

# HOLY EUCHARIST: Rite II

THE FOURTH SUNDAY AFTER THE EPIPHANY

January 29, 2023 ♦ 10:00 a.m.

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

ORGAN VOLUNTARY

*Aria*

Charles Callahan

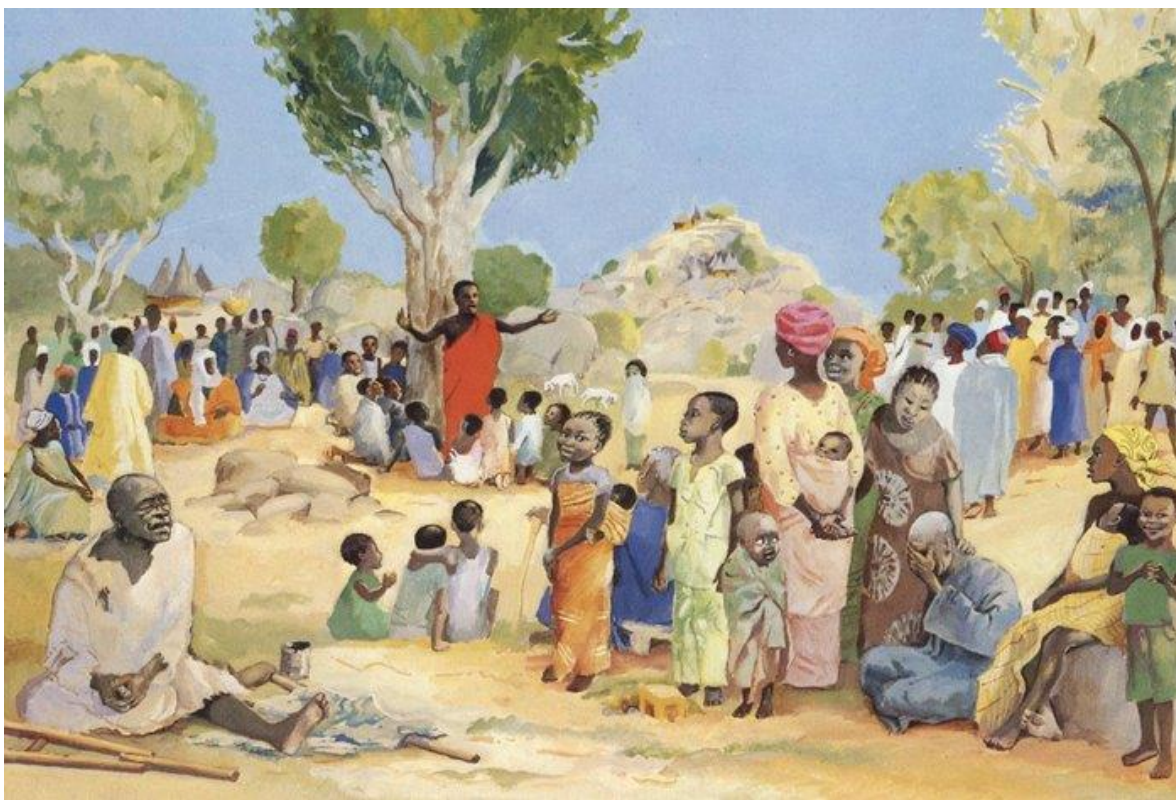


*All stand as able at the sound of the tower bell.*

HYMN (sung by all, next page)

*All praise to thee, for thou, O King divine*

(HYMNAL 477)



The Sermon on the Mount

Jesus Mafa, 1973

*Descant*

5 Let ev - ery tongue con - fess with one ac - cord

1 All praise to thee, for thou, O King di - vine,  
 2 Thou cam'st to us in low - li - ness of thought;  
 3 Let this mind be in us which was in thee,  
 4 Where - fore, by God's e - ter - nal pur - pose, thou  
 5 Let ev - ery tongue con - fess with one ac - cord

Je - sus Christ is Lord;

1 didst yield the glo - ry that of right was thine,  
 2 by thee the out - cast and the poor were sought;  
 3 who wast a ser - vant that we might be free,  
 4 art high ex - alt - ed o'er all crea - tures now,  
 5 in heaven and earth that Je - sus Christ is Lord;

and God the Fa - ther be by all a - dored.

