



ST. MICHAEL'S EPISCOPAL CHURCH ARLINGTON, VA

SUNDAY, JANUARY 28, 2024

FOURTH SUNDAY AFTER THE EPIPHANY

Whatever has brought you to worship with this community today, we're so glad you're here. If you're wondering whether there might be something more for you, we hope you'll come back and find out. One of the things we're committed to is finding how our story connects with God's story. We'd love to have your story become a part of our story. The best way to participate in these conversations is to look for announcements about "Being With" courses in our e-newsletter.

Sounds from children, young and old, are a valuable part of our prayer life – not a distraction from it! Families are encouraged to sit in the front of the sanctuary, allowing children as many opportunities to follow along and participate as possible. Should a break be beneficial at any point in the service, the nursery is available for supervised play, and includes a QR code for streaming of the service on any device.

The root of the word liturgy is "the work of the people." Meaning all that happens in the sanctuary with the community who gathers works because of your participation. The beautiful thing about this invitation to participate is that, who we are and what we bring is enough because God meets us here! So don't worry about "doing" anything "right." Whether you've been to Episcopal services for a long time, or this is your first, we hope you'll worship in the way that is most comfortable to you. The service instructions about standing, kneeling, and other directions are intended to help clue you into the habits of this particular community.

The words of our worship service are lifted from the Episcopal (and before that Anglican) tradition. The thing that sets us apart from other denominations is our dedication to Common Prayer. These same words have been used for hundreds of years by people all over the world, and are still used today. The hope of finding ourselves in the midst of this ancient tradition is that we might both learn from those who have come before, and add our own voices to the heavenly chorus.

We are currently offering communion in both kinds, the bread and the wine. Drinking from a common cup, is an essential symbolic practice, a reflection of our theology. We place great emphasis on offering this meal from a single paten (plate which holds the bread) and chalice to symbolize the unity we find in Christ, despite any perceived divisions. We return to the Eucharistic table again and again, because it is only through Christ that we are able to imagine what being unified might look like. Choosing to intinct the bread in the chalice is the least sanitary option, as we risk having many hands in the chalice. Please either drink from the chalice, or refrain from consuming the wine. Whether you would like to receive bread, bread and wine, or a blessing, please know that you are welcome at the Lord's table.

THE WORD OF GOD

Prelude

Palace Beautiful

Richard Shephard

Procession

O for a thousand tongues to sing
Azmon

Hymn 493

The Holy Eucharist: Rite II

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

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

Hymn S-280

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,
you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with
the Holy Spirit, in the glory of God the Father. **Amen..**

The Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Celebrant 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 First Lesson

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."

Lector The Word of the Lord.

People **Thanks be to God.**

- 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.

The Second Lesson

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.

Lector The Word of the Lord.
People Thanks be to God.

The Gospel

Mark 1:21-28

Celebrant The Holy Gospel of our Lord Jesus Christ according to Mark.

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.

The Sermon

The Rev. Canon Rosemari Sullivan

The Nicene Creed

BCP pg. 358

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

- Leader Let us worship the Saviour with joy and make our prayer to our heavenly Father. The magi came from the east to worship your Son: Father, grant to Christians everywhere the spirit of adoration ... Lord of glory,
- People **hear our prayer.**
- Leader The infant Christ received gifts of gold, incense and myrrh: Father, accept the offering of our hearts and minds ... Lord of glory,
- People **hear our prayer.**
- Leader The kingdoms of this world have become the kingdom of our Lord and of his Christ: Father, grant an abundance of peace to your world ... Lord of glory,
- People **hear our prayer.**
- Leader The Holy Family lived in exile and in the shadow of death: Father, look in mercy on all who are poor and powerless, and all who suffer ... Lord of glory,
- People **hear our prayer.**
- Leader Your Son shared the life of his home and family at Nazareth: Father, protect in your love our neighbours, our families and this community of which we are a part ... Lord of glory,
- People **hear our prayer.**
- Leader Father, we rejoice in our fellowship with the shepherds, the angels, the magi, the Virgin Mary, Saint Joseph and all the faithful departed. In your unfailing love for us and for all people, hear and answer our prayers through your Son, our Saviour Jesus Christ.
- People **Amen.**

The Confession of Sin

Enriching Our Worship

- Celebrant Let us confess our sins against God.
- People **God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**
- Celebrant Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

- Celebrant The peace of the Lord be always with you.
- People **And also with you.**
We greet one another, passing the peace of God.

Announcements

THE HOLY COMMUNION

Preparation of the Table

Offertory

O Salutaris Hostia

Cesar Franck

Presentation of the Offerings

Hymn 380

verse 3

Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.

The Great Thanksgiving

Enriching Our Worship Eucharistic Prayer 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 Lord our God.
People It is right to give our thanks and praise.

