



SAINT MARK'S  
EPISCOPAL CATHEDRAL

# THE HOLY EUCHARIST

THE ELEVENTH SUNDAY AFTER PENTECOST

August 5, 2018

11:00 AM



*Newcomers and visitors, the community of Saint Mark's welcomes you. We hope that you will feel at home in this place and in this liturgy. Ushers are available during the liturgy as well as greeters and clergy following, should you have any questions or concerns. Mothers are most welcome to breastfeed their infants during the service. Children of any age are always welcome at Saint Mark's liturgies. In addition, child care during services is available in the Child Care Center, located in the west end of the cathedral building. You may reach the Child Care Center through the southwest doors of the nave, or by taking the elevator to the 5<sup>th</sup> floor. Ushers will guide you.*

*As part of our effort to serve those who cannot attend worship, this service will be livestreamed on the internet. The 8 AM, 9 AM, 7 PM, and 9:30 PM services are not livestreamed. We are grateful for your presence and participation in this community.*

*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 Very Reverend Steven L. Thomason, Dean and Rector of Saint Mark's Cathedral, *Presider & Preacher*

## THE GATHERING

**PRELUDE**     *Adagio from Symphony No. 3*     Louis Vierne (1870–1937)

*A bell bids all to rise as able.*

**INTROIT**     *Lord, for thy tender mercy's sake*     *attributed to Richard Farrant (1525–1580)*

Lord, for thy tender mercy's sake,  
lay not our sins to our charge,  
but forgive that is past,  
and give us grace to amend our sinful lives:  
to decline from sin  
and incline to virtue,  
that we may walk in a perfect heart  
before thee now and evermore.  
Amen.

**HYMN 522**     *Glorious things of thee are spoken* ♦ *The Hymnal 1982 #522*     TUNE: *Austria*

### OPENING ACCLAMATION

*Presider* Blessed be God: Father, Son, and Holy Spirit.  
*Assembly* **And Blessed be God's kingdom, now and forever. Amen.**

### COLLECT FOR PURITY

*Presider* 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.  
**All Amen.**

One-in-a-bar; firmly *f*

Glo-ry to God in the high-est, and peace to God's

*mf*

peo-ple on earth. Lord God, heav'n-ly King, al-might-y God and Fa-ther,

*f*

we wor-ship you, we give you thanks, we praise you for your glo-ry.

*p*

*d. = d. (same beat as before, not slower)*

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

*f* *d. = d.*

Fa-ther: re-ceive our prayer. For you a-lone are the Ho-ly One, you a -

*mf*

lone are the Lord, you a-lone are the Most High, Je-sus Christ, with the

*f cresc.* *ff* *broaden*

Ho-ly Spi-rit, in the glo-ry of God the Fa-ther. A - - men.

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## COLLECT OF THE DAY

Proper 13

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

LET your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

*All* Amen.

# THE LITURGY OF THE WORD

**READING** *Exodus 16:2-4, 9-15*

**T**HE whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

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

*Assembly* **Thanks be to God.**

**PSALM** *Psalm 78:23-29*

Plainsong Tone I.2

*The Cantor introduces the antiphon, all repeat it.*

*The Cantor chants the psalm verses, all repeating the antiphon as indicated.*



*Attendite, popule*

**S**O HE commanded the clouds above \*  
and opened the doors of heaven.

24 He rained down manna upon them to eat \*  
and gave them grain from heaven. **ANTIPHON**

25 So mortals ate the bread of angels; \*  
he provided for them food enough.

- 26 He caused the east wind to blow in the heavens \*  
and led out the south wind by his might.
- 27 He rained down flesh upon them like dust \*  
and winged birds like the sand of the sea. **ANTIPHON**
- 28 He let it fall in the midst of their camp \*  
and round about their dwellings.
- 29 So they ate and were well filled, \*  
for he gave them what they craved. **ANTIPHON**

**READING** *Ephesians 4:1-16*

**I** THEREFORE, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

“When he ascended on high he made captivity itself a captive;  
he gave gifts to his people.”

