SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

A CELEBRATION OF THE LIFE OF

HEATHER MARY MACGOWAN MILLAR

January 28, 1963 - August 10, 2026



November 14, 2026

11:00 AM

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.

Welcome to Saint Mark's Cathedral. Out of respect for the liturgy we are about to celebrate, please turn off all cell phones and audible devices. Please, no photography during the liturgy.

THE BURIAL RITE

PRELUDE *Music for organ by W. A. Mozart, Antonio Vivaldi, and Florence Price*

Please stand, as able.

ANTHEMS

I am Resurrection and I am Life, says the Lord.
Whoever has faith in me shall have life, even though he die.
And everyone who has life,
and has committed himself to me in faith,
shall not die for ever.

As for me, I know that my Redeemer lives
and that at the last he will stand upon the earth.
After my awaking, he will raise me up;
and in my body I shall see God.
I myself shall see, and my eyes behold him
who is my friend and not a stranger.

For none of us has life in himself,
and none becomes his own master when he dies.
For if we have life, we are alive in the Lord,
and if we die, we die in the Lord.
So, then, whether we live or die,
we are the Lord's possession.

Happy from now on are those who die in the Lord!
So it is, says the Spirit, for they rest from their labors.

THE COLLECT *The Book of Common Prayer* (1979), p. 493

Presider The Lord be with you.
People **And also with you.**
Presider Let us pray.

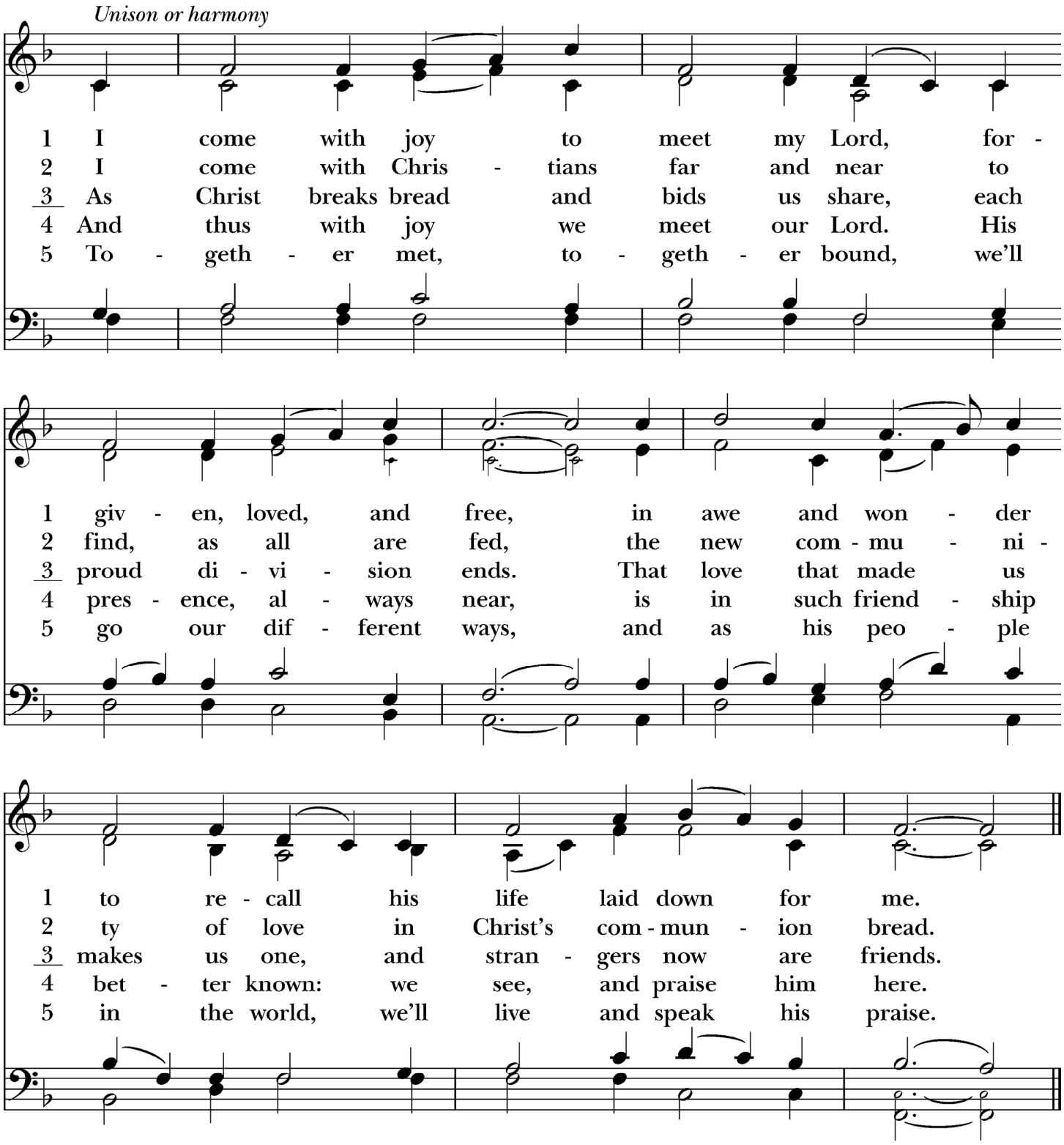
O God of grace and glory, we remember before you this day our sister Heather. We thank you for giving her to us, her family and friends, to know and to love as a companion on our earthly pilgrimage. In your boundless compassion, console us who mourn. Give us faith to see in death the gate of eternal life, so that in quiet confidence we may continue our course on earth, until, by your call, we are reunited with those who have gone before. All this we pray through Jesus Christ our Lord.

