



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON

THE HOLY EUCHARIST

THE SIXTH SUNDAY AFTER PENTECOST:

PROPER 9B

July 7, 2024

11:00 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. Ushers (wearing the purple welcome lanyards) can answer your questions or concerns, or provide a hearing assist device. All-gender restrooms are available in the northwest stairwell and on the 5th floor of Cathedral House, accessible by 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

The service usually begins with an organ prelude or other music designed to call us into worshipful presence.

PRELUDE *Echo Fantasia*

Jan Pieterszoon Sweelinck

LAND ACKNOWLEDGMENT

As a gathered community, we join together in praising God in song.

All stand, as able.

HYMN 657 *Love divine, all loves excelling ♦ The Hymnal 1982*

TUNE: *Hyfrydol*

OPENING ACCLAMATION*Enriching Our Worship 1, p. 50*

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

COLLECT FOR PURITY

Presider **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.
All Amen.

SONG OF PRAISE *Gloria in excelsis ♦ sung by all*

John Rutter

Organ: *Everyone:*

Glo-ry to God in the high-est, and peace to God's
peo-ple on earth. Lord God, heav'n-ly King, al-might-y God and Fa-ther,
we wor-ship you, we give you thanks, we praise you for your glo-ry.
Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a -
way the sin of the world: have mer-cy on us; you are seat-ed at the right hand of the
Fa-ther: re-ceive our prayer. For you a-lone are the Ho-ly One, you a -
lone are the Lord, you a-lone are the Most High, Je-sus Christ, with the
Ho-ly Spi-rit, in the glo-ry of God the Fa-ther. A - - - men.

The collect is the prayer designated for each Sunday that “collects” or captures the theme of the day or season of the Church year. It summarizes the attributes of God as revealed in the scriptures for the day.

COLLECT OF THE DAY *Proper 9*

The Book of Common Prayer (1979), p. 230

Presider God be with you.

Assembly **And also with you.**

Presider Let us pray.

O GOD, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All Amen.

Please be seated for the readings.

The first reading is usually drawn from the Hebrew Scriptures, inviting us to trace our heritage in God’s historical covenant with the People of God.

READING *Ezekiel 2:1–5*

THE LORD said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, “Thus says the Lord GOD.” Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

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

Assembly **Thanks be to God.**

The Psalm is a sung response to the previous reading. Psalms are the songbook of the Hebrew Scriptures. They express every emotion known to humankind.

PSALM

Psalm 123 ♦ St. Helena Psalter

Plainsong, Tone VI

The cantor introduces the Antiphon, all repeat. The cantor chants the verses, all repeat the Antiphon as indicated.



Ad te levavi oculos meos

To you I lift up my eyes, *
to you enthroned in the heavens.
As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,
So our eyes look to the Holy One our God, *
until God shows us mercy. **ANTIPHON**

Have mercy upon us, O God, have mercy, *
for we have had more than enough of contempt,
Too much of the scorn of the indolent rich, *
and of the derision of the proud. **ANTIPHON**

This reading, taken from the New Testament, is typically from a letter (epistle) to the early Church, the Acts of the Apostles, or the Revelation to John.

READING *2 Corinthians 12:2–10*

I KNOW a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows—was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

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

Assembly **Thanks be to God.**

The sequence hymn or Gospel acclamation moves us toward the summit of the Liturgy of the Word—the reading of the Holy Gospel. Gospel means “good news”—specifically the “good news of Jesus Christ.”

All stand, as able.

HYMN 637 *How firm a foundation, ye saints of the Lord* ♦ *The Hymnal 1982*
[stanzas 1, 2, & 5]

TUNE: *Lyons*

This reading is taken from one of the four Gospels (Matthew, Mark, Luke, and John), which depict the life, teachings, death, resurrection, and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus's words and actions.

THE HOLY GOSPEL *Mark 6:1–13*

Deacon The Holy Gospel of our Lord Jesus Christ according to Mark.

Assembly **Glory to you, Lord Christ.**

JESUS came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Deacon The Gospel of the Lord.

Assembly **Praise to you, Lord Christ.**

The homily directly follows the Gospel because it is grounded in the scriptures. It illuminates the scriptural readings and relates them to daily life.

HOMILY

Emily Meeks

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 as the liturgy continues.