Celebrant 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, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Celebrant and People

Hymn S-130

Holy, holy, holy Lord, God of power and might,
Holy, holy, holy Lord, God of power and might,
heaven and earth are full, full of your glory.
Hosanna in the highest. Hosanna in the highest
Blessed is he who comes in the name of the Lord.
Hosanna in the highest. Hosanna in the highest.

Eucharistic Prayer Continues

Celebrant 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.

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:

Celebrant 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 all your 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.**

The Breaking of the Bread

Communion *Gluten-free wafers are available.*

Hymn 21

Post Communion Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Blessing

Closing Hymn

I sing the almighty power of God
Forest Green

Hymn 398

Dismissal

Postlude

Toccata

Stanley Vann

THIS WEEK AT ST. MICHAEL’S		
SUN 1/28	9:30 AM	Holy Eucharist II, Children’s Worship
	10:45 AM	Story Core
THU 2/1	9:30 AM	Education for Ministry
	12:15 PM	Prime Time Potluck
	7:30 PM	Choir Rehearsal
SUN 2/4	9:30 AM	Holy Eucharist II, Children’s Worship
	10:45 AM	Annual Meeting, Childcare Available

PRAYER LIST FOR THE WEEK OF JANUARY 28

In the Anglican Communion, we pray for The Anglican Church of Southern Africa. In the Diocese of Virginia, we pray for Grace, Stanardsville; St. Andrew’s, Richmond; St. Mary’s, Arlington; St. Mary’s, Colonial Beach . In the region of Arlington, we pray for St. Peter’s.

We pray for leaders of churches everywhere, especially Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Mark and Gayle, our bishops; Beth, our rector; Rosemari, our supply priest; and Drew, our seminarian.

We pray for goodwill among nations; for Joe, our President, Antonio, Secretary General of the United Nations, Glenn, our Governor, members of the Arlington County Board, and all those in authority. We pray for the welfare of those serving our nation at home and abroad, especially Jeremy.

In our Parish Family we pray for Leroy, Sarah, Paula, Liz, Norma, Ethan, Beverly, Fran, Katheryn, Dwight, Barbara, and Skip.

In our greater community, we pray for Cindy, George, Emily, Andrew, Roland, Henry, Susan, Martha, Betty, Laura, Pat, Beth, Jen, George, Peggy, Jon Rucker, Jr., Susan, Keith, Doug, Colby, Sarah, August, Barbara, Alan, Kay, Katie, Paul, Ben, Mae, Steve, Esther, Marina, Gordon, Julie, Steve, Megan, Marjory, Clark, and Katie.

We remember all those who have died, especially Josh Burnside and Peggy Lowery.

WEEKLY FORMATION OFFERINGS	
CHILDREN’S WORSHIP	STORY CORE
<p>Children who are four or older, are invited to follow the second cross to Children’s Worship at the end of our opening processional. Children of any age are welcome, but need to be accompanied by a parent if younger than four.</p> <p>Please be in touch with our Minister of Children and Families, Karen Ruff (familyministry@stmichaelsarlington.org) to learn more about this weekly offering.</p>	<p>All are welcome to gather in the parish hall following worship on Sunday, for a time of sharing our stories, while getting to the core of the Christian story. There is no homework, and no need to have participated in conversation the week before. The intention is for this to be an intergenerational conversation, accessible no matter how much time you’ve spent with Holy Scripture.</p>

ANNUAL MEETING AND VESTRY ELECTIONS

Please plan to join us on Sunday, February 4 for our Annual Meeting, immediately following worship. The Annual Meeting is an opportunity to step back and reflect on the last year of our communal life together. Participation in the Annual Meeting is critical, as we will elect new Vestry members, approve the Mission Spend Plan (our language for a budget that has mission consequences), and get updates on the strategic and financial position of the congregation. Our Children and Families Ministry will provide supervised activities in the Children's Worship room during the annual meeting to facilitate attendance.

PRIME TIME LUNCH: AN EPIPHANY SPOTLIGHT ON CHRISTIAN SAINTS

Join us, **Thursday, February 1**, for a potluck lunch in the parish hall. Gathering at 12:15. Lunch at 12:30. Bring a ready-to-serve dish to pass. Hot coffee and ice water provided.

1:15 program: Join us, as local icon writer George Ziobro walks us through his current parish-hall exhibit, "Icons in the Prayer Life of the Faithful," featuring biblical and historical saints. Then Mary Cushing will introduce us to the life story of Thomas Clarkson, an Anglican saint and partner of parliamentarian William Wilberforce in the abolitionist movement. All are welcome, especially seniors. Contact: Evelyn Bence.

