

St. John's Episcopal Church and School & African Palms, USA

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The Fourth Sunday after the Epiphany

January 29, 2012

10 o'clock Holy Eucharist



The Reverend Canon Carol Cole Flanagan
Rector

The Reverend Peter Ernest Milton Beach
Assisting

James Kreger
Organist and Choirmaster

Carl Ridenour
Vergers

Velma Collymore
Nursery

Welcome! We are a diverse community committed to carrying out Christ's mission in the world around us, strengthened, nurtured, and guided by the presence of the Holy Spirit. Some of us were born into the Episcopal Church, some of us were received into it as adults, and some of us are discovering it for the first time. We come from various occupations, family configurations, educational backgrounds, interests, and talents. We have found hospitality here, and invite you to join us.

Our religious tradition is best known for the beauty of its Anglican music and liturgy. Contemporary issues are tested by the standards of scripture, tradition, reason and experience. The conscience of the individual is highly respected, and corporate worship is the means by which Christ shapes our moral values, nurtures and guides our spiritual formation, shapes the character and community of the faithful, and equips us for mission and ministry. If you are not currently active in another congregation, please accept this invitation to worship with us, and to make our church your own.

O F F I C E R S

The Rev. Canon Carol Cole Flanagan <i>Rector</i>	ccolef@stjec.org
2013 Nancy Eichacker <i>Senior Warden</i>	nanceyeichacker@gmail.com
2012 Pete Northrop <i>Junior Warden</i>	pbnorthrop@gmail.com
2013 Phil Reiff <i>Treasurer</i>	drwood5716@comcast.net
2014 Shelley Spencer <i>Registrar</i>	shelleyspencer@hughes.net

V E S T R Y

2012 Jon Miller	jon@jontmiller.com
2012 Carl Ridenour	carlride@verizon.net
2012 Bev Upshur	bev540@hotmail.com
2013 Anne Calamuci	acalamuci@verizon.net
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2014 Liliana O'Connor	liliana.oconnor@gmail.com
2014 Shelley Spencer	shelleyspencer@hughes.net

The Ministry of the Word

Organ Music: Deck Thyself, My Soul, with Gladness

Johann Gottfried Walther

Hymn 616 Hail to the Lord's Anointed

The Opening Acclamation

Celebrant Blessed are you, holy and living One.
People You come to your people and set them free.

S-280 Gloria in excelsis

Robert Powell

The Collect of the Day

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.*

The People are 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."

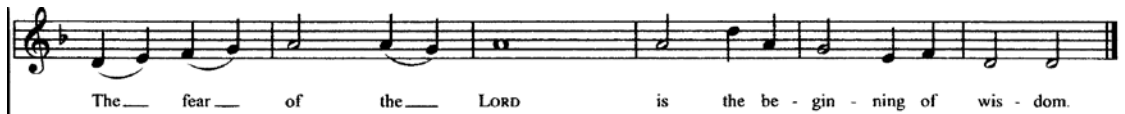
The Word of the Lord

People

Thanks be to God.

Psalm 111

Confitebor tibi



- 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. **Antiphon**
- 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. **Antiphon**
- 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. **Antiphon**
- 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. **Antiphon**
- 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. **Antiphon**

From A Hymn Tune Psalter, Revised Common Lectionary © 2007 by Carl P. Daw, Jr. and Kevin R. Hackett. Church Publishing Incorporated. All rights reserved.

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.

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

Hymn 544 Jesus shall reign where'er the sun

Mark 1:21-28

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

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

Sermon

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.

The Prayers of the People

Presider or deacon

Let us give thanks to God for the gifts and graces of each branch of the one great family of Christians.

Leader

For the Episcopal Church and the world wide Anglican Communion: for its reverent and temperate way, through its Catholic heritage and its Protestant conscience; its yearning over the divisions of Christendom, and its longing to be used as a house of reconciliation:

O God of grace and goodness,
We give you thanks and praise.

For the Eastern Orthodox Church: its secret treasures of mystical experience; its venerable liturgy; its regard for life in community, and its common will as a source of authority:

O God of grace and goodness,
We give you thanks and praise.

For the Congregationalist concern for the rightful independence of the soul and of the group:

O God of grace and goodness,
We give you thanks and praise.