(When it says, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

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

**Assembly** **Thanks be to God.**

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

**HYMN 51** *We, the Lord's people* ♦ *The Hymnal 1982 #51*

TUNE: *Decatur Place*

**THE HOLY GOSPEL** *John 6:24-35*

*Postulant for the Diaconate* The Holy Gospel of our Savior Jesus Christ according to John.

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

**T**HE NEXT day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

*Postulant for the Diaconate* The Gospel of the Lord.

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

**SERMON**

The Very Reverend Steven L. Thomason

*All rise as able.*

**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:  
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.

#### **PRAYERS OF THE ASSEMBLY**

*After each petition:*

*Intercessor* Lord, in your mercy,  
*Assembly* Hear our prayer.

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

#### **CONFESSION**

*Postulant for the Diaconate* Let us confess our sins against God and our neighbor.

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

*Postulant for the Diaconate* Most merciful God,  
**All** 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**

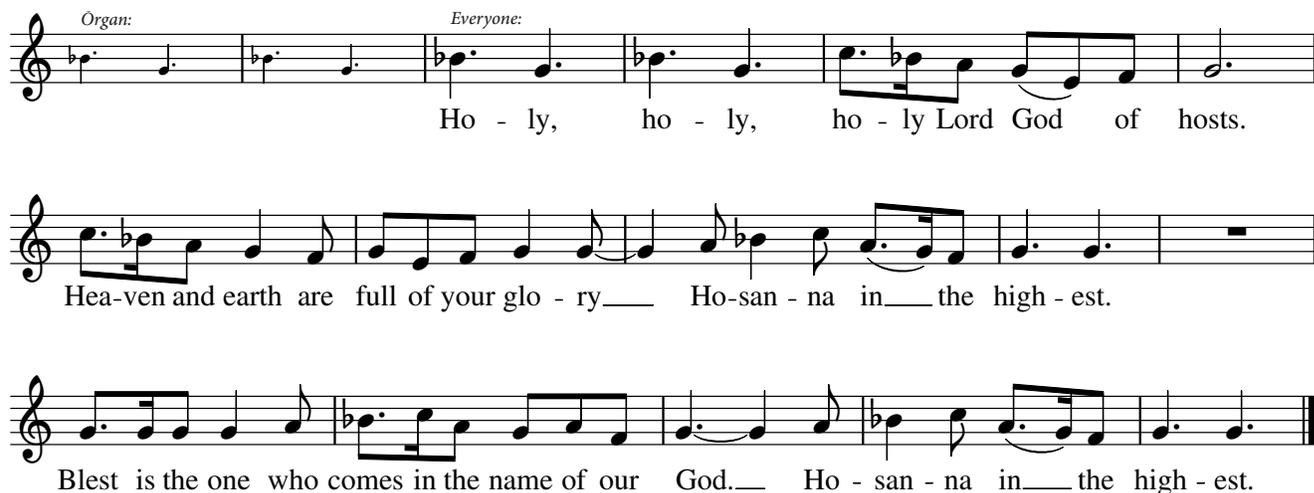
*Presider* The peace of the Lord be always with you.  
*Assembly* And also with you.

*All greet one another in the name of the Lord.*



**SANCTUS & BENEDICTUS** *A 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.

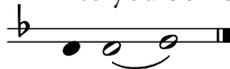
*Presider* Glory and honor and praise to you, holy and living God.  
To deliver us from the power of sin and death  
and to reveal the riches of your grace,  
you looked with favor upon Mary, your willing servant,  
that she might conceive and bear a son,  
Jesus the holy child of God.  
Living among us, Jesus loved us.  
He broke bread with outcasts and sinners,  
healed the sick, and proclaimed good news to the poor.  
He yearned to draw all the world to himself  
yet we were heedless of his call to walk in love.  
Then, the time came for him to complete upon the cross  
the sacrifice of his life,  
and to be glorified by you.  
On the night before he died for us,  
Jesus was at table with his friends.  
He took bread, gave thanks to you,  
broke it, and gave it to them, 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.  
Again, he gave thanks to you,  
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.”

