WELCOME TO ST. MARK'S EPISCOPAL CHURCH

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CAPITOL HILL

ST. MARK'S MISSION STATEMENT

St. Mark's is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in life's struggles and care for others with love, justice, and compassion.



FOURTH SUNDAY AFTER THE EPIPHANY

January 28, 2024

9:00 AM HOLY EUCHARIST & FAMILY SERVICE

10:00 AM SERMON SEMINAR

Rector

The Reverend Michele H. Morgan

Associate Rector

The Reverend Christopher Phillips

Pastoral Associate

The Reverend Patricia Catalano

Deacon

The Reverend Thom Sinclair

Director of Youth & Family Ministries

Caleb Nelson Amaker

Director of Music

Jeff Kempskie

* * *

Hearing – Infrared headsets providing amplified sound are in the tract racks by the doors, or ask an usher.

Land Acknowledgement We acknowledge with respect the history, spirituality, and culture of the peoples on whose traditional territory we are located, specifically the Piscataway and Nacotchtank (Anacostan) peoples. We make this acknowledgment mindful of the traumatic events and the ongoing forces of systemic racism and oppression that forced native peoples from their lands. We continue our commitment to learning, growing, and finding a new way forward for meaningful, mutual healing.

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THE LITURGY OF THE WORD

PRELUDE Prayer, Op. 47 No. 4

Alexandre Guilmant (1837-1911)

The people stand as able.

OPENING SENTENCES

Breath of God, breath of life, breath of deepest yearning. Come, Holy Spirit.

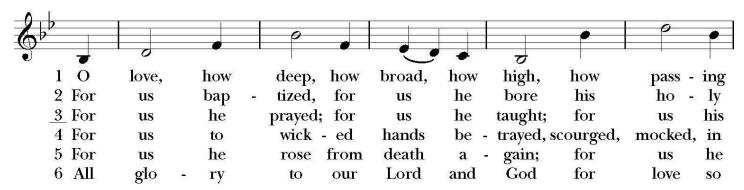
Comforter, Disturber, Interpreter,

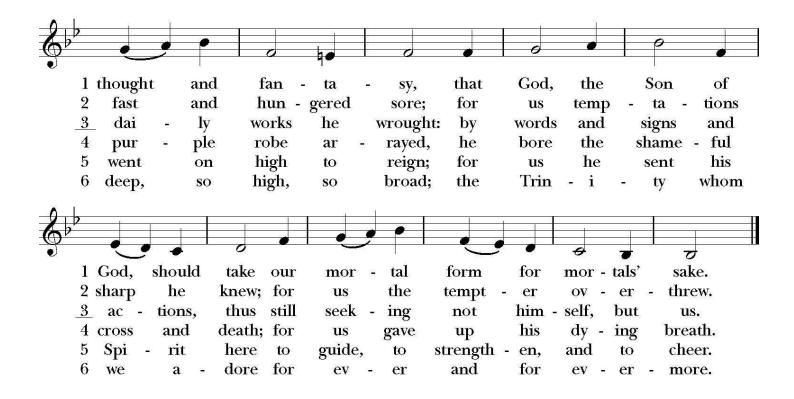
Come, Holy Spirit.

Friend, Lamplighter, Revealer of truth, Midwife of change.

Come, Holy Spirit.

OPENING HYMN 448 O love, how deep, how broad, how high *Deus tuorum militum*





OPENING PRAYER

Let us pray. Lord, teach us the silence of humility.

The silence of wisdom.

The silence of love.

The silence that speaks without words.

The silence of faith.

Lord, teach us to silence our own hearts and minds so that we may listen for the movement of your Holy Spirit and feel your presence in the depths of our beings. Amen.

THE COLLECT

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.

The people sit.

THE FIRST READING 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear what the Spirit is saying to us.

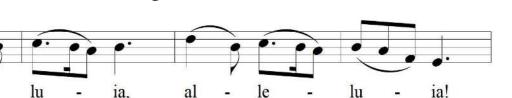
Thanks be to God.