VOLUNTEER OPPORTUNITY: AFAC



Can you spare two hours on Saturday, February 3, 12:30–2:30 PM? If you can, please volunteer to help bag vegetables and/or sort cans at the Arlington Food Assistance Center (AFAC), 2708 S. Nelson Street. Individuals, including families with children age 12+, are welcome. Please sign up by scanning the QR code.

MARDI GRAS CELEBRATION

Please join us for a Mardi Gras Celebration in the parish hall following worship on Sunday, February 11. All are welcome for a Mardi Gras celebration with king cakes and more as we fully celebrate, prior to the beginning of the season of Lent.

ENVIRONMENTAL MINISTRY CONFERENCE AT VTS



All are invited to gather on Saturday, February 17th for this year's Lenten Environmental Ministry Conference: To Love, Heal and Bless Creation. We'll gather with student groups at Virginia Theological Seminary, Alexandria, VA. RSVP is required. Please scan the QR code to RSVP by February 1st.

This year's keynote speaker will be the Rev. Jemonde Taylor, rector of St. Ambrose Episcopal Church in Raleigh, NC. A former engineer, Father Jemonde recently led Saint Ambrose through a three-year capital campaign raising twice the church's annual budget while maintaining strong environmental stewardship. A powerful, inspiring speaker, Father Jemonde's work offers parishes in our Diocese a model of environmental adaptation.

More information about the event can be found by entering "creation conference" in the search bar at www.vts.edu.

SHRINE MONT REGISTRATION OPEN!

Registration for summer camp is open for campers ages 7-17. Please visit shrinemontcamps.org for details.

LEADERSHIP DURING RECTOR'S LEAVE

While Beth is on leave, The Rev. Rosemari Sullivan is serving as supply priest. Meaning, Rosemari is present on Sundays, and available by appointment in the office. Additionally, feel free to be in touch with any of our Wardens, who can help to ensure that your needs are addressed in a timely fashion.

The Rev. Rosemari Sullivan (rosemari@stmichaelsarlington.org), 703-801-6832

Vicki Barnett (vjbwinkin@gmail.com)

Jim Dinan (jhdinan@gmail.com), 703-522-8396

Kaipo McCartney (kaipo_mccartney@yahoo.com), 703-945-5353

The pastoral care emergency line may be used at any time, 703-239-3787.

OFFICE HOURS THIS WEEK

The Rev. Rosemari Sullivan plans to be in the office next week on Tuesday from 11:00 AM–3:00 PM and Wednesday from 9:30 AM–2:30 PM.

To meet with Rosemari at a different time, please be in touch by email (rosemari@stmichaelsarlington.org) or phone.

EMPLOYMENT OPPORTUNITY

Resurrection Evangelical Lutheran Church (RELC) seeks an energetic and multitalented person to serve in the permanent position of Administrator. RELC is small active community congregation located in North Arlington, Virginia. For a complete job description, please visit relcarlington.org/jobs.

THOSE SERVING TODAY

Lector	Beth Cavey
Ushers	Fran Olsen, Linda Kelleher
Greeter	Roberta Thibodaux
Acolyte	Rick Hightower, Angie Hernandez
Lay Eucharistic Minister	Evelyn Bence
Altar Guild	Cindy Warkentin, Lalitha Samuel
Flower Guild	Linda Kelleher
Counters	Barb Adams, Fran Olsen
Zoom Coordinator	Corbin Monahan
Children's Worship	Carol Halvorson
Coffee Hour Host	Tom Halvorson
Vestry Person of the Day	John Kelleher

ST. MICHAEL'S CLERGY AND STAFF

Rector	The Very Rev. Beth Franklin
Supply + Priest	The Rev. Canon Rosemari Sullivan, DD, DMin
Music Minister	Mike Schmidt
Children & Families Minister	Karen Ruff
Seminarian	Drew Downey
Treasurer	Janet Hansen
Parish Administrator	Katrina Moore

ST. MICHAEL'S VESTRY

Class of 2024	Class of 2025	Class of 2026
Molly Beier	Vicki Barnett (Sr. Warden)	Jim Dinan (Jr. Warden)
John Kelleher	Beth Cavey	Lisa Meacham
Kaipo McCartney (Warden)	Bob Moore	Mary Thorne (Registrar)

CONNECT



Subscribe to our weekly email newsletter at stmichaelsarlington.org, and use the banner that reads "CONNECT - PARISH COMMUNICATIONS" or scan the QR Code.

FLOWERS



Flowers adorning our altar during Sunday worship may be dedicated in memory of, or thanksgiving for a loved one. If you would like to make a dedication, visit stmichaelsarlington.org/sign-ups or scan the QR Code.



ST. MICHAEL'S EPISCOPAL CHURCH
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