

HOLY EUCHARIST: Rite I

FOURTH SUNDAY OF ADVENT

December 23, 2018 ♦ 8:00 a.m.

Welcome to St. Barnabas, we are delighted that you're here. We hope you'll participate fully in our worship through singing, prayer, hearing the Good News of Jesus Christ, and coming to communion. May God richly bless you as you bless us!

WELCOME INTO THE SILENCE

In the place of the prelude during the season of Advent, handbells will be rung at 1 minute intervals beginning 5 minutes before the service to mark the time of waiting.



All stand as able at the sound of the tower bell.

HYMN (sung by all, next page)

O come, O come, Emmanuel

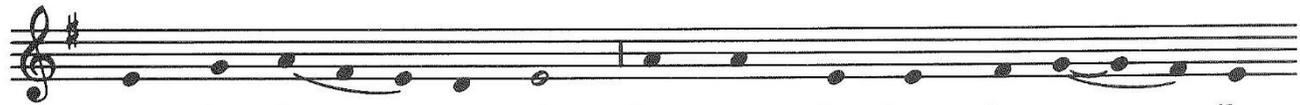
(HYMNAL 56 sts. 1-4)



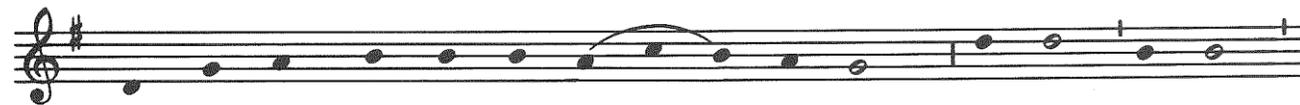
Fra Angelico, The Annunciation, 1437-46



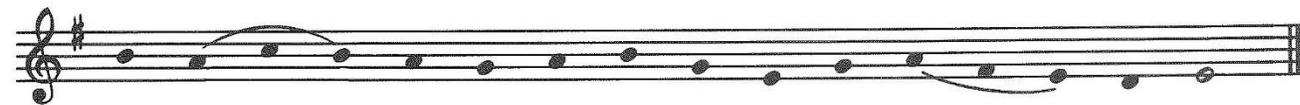
1 O come, O come, Em - man - u - el, and ran - som
 2 O come, thou Wis - dom from on high, who or - derest
 3 O come, O come, thou Lord of might, who to thy
 4 O come, thou Branch of Jes - se's tree, free them from



1 cap - tive Is - ra - el, that mourns in lone - ly ex - ile
 2 all things might - i - ly; to us the path of know - ledge
 3 tribes on Si - nai's height in an - cient times didst give the
 4 Sa - tan's ty - ran - ny that trust thy might - y power to



1 here un - til the Son of God ap - pear.
 2 show, and teach us in her ways to go.
 3 law, in cloud, and ma - jes - ty, and awe.
 4 save, and give them vic - tory o'er the grave. Re - joice! Re - joice!



Em - man - u - el shall come to thee, O Is - ra - el!

Words: Latin, ca. 9th cent.; ver. *Hymnal 1940*, alt.

Music: *Veni, veni, Emmanuel*, plainsong, Mode 1, *Processionale*, 15th cent.;
 adapt. Thomas Helmore (1811-1890)

LM with Refrain

THE OPENING ACCLAMATION

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

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

COLLECT FOR PURITY

Presiding Priest and People

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.

TRISAGION (said three times)

Holy God, Holy and Mighty, Holy Immortal One,
Have mercy upon us.

THE COLLECT OF THE DAY

Presiding Priest The Lord be with you.

People **And with thy spirit.**

Presiding Priest Let us pray.

We beseech thee, Almighty God, to purify our consciences by thy daily visitation, that when thy Son our Lord cometh he may find in us a mansion prepared for himself; through the same Jesus Christ our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE WORD OF GOD

℟ THE FIRST READING (seated)

Micah 5:2-5a

READER: A Reading from the Book of Micah

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labor has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they shall live secure, for now he shall be great to the ends of the earth; and he shall be the one of peace.

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

People **Thanks be to God.**

Silence is marked by the ringing of a bell.

THE RESPONSE (remain seated – read responsively)

Canticle 15

My soul doth magnify the Lord, *
and my spirit hath rejoiced in God my Savior.

