

# **Cathedral Church of St. Mark**

Salt Lake City, Utah



## **Light in the Darkness Contemplative Eucharist**

Saturday, April 25  
in the Season of Easter

# HOLY EUCHARIST RITE II

5:00 p.m.

Celebrant—The Very Reverend Tyler Doherty, Dean & Rector

## +THE WORD OF GOD+

Opening Hymn *Holy is the name of God*

Taizé

♩ = 100      F      Dm      Am      E<sup>SUS</sup>      E      A      B<sup>b</sup>      F      Gm      C



San - ctum no - men Do - mi - ni ma - gni - fi - cat a - ni - ma me - a.  
Ho - ly is the name of God. Sing out my soul, prais - ing God ev - er - more.

F      Dm      Am      E<sup>SUS</sup>      E      A      B<sup>b</sup>      F      Gm      C      F



San - ctum no - men Do - mi - ni ma - gni - fi - cat a - ni - ma me - a.  
Ho - ly is the name of God. Sing out my soul, giv - ing praise to God.

*From Easter Day through the Day of Pentecost*

*Celebrant* Alleluia. Christ is risen.

*People* Christ is risen indeed. Alleluia.

*Celebrant*

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. *Amen.*

## Song of Praise

Taizé

♩ = 63

*p*

*p*

Lau - da - te om - nes gen - tes, lau - da - te Do - mi - num. Lau -  
Sing prais - es, all you peo - ples, sing prais - es to the Lord. Sing

da - te om - nes gen - tes, lau - da - te Do - mi - num! Lau -  
prais - es, all you peo - ples, sing prais - es to the Lord! Sing

*fine*

*fine*

## The Collect of the Day

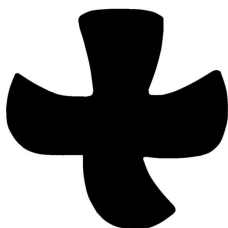
EOW 52

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

Jesus, the true bread that comes down from heaven: leaven us with your Holy Spirit, that the world may know the abundance of life in your new creation. *Amen.*



## The First Lesson

1 Peter 1:17-23

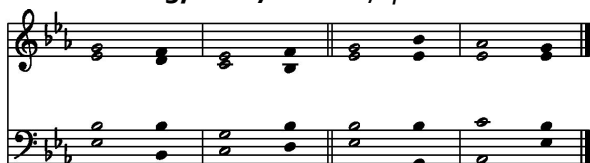
Reader: A reading from the First Letter of Peter

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God. Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

Reader: Hear what the Spirit is saying to the Churches.

People Thanks be to God.

**Psalm 116:1-3, 10-17** *Dilexi, quoniam*



- 1 I love the LORD, because he has heard the voice of my supplication, \*  
because he has inclined his ear to me whenever I called upon him.
- 2 The cords of death entangled me;  
the grip of the grave took hold of me; \*  
I came to grief and sorrow.
- 3 Then I called upon the Name of the LORD: \*  
"O LORD, I pray you, save my life."
- 10 How shall I repay the LORD \*  
for all the good things he has done for me?
- 11 I will lift up the cup of salvation \*  
and call upon the Name of the LORD.

- 12 I will fulfill my vows to the LORD \*  
in the presence of all his people.
- 13 Precious in the sight of the LORD \*  
is the death of his servants.
- 14 O LORD, I am your servant; \*  
I am your servant and the child of your handmaid;  
you have freed me from my bonds.
- 15 I will offer you the sacrifice of thanksgiving \*  
and call upon the Name of the LORD.
- 16 I will fulfill my vows to the LORD \*  
in the presence of all his people,
- \*17 In the courts of the LORD'S house, \*  
in the midst of you, O Jerusalem.  
Hallelujah!

\* Second half of psalm tone

## Gradual *Laudate Dominum*

Taizé

♩ = 116

Am E Am G C

Lau - da - te Do - mi - num, lau - da - te Do - mi - num om - nes  
Sing, praise and bless the Lord. Sing, praise and bless the Lord, peo - ples!

