

January 28, 2024 · 10 am

*Fourth Sunday after the Epiphany*



*“Body Builders”*



**St Michael's**  
EPISCOPAL CHURCH

[www.stmichaelschurch.org](http://www.stmichaelschurch.org)



## Welcome to St. Michael's Episcopal Church!

We are an open, affirming and inclusive parish, worshipping in the Episcopal tradition. No matter where you're from, or what you believe, you are welcome to gather with us, sing with us, pray with us, learn with us, and receive communion with us. We do our best to make our customs accessible to all people, but if anything feels confusing to you, feel free to ask someone for help, or simply sit and observe.

### Welcome, Visitors! Tell us about yourself.



If you are visiting today, we invite you to fill out a Visitor's Card, or scan this QR code to fill it out online. We would love to get to know each other! And if you're seeking baptism, confirmation, or simply a community of healing and hope to belong to, we would be delighted to join you on your journey.

### Online Giving now available.

If you wish to donate to St. Michael's, either to the church or the Necessity Pantry, scan the QR code, or visit [stmichaelschurch.org/give](https://stmichaelschurch.org/give). While there, you can arrange recurring payments for automated giving.

*Note: The church pays a 2.5% transaction fee with the receipt of each online gift. This is standard for digital transactions.*



### Service Notes

\* Denotes moments when the congregation is invited to stand (as able)

"Hymnal" refers to the blue Hymnal 1982 located throughout the Nave. Copyright information can be found at the bottom of each selection.

Scriptures are quoted from the NRSV Bible, unless otherwise indicated.

# Ministry of the Word

\* **Processional**                      *“Silence, Frenzied, Unclean Spirit”*                      Bulletin, p. 12

\* **Opening Acclamation & Collect for Purity**                      Book of Common Prayer, p. 355

Celebrant              Blessed be God: Father, Son and Holy Spirit

**People**              **And blessed be God’s kingdom, now and for ever. Amen.**

Celebrant              Almighty God, to you all hearts are open, all desires known, and from whom 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.*

\* **Gloria**                                      *“Glory to God”*                                      Bulletin, p. 13

\* **Collect of the Day**                                      Fourth Sunday after the Epiphany

Celebrant              The 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.*

**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.”

The Word of the Lord. **Thanks be to God.**

## **Psalms 111**

- 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.

## 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.

The Word of the Lord. **Thanks be to God.**

\* **Sequence**

*“Open Your Eyes”*

Hymnal #536

## \* Holy Gospel

Mark 1:21-28

Gospeller The Holy Gospel of our Savior 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.

Gospeller The Gospel of the Lord.

**People Praise to you, Lord Christ.**

## Sermon

*“Body Builders”*

The Rev. Ryan Wiksell

## \* Nicene Creed

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**

Form III, BCP p. 387

Intercessor: Father, we pray for your Church;

**People: That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;

**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons;

**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;

**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;

**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;

**That they may be delivered from their distress.**

Give to the departed eternal rest;

**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy (especially Bill Jones)

**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others, including those on our parish prayer list. (Especially Kellie) *The People may add their petitions.*

Celebrant: Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **AMEN.**

### \* **Confession & Absolution**

BCP p. 360

Celebrant: Let us confess our sins against God and our neighbor

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

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord 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.**

### **Welcome & Announcements**



# The Holy Communion

## Offertory

*“God the Omnipotent”*

Hymn #569

## \* The Presentation

*“We Are an Offering”*

Bulletin, p. 15

## \* The Great Thanksgiving

**Eucharistic Prayer B**

Celebrant      The Lord be with you.

*“Sursum Corda”* Hymnal S-120

**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 right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

*The Celebrant recites a Proper Preface.*

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name

## Sanctus

*“Holy, Holy, Holy”*

Bulletin, p. 16

Celebrant: We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**All: We remember his death, We proclaim his resurrection,  
We await his coming in glory;**

Celebrant: And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. Mary, St. Michael the Archangel and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

## **The Lord's Prayer**

BCP p. 364

Celebrant: And now, as our Savior Christ taught us, we are bold to say,

**All:** 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, forever and ever. *Amen.*

## **The Breaking of the Bread**

Celebrant Alleluia! Christ our Passover is sacrificed for us;

**People Therefore let us keep the feast. Alleluia!**

Celebrant The Gifts of God for the People of God.

## **Communion Hymn**

*“O Love, How Deep”*

Hymnal #448

## **\* Post-Communion Prayer & Blessing**

BCP p. 366

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

## **\* Closing Hymn**

*“O For a Thousand Tongues”*

Hymnal #493

## **\* Dismissal**

Celebrant Go in peace to love and serve the Lord. Alleluia!

