



THE HOLY EUCHARIST

FOURTH SUNDAY AFTER EPIPHANY

January 28, 2024

10:00 AM

VISION STATEMENT

We seek to form Beloved Community, which is welcoming and diverse,
with Christian worship and service at the heart.

MISSION STATEMENT

We feed people in body, mind and spirit with the love of God, in the name of Jesus,
and by the power of the Holy Spirit.

CORE VALUES

Beloved Community + Loving Service + Sacred Space + Spirit Filled + Sustainability

THE GATHERING RITE

HYMN *standing*

O For A Thousand Tongues To Sing

ELW #886 vss. 1-4

1 Oh, for a thou-sand tongues to sing my great Re-deem-er's praise,
2 My gra-cious Mas-ter and my God, as-sist me to pro-claim,
3 The name of Je-sus charms our fears and bids our sor-rows cease,
4 He speaks, and lis-t'ning to his voice, new life the dead re-ceive;

the glo-ries of my God and king, the tri-umphs of his grace!
to spread through all the earth a-broad the hon-ors of your name.
sings mu-sic in the sin-ner's ears, brings life and health and peace.
the mourn-ful, bro-ken hearts re-joice, the hum-ble poor be-lieve.

The image shows a musical score for a hymn. It consists of two systems of music. Each system has a treble and bass staff. The first system contains four lines of lyrics, and the second system contains four lines of lyrics. The music is written in G major (one sharp) and 4/4 time. The lyrics are printed below the corresponding musical staves.

Words and Music: Public domain.

ENTRANCE RITE

OPENING ACCLAMATION

Presider Blessed be God: Father, Son and Holy Spirit
People **And blessed be God's kingdom, now and for ever. Amen.**
Presider Christ our true and only Light: receive our morning prayers, and illumine the secrets of our hearts with your healing goodness, that no evil desires may possess us who are made new in light of your heavenly grace. **Amen.**

SONG OF PRAISE

Christ whose glory fills the skies

Hymnal #7



1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!



Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy-less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;



Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Words and Music: Public domain.

COLLECT OF THE DAY

Presider God be with you.

People **And also with you.**

Presider 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 us pray. **Amen.**

THE WORD OF GOD

THE HEBREW SCRIPTURES *seated*

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 Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

PSALM 111

Hallelujah!

I will give thanks to the Lord with my whole heart, *
in the assembly of the upright, in the congregation.

Great are the deeds of the Lord! *
they are studied by all who delight in them.

His work is full of majesty and splendor, *
and his righteousness endures for ever.

He makes his marvelous works to be remembered; *
the Lord is gracious and full of compassion.

He gives food to those who fear him; *
he is ever mindful of his covenant.

He has shown his people the power of his works *
in giving them the lands of the nations.

The works of his hands are faithfulness and justice; *
all his commandments are sure.

They stand fast for ever and ever, *
because they are done in truth and equity.

He sent redemption to his people;
he commanded his covenant for ever; *
holy and awesome is his Name.

The fear of the Lord is the beginning of wisdom; *
**those who act accordingly have a good understanding;
his praise endures for ever.**

THE EPISTLE *seated*

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
People

Hear what the Spirit is saying to God's people.
Thanks be to God.

SEQUENCE HYMN

Celtic Alleluia



Presider 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.

Presider The Gospel of the Lord.
People **Praise to you, Lord Christ.**

SERMON

The Rev. Canon Britt Olson

THE NICENE CREED *said by all, standing*

**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 human.
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

*The intercessor offers the petitions, all respond, **Hear our Prayer.***

THE CONFESSION

Presider Let us confess our sins to God.

Silence may be kept.

**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.

THE PEACE *standing*

Presider The peace of Christ be always with you.

People **And also with you.**

The People offer a greeting of peace to one another.

