



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE FOURTH SUNDAY OF ADVENT

December 19, 2021 ♦ 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 the Duwamish Tribe.

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey, and whether you are joining in the nave or via the livestream, you are welcome here!

Per the governor's current requirement, all are asked to wear masks during the service (except when leading worship).

Signs in the nave indicate the distanced and undistanced sections. Ushers are available during the liturgy should you have any questions or concerns, or if you need a hearing assist device.

If you are new to Saint Mark's and would like to learn more, please consider completing a newcomer form, visit saintmarks.org/newcomers or simply contact one of the clergy. Grace and peace to you!

*The Assembly speaks aloud the **text in boldface**.*



A brief organ voluntary offered a few minutes before the hour invites all into quiet prayer and preparation.

PRELUDE

Three organ meditations on verses of the Song of Mary (*Magnificat*) from *Fifteen Pieces for Vespers of the Holy Mother*, Opus 18

Marcel Dupré (1886–1971)

1. My soul proclaims the greatness of the Lord.
2. He has lifted up the lowly.
3. He has remembered his promise of mercy.

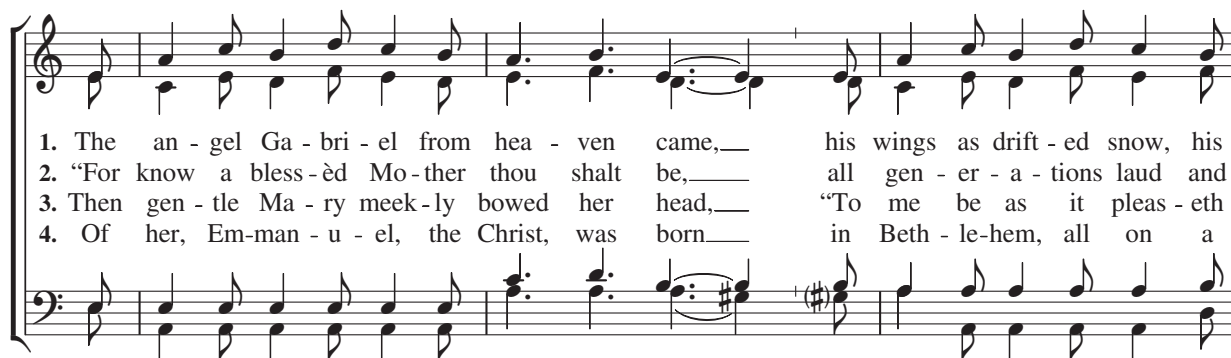
LAND ACKNOWLEDGMENT

THE ENTRANCE RITE

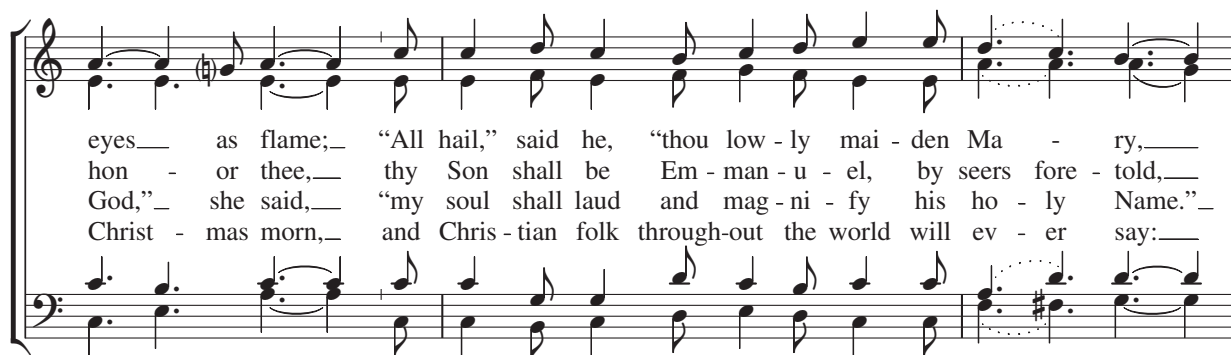
All stand, as able.