**People Thanks be to God. Alleluia!**

# Silence, Frenzied, Unclean Spirit



1. Si - lence! \_\_\_\_\_ Fren - zied, un - clean \_\_\_\_\_ spir - it,"  
 2. Lord, the \_\_\_\_\_ de - mons still are \_\_\_\_\_ thriv - ing  
 3. Si - lence, \_\_\_\_\_ Lord, the un - clean \_\_\_\_\_ spir - it,



Cried God's \_\_\_\_\_ heal - ing, ho - ly One,  
 In the \_\_\_\_\_ grey \_\_\_\_\_ cells of \_\_\_\_\_ the mind:  
 In our \_\_\_\_\_ mind \_\_\_\_\_ and in \_\_\_\_\_ our heart.



"Cease your \_\_\_\_\_ rant - ing! Flesh can't \_\_\_\_\_ bear \_\_\_\_\_ it.  
 Ty - rant \_\_\_\_\_ voic - es shrill and \_\_\_\_\_ driv - ing,  
 Speak your \_\_\_\_\_ word that when we \_\_\_\_\_ hear \_\_\_\_\_ it



Flee as \_\_\_\_\_ night \_\_\_\_\_ be - fore \_\_\_\_\_ the sun."  
 Twist - ed \_\_\_\_\_ thoughts \_\_\_\_\_ that grip \_\_\_\_\_ and bind,  
 All our \_\_\_\_\_ de - mons shall \_\_\_\_\_ de - part.



At Christ's \_\_\_\_\_ voice the de - mon \_\_\_\_\_ trem - bled,  
 Doubts that \_\_\_\_\_ stir the heart to \_\_\_\_\_ pan - ic,  
 Clear our \_\_\_\_\_ thought and calm our \_\_\_\_\_ feel - ing,



From its \_\_\_\_\_ vic - tim mad - ly \_\_\_\_\_ rushed,  
 Fears dis - tort - ing rea - son's \_\_\_\_\_ sight,  
 Still the \_\_\_\_\_ frac - tured, war - ring \_\_\_\_\_ soul.

13

While the crowd that was as - sem - bled  
 Guilt that makes our lov - ing fran - tic,  
 By the pow - er of you heal - ing

15

Stood in won - der, stunned and hushed.  
 Dreams that cloud the soul with fright.  
 Make us faith - ful, true and whole.

## Gloria

Glo - ry to God in the high - est, and peace to his  
 peo - ple on earth. Lord God, hea - ven - ly King, al -  
 might - y God and Fa - ther, we wor - ship you, we  
 give you thanks, we praise you for your glo - ry. Fine

1. Lord Je - sus Christ, on - ly Son of the Fa - ther,

Lord God, Lamb of God, you take a - way the sin of the world:

have mer - cy on us; you are seat - ed at the

right hand of the Fa - ther; re - ceive our prayer.

2. For you a - lone are the Ho - ly One, you a - lone are the

Lord, you a - lone are the Most High, Je - sus Christ, with the

Ho - ly Spi - rit in the glo - ry of God the Fa - ther.

## Music Copyrights

**Silence, Frenzied, Unclean Spirit.** Words: Thomas H. Troeger, Music: *Ebenezer*, Thomas J. Williams. © 1994 Oxford University Press; OneLicense #A-705025

**Glorify to God.** Setting: Mass in C; Jim Swaney ©2002 The Jim Swaney 1993 Independence Trust. Used by Permission

**Open Your Eyes.** Words: Willard F. Jabusch, Music: *Torah Song*, © 1966, 1984 by Willard F. Jabusch

**We Are An Offering.** Words & Music Dwight Liles © Curb Word Music, admin Word Music Publishing.

**Holy, Holy, Holy.** Setting: From *A Community Mass*; Richard Proulx © 1971, 1977, GIA Publications, Inc.

## We Are an Offering

The musical score is written for a single voice part in 4/4 time. It consists of seven staves of music. The lyrics are written below the notes. There are several musical notations: a bracket above the first staff, a box above the second staff, a bracket with a '3' above the third staff, a box above the fourth staff, a bracket with a '3' above the fifth staff, a box above the sixth staff, and a bracket with a '3' above the seventh staff. The lyrics are: 'We lift our voi - ces, we lift our hands, we lift our lives up to You, we are an of - fer - ing: Lord, use our voi - ces, Lord, use our hands, Lord, use our lives, they are Yours, we are an of - fer - ing. All that we have, all that we are, all that we hope to be we give to You, we give to You. We lift our voi - ces, we lift our hands, we lift our'.

We lift our voi - ces, we lift our hands, we lift our

lives up to You, we are an of - fer - ing: Lord, use our

voi - ces, Lord, use our hands, Lord, use our

lives, they are Yours, we are an of - fer - ing.

All that we have, all that we are, all that we hope to be we

give to You, we give to You. We lift our

voi - ces, we lift our hands, we lift our

lives up to You, we are an of - fer-ing, we are an  
of - fer - ing.

## Holy, Holy, Holy

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
heav'n and earth are full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na in the high - est.  
Blessed is he who comes in the name of the Lord. Ho -  
san - na in the high - est, Ho - san - na in the high - est.