For he hath regarded *
the lowliness of his handmaiden.

For behold from henceforth *
all generations shall call me blessed.

For he that is mighty hath magnified me, *
and holy is his Name.

And his mercy is on them that fear him *
throughout all generations.

He hath showed strength with his arm; *
he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat, *
and hath exalted the humble and meek.

He hath filled the hungry with good things, *
and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel, *
as he promised to our forefathers, Abraham and his seed for ever.

READER: A Reading from the Letter to the Hebrews

When Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

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

People Thanks be to God.

Silence is marked by the ringing of a bell.



THE HOLY GOSPEL

Luke 1:39-45 (46-55)

The Holy Gospel of our Lord Jesus Christ according to Luke.

People Glory be to thee, O Lord.

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever."

The Gospel of the Lord

People Praise be to thee, O Christ.



THE SERMON

Karen Haig

Silence is marked by the ringing of a bell.



THE NICENE CREED

Presiding Priest and People

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.

THE PRAYERS OF THE PEOPLE

Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people: in our Anglican Cycle of Prayer, we pray for The Diocese of Kubwa (Abuja, Nigeria), The Rt Revd Duke Akamisoko, Bishop. In our Diocesan Cycle of Prayer, we pray for St. Stephen's in Oak Harbor and Grace on Lopez Island. Receive our prayers which we offer unto thy divine Majesty beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord and grant that those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Lord, hear our prayer.

Give grace, O heavenly Father, to all bishops and other ministers, especially to Michael, our Presiding Bishop; Gregory, our Bishop; Karen, our Rector; Dan, our Deacon; and Nancy, Judith, Patricia, Jan and Jim, priests among us, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Lord, hear our prayer.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Lord, hear our prayer.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially our elected and appointed officials that they may be led to wise decisions and right actions for the welfare and peace of the world.

Lord, hear our prayer.

Guard and protect all those who serve in harm's way, both in lands far away and here at home, returning them to safe reunion with their families and all who love them.

Lord, hear our prayer.

Bestow upon us the gift of gracious hospitality, welcoming into fellowship our sisters and brothers in Christ who are visiting, remembering that in welcoming strangers we may be welcoming angels unaware.

Lord, hear our prayer.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Lord, hear our prayer.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor, [especially...] and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Lord, hear our prayer.

I invite your petitions and thanksgivings aloud or in your hearts...[pause], let us pray.

Lord, hear our prayer.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear [especially...], beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Barnabas and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Lord, hear our prayer.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**



CONFESSON OF SIN (kneeling as able)

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Presiding Priest and People

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

The Presiding Priest 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 turn 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 (standing as able)

Presiding Priest The peace of the Lord be always with you.

People And with thy spirit.



WELCOME, BIRTHDAYS, ANNIVERSARIES & ANNOUNCEMENTS (seated)

THE HOLY COMMUNION

Please remain seated. At the offertory sentence, an offering of money is collected.



Presiding Priest All things come of thee, O Lord,
People and of thine own have we given thee.

THE GREAT THANKSGIVING

The people remain standing.

The Lord be with you.
People And with thy spirit.
Presiding Priest Lift up your hearts.
People We lift them up unto the Lord.
Presiding Priest Let us give thanks unto our Lord God.
People It is meet and right so to do.

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.

Here a Proper Preface is said.

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

Presiding Priest and People

**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.**



or  *The people kneel or stand.*

Then the Presiding Priest gives thanks for God's work in creation and for the salvation of the world through Christ, and prays over the bread and wine.

All glory be to thee, Almighty God, our heavenly Father...

...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,

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 Presiding Priest breaks the consecrated Bread. A period of silence is kept.

Alleluia! Christ our Passover is sacrificed for us;

Therefore let us keep the feast. Alleluia!

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

The Gifts of God for the People of God.

This is the Lord's table around which we gather. All are invited to come forward and receive the bread and wine of the Eucharist. If you do not wish to receive Holy Communion but would like to receive a blessing, please come forward and cross your arms across your heart.



 or  THE POST-COMMUNION PRAYER

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 BLESSING

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God and of God's son, our Savior Jesus Christ. And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be amongst you, and remain with you always. Amen.

