

# Welcome to **ST. MICHAEL'S** EPISCOPAL CHURCH

The Third Sunday after Epiphany | January 21, 2024

## OPENING MUSIC & WELCOME

### LITURGY OF THE WORD

*Please be seated.*

*Celebrant* God be with you.  
*People* And also with you.  
*Celebrant* Together, let us pray

**Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**

## LESSONS & PSALM

### A reading from the book of Jonah (3:1-5, 10)

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.



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[stmichaelscarmichael.org](http://stmichaelscarmichael.org)

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

**Please pray from Psalm 62:6-14 responsively by half verse.**

- 6 For God alone my soul in silence waits; \*  
**truly, my hope is in him.**
- 7 He alone is my rock and my salvation, \*  
**my stronghold, so that I shall not be shaken.**
- 8 In God is my safety and my honor; \*  
**God is my strong rock and my refuge.**
- 9 Put your trust in him always, O people, \*  
**pour out your hearts before him, for God is our refuge.**
- 10 Those of high degree are but a fleeting breath, \*  
**even those of low estate cannot be trusted.**
- 11 On the scales they are lighter than a breath, \*  
**all of them together.**
- 12 Put no trust in extortion; in robbery take no empty pride; \*  
**though wealth increase, set not your heart upon it.**
- 13 God has spoken once, twice have I heard it, \*  
**that power belongs to God.**
- 14 Steadfast love is yours, O Lord, \*  
**for you repay everyone according to his deeds.**

## **MUSIC**

### **PROCLAMATION OF THE GOSPEL**

*Please stand as you are able for the Gospel.*

*Celebrant* The Holy Gospel of our Lord Jesus Christ, according to Mark (1:14-20).  
*People* **Glory to you, Lord Christ.**

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

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

### **SILENT REFLECTION OF THE GOSPEL**

*Please be seated.*

## PRAYERS OF THE PEOPLE

*Celebrant* God, we pray that all may be enlightened by the light and grace of Jesus. Let our prayers be filled with love and hope, asking for your will to guide our lives. With the boldness and confidence of God's children, let us pray, saying, Gracious God, **giver of life, hear our prayer.**

*Leader* Loving God, in Christ you embrace all people and make them members of the same body, who share in the promise of the gospel. We pray for the holy church of God, make us faithful witnesses, wise in our ministries, and gracious in all we do. We pray for Michael, our presiding bishop, Megan, our bishop, Mary, Katie, Rod, Roy, Jesse, and Michael, our clergy, and Tina, our religious. Gracious God, **giver of life, hear our prayer.**

Loving God, you judge the people with righteousness and promise justice to the oppressed. We pray for nations, rulers, and authorities to forsake violence and be guided by the light of truth, so that equity and justice will be the goal of every ruler. Gracious God, **giver of life, hear our prayer.**

Loving God, we pray for all here today, our ministries and for all our neighbors, that we may be a community that is always willing to offer hospitality and welcome to the stranger and shelter the refugee, Gracious God, **giver of life, hear our prayer.**

Loving God, for our planet earth, that we may dwell peacefully with nature, be good stewards of its resources, and share its abundance. Gracious God, **giver of life, hear our prayer.**

Loving God, defender of the poor, help us to help those in need, especially the oppressed, those discriminated against, those who lack resources to be safe, and to flourish. For those who suffer the cruelty of poverty, and all who endeavor to transform systems of economic injustice, Gracious God, **giver of life, hear our prayer.**

Loving God, you take notice of the weak and give them strength. For those whose bodies are diseased and whose spirits are empty, that they may be restored to wholeness of life. We pray especially for **Carolyn, Eileen, Sarah, Tina, Jennifer, Connie, Robert, Jay, Cynthia, Kyle, Mark, Genie, Mary, Ruby, Kay, Hunter, and Billie.** Gracious God, **giver of life, hear our prayer.**

Loving God, we pray for any who are wrongly incarcerated that they may be liberated, and for those whose guilt is valid and are imprisoned, let them repent of their sin and reconcile with their community. Gracious God, **giver of life, hear our prayer.**

Loving God, we pray for all who have died, especially Kathy Lunger and Karen Calvert, and for all who mourn. Gracious God, **giver of life, hear our prayer.**

For whom and what else shall we pray? (*Silence is kept*) Gracious God, **giver of life, hear our prayer.**

*Celebrant* Gracious God, because you have called us your children, we are bold to ask for Peace, Hope, Joy, and Love. Increase trust in each of us to believe, that in your goodness, we will find wholeness and grace, we pray this with faith in Jesus Christ. **Amen.**

## MUSIC & CANDLE LIGHTING

*As music is played, you are invited to come forward to the altar rail and light a candle in thanksgiving or for intercessory prayers.*

## THE PEACE

*Celebrant* The peace of Christ be always with you.  
*People* **And also with you.**

## OFFERTORY SENTENCE

*Celebrant* Come into the presence of God and give to God's name honor; bring forth offerings of thanksgiving.