G

1. Am F Dm E 2. Am Dm E Am

gen - tes, al - le - lu - ia! al - le - lu - ia!  
na - tions! Al - le - lu - ia! Al - le - lu - ia!

## The Gospel

Luke 24:13-35

*Celebrant:* The Holy Gospel of Our Lord Jesus Christ according to Luke

*People:* Glory to you, Lord Christ.

Now on that same day two of Jesus' disciples were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up

and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "The Lord has risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

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

**Guided Lectio Divina**

The Reverend Tyler Doherty



## The Prayers of the People *Come and fill our hearts*

Taizé

♩ = 66

Con - fi - te - mi - ni Do - mi - no quo - ni - am bo - nus.  
Come and fill our hearts with your peace. You a - lone, O Lord, are ho - ly.

Con - fi - te - mi - ni Do - mi - no, al - le - lu - ia!  
Come and fill our hearts with your peace, al - le - lu - ia!

## The Peace

*Celebrant*  
*People*

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

# +THE HOLY COMMUNION+

*(Please stand as you are able)*

## **Eucharistic Prayer II**

EOW I

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Lift up your hearts.

*People* We lift them to the Lord.

*Celebrant* Let us give thanks to the Lord our God.

*People* It is right to give our thanks and praise.

*Celebrant*

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing.

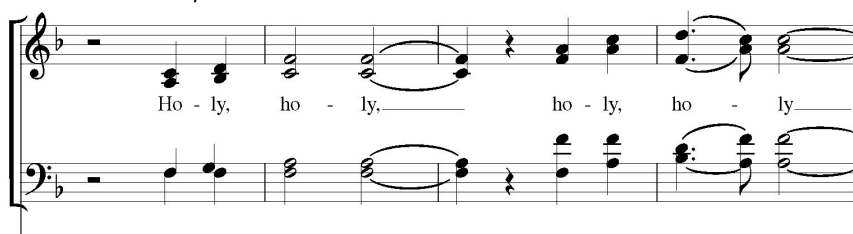
You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing

## **Sanctus**

LEVAS 255

*Celebrant and People*



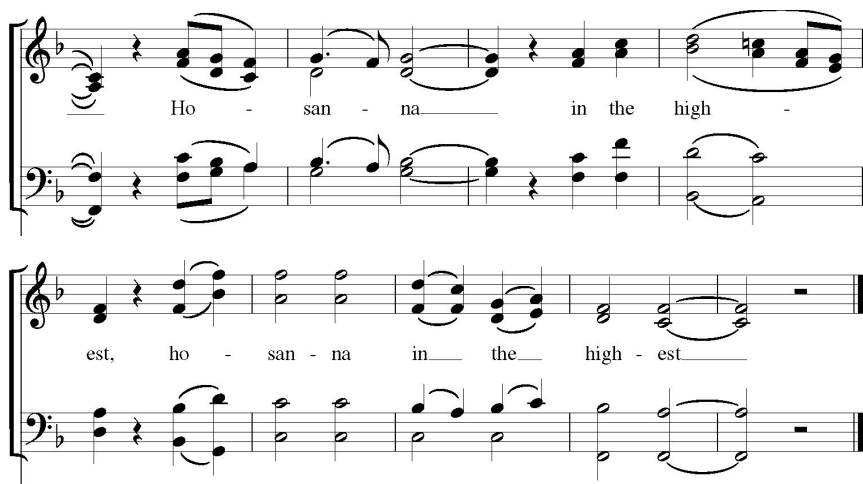
ho - ly Lord God of hosts.

Heav - en and earth are filled with your glo -

ry. Ho - san - na in the high - est.

Bless - ed is He who comes in the name

of the Lord, of the Lord.



*The Celebrant continues*

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.

*At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing the wine to be consecrated.*

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 [\_\_\_\_\_ 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. AMEN.

As our Savior Christ has taught us, we now pray,

*People and Celebrant*

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.