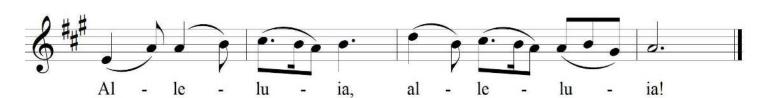
ALLELUIA Celtic Alleluia

A1

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Christopher Walker



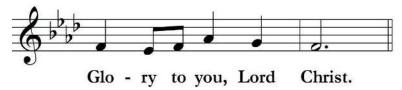


All Sing.

Choir only: Speak, Lord, your servant is listening. Speak your words of wisdom, For the words you speak are everlasting life.

All repeat refrain.

The Gospel of Jesus according to John.



Then they entered Capernaum. When the Sabbath arrived, Jesus lost no time in getting to the meeting place. He spent the day there teaching. They were surprised at his teaching—so forthright, so confident—not quibbling and quoting like the religion scholars.

Suddenly, while still in the meeting place, he was interrupted by a man who was deeply disturbed and yelling out, "What business do you have here with us, Jesus? Nazarene! I know what you're up to! You're the Holy One of God, and you've come to destroy us!"

Jesus shut him up: "Quiet! Get out of him!" The afflicting spirit threw the man into spasms, protesting loudly—and got out.

Everyone there was spellbound, buzzing with curiosity. "What's going on here? A new teaching that does what it says? He shuts up defiling, demonic spirits and tells them to get lost!" News of this traveled fast and was soon all over Galilee.

The Gospel of Jesus.



The sermon will be delivered after the service during sermon seminar.

CHILDREN'S REFLECTION

Caleb Nelson Amaker

CHILDREN'S CREED

I believe in God above,

I believe in Jesus' love.

I believe His Spirit too, comes to tell me what to do.

I believe that I can be loving and kind, and true. Amen

CONFESSION

The leader passes out stones to each child.

If you are someone who is on the rug with me, I encourage you to take a stone from this bowl and hold it in your hand. If you are further away, I encourage you to hold an imaginary stone with us. Each week, I think back over everything that has happened. Sometimes—most times— there were things I was supposed to do that I did not do. Sometimes—most times— there were things I should not have done that I did. And so I like to take some time to let God know that I'm sorry. Please hold your stone to your heart and repeat after me.

God, when we hurt others, we hurt you.

God, when we hurt others, we hurt you

Sometimes we don't do what we're supposed to do.

Sometimes we don't do what we're supposed to do.

We are sorry, God, please forgive us.

We are sorry, God, please forgive us.

Help us to love one another.

Help us to love one another.

The children come forward and place their stones in the basin.

No matter what, God loves us and forgives us. As this holy water washes these stones, God washes away our wrongs. We are forgiven. Be at peace. Amen.

The people stand as able.

PRAYERS OF THE PEOPLE

Open our minds, Creator, that we may dream a church reconciled, a church that knows only your love so abundantly that it bursts with a passion for ministry, a desire to give completely, and a sense of stewardship that seeks only to give back.

Creator, open our minds.

Open our hearts, giver of gifts, to be transformed by the mighty outpouring of your compassion, so that our will to serve others with humility, integrity, and urgency is your desired will for us, your servants.

Giver of gifts, open our hearts.

Open our eyes, Sanctifier of Life, to the hurts and needs of others that challenge us to ministry. Teach us to see where our own abilities and resources— and the world's deep hunger—meet.

Sanctifier of Life, open our eyes.

Open our memories, Redeemer of all, as we remember those who have died. Help us to honor the wisdom of those who devoted their Earthly lives to your service, and who generously gave of their time and treasure.

Redeemer of all, open our memories.

Let us pray for those in our lives and for others.

Please add your petitions, either silently or aloud.

Open our hands, O Spirit to be your instrument of witness. Help us to work without caution, serve without recognition, to do justice, to love kindness, and to serve humbly with you, our God.

Spirit, open our hands.

Open our lips, oh Spirit, that we may proclaim your benevolent truth and your call for justice in our congregation, in our communities, and in the world.