HYMN 265 *The angel Gabriel from heaven came ♦ The Hymnal 1982*

TUNE: *Gabriel's Message*



1. The an - gel Ga - bri - el from hea - ven came, — his wings as drift - ed snow, his
 2. "For know a bless - èd Mo - ther thou shalt be, — all gen - er - a - tions laud and
 3. Then gen - tle Ma - ry meek - ly bowed her head, — "To me be as it pleas - eth
 4. Of her, Em-man - u - el, the Christ, was born — in Beth - le-hem, all on a



eyes — as flame; — "All hail," said he, "thou low - ly mai - den Ma - ry, —
 hon - or thee, — thy Son shall be Em - man - u - el, by seers fore - told, —
 God," — she said, — "my soul shall laud and mag - ni - fy his ho - ly Name." —
 Christ - mas morn, — and Chris - tian folk through-out the world will ev - er say: —



most high - ly fa - vored la - dy," Glo - - - ri - a! —
 most high - ly fa - vored la - dy," Glo - - - ri - a! —
 Most high - ly fa - vored la - dy, Glo - - - ri - a! —
 "Most high - ly fa - vored la - dy!" Glo - - - ri - a! —

*The Hymnal 1982 #265, WORDS: Basque carol; para. Sabine Baring-Gould (1834-1924);
 MUSIC: Basque carol; harm. Edgar Pettman (1865-1943) ©1961 B. Feldman & Co., Ltd.*

LIGHTING OF THE ADVENT WREATH

O Wisdom, you came forth from the mouth of the Most High;
and reach from one end of the earth to the other, mightily and sweetly ordering all things:
Come and teach us the way of prudence.

OPENING ACCLAMATION

The Book of Common Prayer, p. 355

Blessed be God: Father, Son, and Holy Spirit. **And blessed be God's kingdom, now and for ever. Amen.**

COLLECT FOR PURITY

ALmighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

TRISAGION ♦ *sung three times; all sing the words "Have mercy upon us," as indicated* Peter R. Hallock (1924–2014)

4
Choir:
Ho - ly, ho-ly God, Ho - ly and might - y
Bells: Everyone:
Ho - ly im - mor - tal one, Have mer - cy up - on us.

COLLECT OF THE DAY *Fourth Sunday of Advent*

The Book of Common Prayer, p. 212

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

PURIFY our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated for the readings.

THE LITURGY OF THE WORD

READING *Micah 5:2-5a*

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labor has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength

of the LORD, in the majesty of the name of the LORD his God. And they shall live secure, for now he shall be great to the ends of the earth; and he shall be the one of peace.

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

Thanks be to God.

CANTICLE *The Song of Mary ♦ Luke 1:46-55*

Hallock

The choir introduces the Antiphon; all repeat it. The choir chants the verses, all repeating the Antiphon as indicated.



Magnificat

MY SOUL proclaims the greatness of the Lord, my spirit rejoices in God my Savior; for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. **ANTIPHON**

He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. **ANTIPHON**

He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. **ANTIPHON**

He has come to the help of his servant Israel, for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever. **ANTIPHON**

READING *Hebrews 10:5-10*

WHEN Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered

according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

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

Thanks be to God.

All stand, as able.

SEQUENCE HYMN *Unexpected and mysterious*

TUNE: *St. Helena*

1 Un-ex - pect-ed and mys-te - rious is the gen-tle word of grace. Ev-er - lov - ing and sus - tain -
2 In a mo-men - ta - ry meet-ing of e - ter - ni - ty and time, Mary learned that she would car -
3 We are called to pon-der mys - tery and a-wait the com-ing Christ, to em - bo - dy God's com - pas -

ing is the peace of God's em-brace. If we fal - ter in our courage and we doubt what we have
ry both the mor-tal and di - vine. Then she learned of God's com-compassion, of E - li - zabeth's great
sion for each fra-gile hu - man life. God is with us in our long-ing to bring heal - ing to the

known, God is faith - ful to con-sole us as a mo - ther tends her own.
joy, and she ran to greet the wo - man who would re - cog - nize her boy.
earth, while we watch with joy and won-der for the pro-mised Sa-vior's birth.

WORDS: Jeanetter M. Lindholm (b. 1961); © 2022, Augsburg Fortress Publishers;
MUSIC: Calvin Hampton (1938-1984).