*Your offering may be placed in the basket on the table in the aisle. Please come forward to the altar as the table is being prepared. All are welcome to participate in communion.*

## THE GREAT THANKSGIVING

*(Eucharistic Prayer, Enriching Our Worship 1)*

*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 Living God.  
*People* **It is right to give God thanks and praise.**

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore we praise you, joining our voices with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

**Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*Please kneel or stand as you are able.*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of life and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, and when he had given thanks, he 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."

Therefore we proclaim the mystery of faith:

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

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Michael, your archangel, and all your angels and saints, past, present, and yet to come, we may praise your Name for ever. 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.**

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven,  
hallowed be thy Name, thy kingdom come,  
thy will be done, on earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
for ever and ever. Amen.**

### **THE BREAKING OF THE BREAD AND THE INVITATION**

*Celebrant* Alleluia. Christ our Passover is sacrificed for us;  
*People* **Therefore let us keep the feast. Alleluia.**

*Celebrant* This is the table of the Lord. It is made ready for those who want to know and love Christ, all are invited to come and meet Jesus here. The Gifts of God for the people of God.

### **POST COMMUNION PRAYER**

*Please stand as you are able*

*Celebrant* Together, let us pray.

**Eternal God, 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.**

### **THE BLESSING**

Life is short and we do not have too much time to gladden the hearts of those who travel the way with us, so be swift to love and make haste to be kind. And may the Divine Mystery—who is beyond our ability to know—the one who made you, the one who loves you, and the one who travels the way with you, The Father, The Son, and The Holy Spirit, bless you and keep you in peace. **Amen.**

*Deacon* Alleluia, Alleluia. Let us go into the world to love and serve Christ!

*People* **Thanks be to God. Alleluia, Alleluia.**

## **WELCOME, ANNOUNCEMENTS & BLESSINGS**

## Announcements

### Worship

**10am Sunday Morning Worship** Eucharist & Choir  
Nursery opens at 9:30am

**5pm Sunday Evening Contemplative Eucharist**  
with Zoom

**9am Morning Prayer** – Zoom, Monday through Thursday

**11:45am Thursday Noon Day Prayer** – Zoom

**8:30am Friday Morning Contemplative Eucharist**

### Annual Meeting

St. Michael's annual meeting will be **Sunday January 28, 2024** immediately following the 10am service with a lunch. During the meeting we will be

- Voting for Vestry Members and Diocesan Delegates (bios in the Sunday morning email)
- Voting to amend our current bylaws, and
- Take a look at 2023 and look to the future.

Copies of both our current Bylaws and the proposed Amended Bylaws can be found here on our website.

### Serving in the Community

**Volunteers needed: Winter Respite 2024 Mornings Wednesdays, 1/31/2024 & 2/7/2024**

Christ Community Church, 5025 Manzanita Ave, Carmichael, CA 95608

St Michaels will again be joining with other faith communities in Carmichael to provide meals and a warm place to relax for a few hours during the coldest days of the year for our unhoused neighbors. We will need volunteers to prepare and serve breakfast and a sack lunch or snack each day, plus volunteers to greet and host guests. Please contact me with questions, suggestions and to volunteer, Cindy Dewey 909-921-8855, cmdewey84@gmail.com

**Habitat for Humanity: Build for Unity**

Build for Unity is a program where multi-faith communities come to build houses together. St. Michael's was one of the original faith groups that started this amazing program (in 2016). Our three scheduled work days are:

- **Saturday, February 3,**
- **Friday, February 9,**
- **Saturday, February 10**

Mark your calendars if you are interested in participating. We have 10 spots open each day. Please feel free to invite your friends and family to join us in this wonderful program. If you have questions, please connect with Terry Bridges.

### Additional Outreach opportunities

found on our website calendar.