All **Amen.**

WELCOME Canon Weyls

REMEMBRANCES Erin Millar and Maureen Andersen
Sarah Goodyear

OPENING HYMN *I come with joy to meet my Lord* ◆ *sung by all, standing as able*



Please be seated for the Liturgy of the Word.

THE LITURGY OF THE WORD

READING *Isaiah 25:6-9*

On this mountain the Lord of hosts will make for all peoples
a feast of rich food, a feast of well-aged wines,
of rich food filled with marrow, of well-aged wines strained clear.

And he will destroy on this mountain
the shroud that is cast over all peoples,
the sheet that is spread over all nations;
he will swallow up death forever.

Then the Lord God will wipe away the tears from all faces,
and the disgrace of his people he will take away from all the earth,
for the Lord has spoken.

It will be said on that day,
Lo, this is our God; we have waited for him, so that he might save us.
This is the Lord for whom we have waited;
let us be glad and rejoice in his salvation.

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

PSALM *Psalm 23 (Coverdale Translation)*

Please join in reading Psalm 23 together.

The Lord is my shepherd; therefore can I lack nothing.
He shall feed me in a green pasture, and lead me forth beside the
waters of comfort.
He shall convert my soul, and bring me
forth in the paths of righteousness, for his Name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil; for thou art with me; thy rod and thy
staff comfort me.
Thou shalt prepare a table before me against them that trouble me;
thou hast anointed my head with oil, and my cup shall be full.
But thy loving-kindness and mercy shall follow me all the days of my life;
and I will dwell in the house of the Lord for ever.

Please stand, as able, for the proclamation of the Gospel.

THE HOLY GOSPEL *Luke 15:11-32*

Presider The Holy Gospel of our Lord Jesus Christ according to Luke.
People **Glory to you, Lord Christ.**

Jesus said, "There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'".

Presider The Gospel of the Lord.
People **Praise to you, Lord Christ.**

HOMILY The Reverend Canon Emily Griffin

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 to begin the prayers.

PRAYERS OF THE PEOPLE

Presider For our sister Heather let us pray to God our Creator saying: Hear our prayer.

Deacon God, your will for us is abundant life; receive Heather now into the fullness of life in your presence.

People **Hear our prayer.**

Deacon You know the thoughts of our hearts and our search for faith; shed the brightness of your light on Heather, who also sought understanding.

People **Hear our prayer.**

Deacon You are greater than all our ideas and images of you; draw Heather into the mystery of your being.

People **Hear our prayer.**

Deacon We know you as perfect Mercy and Love; welcome Heather in the grace of that love and mercy.

People **Hear our prayer.**

Deacon We praise you as the giver of life; gather all who mourn into the hope of renewed life.

People **Hear our prayer.**

Deacon The Church commends all who die to the care of Christ, the love of God, and the communion of the Holy Spirit; and so we commend Heather to you, giving thanks for the gift of her life.