For the Baptist emphasis on personal regeneration and the conscious relation of the mature soul to God:

O God of grace and goodness,
We give you thanks and praise.

For the powerful ability of Methodists to awaken the conscience of Christians to social evils; and for their emphasis upon the witness of experience and the fruits of the disciplined life:

O God of grace and goodness,
We give you thanks and praise.

For the Presbyterian reverence for the sovereignty of God and their confidence in God's faithfulness to his covenant; for their sense of the moral law, expressing itself in constitutional government:

O God of grace and goodness,
We give you thanks and praise.

For the Quaker witness to the perpetual real presence of the inner light in every human soul, and for their faithful continuance of a free prophetic ministry and Christian non-violence:

O God of grace and goodness,
We give you thanks and praise.

For the Lutheran devotion to the grace of God and the Word of God, enshrined in the ministry of Word and Sacraments:

O God of grace and goodness,
We give you thanks and praise.

For the Roman Catholic Church: its glorious traditions, its disciplines of holiness, its worship, rich with the religious passion of the centuries; its noble company of martyrs, teachers, and saints:

O God of grace and goodness,
We give you thanks and praise.

For the numberless Free Churches, many humble and without splendor, in slum or rural isolation, speaking the gospel to those unwelcome or uninspired in other congregations:

O God of grace and goodness,
We give you thanks and praise.

Celebrant

O God, grant to all these families within your one great Church that, as they come from east and west and north and south to sit down in your kingdom, each may lay at your feet that special grace and gift with which you have endowed it; through Jesus Christ, the teacher and companion of many. *Amen.*

Adapted from 51. The Various Christian Communion, from The Kingdom, The Power, The Glory. Services of Praise and Prayer for Occasional Use in Churches (American edition of the Grey Book). Oxford University Press, New York, 1933. Found in The Wideness of God's Mercy: Litanies to Enlarge Our Prayer, compiled and adapted by Jeffrey W. Rowthorn. Copyright 1985, 1995. Morehouse Publishing. Publishers Note: "Congregations are granted permission to reproduce portions of this book, provided that no part of such reproduction is sold or distributed beyond services held in the local church, and provided that proper credit is given to the original source."

The Peace

The peace of the Lord be always with you.

People *And also with you.*

The People greet one another with a sign of God's peace. After the peace, the People are seated.

Welcome and Announcements

Offertory Anthem: Soul, Adorn Thyself with Gladness

G.F. Handel

Presentation Hymn 137, v5

O Father, with the eternal Son,
and Holy Spirit, ever One,
vouchsafe to bring us by thy grace
to see thy glory face to face.

The Holy Communion

Celebrant The Lord be with you.
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, through Jesus Christ our Lord.

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:

S125 *Sanctus*

Richard Proulx

The Celebrant 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.

At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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,

Celebrant and people

We remember his death,
We proclaim his resurrection,
We await his coming in glory.

The Celebrant 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 forever. *Amen.*

As our Savior Christ has taught us, we now pray,

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins

as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

The Breaking of the Bread

A period of silence is kept, after which the following is sung:

*Alleluia, Christ our Passover is sacrificed for us;
Therefore let us keep the feast. Alleluia.*

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God

And may add **Take them in remembrance that Christ died for you, and feed on Him in your hearts by faith, with thanksgiving.**

To receive communion, extend your hands upward, palms crossed, to receive the Bread in the palm of your hand. When receiving the Wine, please take and guide the chalice as it is offered. If you prefer you may leave the Bread on your palm for the person administering the chalice to touch it to the Wine and place it on your tongue. If you prefer to do it yourself, please be sure your fingers do not touch the wine. If you prefer to make a spiritual communion please come forward for a prayer of blessing, and indicate your desire to the priest by crossing your arms in front of your chest touching the opposite shoulder.

**Communion Hymns 339 Deck thyself, my soul, with gladness
457 Thou art the Way, to thee alone**

The People standing, the Celebrant says

Let us pray.

Minister and People

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.*

The Blessing

Hymn 438 Tell out, my soul, the greatness of the Lord!