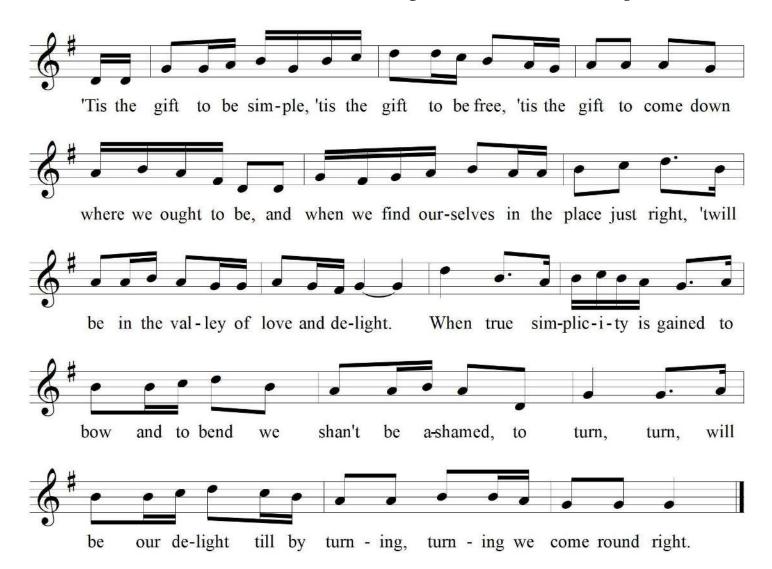
Spirit, open our lips.

Together, let us pray:

Nurturing God, your love is free, your compassion unconditional, and your mercy infinite. You give us gifts in abundance. Grant that we may know and trust you, so that we may use these good gifts in joyful service to you and our neighbors. Amen.

Elin Whitney-Smith, dance leader; Marika Klein, soloist

First time: Soloist only; Second time: Choir only; Third time: All are invited to stand, sing, and do the movements in place.



THE PEACE

Christ, the Good Shepherd, binds us with a bond of love that cannot be broken. My siblings, may the Peace of the Lord always be with you.

And also with you.

VESTRY GREETING

WELCOME

ELECTRONIC OFFERING

Please consider supporting the work of the church. You may make an online gift, or learn about the other ways to give, by visiting the St. Mark's website, stmarks.net, and choosing "Donate or Pledge" at the top.

Gifts to St. Marks can also be made by texting "stmarks20003" to 73256, or by visiting the QR code. Thank you for your generous support of our collective work.

OFFERTORY SENTENCE: Walk in love as Christ loves us.

THE LITURGY OF THE TABLE

OFFERTORY ANTHEM

There's a Wideness in God's Mercy

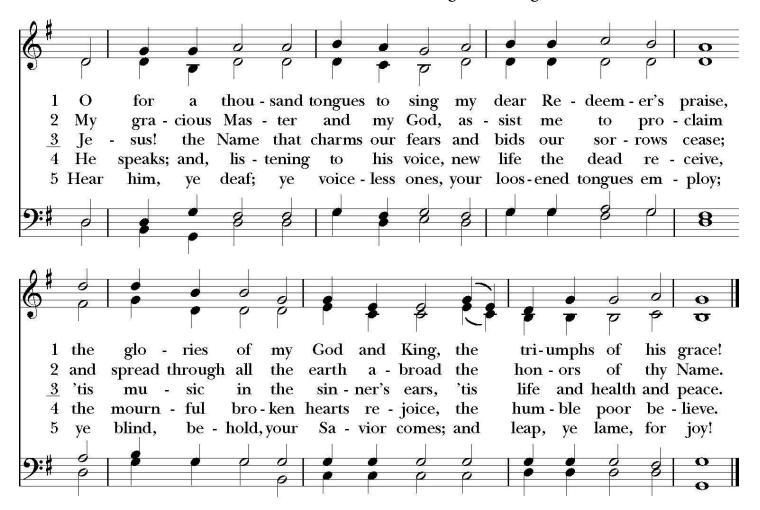
Words by Frederick W. Faber, alt. Music by Calvin Hampton, arr. Rick McNeely

Chancel Choir

There's a wideness in God's mercy like the wideness of the sea; There's a kindness in his justice, which is more than liberty. There is welcome for the sinner, and more graces for the good; There is mercy with the Savior; there is healing in his blood.