 HYMN (sung by all, next page)

O come, O come, Emmanuel

(HYMNAL 56 sts. 5-8)



ST. BARNABAS CHRISTMAS EVENTS

FAMILY CHRISTMAS SERVICE | MONDAY, DECEMBER 24TH, 4PM

FESTIVE CHRISTMAS SERVICE | MONDAY, DECEMBER 24TH, 7PM

CANDLELIGHT CHRISTMAS EVE SERVICE WITH INCENSE | MONDAY, DECEMBER 24TH
CAROLS AT 9:30 | SERVICE AT 10PM

CHRISTMAS DAY SERVICE | TUESDAY, DECEMBER 25TH, 10AM

CHRISTMAS I | DECEMBER 30TH, 8 & 10AM

Personal Rites for Advent – A Take Home Sheet for Your Refrigerator Door

Pay attention. That is the Advent message. Attentiveness to the mystery of the Coming One is not easily practiced in the midst of crowded calendars and unrelenting din of December. It is important to make time for paying attention, for silence, for waiting.

Here are some suggestions:

1. **Attend Sunday church service on all four Sundays.** Throughout Advent, the liturgies tell us more and more about the future God is making... don't miss a single chapter of the unfolding drama as we wait for God together!
2. **Follow the daily readings found in the Book of Common Prayer (BCP),** or on line at <http://satucket.com/lectionary/>. You may want to use the forms provided in the BCP for home prayers. Compline is a lovely way to end the day – you'll find it on page 127.
3. **Create an Advent wreath.** On the first Sunday of Advent. Light the Advent candle when you say your prayers and sit down to supper. Use an Advent Calendar. Talk with family or friends about the season and the feelings it brings. Listen to the promise of God in each other.
4. **Meditate on the [O Antiphons](#).** You may want to do this by candlelight, or in front of a fire.
5. **Break habitual patterns.** Cultivate surprise. See all things as new! Take an unusual route to work or use an alternative form of transportation. Do something you have never done before, or see something you have never seen before. Take a walk, letting colors, patterns and movements surprise you. Wear your watch on the wrong wrist, or don't wear it at all. Every time you look in the wrong place for "the time", pray God to make you ready for the unexpected.
6. **Practice waiting.** Sit or lie by a window where you can see only the sky. Wait for something to pass by – a cloud, a plane, a sparrow, an angel...
7. **Climb a hill and watch for the moon to rise.** Watch for the sunrise after the longest night (December 21). Watch for the first star on Christmas Eve. "Wait without thought."
8. **Keep the prayer "Maranatha, come Lord Jesus" in your mind and heart.** Say it in various places. Empty your mind as you pray it. Watch for signs.
9. **Make at least one conscious act of being a sign of God's future to others.** Look to [Matthew 25: 35-40](#) for guidelines.
10. **Make room for silence and inactivity.** Schedule it. Put the television in a closet. Set aside one evening and do nothing – not even books or music. Turn off the lights. Stop talking. Listen. Who is knocking at the door of your heart?

Waiting is really a period of learning. The longer we wait, the more we hear about Him for whom we are waiting. As the advent weeks progress, we hear more and more about the beauty and splendor of the One who is to come. There is a stark beauty about it all... Advent invites us into a growing inner stillness and joy allowing us to realize that He for whom we are waiting has already arrived and speaks to us in the silence of our hearts. Just as a mother feels her growing child in her womb, and is not surprised on the day of the birth and joyfully receives the one she learned to know during her waiting, so Jesus can be born in our lives – slowly and steadily – and be received as the one we learned to know while waiting.

Adapted from [The Genesee Diary](#) by Henri J. M. Nouwen

MINISTERS OF THE LITURGY

Presiding Priest & Preacher
Organist
Eucharistic Minister and Acolyte
Lectors
Intercessor
Usher
Godly Players
Altar Guild
Bread Baker
Coffee Hour

The Reverend Karen Haig
Paul Roy
Joan Collins
Joan Collins, Hootie Warren
Hootie Warren
Steve Schmitz
Heidi O'Brien, Sara Brazeau
Gwen Rose, Deena Hanke, Liz McKinney, Jody Prongay
Elaine Percival
Mary Harader