The word “creed” comes from the Latin “credo” for “I believe.” First formulated at the Council of Nicaea in 325 CE and confirmed in 381 CE, the Nicene Creed is said at the Holy Eucharist and reflects what Christians believe regarding the relationship between the Father, Jesus, and the Holy Spirit: The Holy Trinity.

THE NICENE CREED

The Book of Common Prayer (1979), p. 358

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:
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 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 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.

We pray for ourselves and particularly on behalf of others. Each week, we pray for the Universal Church, the nation and its leaders, the welfare of the world, the concerns of our community of faith, including those who are in need or suffer, and for the departed. We are reminded in prayer that we are part of a larger fellowship, the Church—the Body of Christ.

PRAYERS OF THE PEOPLE *After each petition:*

Intercessor God, in your mercy,
Assembly **hear our prayer.**

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

CONFESSION & ABSOLUTION

Enriching Our Worship 1, p. 56

Deacon Let us confess our sins to God.
You are invited to stand or kneel for the confession.

Deacon God of all mercy,
**All 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 exchange of peace within the gathered community is an ancient Christian practice. It is a sign of reconciliation, love, and renewed relationships prior to coming to God's table for Eucharist.

THE PEACE

Presider The peace of Christ be always with you.
Assembly **And also with you.**

All greet one another in the name of the Lord.

THE LITURGY OF THE TABLE

Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness, and shared in the peace, we are prepared for the mystery and miracle of the Holy Communion. At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give.

OFFERTORY

An offering of money is received. Everyone participating in worship is invited to make an offering in gratitude for God's generosity. Together, these gifts make possible this community of welcome, reconciliation and service. Those worshipping in person may to place their offering in baskets as they are passed through through the rows.

Visit saintmarks.org/give, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right). If Venmo asks you for a four-digit code, enter **2076**.



VOLUNTARY *Organ improvisation*

In the Great Thanksgiving, we do what Jesus himself asked us: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a lengthy prayer with several intentions. We recount the story of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning "Lift up your hearts."

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer 3*

Enriching Our Worship 1, p. 60

<i>Presider</i>	<i>Assembly</i>
	
The Lord be with you. And al-so with you.	
<i>Presider</i>	<i>Assembly</i>
	
Lift up your hearts. We lift them to the Lord.	
<i>Presider</i>	<i>Assembly</i>
	
Let us give thanks to the Lord our God. It is right to give God thanks and praise.	

Presider All thanks and praise
 are yours at all times and in all places,
 our true and loving God;
 through Jesus Christ, your eternal Word,
 the Wisdom from on high by whom you created all things.
 You laid the foundations of the world
 and enclosed the sea when it burst out from the womb;
 You brought forth all creatures of the earth
 and gave breath to humankind.
 Wondrous are you, Holy One of Blessing,
 all you create is a sign of hope for our journey;
 And so as the morning stars sing your praises
 we join the heavenly beings and all creation
 as we shout with joy:

The Sanctus (Holy, Holy, Holy) is the hymn of praise that
 never ceases before God, based on Isaiah 6:3.

SANCTUS & BENEDICTUS

Peter R. Hallock

Organ *Everyone*

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,
 heav-en 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 the Lord. Ho - san - na in the high - est.

A Simple Missa brevis, Copyright 1992, 2021 The Peter R. Hallock Institute, Seattle, Washington.

We recall God's acts of salvation history. The presider says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine.

Presider Glory and honor are yours, Creator of all,
 your Word has never been silent;
 you called a people to yourself, as a light to the nations,
 you delivered them from bondage
 and led them to a land of promise.
 Of your grace, you gave Jesus
 to be human, to share our life,
 to proclaim the coming of your holy reign
 and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,
you have freed us from sin,
brought us into your life,
reconciled us to you,
and restored us to the glory you intend for us.

We thank you that on the night before he died for us
Jesus took bread,
and when he had given thanks to you, he broke it,
gave it to his friends and said:
“Take, eat, this is my Body, broken for you.
Do this for the remembrance of me.”

After supper Jesus took the cup of wine,
said the blessing, gave it to his friends and said:
“Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all
for the forgiveness of sin.
Do this for the remembrance of me.”

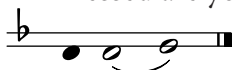
And so, remembering all that was done for us:
the cross, the tomb, the resurrection and ascension,
longing for Christ’s coming in glory,
and presenting to you these gifts
your earth has formed and human hands have made,
we acclaim you, O Christ:

**All Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!**

Presider Send your Holy Spirit upon us
and upon these gifts of bread and wine
that they may be to us
the Body and Blood of your Christ.
Grant that we, burning with your Spirit’s power,
may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ,
and in the fullness of time gather us
with blessed Mary, Mark, and all your people
into the joy of our true eternal home.