People **Hear our prayer.**

Presider May the Holy One, to whom all the desires of our hearts are known before we ask, hear our prayers for Heather, and for all who mourn, and grant us newness of life, and peace.

All **Amen.**

THE PEACE

Presider The peace of the Lord be always with you.

People **And also with you.**

All greet one another in the name of the Lord.

THE LITURGY OF THE TABLE

Please stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer C, adapt.* *The Book of Common Prayer* (1979), p. 367

Presider The Lord be with you.
Assembly **And also with you.**

Presider Lift up your hearts.
Assembly **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.
Assembly **It is right to give God thanks and praise.**

Presider It is right to give you thanks and praise, O Lord, our God, Sustainer of the Universe.
Assembly **Glory to you for ever and ever.**

Presider At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being. From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason, and skill; you made us the stewards of your creation.
Assembly **Glory to you for ever and ever.**

Presider But we turned against you, and betrayed your trust; and we turned against one another. Again and again you called us to return. Through prophets and sages you revealed your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Savior. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.
Assembly **Glory to you for ever and ever.**

Presider Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

All **Holy, holy, holy Lord, God of power and might,**
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.

Presider Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take, eat: this is my body, which is given for you. Do this for the remembrance of me."

In the same way, after supper, he took the cup of wine; he gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, we celebrate his death and resurrection, as we await the day of his coming.

Assembly **Glory to you for ever and ever.**

Presider Therefore, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior. Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Assembly **Glory to you for ever and ever.**

Presider Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised. Through Christ, with Christ, and in Christ, all honor and glory are yours, creator of all.

All **AMEN.**

THE LORD'S PRAYER

All **Our Father in heaven,**
hallowed be your Name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

In silence, the Presider breaks the consecrated bread.

THE BREAKING OF THE BREAD

Presider Alleluia. Christ our Passover is sacrificed for us.
People **Therefore let us keep the feast. Alleluia.**

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 the center aisle. The bread will placed into your outstretched palm taking care not to touch your hand. 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.

All stand, as able.

POSTCOMMUNION PRAYER

Presider Almighty God,
All **we thank you that in your great love**
you have fed us with the spiritual food and drink
of the Body and Blood of your Son Jesus Christ,
and have given us a foretaste of your heavenly banquet.
Grant that this Sacrament may be to us a comfort in affliction,
and a pledge of our inheritance in that kingdom
where there is no death, neither sorrow nor crying,
but the fullness of joy with all your saints;
through Jesus Christ our Savior. Amen.

THE COMMENDATION

The Presider stands at the Paschal Candle, the symbol of our risen life in Christ.

Presider Give rest, O Christ, to your servant with your saints,
People **where sorrow and pain are no more, neither sighing, but life everlasting.**

Presider You only are immortal, the creator and maker of humankind; and we are mortal, formed of the earth, and to earth shall we return. For so did you ordain when you created me, saying, "You are dust, and to dust you shall return." All of us go down to the dust; yet even at the grave we make our song: Alleluia, alleluia, alleluia.

