

THE FOURTH SUNDAY AFTER THE EPIPHANY

January 28, 2024
10 am

ST. DUNSTAN'S
EPISCOPAL CHURCH

*Welcome to St Dunstan's! We are glad you are here!
If you are new, or would like to update your information, please fill
out a pew card. Thank you for silencing your cell phones.*

THE LITURGY OF THE WORD

The congregation is invited to observe silence during the prelude, out of respect for those who are listening, and as an opportunity for prayer, meditation, and healing.

Prelude Rhosymedre (Hymn 587)

*Ralph Vaughan Williams
(1872-1958)*

All stand at the ringing of the bell.

Processional Hymn 401 The God of Abraham praise

Leoni

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

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

All 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 S236 Benedictus es, Domine (Canticle 13)

John Rutter (b. 1945)

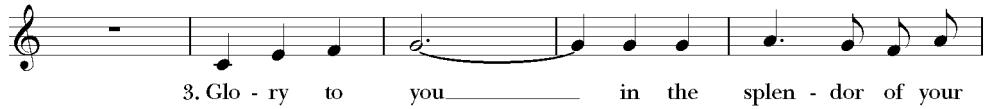
1. Glo - ry to you, _____ Lord
 God of our fa - thers; _____ you are wor - thy of praise;
 glo - ry to you. _____ 2. Glo - ry to you _____



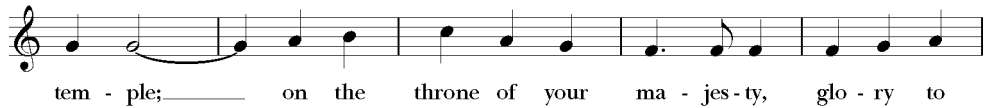
— for the ra - di - ance of your ho - ly Name; — we will



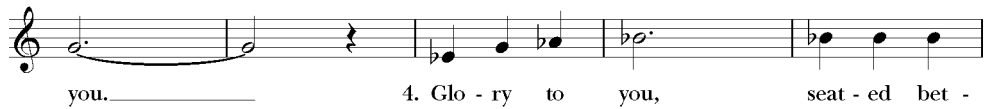
praise you and high - ly ex - alt you for ev - er. —



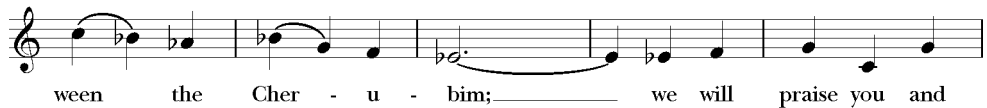
3. Glo - ry to you — in the splen - dor of your



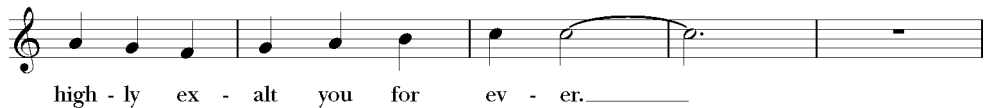
tem - ple; — on the throne of your ma - jes - ty, glo - ry to



you. — 4. Glo - ry to you, seat - ed bet -



ween the Cher - u - bim; — we will praise you and



high - ly ex - alt you for ev - er. —

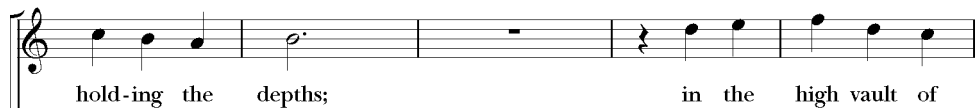
Descant



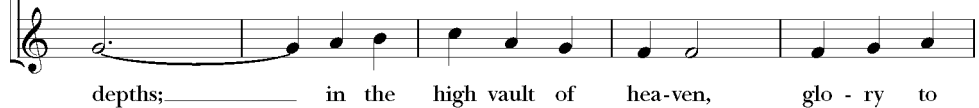
5. Glo - ry to you, — be -



5. Glo - ry to you, — be - hold - ing the



hold - ing the depths; — in the high vault of



depths; — in the high vault of hea - ven, glo - ry to

hea - ven, 6. Glo - ry to you, _____
 you. _____ 6. Glo - ry to you, _____ Fa - ther,
 — Fa - ther, Son, and Ho - ly Spi - rit; we will
 Son, and Ho - ly Spi - rit; _____ we will praise you and
 high-ly ex - alt you Glo - ry to you! _____
 high-ly ex - alt you for ev - er. _____

The Collect of the Day *The people stand or kneel.*

Priest The Lord be with you.