## **The Breaking of the Bread**

BCP 364

*Celebrant*      We break this bread to share in the Body of Christ.  
                    Alleluia, Alleluia.

*People*          We who are many are one body, for we all share in the  
                    one bread. Alleluia, Alleluia.

Lamb of God, you

take a-way the sins of the world: have mer-cy on us.

Lamb of God, you take a - way the

sins of the world: have mer-cy on us.

Lamb of God, you take a - way the

sins of the world: grant us peace.

*Facing the people, the Celebrant says the following Invitation*  
 The Gifts of God for the People of God.

Faithful God,  
in the wonder of your wisdom and love  
you fed your people in the wilderness with the bread of angels,  
and you sent Jesus to be the bread of life.  
Though your people cannot consume these gifts of bread and wine  
we thank you that they have received  
the forgiveness of sins, and all other benefits of Christ's passion.  
By the power of the Holy Spirit,  
may we embody your desire  
and be renewed for your service  
through Jesus Christ our Savior. *Amen*

## **Post Communion Prayer**

BCP 365

*Celebrant and People*

Loving God,  
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.

*The Bishop when present, or the Priest, may bless the people.*

## **Blessing**

The Wisdom of God  
the Love of God  
and the Grace of God  
strengthen you  
to be Christ's hands and heart in this world,  
in the name of the Holy Trinity. *Amen.*

## Closing Hymn *Stay with us*

Taizé

*Stay with us, O Lord Je - sus Christ, night will soon fall. Then*  
*Bleib mit dei - ner Gna - de bei uns, Herr Je - su Christ. Ach,*

*stay with us, O Lord Je - sus Christ, light in our dark - ness.*  
*bleib mit dei - ner Gna - de bei uns, du treu - er Gott.*

## Dismissal

BCP 366

Deacon

Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia, Alleluia.

People

Thanks be to God. Alleluia, Alleluia.

+++The service ends in silence+++

## The Practice of Lectio Divina

In the centuries-old tradition of *lectio divina* – which is Latin for *sacred reading* – it is suggested that, before or after your morning or evening meditation, you read a passage of scripture. After reading this go back to it, either then or later, and spend some time – even 15 or 20 minutes if you can - reverently turning the passage over in your heart. Read slowly and lovingly, pausing whenever the words draw you into silence. Close your eyes and experience the meaning of the words for you *now*. But even more, experience the presence found in them. Let the reality of the words become more and more a part of your being.

During the time of *lectio*, the historical setting of the passage is not as important as the place it has in *your* life *now*. In a real sense, you are not the same person you were ten, five or even one year ago. Since you are always a 'new person' your response to the Word will never be the same. You may find yourself making acts of the will to conform you life more to the message of the text. One day you may rest in a deep peace. Another day you may be aware of tension, anger or sorrow. These feelings should not cause any anxiety because they are all part of God's healing action at work in you. In time, you will learn to accept yourself as a work-in-progress, and your growing appreciation for the Living Word of God will lead you to a life of constant wonder, gratitude and love.

- *Lectio*: Read or listen to the passage and notice what word or phrase speaks to you. *What am I hearing?*
- *Meditatio*: Repeat the word or phrase over and over, allow it to sink into and act on your heart, notice any feelings, thoughts, questions arising and allow these to touch your life. *How is this touching me? What new insight am I being invited to embrace?*
- *Oratio*: Either silently in the depths of your heart, or aloud, offer up a prayer to help you embrace or step into what your meditatio has opened for you.
- *Contemplatio*: Rest in God, turning the phrase you have been drawn over in your heart as a means of staying present to God. When thoughts and images arise, return to slowly turning the phrase over in your heart.

## **How to Meditate by Fr. Laurence Freeman, OSB**

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply.

The essence of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions: let them go by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying or it or when your attention wanders. Meditate twice a day, morning and evening, for between 20 and 30 minutes. It may take a time to develop this discipline and the support of a tradition and community is always helpful. Visit [wccm.org](http://wccm.org) for more information.