



SAINT MARK'S
EPISCOPAL CATHEDRAL

THE HOLY EUCHARIST

THE TWELFTH SUNDAY AFTER PENTECOST

August 12, 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 5th 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.

The Cathedral Choir is on summer hiatus. This morning's Eucharist features musical offerings from Saint Mark's affiliated choir The Mägi Ensemble, directed by Cathedral Choir member Heather MacLaughlin Garbes.

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*

The Reverend Canon Nancy Ross, Associate to the Rector, *Preacher*

THE GATHERING

PRELUDE *Le Banquet Céleste* [The Celestial Banquet] Olivier Messiaen (1908–1992)

“Those who eat my flesh and drink my blood abide in me, and I in them.” —*John 6:56*

A bell bids all to rise as able.

INTROIT *Invitation* WORDS: Frederic Rowland Marvin (1847–1918)
TUNE: *The Southern Harmony* (1854)
arr. Marsha Genensky & Johanna Maria Rose

Hark! I hear the harps eternal ringing on the farther shore,
As I near those swollen waters, with their deep and solemn roar.

Hallelujah! Hallelujah! Hallelujah, Praise the Lamb!
Hallelujah! Hallelujah! Glory to the great I AM!

And my soul, though stained with sorrow, fading as the light of day,
Passes swiftly o'er those waters, to the city far away. *Refrain.*

Souls have crossed before me, saintly, to that land of perfect rest,
And I hear them singing faintly, in the mansions of the blest. *Refrain.*

HYMN 390 *Praise to the Lord, the Almighty* ♦ *The Hymnal 1982 #390* TUNE: *Lobe den Herren*

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 14

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

GRANT to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 *1 Kings 19:4-8*

ELIJAH went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

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

Assembly **Thanks be to God.**

PSALM *Psalms 34:1-8*

Peter R. Hallock (1924-2014)

The Cantor introduces the antiphon, all repeat it.

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



Benedicam Dominum

IWILL bless the LORD at all times; *
His praise shall ever be in my mouth.

- 2 I will glory in the LORD; *
let the humble hear and rejoice. **ANTIPHON**
- 3 Proclaim with me the greatness of the LORD; *
let us exalt his Name together.
- 4 I sought the LORD, and he answered me *
and delivered me out of all my terror. **ANTIPHON**
- 5 Look upon him and be radiant, *
and let not your faces be ashamed.
- 6 I called in my affliction and the LORD heard me *
and saved me from all my troubles. **ANTIPHON**
- 7 The angel of the LORD encompasses those who fear him, *
and he will deliver them.
- 8 Taste and see that the LORD is good; *
happy are they who trust in him! **ANTIPHON**

READING *Ephesians 4:25–5:2*

PUTTING away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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 48 *O day of radiant gladness* ♦ *The Hymnal 1982 #48*
stanzas 1–3

TUNE: *Es flog ein kleins Waldvögelein*

THE HOLY GOSPEL *John 6:35, 41–51*

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

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

JESUS said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

Postulant for the Diaconate The Gospel of the Lord.

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

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 Hallock

The musical score is written on three staves in G major (one sharp) and 4/4 time. The first staff is for the Organ, starting with a half note G4, followed by quarter notes A4, Bb4, and C5. The second staff is for Everyone, starting with a half note G4, followed by quarter notes A4, Bb4, and C5. The lyrics are: Ho - ly, ho - ly, ho - ly Lord God of hosts. The third staff continues the melody with quarter notes D5, E5, F5, G5, A5, Bb5, C6, and D6. The lyrics are: Hea-ven and earth are full of your glo - ry — Ho-san - na in — the high - est. The fourth staff continues the melody with quarter notes E5, F5, G5, A5, Bb5, C6, and D6. The lyrics are: 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.”

Presider 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

Peace from Shaker Songs

WORDS & MUSIC: Shaker community of Enfield, New Hampshire, c. 1852
arr. Kevin Siegfried (b. 1969)

Peace unto Zion.

Peace, peace to the faithful,
and a crown of rejoicing
from your Heavenly Father.

When Zion shall be cleansed she shall flourish as a rose.

I will walk in her midst, and will bless all those
with a tenfold blessing.

And their sorrows shall cease, for I'll cry upon her walls.

Peace, peace, sweet peace.

HYMN 341

For the bread which you have broken ◆ *The Hymnal 1982 #341*

TUNE: *Omni die*

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 Loving God,

All **we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.**

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

HYMN 593 *Lord, make us servants of your peace ♦ The Hymnal 1982 #593*

TUNE: Dickinson College

DISMISSAL

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

Assembly **Thanks be to God.**

VOLUNTARY *Fanfare*

William Mathias (1934–1992)

PRESIDER

The Very Reverend Steven L. Thomason

ASSISTING LAY MINISTER

Lynne Markova

EUCHARISTIC MINISTERS

Erin Beary Andersen, The Reverend
Cristi Chapman, The Reverend Canon
Jennifer King Daugherty, Steven H. Jones,
Dan Niven, Diane Stevens,
Kathy Thomason, Roger Valdez

ALTAR GUILD

David Wagner
Barbara Zito

PREACHER

The Reverend Canon Nancy Ross

VERGER

Sharon Ferguson

ACOLYTES

Linda Chia
Joe Kasper
Ray Miller

READERS

Richard Tait
Colleen Boyns

INTERCESSOR

Erik Donner

POSTULANT FOR THE DIACONATE

Emily Austin

USHER CAPTAIN

Joe Roza

GREETER

Barbara & John Selberg

MUSICIANS

Amanda Davis, *Cantor*
The Mägi Ensemble
Heather MacLaughlin Garbes, *Director*
Peter Garbes, *Pianist*
John Stuntebeck, *Organist*