People And also with you.

Priest Let us pray.

God of liberation, confronting the powers that exclude the unclean and bind us to death: may we receive your word of authority, your rule of peace, your earthly holiness, which comes not to destroy but to set us free; through Jesus Christ, the holy one of God. **Amen.**

Deuteronomy 18:15–20

Moses promises the people that, after his death, God will raise up another prophet for them. The people cannot face God directly but need an intermediary to speak God's words. To him they must listen, for the false prophet who presumes to speak in the Lord's name will die. In later centuries this oracle was interpreted to mean that God would raise up one final prophet to succeed Moses. Some early Christians believed Jesus to be this new Moses.

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."

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 111

A song of praise to the mighty and awesome Lord, who is steadfast and full of compassion.

- 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.

1 Corinthians 8:1–13

Paul gives counsel to the Corinthians who are unsure whether it is permissible to eat the meat of animals that have been sacrificed in pagan temples. Since there is only one true God, such sacrifices are really meaningless, and the meat can be eaten in good conscience. Yet this understanding of the issue must not be treated as superior knowledge with respect to those whose consciences are still troubled. Out of love it is better for those who believe themselves enlightened to avoid eating such meat than to encourage weaker members to do what they regard as sinful and so perhaps to be led back into paganism.

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.

Reader The Word of the Lord.

6People **Thanks be to God.**

Mark 1:21–28

Jesus both teaches and acts with authority. His teaching was more than interpretation of the law. It was a proclamation of the new possibilities of God’s kingdom. He backed his words with his actions. Unclean spirits recognized him and submitted to his power to deliver a man from his disorder.

Priest 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.

Priest The Gospel of the Lord.

People Praise to you, Lord Christ.

The children are invited to come forward.

The Sermon

The Rev. Laurel Coote

After the sermon a brief silence is kept.

The Nicene Creed *All Stand.*

**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.**

Who with the Father and the Son is worshiped and glorified.

Who 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 *Standing or kneeling.*

Leader God's glory has been veiled in flesh. Our flesh has become a glorious epiphany. Let us then present before the Lord of glory our gift of prayer for those who are in need, saying: Lord, hear our prayer.

For all who walk in the darkness of violence and oppression, and for all who by their life and preaching cast into that darkness the light of God's peace and justice, let us pray to the Lord.

People **Lord, hear our prayer.**

Leader For all who carry on the teaching of prophets and apostles, and for the full communion in life and worship of those who receive God's word, let us pray to the Lord.

People **Lord, hear our prayer.**

Leader For all who have at their disposal this world's riches, and for all who call out to them, let us pray to the Lord.

People **Lord, hear our prayer.**

Leader For all who raise their eyes to the heavens looking for healing and deliverance [especially N.], let us pray to the Lord.

People **Lord, hear our prayer.**

Leader For the rulers of the earth, and for every child that stands in need of their protection, let us pray to the Lord.

People **Lord, hear our prayer.**

Leader For all who through death have passed into the full epiphany of God's glory [especially N.], let us pray to the Lord.

People **Lord, hear our prayer.**

Priest O God of stars and journeys, you lead us day by day to the joyful vision of your light. Move us by the power of your word that we too might share our gifts with others and so receive in our hearts the child of Bethlehem. So may you be praised and adored through the same Christ our Lord, in the Holy Spirit, now and forever. **Amen.**

The Confession

Priest Let us turn to the most holy One and confess our sin,
confident in God's faithful and steadfast love for us.