THE HOLY GOSPEL *Luke 1:39-55*

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

IN THOSE DAYS Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

And Mary said, "My soul magnifies the Lord, and my spirit rejoices

in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever."

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

HOMILY

The Reverend Canon Eliacín Rosario-Cruz

All stand, as able.

THE NICENE CREED

The Book of Common Prayer, p. 358

We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary; and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE *The Assembly speaks aloud the text in boldface.*

After each petition:

We look to you in hope,
Come, Lord Jesus, come.

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

CONFESSION & ABSOLUTION

The Book of Common Prayer, p. 359

Let us confess our sins against God and our neighbor.

Silence is kept. You are invited to stand or kneel for the confession.

Most merciful God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

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

THE PEACE

The peace of the Lord be always with you. **And also with you.**

All exchange a sign of peace, respecting others' desires for distance to be maintained.

THE LITURGY OF THE TABLE

OFFERTORY

An offering of money is received. Everyone participating in Saint Mark's Cathedral's worship at this time in any way is invited to make an offering as an expression of gratitude for God's generosity. Together, our gifts make possible this community of welcome, reconciliation and service. All worshipping in person are invited to place their offering in baskets as they are passed through through the rows.

Links to donate to Saint Mark's online are located on the livestream page. 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**.



You may also mail your gift to the cathedral: 1245 10th Ave. E, Seattle, WA 98102.

ANTHEM

Ave Maria

WORDS: Traditional prayer based on Luke 1:28 and 1:42;
MUSIC: Robert Parsons (1535-1572)

Ave Maria, gratia plena, Dominus tecum: benedicta tu in mulieribus,
et benedictus fructus ventris tui. Amen.

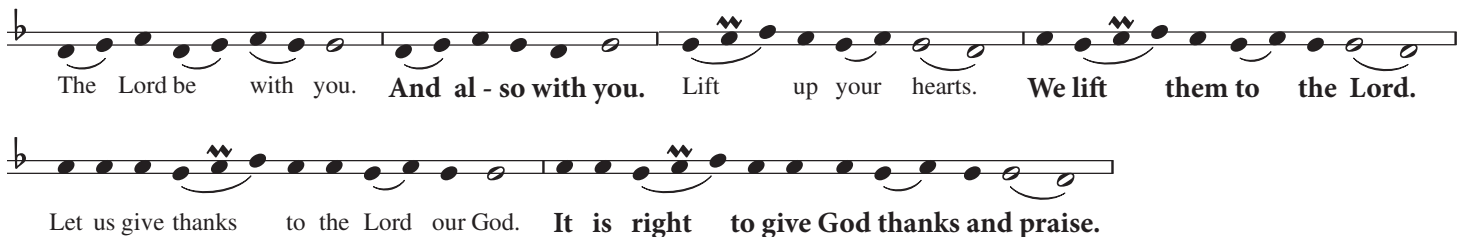
Translation:

Hail, Mary, full of grace, the Lord is with thee: blessed art thou among women
and blessed is the fruit of thy womb. Amen.

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer B*

The Book of Common Prayer, p. 367



The Lord be with you. And al - so with you. Lift up your hearts. We lift them to the Lord.

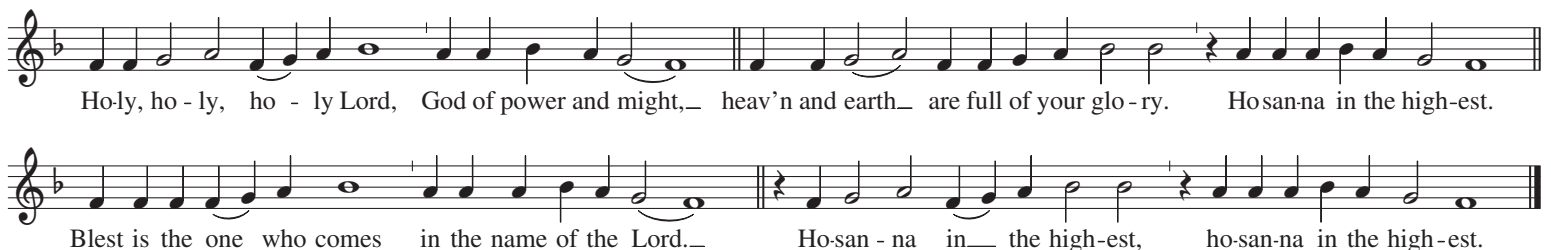
Let us give thanks to the Lord our God. It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because you sent your beloved Son to redeem us from sin and death, and to make us heirs in him of everlasting life; that when he shall come again in power and great triumph to judge

the world, we may without shame or fear rejoice to behold his appearing. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS & BENEDICTUS