Through Christ and with Christ and in Christ,
by the inspiration of your Holy Spirit,
we worship you our God and Creator
in voices of unending praise.
Blessed are you, now and for ever.



All A - MEN.

We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.

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

Mode 6 melody; adapt. Mason Martens

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



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

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 three aisles. The bread will be placed into your outstretched palm. 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 635 *If thou but trust in God to guide thee ♦ The Hymnal 1982*

TUNE: *Wer nur den lieben Gott*

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

From the earliest days of the Church, members of the congregation took bread to those who were ill or could not be present in person.

All stand, as able.

SENDING OF EUCHARISTIC VISITORS

Presider One body are we.

Assembly **For, though many, we share one bread and one cup.**

Deacon Go in peace, bearing holy gifts for holy people.

POSTCOMMUNION PRAYER

Enriching Our Worship 1, p. 69

Presider God of abundance,

All 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.*

1. Lord, you give the great com - mis-sion: "Heal the sick and preach the word."
 2. Lord, you call us to your ser-vice: "In my name bap - tize and teach."

Lest the church neg - lect its mis-sion, and the gos - pel go un - heard,
 That the world may trust your pro-mise, life a - bun - dant meant for each,

help us wit - ness to your pur-pose with re - newed in - te - gri - ty.
 give us all new fer - vor, draw us clos - er in com-mu - ni - ty.

Refrain

With the Spi - rit's gifts em-power us for the work of min - is - try.

Hymn #780 in *Wonder, Love, & Praise*

WORDS: Jeffrey Rowthorn (b. 1934); © 1978 Hope Publishing Co.

TUNE: *Abbot's Leigh*, Cyril Vincent Taylor (1907–1991); © 1942, renewal 1970, Hope Publishing Co.**DISMISSAL** *The Deacon dismisses the assembly; all respond:* **Thanks be to God.****VOLUNTARY** *Präludium in D*, BuxWV 139

Dieterich Buxtehude

MINISTERS OF THE LITURGY

PRESIDER

The Very Rev. Steven L. Thomason

PREACHER

Emily Meeks

ASSISTING LAY MINISTER

Hannah Hochkeppel

EUCCHARISTIC MINISTERS

Erin Beary Andersen, James Davidson, Shelley Mackaman, The Rev. Canon Dr. Marda Steedman Sanborn,
Peter Snyder, Kathy Thomason, The Rev. Canon Edie Weller, The Rev. Canon Richard C. Weyls

ALTAR GUILD

James Davidson

VERGERS

Nancy Cleminshaw, Rollin Salsbery

ACOLYTES

Carrie Davis, Kate Halamay, Hilary McLeland-Wieser, Ray Miller

GREETERS

Patricia de la Fuente, Kathy Minsch

USHERS

Wayne Duncan, Chris Rigos

OBLATION BEARERS

Timothy Shore & Todd Baker

LAND ACKNOWLEDGMENT

Wayne Duncan

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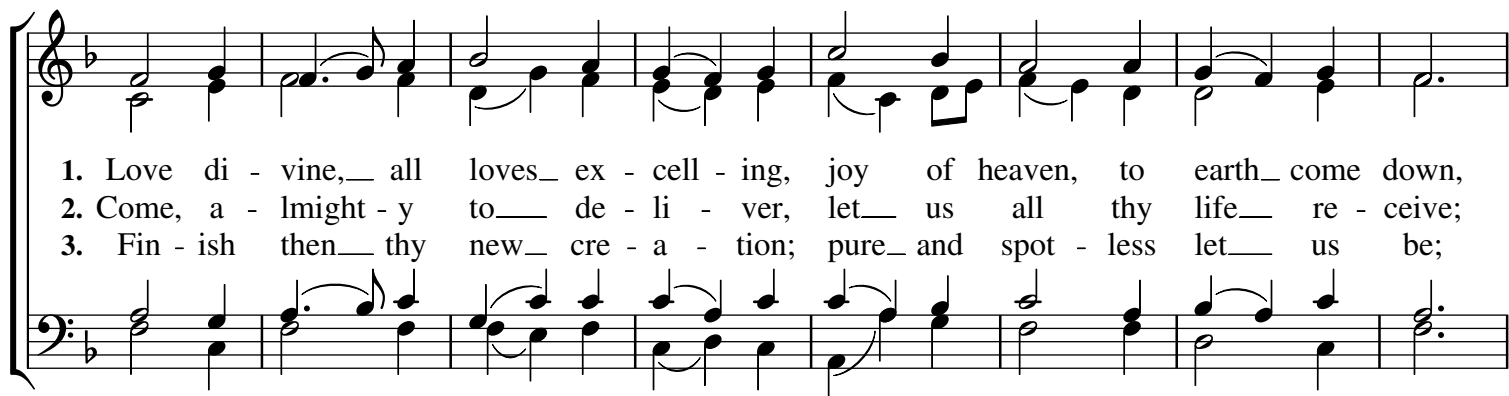
FLOWER MINISTRY