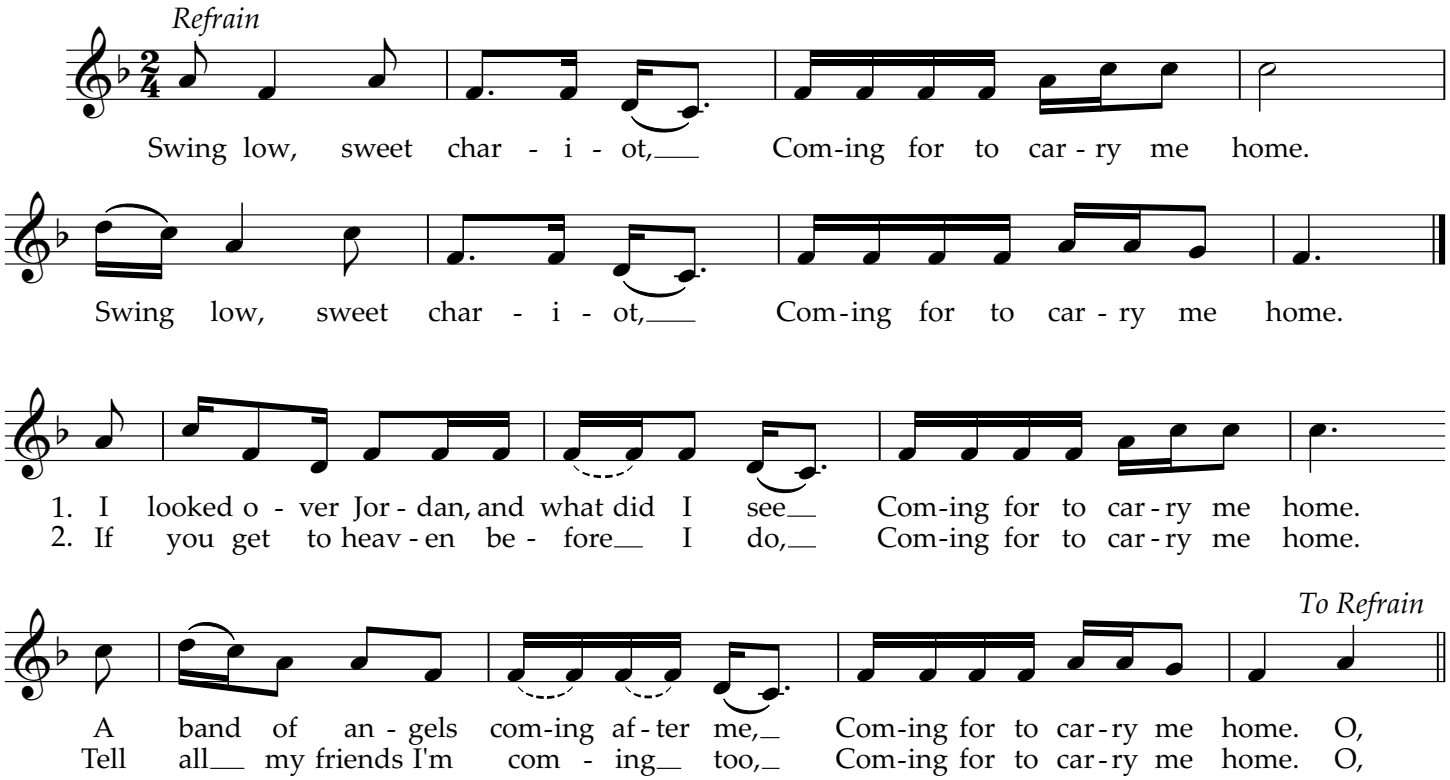
People **Give rest, O Christ, to your servant with your saints,**
where sorrow and pain are no more, neither sighing, but life everlasting.

Presider Into your hands, O merciful Savior, we commend your servant Heather. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming. Receive her into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light.

All **Amen.**

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

CLOSING HYMN *Swing low, sweet chariot* ◆ *sung by all, standing as able*



DISMISSAL

Deacon Let us go forth in the name of Christ. Alleluia, alleluia.
People **Thanks be to God. Alleluia, alleluia.**

VOLUNTARY Easter Hymn "*Thine be the glory*" Music by G. F. Handel

Immediately following this liturgy all are invited to gather in Bloedel Parish Hall for a reception. Bloedel Hall is on the first floor, accessible via the stairs on the west end of the nave, or via the elevator in the southwest corner of the nave.



HEATHER MILLAR

January 28, 1963 - August 10, 2026

Heather Millar was a prolific writer and editor whose work extended from The Atlantic and Wired magazines to the science journals Nautilus and Genome. Heather's books and articles exemplified the multifarious nature of freelance writing, ranging from Chinese foreign policy to fire ants, and from invasive species in the Grand Canyon to vaginal microbiome testing.

She described herself as a storyteller determined to make the complex understandable. She wrote hundreds of articles and blog posts for dozens of national publications and websites, four books about history and technology for teens, and ghost-wrote a book that became a bestselling textbook in Asia.

She wrote for Smithsonian, Air & Space, National Wildlife, Sierra, Popular Science, Medium, Reader's Digest, Cure, Family Circle, More, Parents, WebMD, Woman's Day, and Yale Environment 360. She was a regular contributor to American Airlines' inflight magazine American Way and Southwest Airlines' Southwest Spirit.

Her writing life took Heather on many adventures. In 2000, on assignment for Sierra magazine, she climbed a rope 200 feet by hand to spend a night with tree-sitters trying to keep chainsaws at bay in a cluster of monumental Douglas firs in Oregon.

Ms. Millar graduated from Stanford University in 1985 with a double bachelor's degree in history and Asian languages. She was managing editor of the Stanford Daily. Fluent in Mandarin, she attended Peking University and taught English to graduate students.