Traditional Russian Orthodox, adapt. Richard Proulx



Ho-ly, ho - ly, ho - ly Lord, God of power and might, heav'n and earth, are full of your glo-ry. Hosan-na in the high-est.

Blest is the one who comes in the name of the Lord. Ho-san - na in the high-est, ho-san-na in the high-est.

from *Missa Oecumenica*, ©1999 Oregon Catholic Press.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father:

We remember his death, We proclaim his resurrection, We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary, Mark and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



A - MEN.

THE LORD'S PRAYER

Nikolai Rimsky-Korsakov (1844–1908),
adapt. George Black

Our Fa-ther in heav'n, hal-lowed be your Name, your king-dom come, your will be done, on earth as in heav'n.

Give us today our daily bread. Forgive us our sins as we forgive those who sin a- gainst us. Save us from the time of trial,

and de-li-ver us from e - vil. For the king-dom, the pow'r, and the glo-ry are yours, now and for ev-er. A-men.

In silence, the Presider breaks the consecrated bread.

THE BREAKING OF THE BREAD *A Simple Missa Brevis*

Hallock

Organ:



Everyone:



O Lamb of God, you take a-way the



sins of the world;_____ have mer - cy on us.



O Lamb of God, you take a-way the sins of the world; *rit.* grant us your peace._____ *a tempo*

INVITATION TO COMMUNION

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 is distributed by priests at standing stations at the head of three aisles. Before receiving the bread, please sanitize your hands. The priest will place the bread into your outstretched palm taking care not to touch your hand. Communion is currently being offered in one kind. The full grace of the sacrament is received with only the bread. If you prefer a gluten-free wafer, simply ask the priest for one at the time of Communion.

Those worshiping at home are invited to pray:

PRAYER AT THE TIME OF COMMUNION

from Saint Augustine's Prayer Book (Forward Movement, 2014)

O Christ, I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.



1. Cre - a - tor of the stars of night, your peo - ple's ev - er - last - ing light,
2. In sor - row that the an - cient curse should doom to death a u - ni - verse,
3. When this old world drew on toward night, you came; but not in splen - dor bright,
4. At your great Name, O Je - sus, now all knees must bend, all hearts must bow:
5. Come in your ho - ly might, we pray, re - deem us for e - ter - nal day;
6. To God the Fa - ther, God the Son, and God the Spi - rit, Three in One,



1. O Christ, Re - deem - er of us all, we pray you hear us when we call
2. you came, O Sa - vior, to set free your own in glo - rious li - ber - ty
3. not as a mon - arch, but the child of Ma - ry, blame - less mo - ther mild.
4. all things on earth with one ac - cord, like those in heaven, shall call you Lord.
5. de - fend us while we dwell be - low, from all as - saults of our dread foe.
6. praise, hon - or, might, and glo - ry be from ago to age e - ter - nal - ly.

*The Hymnal 1982 #60, WORDS: Latin, 9th cent.; ver. Hymnal 1940, alt., © The Church Pension Fund;
MUSIC: plainsong, Mode 4; public domain.*

All stand, as able.

SENDING OF EUCHARISTIC VISITORS

On some Sundays, ministers take Holy Communion to sick or housebound members of the community.