1 that in our dark - ened hearts thy grace might shine.  
 2 and by thy death was God's sal - va - tion wrought.  
 3 hum - bling thy - self to death on Cal - va - ry.  
 4 and given the Name to which all knees shall bow.  
 5 and God the Fa - ther be by all a - dored.

Al - le - lu - ia! A - men.

Al - le - lu - ia! A - men.

Words: F. Bland Tucker (1895-1984) Music: *Engelberg*, Charles Villiers Stanford (1852-1924); desc. Richard Proulx (b. 1937) Copyright ©1979, G.I.A. Publications, Inc. All rights reserved. Used with permission.

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.

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.

GLORIA IN EXCELSIS (sung by all)

William Mathias (S 278)

1. Glo-ry to God in the high-est, and

peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -

might - y God and Fa-ther, we wor-ship you, we give you thanks, we

praise you for your glo - ry. 3. Lord Je - sus Christ,

on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you

take a - way the sin of the world: have mer - cy on us;

5. you are seat - ed at the right hand of the Fa - ther: re -

ceive our prayer. 6. For

you a - lone are the Ho - ly One, you a - lone are the Lord,

7. 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. A - men.

*Presiding Priest* The Lord be with you.  
**People** And also with you.  
*Presiding Priest* 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 WORD OF GOD**

### **THE FIRST READING**

Micah 6:1-8

*READER: A Reading from the Book of Micah*

Hear what the Lord says: “Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel.” “O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord.” “With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

*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.*



1979, Robert Knox Kennedy.

1 Lord, who may dwell in your / tabernacle? \*  
who may abide upon your holy \ hill?

2 Whoever leads a blameless life and does what is / right, \*  
who speaks the truth from his \ heart.

3 There is no guile upon his tongue; he does no evil to his / friend; \*  
he does not heap contempt upon his \ neighbor.

4 In his sight the wicked is re/jected, \*  
but he honors those who fear the \ Lord.

5 He has sworn to do no / wrong \*  
and does not take back his \ word.

6 He does not give his money in hope of / gain, \*  
nor does he take a bribe against the \ innocent.

(SECOND HALF OF CHANT)

7 Whoever does these / things \*  
shall never be over\thrown.

## THE SECOND READING

1 Corinthians 1:18-31

READER: *A Reading from the First Letter of Paul to the Corinthians*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

*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.*



## GOSPEL ACCLAMATION

*Cantor, then all:*

Al - le - lú - ia, al - le - lú - ia, al - le - lú - ia.

Music: Chant Mode VI; acc. by Richard Proulx

VERSE: Rejoice and be / glad;  
your reward will be \ great in heaven.

## THE HOLY GOSPEL

Matthew 5:1-12

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

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

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of the Lord

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



## THE SERMON

Jan Heller

*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

*The Leader and People pray responsively.*

Arise, shine; for your light has come, and the glory of the LORD has risen upon you.

You who by the leading of a star, guided the Magi to the brightness of the Holy Child of Bethlehem, lead us to the light of revelation, that we may value and honor the varied gifts of our sisters and brothers everywhere.

*Silence*

Loving God

**Hear our prayer.**

You who framed the brightness of the first light in creation, dispel the arrogance, animosity, and anger that shatters the unity of your holy Church. Fill your faithful people with the radiant light of truth.

*Silence*

Loving God

**Hear our prayer.**

You who delivered your people from the misery of bondage in slavery to the land of promise, set us free from enslavement to division, disunity, and distrust in our public life and labor. Illumine those in authority with the light of vision.