Now gathered at your table, O God of all creation,  
and remembering Christ, crucified and risen,  
who was and is and is to come,  
we offer to you our gifts of bread and wine,  
and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts  
that they may be the Body and Blood of Christ.  
Breathe your Spirit over the whole earth  
and make us your new creation,  
the Body of Christ given for the world you have made.

In the fullness of time bring us,  
with Mary, Mark and all your saints,  
from every tribe and language and people and nation,  
to feast at the banquet prepared  
from the foundation of the world.

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.



*All* A - MEN.

#### 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.*

**FRACTION ANTHEM** *The disciples knew the Lord Jesus*

Plainsong Mode 6

*A Cantor introduces the antiphon, all repeat it. The Cantor sings the verses, all repeating the antiphon as indicated.*



The dis - ci - ples — knew the Lord Je - sus in the break - ing — of the bread.

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

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

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

**INVITATION TO COMMUNION**

*Presider* The gifts of God for the people of God.

*All seeking God are welcome at Christ's Table.*

*The Assembly gathers around all sides of the altar platform, guided by the ushers. If you need communion brought to your seat, please let an usher know. Rice wafers for those who do not eat wheat are available at the Presider's communion station at the front left.*

- ◆ *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.*
- ◆ *Or you may leave the bread in your hand for the chalice bearer to dip in the wine and feed you.*
- ◆ *To receive a blessing instead of communion, simply cross your arms over your chest.*

**ANTHEM** *Ave verum corpus*

WORDS: attributed to Pope Innocent VI (14<sup>th</sup> century)

MUSIC: William Byrd (c. 1540–1623)

*Ave verum corpus, natum  
de Maria Virgine,  
vere passum, immolatum  
in cruce pro homine,  
cuius latus perforatum  
unda fluxit sanguine:  
esto nobis prægustatum  
mortis in examine.*

*O dulcis! O pie!  
O Jesu, fili Mariæ,  
miserere mei. Amen.*

Hail, true Body, born  
of the Virgin Mary,  
having truly suffered, sacrificed  
on the cross for mankind,  
and from whose pierced side  
water and blood flowed:  
Be for us a foretaste [of the Heavenly banquet]  
in the trial of death.

O sweet! O holy!  
O Jesus, son of Mary,  
have mercy on me. Amen.

*All rise as able.*

**SENDING OF EUCHARISTIC VISITORS**

*Presider* One body are we.

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

*Postulant for the Diaconate* Go in peace, bearing holy gifts for holy people.

**PRAYER AFTER COMMUNION**

*Presider* Eternal God,

**All 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.*

**HYMN 690** *Guide me, O thou great Jehovah ♦ The Hymnal 1982 #690*

TUNE: *Cwm Rhondda*

**DISMISSAL**

*Postulant for the Diaconate* Let us go forth in the name of Christ.

*Assembly* **Thanks be to God.**

**VOLUNTARY** *Allegro Maestoso from Symphony No. 3*

Vierne

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**PRESIDER & PREACHER**

The Very Reverend Steven L. Thomason

**ASSISTING LAY MINISTER**

Lynne Markova

**EUCHARISTIC MINISTERS**

Colleen Boyns, The Reverend Cristi  
Chapman, The Reverend Canon Jennifer  
King Daugherty, Sonja Lund,  
Amanda McPeak, Tim O'Sullivan,  
The Reverend Canon Dr. Marda Steedman  
Sanborn, Diane Stevens, Kathy Thomason

**ALTAR GUILD**

Carrie Davis  
David Wagner

**POSTULANT FOR THE DIACONATE**

Emily Austin

**VERGER**

Olivier Santos

**ACOLYTES**

Jake Lunde, Taylor Lunde  
Ray Miller, Rollin Salsbery

**READERS**

Ruth McRee  
Jon Olson

**INTERCESSOR**

Gloria Stickle

**USHER CAPTAIN**

Kathy Sodergren

**GREETER**

Norva Osborn

**MUSICIANS**

Nick Chrisman, *Cantor*  
The Tudor Choir  
Doug Fullington, *Director*  
John Stuntebeck, *Organist*