There is no place where earth's sorrows are more felt than up in heaven; There is no place where earth's failings have such kindly judgment given. There is plentiful redemption in the blood that has been shed; There is joy for all the members in the sorrows of the Head.

For the love of God is broader than the measures of our mind, And the heart of the Eternal is most wonderfully kind. If our love were but more faithful, we should take him at his word; And our lives would be thanksgiving for the goodness of the Lord.



6 Glory to God and praise and love be now and ever given by saints below and saints above, the Church in earth and heaven.

EUCHARISTIC PRAYER

God is here.

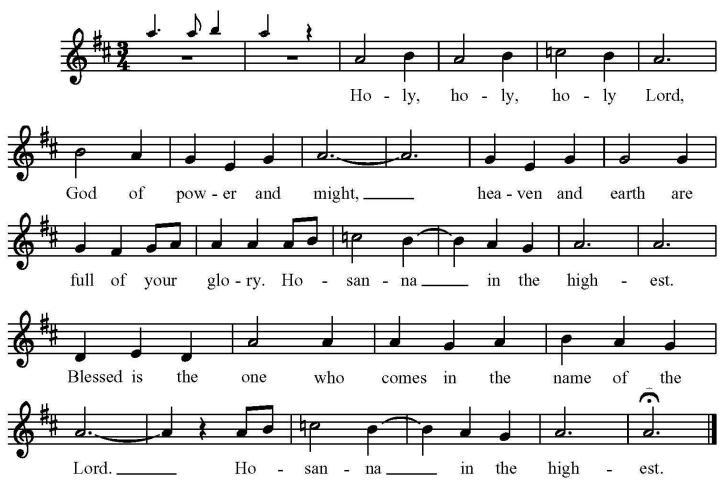
We praise God together.

Let us say thank you to God who has done so much for us.

God, you made us and the world and everything in it. All the good we see comes from you. You have always loved us but we have not always loved you. You sent Jesus to show us how to live and to bring us back to you again.

Amen. We are alive in Jesus.

He died for us on the cross so that through your Spirit we can all be your people. And so with thanks we praise you. **Amen. We are alive in Jesus.**



We are here because on the night before he died Jesus shared a meal with his friends. There he took some bread and gave thanks to you, God. He broke it into pieces and gave it to them. "This is my body," he said. "Do this, and know that I am with you."

Amen. We are alive in Jesus.

Later, he took a cup of wine and gave thanks to you. He shared it with them, and said "This is my blood, which brings new life. Do this, and know that I am with you."

Amen. We are alive in Jesus.

And so, remembering Jesus, who died, was raised to new life by you, and is alive forever, we are glad to share that life and live in him.

Amen. We are alive in Jesus.

Send your Holy Spirit so that this bread and wine can be for us the body and blood of Jesus, and through this food give us strength to live as your people.

Amen. We are alive in Jesus.

Help us care for your world and for each other in the way that Jesus showed us. Until he comes again, with all your people in every time and every land we worship you and say:

We praise you. We thank you. We bless you. Amen.

THE LORD'S PRAYER

And now, as Jesus taught us, let us pray:

Our Father in heaven, hallowed be your name;

Your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread,

And forgive us our sins as we forgive those who have sinned against us.

Save us from the time of trial, and deliver us from evil,

For yours is the kingdom, and the power, and the glory, forever and ever.

Amen.



THE INVITATION TO COMMUNION

We recognize this as God's table set before us and this bread and wine as God's food for all. Therefore, whoever we are, from wherever we have come, and whatever we believe or do not believe, all are welcome and invited to receive. Amen!