One body are we. **For though many, we share one bread and one cup.**

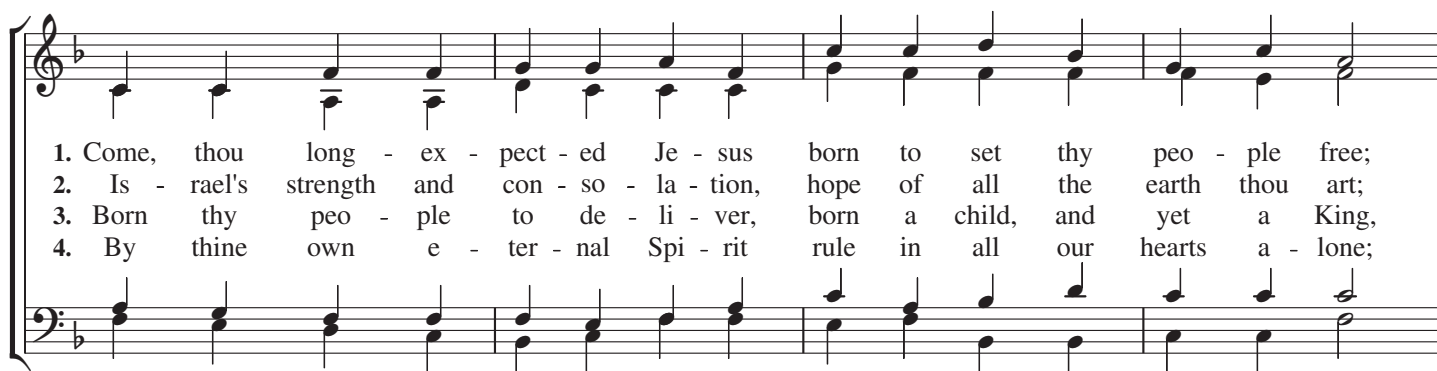
Go in peace, bearing holy gifts for holy people.

POSTCOMMUNION PRAYER

The Book of Common Prayer, p. 365

Let us pray. **Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

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



1. Come, thou long - ex - pect - ed Je - sus born to set thy peo - ple free;
 2. Is - rael's strength and con - so - la - tion, hope of all the earth thou art;
 3. Born thy peo - ple to de - li - ver, born a child, and yet a King,
 4. By thine own e - ter - nal Spi - rit rule in all our hearts a - lone;



from our fears and sins re - lease us, let us find our rest in thee.
 dear de - sire of ev - ery na - tion, joy of ev - ery long - ing heart.
 born to reign in us for - ev - er, now thy gra - cious king - dom bring.
 by thine all - suf - fi - cient mer - it, raise us to thy glo - rious throne.

*The Hymnal 1982 #66, WORDS: Charles Wesley (1707-1788), public domain;
 MUSIC: melody from Psalmodia Sacra, oder Andächtige und Schöne Gesänge, 1715; adapt. and harm. William Henry Havergal (1793-1870), alt.; public domain.*

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

VOLUNTARY *Magnificat on the First Tone, BuxWV 203* Diedrich Buxtehude (1637-1707)
 (a Fantasia based on a plainsong melody historically associated with the Song of Mary)





MINISTERS OF THE LITURGY

PRESIDER The Reverend Canon Jennifer King Daugherty; **PREACHER** The Reverend Canon Eliacín Rosario-Cruz; **ASSISTING CLERGY** The Very Reverend Steven L. Thomason, The Reverend Dr. Dennis Tierney; **DEACON** The Reverend Emily Austin; **ASSISTING LAY MINISTER** Peter Snyder; **ALTAR GUILD** Walter Stuteville, Deborah Person; **ADVENT WREATH LIGHTING** Herb Williams; **VERGERS** Nancy Cleminshaw, Paul Tonnes; **ACOLYTES** Morgan Bawcom-Randall, Russ Campbell, Kate Halamay, Kevin Johnson, Alexandra Thompson; **LECTORS** Cate Callahan, Miles Treacle; **INTERCESSOR** Rachel Baker; **USHERS** Erin Beary Andersen | Sarah McCord, Wayne Duncan; **GREETER** Rachel Baker; **OBLATION BEARER** Michael Perera; **LAND ACKNOWLEDGMENT** Carmen Brady; **FLOWER MINISTERS** Beatrix Roemheld-Hamm, *team captain*; **MUSICIANS** The Cathedral Choir; **SOUND BOARD** Michael Perera; **VIDEOGRAPHY** Chris Brown

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