

The Holy Eucharist

January 28, 2024

Fourth Sunday after the Epiphany / Year B, Rite II

St. Antony of Egypt Episcopal Church

Celebrant: The Rev. Hillary Kimsey

Livestream Producer: Guy Fulton

Musicians: Mark Westin, John Stockwell

Avery & Soren van As

Welcome to St. Antony's. Our Eucharistic celebration is offered both in person and is livestreamed on Facebook. You will find our livestream at <https://www.facebook.com/saintantony/> For those worshipping in person, the use of facemasks is optional and we encourage respect for each person's choice to remain as healthy as possible.

Our service includes both a prelude and a postlude offering. We ask that you use this time in quietness to prepare for our celebration of God's unconditional love for each of us and as an opportunity to give thanks as well as to show our respect for our musicians.

We have been entrusted to be caretakers of this beautiful piece of God's creation. We acknowledge that the Suquamish and S'Klallam people are the traditional stewards of the land on which our buildings stand and we pay our respect to their people and heritage.

Welcome

Prelude

Opening Hymn ***"God is light, the heavens open"***

1. God is light, the heavens open; see the star announce the Son;
God transcendent is among us; see the distant nations come.
Hallelujah! Hallelujah! All our race in Him is one.
2. God is light, the heavens open; see our Savior bear our sin;
Dying here in Jordan's waters; see His sacrifice begin;
Hallelujah! Hallelujah! All who come are cleansed in Him.
3. God is light, the heavens open; Glimpse what eyes have never seen;
God the Son in all His splendor; Flesh in Heaven's majesty:
Hallelujah! Hallelujah! See our glorious destiny.

Salutation

The Celebrant says to the people

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

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

Collect for Purity

Presider

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.**

Collect of the Day

Celebrant Lord be with you.

People **And also with you.**

Celebrant 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.**

The First Reading – 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.”

Hear what the Spirit is saying to God’s People

Thanks be to God.

Psalm 111

Confitebor tibi

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 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 God’s People.

Thanks be to God.

Sequence Hymn “The light of Christ”

Refrain: The light of Christ has come into the world, the light of Christ has come into the world.

1. We must all be born again to see the kingdom of God;
the water and the Spirit bring new life in God’s love. *Refrain*
2. God gave up his only Son out of love for the world,
so that all who believe in him will live for ever. *Refrain*
3. The light of God has come to us so that we might have salvation;
from the darkness of our sins we walk into glory with Christ Jesus. *Refrain*

The Gospel Reading – 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.

Homily – The Rev. Hillary Kimsey

The Nicene Creed (*said together, standing as you are able.*)

**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.

Prayers of the People

Leader I ask your prayers for those in the Armed Forces of our Country.

People O Almighty God, shelter the men and women of our armed forces under your mighty wings; steel their courage in times of peril; give them integrity and honor in all they do; grant perseverance and resilience to their families; and heal the wounded warriors. We remember those who are deployed, especially *Chris Peterson, Travis Sanger and Sam Starkey* through Jesus Christ our Lord. Amen.

The Prayers of the People from “Intercessions for the Christian People”

Leader

As the people gathered in Capernaum to hear Jesus’ words, so too have we come together to hear God’s word. Let us boldly offer our prayers to God, saying: Lord, have mercy.

For the world in which we live and to which we are called, let us pray to the Lord:

Lord, have mercy.

For the nations of the world, and for world peace, let us pray to the Lord:

Lord, have mercy.

For the church of Christ, zealous in mission, compassionate in service, let us pray to the Lord:

Lord, have mercy.

For this congregation and for our hearing the word, let us pray to the Lord:

Lord, have mercy.

For all who labor in the world and in the church, let us pray to the Lord:

Lord, have mercy.

For those who are sick, and for those who care for them, let us pray to the Lord:

Lord, have mercy.

For the homeless and for the refugees, let us pray to the Lord:

Lord, have mercy.

For those with whom we rejoice, and for those whose joy is known only in the secrets of their hearts, let us pray to the Lord:

Lord, have mercy.

Here other intercessions may be offered.

Let us pray for our own needs and those of others.

Silence. The People may add their own petitions.

Let us Pray for Peace Among the Nations

Almighty God our heavenly Father, guide the nations of the world into the way of justice and truth, and establish among them that peace which is the fruit of righteousness, that they may become the kingdom of our Lord and Savior, Jesus Christ. Amen.

The Celebrant concludes

O God, we commend to your care all for whom we pray, in the confidence that your love for them is greater than anything we can know or imagine. Hear us, through Christ our Lord. . **Amen.**

Confession of Sin

Presider

Let us confess our sins to God.

Silence may be kept.

Minister and 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.

Absolution

The Presider stands and says

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.**

The clergy and people greet one another in the name of the Lord, maintaining a respectful distance.

Birthdays and Anniversaries

Birthday Prayer - Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passes understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

Announcements

Speaker from Coffee Oasis

THE HOLY COMMUNION

The Celebrant may begin the Offertory with a sentence of scripture. The offering plates are placed on the altar as a sign of our self-offering to God and our promise to give faithfully to the church.