Ashley Hedeem, Kathy Sodergran, Elizabeth Ward

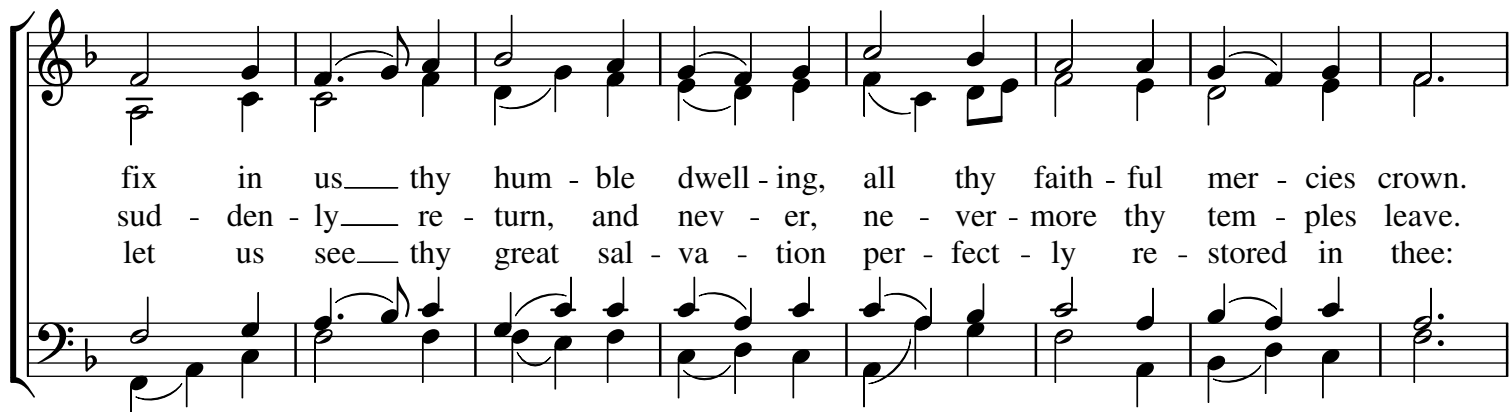
MUSICIANS

Molly Porter, *cantor*

Canon Michael Kleinschmidt, *organist*



1. Love di - vine, all loves ex - cell - ing, joy of heaven, to earth come down,
 2. Come, a - lmight - y to de - li - ver, let us all thy life re - ceive;
 3. Fin - ish then thy new cre - a - tion; pure and spot - less let us be;



fix in us thy hum - ble dwell - ing, all thy faith - ful mer - cies crown.
 sud - den - ly re - turn, and nev - er, ne - ver - more thy tem - ples leave.
 let us see thy great sal - va - tion per - fect - ly re - stored in thee:



Je - sus, thou art all com - pas - sion, pure, un - bound - ed love thou art
 Thee we would be al - way bless - ing, serve thee as thy hosts a - bove,
 changed from glo - ry in - to glo - ry, till in heaven we take our place,



vi - sit us with thy sal - va - tion, en - ter ev - ery trembl - ing heart.
 pray, and praise thee with - out ceas - ing, glo - ry in thy per - fect love.
 till we cast our crowns be - fore thee, lost in won - der, love, and praise.

Descant

5 "The soul that to Je - sus hath fled for re - pose,

1 How firm a foun - da - tion, ye saints of the Lord,

2 "Fear not, I am with thee; O be not dis - mayed!

3 "When through the deep wa - ters I call thee to go,

4 "When through fier - y tri - als thy path - way shall lie,

5 "The soul that to Je - sus hath fled for re - pose,

5 I will not, I will not de - sert to its foes;

1 is laid for your faith in his ex - cel - lent word!

