

# HOLY EUCHARIST: Rite I

THE FOURTH SUNDAY AFTER EPIPHANY

January 28, 2024 ♦ 8:00 a.m.

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*Welcome to St. Barnabas, we're 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 receiving communion.  
May God richly bless you as you bless us!*

PRELUDE


*March*

James Marsh



*Exorcism at the Synagogue in Capernaum, Fresco*

Artist Unknown

 All stand as able at the sound of the tower bell. Please join us in song.

HYMN

*I'll praise my Maker while I've breath*

HYMNAL 429



1 I'll praise my Mak - er while I've breath; and when my voice is lost in  
2 How hap - py they whose hopes re - ly on Is - rael's God, who made the  
3 The Lord pours eye - sight on the blind; the Lord sup - ports the faint - ing  
4 I'll praise him while he lends me breath; and when my voice is lost in



death, praise shall em - ploy my no - bler powers. My  
sky and earth and seas with all their train; whose  
mind and sends the la - boring con - science peace. He  
death, praise shall em - ploy my no - bler powers. My



days of praise shall ne'er be past while life and thought and be - ing  
truth for ev - er stands se - cure, who saves the op - pressed, and feeds the  
helps the strang - er in dis - tress, the wid - owed and the fa - ther -  
days of praise shall ne'er be past while life and thought and be - ing



last, or im - mor - tal - i - ty en - dures.  
poor. And none shall find his prom - ise vain.  
less, and grants the pris - oner sweet re - lease.  
last, or im - mor - tal - i - ty en - dures.

#### THE OPENING ACCLAMATION

*Presider* Blessed be God: Father, Son, and Holy Spirit.

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

#### COLLECT FOR PURITY *Presider 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.**

#### THE 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 and the Holy Spirit, one God, for ever and ever. Amen.

## THE WORD OF GOD

### THE FIRST READING

Deuteronomy 18:15-20

*READER: A reading from Deuteronomy.*

**M**oses 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.”

*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)

Psalm 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.**

*READER: A reading from Paul's first letter to the Corinthians.*

**N**ow 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.

*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

Mark 1:21-28

The Holy Gospel of our Savior Jesus Christ according to Mark.

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

**J**esus 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.

**People** **Praise be to thee, O Christ.**

## THE SERMON

Karen Haig

*Silence is marked by the ringing of a bell.*



## THE NICENE CREED

*Presider 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 Anglican Church of Southern Africa. In our Diocesan Cycle of Prayer, we pray for Misa Guadalupe, Renton; and St. John's Sudanese, Tukwila. 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 Presiding Bishop, Michael; Melissa and Brian, our Bishops; Karen, our Rector; Dan, our Deacon; and Nancy, Judith, Patricia, Jan, Jim and Dennis, 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.**

#### CONFESSION OF SIN

Let us humbly confess our sins unto almighty God.

*Silence may be kept.*

*Presider 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 Presider 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

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

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

#### WELCOME, BIRTHDAYS, ANNIVERSARIES & ANNOUNCEMENTS

*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.**

*An offering of money is collected.*

*[You may make an offering by clicking here](#) or by scanning the QR code.*



## **THE HOLY COMMUNION**



*Presider* All things come of thee, O Lord,  
***People* And of thine own have we given thee.**

## THE GREAT THANKSGIVING

*The people remain standing.*

*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.**

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 caused 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,

*Presider 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.**



*The people kneel or stand.*

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

*(BCP p. 334)*

...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 Presider 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.



#### 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.*



#### 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 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.**





1 Be thou my vi - sion, O Lord of my heart;  
 2 Be thou my wis - dom, and thou my true word;  
 3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—  
 I ev - er with thee and thou with me, Lord;  
 may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought,— by day or by night,  
 thou my great Fa - ther; thine own may I be;  
 Heart of my heart,—— what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.  
 thou in me dwell - ing, and I one with thee.  
 still be my vis - ion, O Ru - ler of all.

## DISMISSAL

Let us go forth into the world rejoicing in the power of the Spirit.

**People** Thanks be to God.

## PROCESSION

## POSTLUDE

*Be thou my vision*

Charles W. Ore



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## MINISTERS OF THE LITURGY

Presider and Preacher | The Reverend Karen Haig  
Music Director and Organist | Sheila Bristow  
Lectors | Stu Case, Su Beecham  
Eucharistic Ministers | Stu Case, Su Beecham  
Usher | Angie Bickerton  
Altar Guild | Rebecca Ditmore, Chris Davis, Prinnie Falkenhagen, Yvonne Rolston,  
Pat Todd, Theresa Todd

## 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

Music Director & Organist | Sheila Bristow  
Bookkeeper | Jessica Edmonds  
Day School Director | Julia Lampa  
Sexton | George Cole  
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 the Vestry | Laura Bainbridge, Tom Beierle,  
Michael Ditmore, Judith Hanna, Claire Hicks, Mary Anne Smith  
Clerk of the Vestry | Rebecca Ditmore  
Treasurer | Kirk Eichenberger  
Chancellor | Katherine Bolles

## CONVENTION DELEGATES

Delegates | Kathy Bolles, Barbara Bolles, George Robertson, Heidi O'Brien  
Alternates | Laura Carroll, Brian Andvik, Peggy & Kirk Eichenberger.



### WHO ARE WE?

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.



WEBSITE



FACEBOOK

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