore. ♦

READING*Romans 4:1-5, 13-17*

WHAT then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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

Assembly **Thanks be to God.**

All stand, as able.

THE HOLY GOSPEL *John 3:1-17*

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

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

THERE was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And 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.”

Presider The Gospel of the Lord.

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

HOMILY

The Very Reverend Steven L. Thomason

All stand, as able.

THE NICENE CREED

The Book of Common Prayer (1979), 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 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 God,

All Father of our Lord Jesus Christ,

maker of all things, judge of all men:

We acknowledge and bewail our manifold sins and wickedness,

which we from time to time most grievously have committed,

by thought, word, and deed, against thy divine Majesty,

provoking most justly thy wrath and indignation against us.

We do earnestly repent,

and are heartily sorry for these our misdoings;

the remembrance of them is grievous unto us,

the burden of them is intolerable.

Have mercy upon us,

have mercy upon us, most merciful Father;

for thy Son our Lord Jesus Christ's sake,

forgive us all that is past;

and grant that we may ever hereafter

serve and please thee in newness of life,

to the honor and glory of thy Name;

through Jesus Christ our Lord. Amen.

The Presider pronounces God's forgiveness of our sins. 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**.*



OFFERTORY CHANT

Psalm 119:47-48; Plainsong

*Meditabor in mandatis tuis, quae dilexi valde:
et levabo manus meas ad mandata tua, quae dilexi.*

I delight in your commandments, which I have always loved.
I will lift up my hands to your commandments, and I will
meditate on your statutes.

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer II (Rite I)*

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.

BLESSING *The Presider asks God's blessing on the assembly. All respond: Amen.*

HYMN 473 *Lift high the cross (verses 1 & 2) ♦ The Hymnal 1982*

Crucifer

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

VOLUNTARY *Deep River*

David Hurd

MINISTERS OF THE LITURGY

PRESIDER & PREACHER

The Very Rev. Steven L. Thomason

CHALICE BEARER

Kerry Allman

LECTOR & INTERCESSOR

Mary Dickinson

ORGANIST & CANTOR

John Stuntebeck

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