2 For I am thy God, and will still give thee aid;

3 the riv - ers of woe shall not thee o - ver - flow;

4 my grace, all suf - fi - cient, shall be thy sup - ply;

5 I will not, I will not de - sert to its foes;

5 soul _____ to shake, no,

1 What more can he say than to you he hath said,
 2 I'll strength - en thee, help thee, and cause thee to stand,
 3 for I will be with thee, thy trou - bles to bless,
 4 the flame shall not hurt thee; I on - ly de - sign
 5 that soul, though all hell shall en - deav - or to shake,

5 I'll nev - er, no, nev - er, no, nev - er for - sake."

1 to you that for ref - uge to Je - sus have fled?
 2 up - held by my right - eous, om - nip - o - tent hand.
 3 and sanc - ti - fy to thee thy deep - est dis - tress.
 4 thy dross to con - sume, and thy gold to re - fine.
 5 I'll nev - er, no, nev - er, no, ne - ver for - sake."

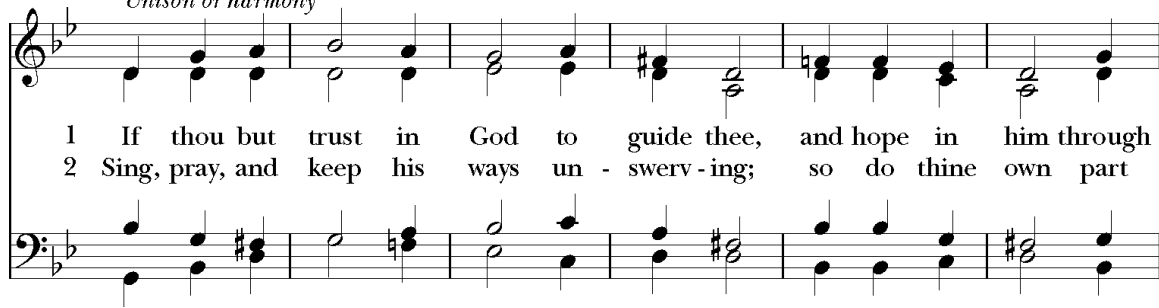
Words: K. in John Rippon's *Selection*, 1787, alt.

Music: *Lyons*, att. Johann Michael Haydn (1737-1806); desc. Lois Fyfe (b. 1927)

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The Hymnal 1982 - #635 If thou but trust in God to guide thee

Unison or harmony



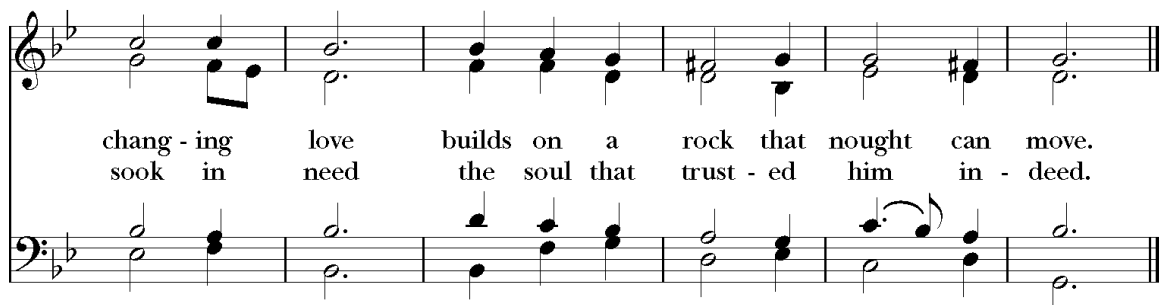
1 If thou but trust in God to guide thee, and hope in him through
2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part



all thy ways, he'll give thee strength what - e'er be - tide thee,
faith - ful - ly, and trust his word, though un - de - serv - ing;



and bear thee through the e - vil days. Who trusts in God's un -
thou yet shalt find it true for thee; God nev - er yet for -



chang - ing love builds on a rock that nought can move.
sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1827-1878), alt. Music: *Wer nur lieben Gott*, Georg Neumark (1621-1681)

1 If thou but trust in God to guide thee,
and hope in him through all thy ways,
he'll give thee strength whate'er betide thee,
and bear thee through the evil days.
Who trusts in God's unchanging love
builds on a rock that nought can move.