



SAINT MARK'S  
EPISCOPAL CATHEDRAL  
SEATTLE, WASHINGTON

# THE HOLY EUCHARIST

## THE ELEVENTH SUNDAY AFTER PENTECOST: PROPER 16C

August 21, 2022 ♦ 9:00 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, you are welcome here!*

*Signs in the nave indicate the distanced and undistanced sections. Please note that masks are currently required for all. Masks are available if needed (please ask an usher).*

*Ushers are available during the liturgy should you have any questions or concerns, or if you need a hearing assist device. All-gender restrooms are available on the 5th floor of Cathedral House, accessible via the elevator or southwest stairwell. Ushers can direct you.*

*If you are new to Saint Mark's and would like to learn more, please consider completing a newcomer form, visit [saintmarks.org/newcomers](http://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 bids all to keep silence for prayer and preparation.*

**PRELUDE** *Pièce d'orgue, BWV 572*

J. S. Bach (1685–1750)

### LAND ACKNOWLEDGMENT

## THE ENTRANCE RITE

*All stand, as able.*

**HYMN 493** *O for a thousand tongues to sing (stanzas 1, 2, 5 & 6) ♦ The Hymnal 1982*

TUNE: Azmon

### OPENING ACCLAMATION

*Enriching Our Worship 1, p. 50*

Blessed be the one, holy, and living God. **Glory to God for ever and ever.**

### COLLECT FOR PURITY

*The Book of Common Prayer, p. 355*

**A**LMIGHTY 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.**

**SONG OF PRAISE** *For the beauty of the earth*

TUNE: *Dix*

1. For the beaut - y of the earth, for the beau - ty of the skies,  
2. For the beau - ty of each hour of the day and of the night,

for the love which from our birth o - ver and a - round us lies,  
hill and vale, and tree and flower, sun and moon, and stars of light,

*Refrain*  
Christ our God, to thee we raise this our hymn of grate - ful praise.

MUSIC: *The Hymnal 1982* #288, public domain; WORDS: *The Hymnal 1982* #416 (stanzas 1 & 2), public domain.

**COLLECT OF THE DAY** *The eleventh Sunday after Pentecost: Proper 16C*

*The Book of Common Prayer*, p. 232

God be with you. **And also with you.** Let us pray.

**G**RANT, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Please be seated for the readings.*



# THE LITURGY OF THE WORD

## READING *Jeremiah 1:4-10*

**T**HE WORD of the LORD came to me saying, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Then I said, “Ah, Lord GOD! Truly I do not know how to speak, for I am only a boy.” But the LORD said to me, “Do not say, ‘I am only a boy’; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the LORD.” Then the LORD put out his hand and

touched my mouth; and the LORD said to me, “Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

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

**Thanks be to God.**

## PSALM *Psalms 71:1-6 ♦ In te, Domine, speravi*

Plainsong, Tone VII.3

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



**I**N YOU, O LORD, have I taken refuge; let me never be ashamed. In your righteousness, deliver me and set me free; incline your ear to me and save me. **ANTIPHON**

Be my strong rock, a castle to keep me safe; you are my crag and my stronghold. Deliver me, my God, from the hand of the wicked, from the clutches of the evildoer and the oppressor. **ANTIPHON**

For you are my hope, O Lord GOD, my confidence since I was young. I have been sustained by you ever since I was born; from my mother’s womb you have been my strength; my praise shall be always of you. **ANTIPHON**

## READING *Hebrews 12:18-29*

**Y**OU have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, “If even an animal touches the mountain, it shall be stoned to death.” Indeed, so terrifying was the sight that Moses said, “I tremble with fear.”) But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, “Yet once more I will shake not only the earth but also the heaven.” This phrase, “Yet once more,” indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

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

**Thanks be to God.**

*After a brief silence the Presider stands; all rise, as able, for the proclamation of the Gospel.*

## GOSPEL ACCLAMATION

Plainchant Tone I.2

*The cantor introduces the refrain, all repeat it. The cantor chants the verse and all respond with the refrain.*



*Verse: Show me your ways, O Lord; lead me in your truth and teach me.*

## THE HOLY GOSPEL *Luke 13:10-17*

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

**N**ow Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days

and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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

## HOMILY

The Reverend Doctor Hillary Raining, *Saint Mark's Cathedral Theologian-in-Residence*

*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 introduce the Creed.*

## THE NICENE CREED

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

**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, was incarnate of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in**

*Authorized for use by the 1997 General Convention*

**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 the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who 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** *After each petition:*

Creator God, **awaken us to your presence and love.** *The Presider concludes the prayers with a collect; all respond: Amen.*

**CONFESSION & ABSOLUTION**

*Enriching Our Worship 1, p. 56*

Let us confess our sins to God.

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

God of all mercy, **we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

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

**THE PEACE**

The peace of Christ 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](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**.*