*Silence*

Loving God

**Hear our prayer.**

You who patterned the stars and called the sun into being, who appointed the moon and chartered the cosmos, pattern the hearts of people everywhere to see in each other the beauty of the universe and the splendor of creation, that divisions of race, class, gender, and ethnicity may be recreated into one common humanity.

*Silence*

Loving God

**Hear our prayer.**

You who shower comfort and hope on the lonely, the lost, and the least, shine the light of compassion on the sick, the sorrowful, and the suffering [especially \_\_\_\_\_ and those we now name].

Make us your compassion and hope in the world.

*Silence*

Loving God

**Hear our prayer.**

You who welcome into the brilliant light of eternity those who have died, welcome those whom we love but see no longer, [especially \_\_\_\_\_ and those we now name].

*Silence*

Loving God

**Hear our prayer.**

You who delight in the complexity and splendor of creation, help us to delight in the diversity of this earth, our island home. Inspire your people to care for all you have made.

*Silence*

Loving God

**Hear our prayer.**

*Presiding Priest*

May Christ, the Morning Star who knows no setting, find us ever burning with the light of love, the spirit of truth, and the wellspring of hope. **Amen.**

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

**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.**

*The Presiding Priest says*

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

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

**People** And also with you.

 WELCOME, ANNOUNCEMENTS, BIRTHDAYS & ANNIVERSARIES

*Prayer for a Birthday:*

**Watch over your child, O Lord, as *her* days increase; bless and guide *her* wherever *she* may be. Strengthen *her* when *she* stands; comfort *her* when discouraged or sorrowful; raise *her* up if *she* fall; and in *her* heart may your peace which passes understanding abide all the days of *her* life; through Jesus Christ our Lord. Amen.**

*Prayer for a Wedding Anniversary:*

**O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**



## THE HOLY COMMUNION

*Please remain seated. An offering of money is collected.*

*[You may make an offering by clicking here](#) or by scanning the QR code on the last page of your service bulletin.*

ANTHEM

*The Gift to be simple*

arr. Dale Wood

1. 'Tis a gift to be simple, 'tis a gift to be kind,  
'tis a gift to smile and to share a happy mind.  
'Tis a gift from the Father when we go on our way  
with a joyful song at the start of the day.
2. But the gift to be simple and the gift to be kind  
are the gifts which only a very few will find.  
Yet these gifts from the Father can be found ev'ry day  
if we look to Him and His will we obey.
3. Love, love! It's a gift to be kind.  
It's a gift when we smile, when we share a happy mind.  
Love, love! We go on our way with a joyful song at the start of the day.
4. 'Tis a gift to be simple, 'tis a gift to be kind...

TEXT: Dale & Linda Wood



### PRESENTATION ANTHEM

*Presiding Priest* All things come from you, O Lord,  
**People** and of your own have we given you.

*The people remain standing as able.*

**People** The Lord be with you.  
**And also with you.**

*Presiding Priest* Lift up your hearts.

**People** We lift them to the Lord.

*Presiding Priest* Let us give thanks to the Lord our God.

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

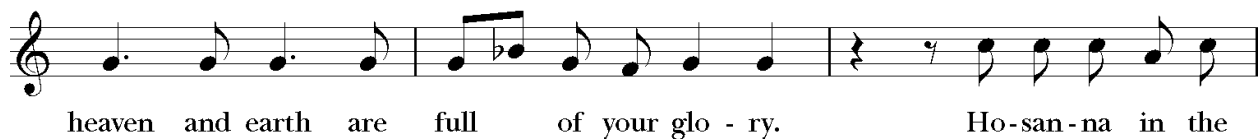
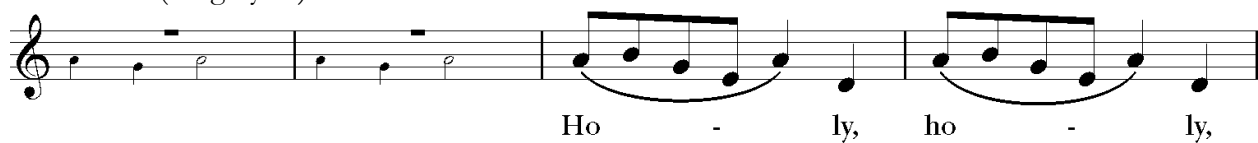
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.

