

Cathedral Church of St. Mark

Salt Lake City, Utah



Light in the Darkness Contemplative Eucharist

Saturday, May 16
Eastertide

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^{SUS} E A B^b 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^{SUS} E A B^b 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

fine

fine

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

The Collect of the Day

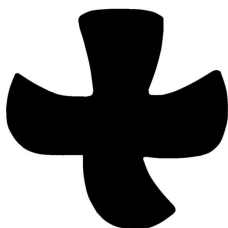
EOW 52

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 3:13-22

Reader: A reading from the First Letter of Peter

you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, but in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

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

Psalm 66:7-18 *Jubilate Deo*



7 Bless our God, you peoples; *
make the voice of his praise to be heard;

8 Who holds our souls in life, *
and will not allow our feet to slip.

9 For you, O God, have proved us; *
you have tried us just as silver is tried.

10 You brought us into the snare; *
you laid heavy burdens upon our backs.

11 You let enemies ride over our heads;
we went through fire and water; *
but you brought us out into a place of refreshment.

12 I will enter your house with burnt-offerings
and will pay you my vows, *
which I promised with my lips
and spoke with my mouth when I was in trouble.

13 I will offer you sacrifices of fat beasts
with the smoke of rams; *
I will give you oxen and goats.

14 Come and listen, all you who fear God, *
and I will tell you what he has done for me.

15 I called out to him with my mouth, *
and his praise was on my tongue.

16 If I had found evil in my heart, *
the Lord would not have heard me;

17 But in truth God has heard me; *
he has attended to the voice of my prayer.

18 Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

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

John 14:15-21

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

People: Glory to you, Lord Christ.

Jesus said, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you." "I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them."

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

Guided Lectio Divina

The Very 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

The peace of the Lord be always with you.

People

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

The musical score is written for piano and voice. It consists of four systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat). The tempo and meter are not explicitly stated, but the notation suggests a moderate, steady pace. The lyrics are written below the vocal line, with hyphens indicating syllables that span across measures. The piano accompaniment features a mix of chords and moving lines, providing a harmonic foundation for the vocal melody.

Ho - ly, ho - ly, ho - ly, ho - ly

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.

Ho-san-na in the high-

est, ho-san-na in the high-est

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.

Fraction Anthem *Agnus Dei*

LEVAS 269

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

♩ = 72

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 for more information.