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

**THE GREAT THANKSGIVING** *Eucharistic Prayer 1*

*Enriching Our Worship 1, p. 57*

God be with you. **And also with you.**

Lift up your hearts. **We lift them to God.**

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

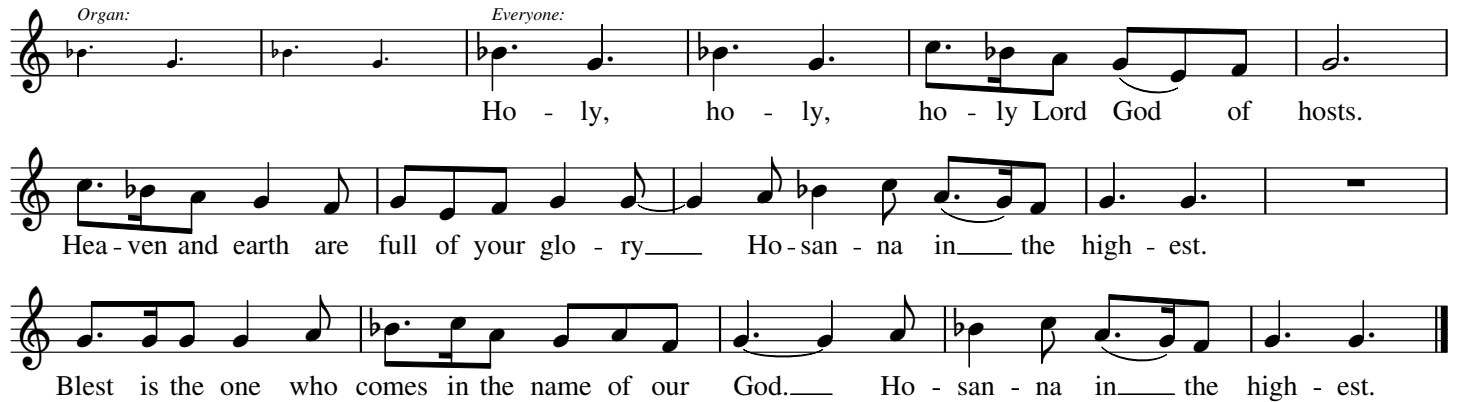
It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body.

Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

**SANCTUS & BENEDICTUS** *Simple Missa Brevis*

Peter R. Hallock (1924–2014)

*Organ:* *Everyone:*



Ho - ly, ho - ly, ho - ly Lord God of hosts.

Hea - ven and earth are full of your glo - ry — Ho - san - na in — the high - est.

Blest is the one who comes in the name of our God. — Ho - san - na in — the high - est.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and 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."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**Christ has died. Christ is risen.  
Christ will come again.**

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Mary, Mark, all your saints, past, present, and yet to come, we may praise your Name for ever.

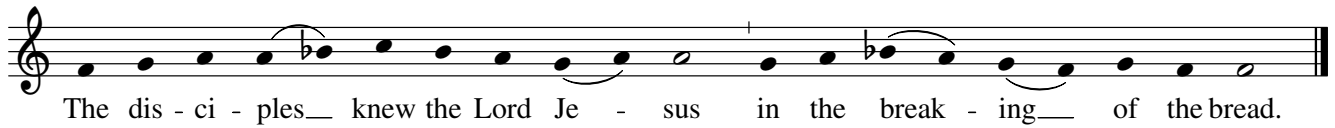
Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

**THE LORD'S PRAYER**

**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** *The disciples knew the Lord Jesus* Mode 6 melody; adapt. Mason Martens (b. 1933)  
*The cantor sings the antiphon, all repeat. The cantor sings the verses, all repeating the antiphon as indicated.*



*The Hymnal 1982 #8-167, ©1971 by Mason Martens.*

*Verse:* The bread which we break, alleluia, is the communion of the body of Christ. **ANTIPHON**

*Verse:* One body are we, alleluia, for though many we share one bread. **ANTIPHON**

## 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 and wine are distributed at standing stations at the head of three aisles. The bread will be 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.*

## VOLUNTARY Organ improvisation

**HYMN 315** *Thou, who at thy first Eucharist didst pray* ♦ *The Hymnal 1982*

TUNE: Song 1

*The assembly is invited to remain seated for a period of silence, contemplating the gifts of God given and received.*

*Please stand, as able, when the Presider stands and returns to the Altar.*

## 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

*Enriching Our Worship 1, p. 69*

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

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

**HYMN***The church of Christ in every age*TUNE: *Dunedin*

1. The church of Christ in ev - ery age, be - set by change but spi - rit - led,  
 3. Then let the ser - vant church a - rise! A car - ing church that longs to be  
 5. We have no mis - sion but to serve in full o - be - dience to our Lord:



must claim and test its her - i - tage and keep on ris - ing from the dead.  
 a part - ner in Christ's sac - ri - fice, and clothed in Christ's hu - man - i - ty.  
 to care for all with - out re - serve, and spread Christ's li - ber - a - ting word.

*Wonder, Love, & Praise* #779 (stanzas 1, 3, & 5), WORDS: Fred Pratt Green (1903–2000); © 1971 Hope Publishing Co.;  
 MUSIC: Vernon Griffiths (1894–1985); reprinted from the *New Catholic Hymnal* © by Faber Music Ltd.

**DISMISSAL***The Deacon dismisses the Assembly. The Assembly responds: Thanks be to God.***VOLUNTARY** *Prelude in F*

Fanny Mendelssohn Hensel (1805–1847)



## MINISTERS OF THE LITURGY

**PRESIDER** The Very Reverend Steven L. Thomason; **PREACHER** The Reverend Doctor Hillary Raining; **DEACON** The Reverend Earl Grout; **ASSISTING LAY MINISTER** Hannah Hochkeppel; **EUCCHARISTIC MINISTERS** Norm Harris, Re Knack, The Reverend Canon Eliacín Rosario-Cruz; **ALTAR GUILD** Sue Tait; **CRUCIFER** Ray Miller; **LECTORS** Wendy Claire Barrie, John Carroll; **INTERCESSOR** Maris Olsen; **GREETERS** Jaime Rubio, Nancy George; **USHERS** Michael Dahl, Loy Dahl; **OBULATION BEARERS** TBD; **LAND ACKNOWLEDGMENT** Eliza Davidson; **FLOWER MINISTERS** Beatrix Roemheld-Hamm, *team captain*; **MUSICIANS** Joey Blundell, *cantor*; Canon Michael Kleinschmidt, *organist*; **SOUND BOARD** Michael Perera

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