#### Regular Opportunities include:

- **River City Food Bank Center** at St. Matthew's - Distribution Prep every Tuesday, Wednesday, Thursday & Friday & Distribution every Wednesday & Friday
- **Carmichael HART** Carmichael Presbyterian Church - Lunch program every Thursday & the Shower Ministry every Saturday
- **God's Helping Hands** Laundry LaunderLand every 3rd Saturday of the month

### St. Michaels Green Team

New Year's Resolution to go Green!

As stewards of our planet, climate change is a large concern. St. Michael's has pledged to become carbon neutral by 2030, but what about us as individuals? Can we do the same in our own homes and lives? Here are a few tips. That gas furnace keeps you warm all winter, but releases greenhouse gases into the atmosphere. Turn down the thermostat about 5 degrees at night to save or when no one is at home. If you are not using some rooms you can close the heat vents and shut the doors. Electric space heaters can help you stay warm if you are only using a room or two during the day. What about your beloved gas range/oven? Get out that slow cooker, Instant Pot, toaster oven, rice cooker, and water kettle. Smaller dishes can be cooked in the toaster oven. Keep them close by so that you are more likely to use them.

### St. Michael's Learns & Connects

**Adult Forums, 11:45 am - 12:45pm**

Thank you for your input on our Adult Forums! Our topics for these will be:

- **Sunday, January 21st** - Housing Issues for People without Housing
- **Sunday, February 4th** - The Environment: Sustainable Future
- **Sunday, February 11th** - The situation in Gaza

In the hour, we will listen to the Episcopal perspective, the Lutheran (ELCAA) perspective and then discuss the topic, sharing our own experiences and perspectives. The goal is to learn from one another and grow in a better understanding of our world and its challenges, looking for where God is in it all.



### **Sunday January 21—The Third Sunday after Epiphany**

Holy Eucharist 10am Eucharist & Live stream  
Coffee Hour 11:30am Parish Hall  
Contemplative Prayer Eucharist with Zoom 5pm

### **Monday January 22**

Morning Prayer 9am Zoom  
Vestry Meeting 6:30pm

### **Tuesday January 23**

Morning Prayer 9am Zoom  
Staff Meeting 9:30am Friendship Center  
Scholarship Meeting 1pm Friendship Center  
EfM 6:30pm

### **Wednesday January 24**

Morning Prayer 9am Zoom  
Centering Prayer 7pm Zoom

### **Thursday January 25**

Morning Prayer 9am Zoom  
Open Bible Study 10am Friendship Center  
Noonday Prayer 12pm  
Choir Rehearsal 6:30pm

### **Friday January 26**

Friday Morning Eucharist 8:30am

### **Sunday January 28—The Fourth Sunday after Epiphany**

Holy Eucharist 10am Eucharist & Live stream  
Annual Meeting 11:30am Parish Hall  
Contemplative Prayer Eucharist with Zoom 5pm

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### **SAVE THE DATE**

February 4 **Feast of the Presentation** 5pm  
February 13 **Shrove Tuesday Pancake Supper** 6pm  
February 14 **Ash Wednesday Services**  
7am | Noon | 7pm

### **CLERGY, STAFF & VOLUNTEERS**

**The Rt. Rev. Megan Traquair** Bishop,  
Episcopal Diocese of Northern California  
**The Rev. Mary Clausus** Rector  
**Pastor Katie Holeman** Assisting Priest  
**The Rev. Rodney Davis** Associate Priest  
**The Rev. Roy Whitten** Associate Priest  
**The Rev. Jesse Vaughan** Associate Priest  
**Andy Chamness** Sexton  
**John Cozza** Music Director  
**Michelle Falcly** Parish Administrator  
**Jack Cozza** Videographer  
**Kate Muris** Bookkeeper  
**Diane Gilmore, Diane Rehrer-Salisbury, Sr. Tina**  
**Francesca Ferriot, Eileen Thomas, Sue Corbin,**  
**Karen Christie, Mary Ellen Ferguson** Office  
Volunteers

### **VESTRY**

**Tammy Murray** Senior Warden  
**Doug Davy** Junior Warden  
**Chris Chamness** Clerk  
**Andrea LaMattina** Member  
**Pamela Lueders** Member  
**Janet West** Member  
**Rick Larkey** Member  
**Jane Samuelson** Member  
**Mary Kessler** Member  
**Renée Pierce** Member  
  
**John Quené** Treasurer  
**Constance Weichert** Music Director Emeritus