

# The Fourth Sunday after Epiphany | January 28, 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

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, 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 Deuteronomy (18:15-20)

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."



2140 Mission Avenue, Carmichael | (916) 488-3550 stmichaelscarmichael.org *Reader* Hear what the Spirit is saying to God's people.

People Thanks be to God.

Please pray from Psalm 111 responsively by half verse.

1 Hallelujah! I will give thanks to the Lord with my whole heart, \*

in the assembly of the upright, in the congregation.

2 Great are the deeds of the Lord! \*

they are studied by all who delight in them.

3 His work is full of majesty and splendor, \*

and his righteousness endures for ever.

4 He makes his marvelous works to be remembered; \*

the Lord is gracious and full of compassion.

5 He gives food to those who fear him; \*

he is ever mindful of his covenant.

6 He has shown his people the power of his works \*

in giving them the lands of the nations.

7 The works of his hands are faithfulness and justice; \*

all his commandments are sure.

8 They stand fast for ever and ever, \*

because they are done in truth and equity.

9 He sent redemption to his people; he commanded his covenant for ever; \*

holy and awesome is his Name.

10 The fear of the Lord is the beginning of wisdom; \*

those who act accordingly have a good understanding; his praise endures for ever.

## 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 (1:21-28).

People Glory to you, Lord Christ.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

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

Special 5pm Service—Sunday February 4th
Join us for the Feast of the Presentation/Candlemas/
Candelora, 5PM Sunday February 4! We'll learn
some of the ancient Biblical (and even pre-Christian)
roots of this feast day, and its celebration over the
centuries, and today (especially in Italy, where it's a
special feast day of the LGBTQ community). We hear
the music, and see the dancing---all in tribute to
"Mamma Schiavona": the Virgin Mary (with Jesus) as
"Mother of the Oppressed." Bring tambourines,
castanets, and any rhythmic noise-makers you might
have (even just wood blocks). Evviva (Hail) Maria!

## **Serving in the Community**

#### **River City Food Bank**

River City Food Bank has new days and hours of distribution at the Center at St. Matthew's location. You will notice the volunteer shifts and days have changed in the calendar to reflect these new days and times to volunteer:

**Tuesdays** - Distribution Prep Shifts, 9am - 12pm & 12pm - 3pm

**Wednesdays** - Distribution Prep Shifts, 8:30 - 10:30am & 10am - 2pm. Food Distribution Shifts, 10:30am - 1:30pm

**Thursdays** - Distribution Prep Shifts, 9am - 12pm & 12pm - 3pm

**Fridays** - Distribution Prep Shifts, 8:30 - 10:30am & 10am - 2pm. Food Distribution shifts are 10:30am - 1:30pm

We also want to thank everyone who contributed to the toiletry collection at Mary Groesbeck's Celebration of Life service. Together we filled all four baskets from the Narthex. We delivered these to River City Food Bank after the Holiday's and they were so grateful to everyone at St. Michael's!

# 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

#### **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. Michael's Learns & Connects

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

Thank you to everyone who joined us this past Sunday for our first Adult Forum on Housing Issues for People without Housing. We had a wonderful discussion! Please join us for our next two Adult Forums in February:

- 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 28—The Fourth Sunday after Epiphany

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

#### **Monday January 29**

Morning Prayer 9am Zoom Vestry Meeting 6:30pm

#### **Tuesday January 30**

Morning Prayer 9am Zoom Staff Meeting 9:30am Friendship Center Daughters of the King 1pm Friendship Center EfM 6:30pm

## Wednesday January 31

Morning Prayer 9am Zoom Sacred Circle 6pm Zoom

#### **Thursday February 1**

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

#### Friday February 2

Friday Morning Eucharist 8:30am

#### Saturday February 3

Men's Breakfast 8am FlapJacks Diner Habitat 4 Humanity Unity Build 8:30am

#### Sunday February 4—The Fifth Sunday after Epiphany

Holy Eucharist 10am Eucharist & Live stream Coffee Hour 11:15am Parish Hall Adult Forums 11:45am Friendship Center Special 5pm service—Feast of the Presentation 5pm



2140 Mission Ave.
Carmichael, CA. 95608
916.488.3550
Stmichaelscarmichael.org
St.michaels@stmichaelscarmichael.org

## **SAVE THE DATE**

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 Claugus 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 Falcy 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