She was hired in Beijing as an editorial assistant to the London Daily Telegraph's correspondent. Returning to the U.S., she joined the Bucks County (Pa.) Courier Times newspaper in 1987 as a reporter covering the city of Bensalem.

In 1988, she moved to the Courier-Post newspaper in Cherry Hill, N.J., as a special projects reporter covering urban affairs in Camden, one of America's poorest cities. In 1990, she moved to Hong Kong to research and ghostwrite "Asia Pacific: Its Role in the New World Disorder," with Michael Dobbs-Higginson, then the Asia Pacific chairman of Merrill Lynch. The hardcover book was published in 1993 by Heinemann/Longman and translated into Korean, Chinese and Japanese.

In 1994, Ms. Millar joined the New York-based Earth Times, the nonprofit biweekly newspaper covering the United Nations with special interest on development issues, as a contributing editor. She covered the 1994 International Conference on Population and Development in Cairo and the 1995 World Summit on Social Development in Copenhagen.

In the mid-1990s, Ms. Millar wrote a trio of history books for middle school readers—"China's Tang Dynasty," "Benin: A Kingdom in West Africa," and "Spain in the Age of Exploration"—published by Benchmark Books, an imprint of Marshall Cavendish. She also wrote "Secrets of the Unexplained, Set II (Genetic Engineering)," published in 2000 by Marshall Cavendish.

From 2006 to 2010, Ms. Millar served as an editorial consultant and guest editor of Washington, D.C.-based American Forests, the oldest environmental non-profit organization in the U.S.

In 2013, Ms. Millar was the co-author of "The Fat Chance Cookbook" with Dr. Robert Lustig and Cindy Gershen, published by Hudson Street Press, an imprint of Penguin. In 2022, she co-wrote a dementia handbook, "Living in the Moment" with Dr. Elizabeth Landsverk. In 2022, she joined Washington Conservation Action in Seattle as a content manager.

Heather Mary MacGowan Millar was born on Jan. 28, 1963, in San Francisco. Her father, Gordon Millar, was a high school biology teacher. Her mother, Eugenia (Kern) MacGowan, was a lawyer specializing in child custody.

Ms. Millar was president of the Congregation Council at Grace Cathedral, the seat of the Episcopal Church in San Francisco. She was a member of the American Society of Journalists and Authors. She won ASJA's 1997 Outstanding Article award for Reporting on a Significant Topic. Her story, "Log Me a River" in The Atlantic, examined the recovery of high-quality, centuries-old longleaf pine logs from Southern riverbeds.

Ms. Millar married Peter Young in 1990. Along with her husband, of San Francisco, she is survived by a daughter, Erin Young, of Seattle, a stepdaughter, Maureen Andersen, of Portland, Oregon, and a grandson.

Her work mirrored her life experience. As the mother of a stepdaughter, she wrote a bimonthly stepparenting column for Parenting magazine in the 1990s. In July 2010, at 47, Ms. Millar was diagnosed with early-stage breast cancer. While undergoing surgery, chemotherapy and radiation treatment at the University of California, San Francisco, she started writing the blog "My Left Breast," in which she chronicled her personal story and also explored the science, history, and ethics of breast cancer. The illness returned twice more. Earlier this year, she was given a prognosis of five to 12 months.

"I have had a great life," Ms. Millar wrote in the introduction to "My Left Breast."

"I have lived in Asia and all over the United States. I have spent nights with tree-sitters in Oregon and with astronomers at the Mauna Kea observatory in Hawaii. I've been to a cocktail party on the poopdeck of a British destroyer docked in Shanghai. I've taken the bus to Tibet and tramped through the cloud forests of Panama with biologists. I have spent time with celebrities, presidents and heroin dealers. I love my work. If it all ended tomorrow, I would have to say that it has been a really, really good ride."

MINISTERS OF THE LITURGY

PRESIDER
The Rev. Canon Rich Weyls

PREACHER
The Rev. Canon Emily Griffin

DEACON
The Rev. Earl Grout

ASSISTING CLERGY
The Rev. Canon Edie Weller

SACRISTAN
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Michael Dahl
Eliza Davidson
Wayne Duncan
Randy Urmston

MUSICIANS
Canon Michael Kleinschmidt, *organist*

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