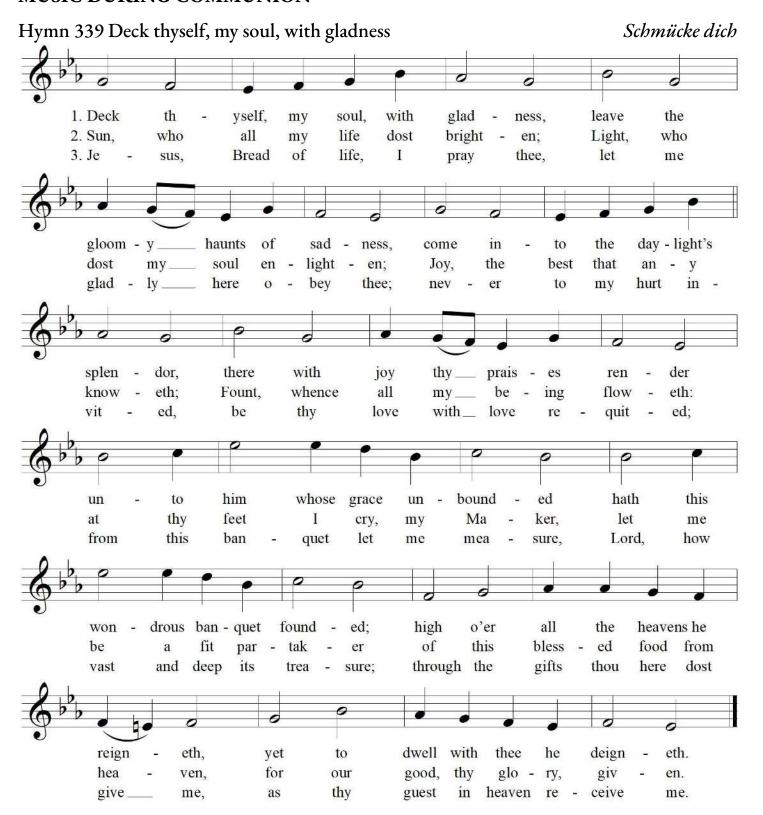
THE COMMUNION

St. Mark's receives communion "in the round" as a symbol of our strong belief in the power of community.

You will be offered bread by a celebrant, and invited to drink from the common cup. Please refrain from intincting (dipping) the host (the bread) into the wine.

We offer Laying on of Hands in the chapel on the first and third Sunday of the month. On those Sundays, you may receive communion and go to the chapel to have prayers.

MUSIC DURING COMMUNION



Hymn 576 God is Love, and where true love is

Mandatum

POST-COMMUNION PRAYER

Let us pray, saying together:

In gratitude, in deep gratitude for this moment, this meal, these people, we give ourselves to you. May we live as changed people because we have shared the Living Bread and cannot remain the same. Ask much of us, expect much from us, enable much by us, and encourage many through us. So, God, we live to your glory, both as inhabitants of Earth and citizens of the Commonwealth of Heaven. Amen



THE BLESSING

May the raindrops fall lightly on your brow,
May the soft ones freshen your spirit,
May the sunshine brighten your heart,
May the burden of the day rest lightly upon you
and the blessing of God Almighty, Mother, Child, and Holy Spirit be among you and
remain with you always.

Amen.

DISMISSAL

Beloved, let us love, not only in word or speech, but in truth and action.

Go in peace to love and serve our God. Amen.

POSTLUDE Processional March, Op. 41, No. 5

Alexandre Guilmant

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Sermon Seminar at 10:00 am

Announcements

Please limit announcements to one minute or less.

The Sermon

The Reverend Michele Morgan

Sermon Seminar Guidelines:

- 1. Is what I have to say relevant to the sermon?
- 2. Is it meaningful? Will others care?
- 3. Can I make it short?
- 4. Will I later regret having said it?
- 5. Has anyone else said it?

