



SAINT MARK'S
EPISCOPAL CATHEDRAL

THE HOLY EUCHARIST

THE ELEVENTH SUNDAY AFTER PENTECOST

August 5, 2018

9:00 AM





SAINT MARK'S
EPISCOPAL CATHEDRAL

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 5th floor. Ushers will guide you.

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

A bell tolling a few minutes before the hour calls bids all to keep silence for prayer and preparation.

As the opening hymn is introduced, all rise as able.

HYMN 523 *Glorious things of thee are spoken* ♦ *The Hymnal 1982 #523*
stanzas 1 & 3

TUNE: *Abbot's Leigh*

OPENING ACCLAMATION & COLLECT

Presider This is the day the Lord has made.

Assembly **Let us rejoice and be glad in it.**

Presider God of glory, holy and eternal, look upon us now in your love and mercy.
May your strength overcome our weakness, your radiance transform our blindness,
and your Spirit draw us to that love shown and offered to us by your Son,
our Savior Jesus Christ.

All 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 #119*, WORDS: *The Hymnal 1982 #416*; public domain.

COLLECT OF THE DAY

Proper 13

Presider God 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*

THE 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

SO 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.

GOSPEL PROCESSION

Children are invited to join the Gospel Procession, and gather around as the Gospel is proclaimed. Children's Chapel is on summer hiatus and will resume in August.

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.



℣. One does not live by bread alone, but by every word that comes from the mouth of God.

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.**

THE 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

Authorized for use by the 1997 General Convention

**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 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 ASSEMBLY

adapted from A New Zealand Prayer Book and Operation Noah

Postulant for the Diaconate Holy God, you have promised to hear when we pray in the name of your Son.

Therefore in confidence and trust we pray:

Creator God,

Assembly Awaken us to your presence and love.

Intercessor We celebrate the blessing of our earthly home, part of the vast universe within your creation.

Creator God,

Assembly Awaken us to your presence and love.

Intercessor We lament the way our habits harm the earth.

Move us to repent and to live in harmony with the earth.

Creator God,

Assembly Awaken us to your presence and love.

Intercessor Inspire with your wisdom those whose decisions affect the lives of others so that all may act with integrity and courage.

Creator God,

Assembly Awaken us to your presence and love.

Intercessor Breathe fresh life into your Church and inspire us to be your hands in the world.

Creator God,

Assembly Awaken us to your presence and love.

Intercessor Strengthen us to care for those near and far who are suffering in body, mind, or spirit, especially... and those we now name...

Creator God,

Assembly Awaken us to your presence and love.

Intercessor We thank you for Saint Mark and all your saints who have entered your eternal glory. We remember those who have died and entrust them to your love, especially...

Creator God,

Assembly Awaken us to your presence and love.

Presider Gracious God, source of all wisdom, give us eyes to see and minds to understand your marvelous works, that we may know you through your handiwork and use your creation to your glory; through Jesus Christ our Lord.

All Amen.

CONFESSION

adapted from A New Zealand Prayer Book

Postulant for the Diaconate Let us confess our sins to God.

You are invited to stand or kneel for the confession.

Postulant for the Diaconate Merciful God,

**All we have sinned in what we have thought and said,
in the wrong we have done and in the good we have not done.
We have sinned in ignorance, in weakness, and by our own deliberate fault.
We are truly sorry. We repent and turn to you.
Forgive us, for the sake of Christ, our Savior,
and renew our lives to the glory of your name. Amen.**

Presider God have mercy on you, pardon you and set you free.

Know that you are forgiven and be at peace.

God strengthen you in all goodness and keep you in life eternal.

All Amen.

THE PEACE

Presider The peace of Christ be always with you.

Assembly **And also with you.**

All greet one another in the name of Christ.

BIRTHDAY & ANNIVERSARY BLESSINGS

Those celebrating birthdays and anniversaries in the month of August are invited to come forward to receive a blessing. The Assembly stands as able and joins the Presider in saying the prayers.

Birthdays: **Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace, which passes understanding, abide all the days of their lives; through Jesus Christ our Savior. Amen.**

Anniversaries: **Loving God, in the mystery of the Holy Trinity, you reveal yourself as a community of self-giving love. We thank you for bringing us together into families. Bless we pray these couples who celebrate the anniversaries of their commitments to one another, and grant that they may grow in grace, fidelity and mutual affection all the days of their lives, through Jesus Christ our Savior. Amen.**

THE LITURGY OF THE TABLE

OFFERTORY

An offering of money is received. Everyone worshipping this morning is invited to make an offering as an expression of gratitude for God's generosity. Many support Saint Mark's through pledged offerings made by credit card or via mail. Together our gifts make possible this community of welcome, reconciliation and service.