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 (sung by all)

William Mathias



*The Presiding Priest continues*

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,

*Presiding Priest and People*

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

*The Presiding Priest continues*

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 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.**

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

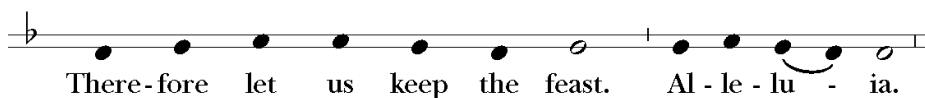
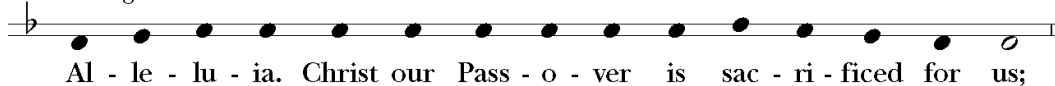
**Our Father, who art in heaven, hallowed be thy Name,  
thy kingdom come, thy will be done, on earth as it is in heaven.**

**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.**

#### ACCLAMATION AFTER THE BREAKING OF THE BREAD

*This setting is not used in Lent.*



*This setting may be sung full by all, or by the choir, or as a versicle and response.*

#### THE INVITATION TO COMMUNION

The gifts of God for the People of God.

#### COMMUNION OF THE PEOPLE

*This is Jesus' table around which we gather, and all are welcome to receive communion.  
If you prefer to receive a blessing, or not to receive wine, fold your arms across your chest as a sign.  
Gluten-free wafers are available, please ask the priest.*

*An Act of Spiritual Communion for those worshipping online.*

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

#### ORGAN VOLUNTARY

Verses 1, 2, 4



1. Make me a chan-nel of your peace. Where  
 2. Make me a chan-nel of your peace. Where  
 4. Make me a chan-nel of your peace. It



there is ha-tred, let me bring your love. Where  
 there's de-spair in life, let me bring hope. Where  
 is in par-don-ing that we are par-doned, in



there is in-ju-ry, your par-don, Lord, And  
 there is dark-ness, on-ly light, And  
 giv-ing of our-selves that we re-ceive, and in



where there's doubt, true faith in you.  
 where there's sad-ness, ev-er joy.  
 dy-ing that we're born to e-ter-nal life.

Verse 3



3. Oh, Mas-ter, grant that I may nev-er seek So much to be con-



soled as to con-sole. To be un-der-stood as to un-der-



stand. To be loved as to love with all my soul.

Text: *Prayer of St. Francis*; adapt. by Sebastian Temple, 1928–1997  
 Tune: Sebastian Temple, 1928–1997; acc. by Robert J. Batastini, b.1942  
 © 1967, OCP  
 Dedicated to Mrs. Frances Tracy

1 Blest are the pure in heart, for they shall see our God; the  
 2 The Lord, who left the heavens our life and peace to bring, to  
 3 he to the low - ly soul will still him - self im - part and  
 4 Lord, we thy pres - ence seek; may ours this bless - ing be; give

se - cret of the Lord is theirs, their soul is Christ's a - bode.  
 dwell in low - li - ness with us, our pat - tern and our King;  
 for his dwell - ing and his throne will choose the pure in heart.  
 us a pure and low - ly heart, a tem - ple fit for thee.

Words: Sts. 1 and 3, John Keble (1792-1866), alt.; sts. 2 and 4, William John Hall (1793-1861), alt.