Liturgical Leaders and Worship Participants

If you're interested in serving in the liturgy in any of the following roles, we'd love to talk to you! For more information, contact our Associate Rector Christopher Phillips, Christopher@stmarks.net

Presider The Reverend Christopher Phillips
Preacher The Reverend Michele H. Morgan

Deacon The Reverend Thom Sinclair

Deacon Intern Annemarie Quigley

Seminarian Lydia Arnts

Director of Music Jeff Kempskie Verger Josie Jordan

Readers Youth

Altar Guild Kim Bayliss

Acolytes Andrew Flowers

Bread & Wine Maureen Shea & Kenn Allen

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The Epiphany Star above the altar is a gift from Joya Cox, its creator. It is a stellated icosahedron (20-sided polygon with a triangular solid shape built on each of the faces of that polygon). As its name indicates, the star was originally commissioned to mark the Epiphany, the Christian feast day commemorating the visit of the Magi to the Christ Child, and Jesus Christ's physical manifestation to the world. The imagery of a star, with its light distant but still visible, is also appropriate for Advent, and as a result is now displayed during the season of Advent as well as during Epiphanytide. The star was restored by Jim Pittman, Junior Warden, 2020-2023.

The Needlepoint Star carried behind the cross was made by Doris Burton and given in memory of her husband Jack Burton. It is carried in procession throughout Epiphany.

* * *

Acknowledgements & Permissions: Opening Sentences, Opening Prayer, Creed, Prayers of the People and the Peace from Celtic Eucharist Church of the Holy Comforter Kenilworth IL. Collect from Alternative Collects, Prepared by the Liturgy Task Force, Faith, Worship, and Ministry Committee of the General Synod of the Anglican Church of Canada. Eucharistic prayer, Post-communion prayer, and Blessing from Eucharist prayer A from Wee Worship Iona community. Invitation to communion St. Mark's Capitol Hill. Dismissal Enriching Our Worship, Volume 1, adapted. | O love, how deep, how broad, how high. Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: Deus tuorum militum, from Antiphoner, 1753; adapt. The English Hymnal, 1906, alt.; harm. after Basil Harwood (1859-1949). Gospel Responses. Music: Jeff Kempskie. Tis the gift to be simple. Words & Music: Shaker Song, 18th century. Public domain. There's a Wideness in God's Mercy. Words: Frederick W. Faber, alt. Music: St. Helena, Calvin Hampton, arr. Rick McNeely, © 2010 GIA Publications, Inc. O for a thousand tongues to sing. Words: Charles Wesley (1707-1788), alt. Music: Azmon, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872). Sanctus, Christ has died & Alleluia, Christ Our Passover. Music: Susan Calvin Fletcher, setting © 2002 Susan Calvin Fletcher. Used by permission. Deck thyself, my soul, with gladness. Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: Schmücke dich, melody Johann Cruger (1598-1662); harm. The English Hymnal, 1906. Here in Christ we gather, love of Christ our calling. Words: Latin; tr. James Quinn (b. 1919), alt. Music: Mandatum, Richard Proulx (b. 1937). Copyright: Words: Copyright © 1969, James Quinn, SJ, printed by permission of Geoffery Chapman, a division of Cassell Ltd. Music: G.I.A. Publications, Inc. Tell out, my soul, the greatness of the Lord. Words: Timothy Dudley-Smith (b. 1926); based on The Song of Mary. Music: Woodlands, Walter Greatorex (1877-1949), alt. Copyright: Words: Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: By permission of Oxford University Press. All selections: All rights reserved. Reprinted and livestreamed under OneLicense.net A-718991.

St. Mark's Episcopal Church, Capitol Hill

301 A Street, SE Washington, DC 20003

202-543-0053 www.stmarks.net

Office Directory

michele@stmarks.net The Reverend Michele H. Morgan, Rector The Reverend Christopher Phillips, Associate Rector christopher@stmarks.net The Reverend Patricia Catalano, Liturgy & Pastoral Associate adjunct@stmarks.net deacon@stmarks.net The Reverend Thom Sinclair, Deacon annemarie@stmarks.net Annemarie Quigley, Deacon Intern Jeff Kempskie, Director of Music jeff@stmarks.net youthdirector@stmarks.net Caleb Nelson Amaker, Director of Youth & Family Ministries Michael Gravlee, Parish Administrator for Building and Facilities parishadmin@stmarks.net Annick Milde, Parish Administrator for Finance pfa@stmarks.net Judith Rautenberg, Children's Choir Director judith@stmarks.net Katherine Philipson, Bulletin Coordinator bulletin@stmarks.net seminarian@stmarks.net Lydia Arnts, Seminarian