Offertory Hymn *“The people who in darkness walked”*

Hymnal 126



You can make a donation to the church by
scanning the QR code above with your phone.

The Doxology *(sung)*

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. Amen.

The Great Thanksgiving

Eucharistic Prayer C

BCP, Page 369

When, facing the Holy Table, the Celebrant proceeds

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 God thanks and praise.

When, facing the Holy Table, the Celebrant proceeds

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home. By your will they were created and have their being. From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn: Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

Sanctus (*sung*)

Hymnal S-125

**Holy, holy, holy Lord, God of power and might,
heaven and earth are 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.**

The people stand or kneel. Then the Celebrant continues

And so, father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new

Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

Celebrant and People

**We celebrate his death and resurrection,
as we await the day of his coming.**

The Celebrant continues

Lord God of our Fathers; God of Abraham, Isaac, and Jacob; of our mothers; God of Sarah, Rebekah, and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

The Lord's Prayer (*spoken*)

Celebrant

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

**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.

Fraction Rite ***"Walk in the light"***

**Walk in the light. Beautiful light.
Come where the dew drops of mercy shines bright;
Shine all around us by day and by night
Jesus, the Light of the world.**

We invite all present to participate in this feast, regardless of where you are on your spiritual journey. Our table is open to all, as this is God's gift to all.

We are offering two options for communion. After you come forward and receive the bread from the priest, you may go to your right and receive the wine from an individual cup. After receiving, please leave your cup at the baptismal font so we can properly dispose of them. The second option for receiving is to go to your left and receive the wine from the common cup.

If needed, we do have gluten free communion wafers available. Just ask as you approach the priest.

If you do not wish to receive the Eucharist but would like a blessing, please approach the priest with your hands crossed over your chest.

We ask that you remember to use the hand sanitizer as you come to receive the Holy Eucharist.

Those who are participating by livestream may say the following prayer.

Prayer for Spiritual Communion

From A Prayer Book for the Armed Forces

In union, O Lord, with your faithful people at every altar of your Church, where Holy Eucharist is now being celebrated, we desire to offer to you praise and thanksgiving. We remember your death, Lord Christ; we proclaim your resurrection; we await your coming in glory. And since we cannot receive you today in the Sacrament of your Body and Blood, we beseech you to come spiritually into our heart. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

Communion Hymn “This little light of mine”

1. This little light of mine, I’m gonna let it shine. This little light of mine, I’m gonna let it shine.
This little light of mine, I’m gonna let it shine. Let it shine, let it shine, let it shine.
2. Jesus gave it to me. I’m gonna let it shine. Jesus gave it to me. I’m gonna let it shine.
Jesus gave it to me. I’m gonna let it shine. Let it shine, let it shine, let it shine.
3. Everywhere I go; I’m gonna let it shine. Everywhere I go; I’m gonna let it shine.
Everywhere I go, I’m gonna let it shine, Let it shine, let it shine, let it shine.
4. Let it shine all over the world, I’m gonna let it shine. Let it shine all over the world, I’m gonna let it shine.
Let it shine all over the world, I’m gonna let it shine. Let it shine, let it shine, let it shine.
5. Let it shine till Jesus comes. I’m gonna let it shine. Let it shine till Jesus comes. I’m gonna let it shine.
Let it shine till Jesus comes. I’m gonna let it shine. Let it shine, let it shine, let it shine.

Back to the 1st verse

Communion Hymn #2 “The servant song”

1. Will you let me be your servant, Let me be as Christ to you;
Pray that I may have the grace to let you be my servant, too.
2. We are pilgrims on a journey, We are trav’lers on the road;
We are here to help each other, walk the mile and bear the load.
3. I will hold the Christ light for you in the night time of your fear;
I will hold my hand out to you, speak the peace you long to hear.
4. I will weep when you are weeping; when you laugh I’ll laugh with you.
I will share your joy and sorrow ‘till we’ve seen this journey through.
5. When we sing to God in heaven we shall find such harmony,
Born of all we’ve known together of Christ’s love and agony.

The Postcommunion Prayer

Celebrant Let us pray.

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 Blessing

Closing Hymn “I want to walk as a child of the light”

Hymnal 490

The Dismissal

Celebrant Let us go forth in the name of Christ.

People **Thanks be to God.**

Postlude



Please join us for coffee hour after the service. The Sarah Rogers is our host today.

Happy Birthday!

28th Dave Peterson

Holly Foley

Feb. 3 John Stockwell

Happy Anniversary!

There are no anniversaries this week.

The Altar Flowers are given today by Lori Fagan in celebration of her birthday Feb. 8.

Flowers arranged by Carrie Rivers

The Sanctuary Lamp is given today by the Altar Guild.

***The mission of St. Antony's is to be a loving and welcoming community who worships God,
grows in Christ, and serves others: Gather, Grow, and Go!***

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