Music: *Franconia*, melody Johann Balthasar König (1691-1758); adapt. and harm. William Henry Havergal (1793-1870)



### THE POST-COMMUNION PRAYER

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

### THE BLESSING



HYMN (sung by all, next page)

*Rejoice, ye pure in heart!*

(HYMNAL 556, sts. 1-5)

1 Re - joice, ye pure in heart! Re - joice, give thanks, and sing! Your  
 2 With all the an - gel choirs, with all the saints of earth, pour  
 3 Your clear ho - san - nas raise, and al - le - lu - ias loud; while  
 4 Yes, on through life's long path, still chant - ing as ye go, from  
 5 Still lift your stand - ard high, still march in firm ar - ray, as

1 glo - rious ban - ner wave on high, the cross of Christ your King.  
 2 out the strains of joy and bliss, true rap - ture, no - blest mirth.  
 3 an - swer - ing ech - oes up - ward float, like wreaths of in - cense cloud.  
 4 youth to age, by night and day, in glad - ness and in woe.  
 5 war - riors through the dark - ness toil, till dawns the gold - en day.

*Refrain*

Re - joice, re - joice, re - joice, give thanks, and sing.  
 re - joice, re - joice,

\*6 At last the march shall end;  
 the wearied ones shall rest;  
 the pilgrims find their Father's house,  
 Jerusalem the blest.

*Refrain*

\*7 Then on, ye pure in heart!  
 Rejoice, give thanks, and sing!  
 Your glorious banner wave on high  
 the cross of Christ your King.

*Refrain*

Words: Edward Hayes Plumptre (1821-1891) Music: *Marion*, Arthur Henry Messiter (1834-1916)

DISMISSAL

Let us go forth into the world rejoicing in the power of the Spirit.  
**People**      **Thanks be to God.**

PROCESSION

ORGAN VOLUNTARY

*The Rejoicing*

Charles Callahan

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## MINISTERS OF THE LITURGY

Presiding Priest & Preacher  
Deacon  
Organist & Choir Director  
Song Leaders  
Acolytes  
Lectors  
Eucharistic Ministers  
Ushers  
Altar Guild  
Bread Baker  
Videographers

The Reverend Dr. Jan Heller  
The Reverend Dan Fowler  
Paul Roy  
The Parish Choir  
TBD  
Mari Bickford, George Robertson  
Barbara Bolles, Claire Hicks  
Bill Galvani, Robin Cook  
Joan Collins, Chris Davis, Yvonne Rolston, Princie Faulkenhagen  
Laurie Fergusson  
Michael Ditmore, Andrew Bainbridge, Jim Friedrich

You may make your offering by scanning the QR code below. Thank you for your generosity.



*We are a community of faith that welcomes and values all people.  
We commit to follow Christ, serve others, grow in faith,  
and transform the world by sharing God's love.*



*St Barnabas Episcopal Church acknowledges that we gather on the traditional land  
of the first people of this island, the Suquamish People, who are still here,  
and we honor with gratitude the land itself and the life of the Suquamish Tribe.*

#### CLERGY

Bishop Provisional | The Most Reverend Melissa Skelton  
Assisting Bishop | The Right Reverend Brian Prior  
Rector | The Reverend Karen Haig  
Deacon | The Reverend Dan Fowler  
Assisting Priests | The Reverends Dr. Judith M. McDaniel, Nancy Tiederman,  
Patricia Rome Robertson, Dr. Jan C. Heller, and Jim Friedrich

#### STAFF

Director of Music | Paul Roy  
Parish Administrator | Lisa-Marie MacKenzie  
Bookkeeper | Jessica Edmonds  
Sexton | Tom Clark  
Kitchen Manager | Tim Shelly  
Housekeeper | Natalia Perez  
Interim Tender | Joe Salter

#### VESTRY

Rector's Warden | Barbara Bolles  
Property Warden | Brian Andvik  
People's Warden | Steve Schmitz  
Members of our Vestry | Laura Bainbridge, Angie Bickerton,  
Kirk Eichenberger, Judith Hanna, Claire Hicks, Michael Ditmore  
Clerk of the Vestry | Rebecca Ditmore  
Treasurer | Mike Killion  
Chancellor | Katherine Bolles