

# THE HOLY EUCHARIST

January 28, 2024

**Fourth Sunday after the Epiphany / Year B, Rite I**

St. Antony of Egypt Episcopal Church, Silverdale, WA

**Presider:** The Rev. Hillary Kimsey

**Livestream Producer:** Guy Fulton

Welcome to St. Antony's. Our worship of God is offered both in person and on Facebook livestream at the same time. You may 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.

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.

## Introit

### The Salutation

**BCP, Page 323**

*Presider* Blessed be God: Father, Son, and Holy Spirit.  
**And blessed be his kingdom, now and for ever. Amen.**

### Collect for Purity

**BCP, Page 323**

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. *Amen.*

## Gloria

**Glory be to God on high,  
and on earth peace, good will towards all.**

**We praise thee we bless thee,  
we worship thee,  
we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father Almighty.**

**O Lord, the only begotten Son, Jesus Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy on us.**

**Thou that takest away the sins of the world,  
receive our prayer.**

**Thou that sittest at the right hand of God the Father  
have mercy on us.**

**For thou only art holy;  
thou only art the Lord;  
thou only, O Christ ,  
with the Holy Ghost,  
art most high in the glory of God the Father. Amen.**

## **Collect of the Day**

*Presider* The Lord be with you.

*People* **And with thy spirit.**

*Presider* Let us pray.

Almighty and everlasting God, who dost govern all things in heaven and earth: Mercifully hear the supplications of thy people, and in our time grant us thy peace; through Jesus Christ our Lord, who liveth and reigneth with thee an 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.”

The Word of the Lord

**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.

The Word of the Lord

**Thanks be to God**

### **The Gospel – Mark 1:21-28**

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

*People* **Glory be to thee, O Lord.**

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.

The Gospel of the Lord

**Praise be to thee, O 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 Presider 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.**

## **The Confession and Absolution**

*Presider* Let us humbly confess our sins unto Almighty God.

*Silence may be kept*

*Minister and People*

**Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.**

*The Priest stands and says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith run unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

**The Peace**

*Presider:* **The peace of the Lord be always with you.**

*People:* **And with thy spirit.**

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

**Birthdays and Anniversaries**

**Birthday Prayer - Watch over thy 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 passeth understanding abide all the days of their life; through Jesus Christ our Lord. Amen.**

**Announcements**

*Speaker from Coffee Oasis*

***THE HOLY COMMUNION***

*The presider 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.*

**The Offertory Sentence, said together**

**All things come of thee, O Lord, and of thine own have we given thee.**

**The Great Thanksgiving | Rite I Alternative Eucharistic Prayer**

**BCP 340**

*The people remain standing. The Presider faces them and says*

*Presider:* The Lord be with you.

**People: And with thy spirit.**

*Presider:* Lift up your hearts.

**People: We lift them up unto the Lord.**

*Presider:* Let us give thanks unto our Lord God.

**People: It is meet and right so to do.**

*Then, facing the Holy Table, the Presider proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Because in the mystery of the Word made flesh, thou hast cause a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Sanctus** (*Spoken*)

**Holy, holy, holy, Lord God of Hosts:**

**Heaven and earth are full of thy glory.**

**Glory be to thee, O Lord Most High.**

**Blessed is he that cometh in the name of the Lord.**

**Hosanna in the highest.**

*The people stand or kneel as able. Then the Presider continues*

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty,

world without end. **AMEN.**

And now, as our Savior Christ hath taught us, we are bold to say,  
*People and Presider*

**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 Presider breaks the consecrated Bread. A period of silence is kept.*

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

*The Presider may say*

The gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*\*\*Please, remember to use hand sanitizer before receiving communion\*\**

*To receive the bread, approach the priest in the center with your hands cupped in front of you. For the wine, you may choose either to go to the left to receive from the common cup or to the right to receive from a single use, compostable cup. To receive a blessing instead of communion, approach the priest with your arms crossed over your chest. The Bread is given to the communicants with these words.*

The Body of Christ, the Bread of Heaven;

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.

*After Communion, the Presider says*

Let us pray.

*Presider and People*

**Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

*The Priest gives the blessing*

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

Presider Let us go forth in the name of Christ.

People **Thanks be to God.**

***Happy Birthday!***

28<sup>th</sup> 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.

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



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