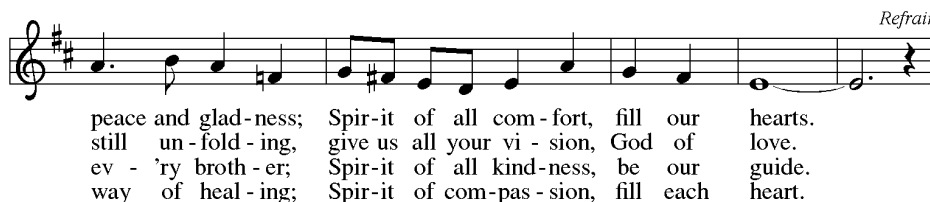
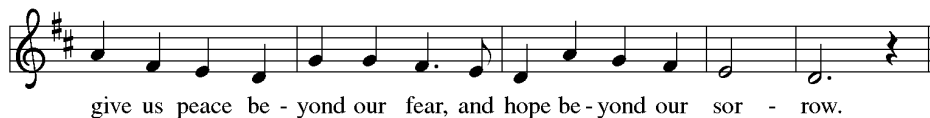
KIDS WORD

ANNOUNCEMENTS, BIRTHDAYS, ANNIVERSARIES, AND SPECIAL PRAYERS

OFFERTORY HYMN

Healer of our ev'ry ill

ELW #61



Music: John B. Foley, SJ. © 1978 John B. Foley, SJ and New Dawn Music. Used with permission under OneLicense #A-725886.

DOXOLOGY HYMN

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

THE HOLY COMMUNION

In the Holy Communion we experience the Real Presence of our Lord and Savior Jesus Christ. All adults and children who desire to receive Him are encouraged to come forward to receive.

THE EUCHARISTIC PRAYER

Presider May God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to God.**

Presider Let us give thanks to the One who created us.

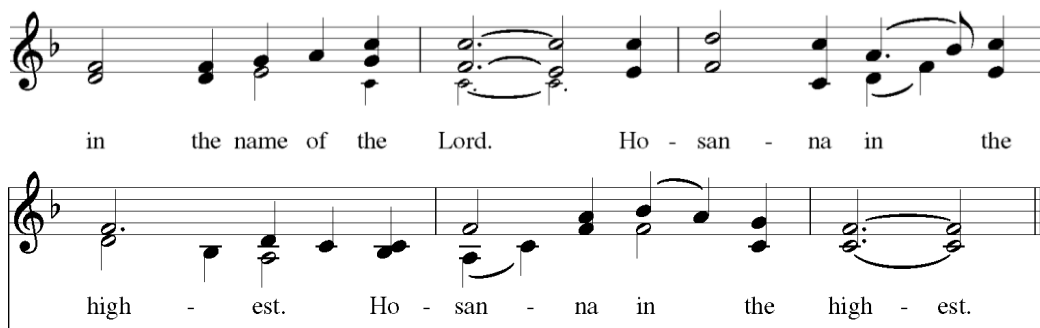
People **It is right to give God thanks and praise.**

The prayer continues until

And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:



Ho - ly, ho - ly, ho - ly Lord, God of power and
might, heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. * Bless - ed is he who comes



The prayer continues until

Presider For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes:

All **Christ has died.
Christ is risen.
Christ will come again.**

The prayer continues until

Presider Therefore, O God, with this bread and cup we remember the life our Lord offered for us. And, believing the witness of his resurrection, we await his coming in power to share with us the great and promised feast.

All **Amen. Come, Lord Jesus.**

Presider Send now, we pray, your Holy Spirit, that we who share in Christ's body and blood may live to the praise of your glory and receive our inheritance with all your saints in light.

All **Amen. Come, Holy Spirit.**

Presider *(the prayer continues until)* . . . Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever.

All **AMEN.**

THE LORD'S PRAYER

Presider As Christ teaches us we pray,
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,
for ever and ever. Amen.**

THE BREAKING OF THE BREAD

The Presider breaks the consecrated Bread. Silence may be observed.