The Vestry

Senior Warden	Jim Brooks	srwarden@stmarks.net	
Junior Warden	David Wellman	juniorwarden@stmarks.net	
Class of '24	Christoph Berendes, Katherine Buchanan, and Jeb Ory		
Class of '25	Harrison Donnelly, Jan Lipscomb, and Nick Rogers		
Class of '26	Travis Beaty, Meg Platt, and Todd Thorpe		
Officers	Randy Marks, Treas	urer	
	Bill Jordan, Asst. Treasurer		
	Shay Waye, Clerk		
	Martha Huizenga, Manciple		
	Rosemary Harold, V	estry Counsel	

Diocesan Delegates

Tom Getman (2025), and Mary Neznek (2024)

Please Join us for our Annual Meeting on February 4th at 11:30 am. This is a Hybrid Meeting.

Cycle of Prayer

In the Diocese of Washington

St. Andrew's Church, College Park
St. Andrew's Church, Leonardtown
St. Andrew's Episcopal School and St.
Andrew's Lower School, Potomac
Diocesan Latino Ministry

Samaritan Ministry of Greater Washington Episcopal Relief and Development

Anglican Communion

Pray for The Anglican Church of Southern Africa

Parish Prayer List

Louise Abbot • Ben Alquiros • Nora Alquiros • Eileen Blumenthal
Pamela Blumgart • Joseph Boone • Alexander Casadonte • Michael Curry
Kathrine Ebert • Shadi Khoury • Martin De Nys • Mary De Nys
Charley Donnelly • Pete Eveleth • Candance Golladay • Gale Johnson
Pat Latin • Nat Marks • Taylor Emerson Marks • Kate McFadden • Mac McLaughlin
David Peterson • Sylvia Peterson • James and Wanda Pittman • Deb Sullivan
Olga, Tony & Anthony Sullivan • Eleanor Whitman Joel Wilson • Rita Wolfinger
Geoffrey Wood • May Yazawa • Tom Zarek

Additional Prayers

Pray not for Arab or Jew, for Palestinian or Israeli, but pray rather for ourselves, that we might not divide them in our prayers, yet keep them both together in our hearts.

(From a Palestinian Christian))

Parishioners and Family Members Serving in the Military

Chase Allen Ammon • Clint Billings • Jason Earnest • Noah Landen

If you would like to request to add or remove a name, please email the Bulletin Coordinator at bulletin@stmarks.net



Welcome Guests!

We'd like to get to know you better!

We invite you to fill out this page, tear it off, and drop it into the offering plate or hand it to one of the greeters as you leave. Please take the rest of this service bulletin with you so that you can refer to the service schedule and office directory.

We hope you feel at home with us. If you have questions, please speak with the clergy or one of the greeters after the service. You can also call the office at any time, and we will be happy to help you in any way we can.

Thank you for visiting St. Mark's today.

Go in peace and return often!

After completing, j	please remove this page and place it in the offering plate or give it to a	greeter.
I attended:	10 a.m. Holy Eucharist Sermon Seminar 4 p.m Pageant and Family Service Holy Eucharist 5 p.m. Contemplative Eucharist Special (wedding, funeral, etc.)	On January 28, 2024
Name		_
E-mail		_
Phone No.		_
Zip Code		_
I am interested in lear	ning more about:	
	BECOMING A MEMBER	
	 Volunteering during Worship (Usher, Lay Server, Altar Guil Baptism (child, adult) Getting married at St. Mark's Music (choir, lessons) Children/youth classes & programs 	ld, etc.)
	Adult classes	
	Senior programs/activities	
	Outreach/community service	
	Environmental issues	
	Yoga classes	
	Dance classes St. Mark's Players (theatrical productions)	
Would you like to b	e contacted by a clergyperson? Yes No	

You can stay up to date on St. Mark's news by signing up online for the weekly eGospel newsletter at www.stmarks.net/contact-us/. If you'd like to join the St. Mark's egroup to interact with other parishioners, please contact Raiford Gaffney (rgaffneydc@gmail.com)