The Dismissal *all respond Thanks be to God.*

Organ Music: Postlude

William Mathias

*In case of pastoral emergency, please contact The Reverend Canon Carol Cole Flanagan at
202-288-9694 or email at ccolef@verizon.net.*

*First Aid kits are located in the sacristy, and on the wall in the narthex
behind the door into the nave.*

*The altar flowers are given to the glory of God In loving memory of Robert Irving Upshur
and Doris Nash Upshur By John & Bev Upshur*

Announcements

This year Scout Sunday will be observed on February 12th. On this occasion we celebrate the founding of scouting in the United States. On this special day Scouts go to their places of worship in uniform and help with the service. Scouts of all ages promise to serve God and others. These values strengthen youth character in their family, community and faith and Scout Sunday is a day for entire congregations to share in the Scouting family. This year the Girl Scouts are celebrating their 100th anniversary.

Valentine Luncheon: The Women of St. John's annual luncheon will be held at The Inn of Brookeville Farms on Thursday, February 9th at 11:30 am. The lovely event is the highlight of the wintertime and is always met with much anticipation. The cost is \$25.00. The sign up sheet is posted in the Parish Hall. Please join us! Guests are welcome! Questions? Contact members are Audrey Balderson or Ellie Thurber, 301-989-9408.

Superbowl Subs! Today is the last Sunday to order your subs. This summer teens from St. John's will be going to Reading, PA to help repair homes for low income residents and senior citizens. The work campers are selling subs to fund the trip. There are 10 delicious subs to choose from, or you can design your own. The subs are all from the Gilly's Menu (Johnna and Tim Gilchrist's wonderful store!) and will be made by the work campers. Orders are being taken in the parish hall. Subs will be available for pick up next Sunday after the 8 am and 10 am services. For further information or to place an order by email, contact Jake Simpson at ayedrag40@comcast.net or call the Simpson family at 301-260-1649.

Up and Coming Events

Date	Time	Event
February 1	10:00 am	Healing Service
February 2	7:30 pm	Choir Rehearsal
February 3	8:30 am	School Chapel Service
February 5	9:00 am	Sunday Forum – Bible Study with Bart McIntyre Super Bowl Subs Pick Up
February 8	10:00 am	Healing Service
February 9	11:30 am	Women of St. John's Valentine Luncheon
	7:30 pm	Choir Rehearsal
February 10	8:30 am	School Chapel Service
February 12	10:00 am	Scout Sunday
	11:30 am	Pancake Brunch & Silent Auction
February 13	7:00 pm	Monday Mission Society
February 15	10:00 am	Healing Service
	7:30 pm	Vestry Meeting
February 16	7:30 pm	Choir Rehearsal
February 17	8:30 am	School Chapel Service
February 19	11:30 am	Esther Deel Meeting – Meeting Room
February 20		Office Closed – President's Day
February 22	8:30 am	School Chapel Service – Ash Wednesday
	10:00 am & 7:30 pm	Ash Wednesday Services

Daily Devotions

Tory and Justin Davis
Lindsey, Alex and Jax Theoharis
Betsy O'Neil
Tara Levicin
Melanie Bolender
Robin Stanley
Bruce Berlage
Lt. Sean Madinger
Shirley Van Buskirk
Emily Barnet
Marianne McGill
Alexia Scott
Tom Cox
Bob Pecoraro
Heidi Oesch
Susan Spiegel
Shirley Grove
Landis Roberts
Ann Anderson
Phil and Patricia LaViscount
Marc Farley
Ruby, Eddie, Justin & Stephen Randall
Delaney O'Hagan
Meagan Morgan
Carol White
Roberta Huy
Mary McDonough
Charles Hilton
Judy Hawbecker
Sue Bowders
Emily Shy
Buz Bonifant
Terrie Eibel

submitted by

Thomas & Pat Stevens
St. John's School
Pastoral Care
Carolyn & Jack Thompson
Marilyn Austin
Roberta Ridenour
Pat Lansdale-Rice
Kitty and Jim Kavanagh
Anne Calamuci
Marilyn Austin
Gail Rucker
Gail Rucker
Paula Fangboner
John Ellis
Walter and Carol Oesch
The Calamuci Family
Anne Frey
Gail Rucker
Betsy O'Neil
Bill Wright
Gina & John Rentz
Pastoral Care
The Ellis Family
Karen Overmier
Ruthanna and Jon Miller
Jim and Pam Cooper
Pastoral Care
Pam & Rick Miller
Pam & Rick Miller
Pam & Rick Miller
The Reed Family
Betsy & Dement Bonifant
Carolyn Thompson