Presider We break this bread to share in the body of Christ.
People **We who are many, are one body for we all share the
one bread.**

PRAYER FOR THOSE WORSHIPING AT HOME

O Christ, I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

THE INVITATION AND COMMUNION

All are welcome to the meal where Christ is present in bread and wine. The ushers will guide you to form a line up the center aisle. You may choose to receive a sealed packet containing both consecrated wine and wafer, or you may take a piece of bread and receive the common cup. Gluten free options are available.

THE CONCLUDING RITE

PRAYER AFTER COMMUNION *standing*

Presider Let us pray.

Presider and People

**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

The Presider blesses the People.



- 1 Al - le - lu - ia, song of glad - ness, voice of joy that can - not die;
- 2 Al - le - lu - ia you are sound - ing, true Je - ru - sa - lem and free;
- 3 Al - le - lu - ia can - not al - ways be our song while here be - low;
- 4 In our hymns we pray with long - ing: Grant us, bless - ed Trin - i - ty,



al - le - lu - ia is the an - them ev - er dear to choirs on high;
al - le - lu - ia, joy - ful moth - er, bring us to your ju - bi - lee;
al - le - lu - ia our trans - gres - sions make us for a while for - go;
at the last to keep glad Eas - ter with the faith - ful saints on high;



in the house of God a - bid - ing thus they sing e - ter - nal - ly.
here by Bab - y - lon's sad wa - ters mourn - ing ex - iles still are we.
for the sol - emn time is com - ing when our tears for sin shall flow.
there to you for - ev - er sing - ing al - le - lu - ia joy - ful - ly.

Text: Latin hymn, 11th cent.; tr. John Mason Neale, 1818–1866, alt.

Music: PRAISE, MY SOUL, John Goss, 1800–1880

DISMISSAL

The Presider dismisses the People, who respond

Thanks be to God. Alleluia. Alleluia. Alleluia.



Spiritual Pilgrimage for Lent/Easter Introductory Session, February 11 at 11:30

Are you new to St. Luke's? Are you experiencing a transition in your life and/or faith? Would you like to belong to a community of faith? The Spiritual Pilgrimage is an opportunity to walk with others on this journey of faith for the weeks of Lent and Easter. We will be companions as we explore what it means to follow Christ and to be part of Christ's Body, the Church.

The Pilgrimage will begin with lunch following Sunday worship. There will be a Zoom option for those who cannot attend in person. You may come to the Introductory Session on Sunday, February 11. The Zoom link is: <https://us02web.zoom.us/j/82969198590?pwd=eTB1b3NQdGNXYmFKSjRaeTZiR0RkZz09> Please contact Canon Britt, britt@stlukesseattle.org if you are interested.

Ash Wednesday, February 14

This year there is a mash up between St. Valentine's Day and Ash Wednesday. We will offer a service of the Imposition of Ashes and Holy Eucharist at 12:00 noon in Bennett Hall and via Facebook Live and at 7:00 pm in the Chapel.

2024 Civil Rights Pilgrimage: Living Justice | September 30 - October 9, 2024

Join Canon Britt, Pastor Bryon and Canon Carla Robinson for a 9-day pilgrimage from Atlanta to Memphis, stopping at the iconic sites where the Civil Rights Movement and the current fight for racial justice continue. This all-inclusive trip is open to members, friends, family and traveling companions. The trip is very personalized and unique, with contacts and locations chosen by the trip leaders. For information and registration, <https://circlesofcolor.org/crpilgrimage/> or contact Canon Britt.



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You can contribute to St. Luke’s and to Edible Hope, our meals ministry, by setting up auto pay with our office, donating online from the St. Luke’s website, or via PayPal with a credit or debit card on your smartphone using this QR code:



Liturgical Ministers

Presider and Preacher
Worship Assistant
Musician
Tech and Prayers
Lector(s)
Greeter
Altar guild

The Rev. Canon Britt Olson
Julia Hunter
Theresa Redmond
Julia Hunter
Brian Moore, Renee Arevalos
Renee Arevalos
Bernadette Walcott, Jo Burkholder