VOLUNTARY *Chant de Paix* [Song of Peace] from *Nine Pieces*, Op. 40

Jean Langlais (1907–1991)

The bread, wine, and money we offer to God are brought forward and presented at the altar table. When the Presider stands, all rise as able.

THE GREAT THANKSGIVING

adapted from the Anglican Church of Southern Africa

Presider God 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 You spoke the Word and all that is in heaven and on the earth,
all things, came to be.

Your Spirit hovered over the primal elements,
and you brought forth life in forms innumerable,
you formed the Earth and breathed life into it,
and you uttered us into existence.

As our past is in you, so our hope for the future rests with you.

As we have turned from your way, so we turn again to the warmth of your love.

Through you all things are brought to new life.

And now we give you thanks for the glories of your creation given into our care.

Help us to share that richness with all your people.

With the wonders of creation

and the songs of praise of all your creatures both in heaven and on earth,

we praise you now and forever singing:

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 On the night that Jesus was betrayed, he took bread,
 gift of the Earth, formed of human hands,
 and gave thanks to you.
 He broke the bread and shared it with friends, saying:
 “Take and eat, for this is my body which is given for you.
 Do this in remembrance of me.”

He took the cup of wine,
 gift of the Earth, work of human hands,
 and gave thanks to you.
 He gave it to his friends saying:
 “This is my blood of the new covenant,
 poured out for you and for all creation
 for the forgiveness of sins.
 Every time you drink of this cup, do this in remembrance of me.”
 So we proclaim the mystery of faith:

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

Presider Therefore, God, we who long for right relationship
 with you, with one another, and with all creation,
 now draw close to this mystery.
 By your Holy Spirit may these gifts of the Earth
 become for us the Body and Blood of Christ.

Send upon us, and upon all your creation,
 your Spirit of life-giving connection.
 Stir in us the creative energy of your love,
 and redeem our brokenness.

Unite us through your Word made flesh,
 by whom, and with whom, and in whom,
 in the unity of your Creating Spirit,
 with all that has been, is, and will be in your universe,
 we stand before you and worship you
 in voices of everlasting praise:

**All Blessing and honor and glory and power
 are yours forever and ever.
 AMEN.**

THE LORD'S PRAYER

Ambrosian Chant

Our Father in heaven, hallowed be your Name,
 your kingdom come, your will be done, on earth as in heaven.
 Give us today our dai-ly bread. Forgive us our sins as we forgive those who sin against us.
 Save us from the time of tri-al, and de-li-ver us from e - vil.
 For the kingdom, the power, and the glory are yours, now and for ev - er. A - men.

The Hymnal 1982 #S-148, © 1971 Mason Martens

In silence, the Presider breaks the consecrated bread.

FRACTION ANTHEM *The disciples knew the Lord Jesus*

Plainsong Mode 6

The 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 #S-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.

Communion is distributed at standing stations at the head of each aisle.

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.

- ◆ *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.*

COMMUNION VOLUNTARY *Organ Improvisation*

HYMN 339 *Deck thyself, my soul, with gladness* ◆ *The Hymnal 1982 #339*

TUNE: *Schmücke dich*



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

adapted from *Enriching Our Worship and Operation Noah*

Presider Gracious God,

All Creator and Lover of souls,

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 fill us with your spirit,

that we may work with you toward the unity of your whole creation,

striving for justice and peace,

and respecting the dignity of all people.

Amen.

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

HYMN 302 *Father we thank thee ♦ The Hymnal 1982 #302*

TUNE: *Rendez à Dieu*

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*

Louis Vierne (1870–1937)

PRESIDER & PREACHER

The Very Reverend Steven L. Thomason

ASSISTING LAY MINISTER

Susan Nicoll

EUCHARISTIC MINISTERS

The Reverend Cristi Chapman

The Reverend Canon Jennifer King Daugherty

Jim Green

Nan Sullins

ALTAR GUILD

Jeff Helgesen

Sue Tait

POSTULANT FOR THE DIACONATE

Emily Austin

ACOLYTE

James Wong

OBLATION BEARERS

The Yoshimura/Quiaoit family

READERS

Susan McClung

David Thompson

INTERCESSOR

Rick Hodsdon

USHERS

Ralph Ermoian

Gary Minugh

GREETER

Carol Green

MUSICIANS

Carmen Brady, *Cantor*

John Stuntebeck, *Organist*