Silence

**People 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 upon us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

The Absolution

Priest Almighty God have mercy on you, forgive you all your sins
through the grace of Jesus Christ, strengthen you in all goodness,
and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace *All stand.*

Priest The peace of the Lord be always with you.

People And also with you.

The people exchange the peace with one another.

Announcements *All are seated.*

Prayer for a Birthday

O God, our times are in your hand: Look with favor, we pray, on your servant N. as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

THE LITURGY OF THE TABLE

Offertory Sentence

During the setting of the table a collection is taken to support the life and ministry at St. Dunstan's. The people's offerings of bread, wine and money or other gifts will be brought to the priest. The people stand while the offerings are presented. Offerings may also be made online at www.stdcv.org

Priest Let us with gladness present the offerings and oblations of our life and labor to the Lord.

Offertory Anthem Jesu, joy of Man's Desiring

J.S. Bach

Jesu, joy of man's desiring,
Holy wisdom, Love most bright.
Drawn by thee, our souls aspiring,
Soar to uncreated light.
Word of God our flesh that fashion'd
With the fire of life impassion'd.
Striving still to Truth, unknown,
Soaring, dying round thy throne.

Through the way where Hope is guiding,
Hark, what peaceful music rings,
Where the flock in thee confiding,
Drink of joy from deathless springs.
Theirs is beauty's fairest pleasure,
Theirs is wisdom's holiest treasure.
Thou dost ever lead thine own,
In the love of joys unknown.

Offertory Hymn 705 As those of old their first fruits brought *Forest Green*

The children and their parents are invited to come forward to gather around the altar at this time.

Our Prayers of Thanks

from St. Francis Church, Palos Verdes, CA

Priest God, through your goodness we have this bread and wine to offer.
They will become for us spiritual food.

People We bless God forever.

Priest God, receive our gifts for the work of your Church.

People We bless God forever.

Priest God, you have blessed us with the joy of families and members of all ages.
We thank you that they are with us to gather at your table.

People We bless God forever.

Priest God is here.

People We praise God together.

Priest Let us say thank you to God

People God has done so much for us.

Priest O God, you made all things, and you blessed them.

**People You gave us the earth to feed us, the sky to open our hearts,
the water for us to drink. You blessed all those who came before us,
and you bless us, also.**

Priest When it was time, you sent angels to Mary and Joseph to tell them about having a child, whom they would call Jesus. Jesus would be the Savior of the world. And so we praise you with all the angels as we sing:

Sanctus S129 Holy, Holy, Holy Lord

Robert Powell

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
might, hea - ven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est._____

Priest God, you made us, and the world and everything in it. All the good we see comes from you. You have always loved us but people have not always loved you. You sent Jesus to show us how to live and to bring us back to you again.

People **Amen. We are alive in Jesus.**

Priest He died for us on the cross so that through your Spirit we can all be your people. And so, with thanks we praise you.

People **Amen. We are alive in Jesus.**

Priest We are here because on the night before he died Jesus shared a meal with his friends. There he took some bread and gave thanks to you, God. He broke it into pieces, and gave it to them. "This is my body," he said.

People **Do this, and know that I am with you.**

Priest Later, he took a cup of wine and gave thanks to you. He shared it with them, and said "This is my blood, which brings new life.

People Do this, and know that I am with you."

Priest We remember what Jesus has done for us:

People Jesus died, then was raised to new life by you, and is alive for ever.

We are glad to share that life and live in him. Amen. We are alive in Jesus.

Priest Send your Holy Spirit so that this bread and wine can be for us the body and blood of Jesus, and through this food give us strength to live as your people.

People Amen. We are alive in Jesus.

Priest Help us care for your world and for each other in the way that Jesus showed us.

People Help us to love God, love others, serve the world,

Until he comes again, with all your people in every time and every land.

Priest We worship you and say:

People We praise you.

We thank you.

We bless you. Amen.

THE LORD'S PRAYER

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

People 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 Priest breaks the consecrated bread. A period of silence is kept.

Fraction Anthem 876 The disciples knew the Lord Jesus

Burnam

Antiphon
Cantor, then all

The dis - ci - ples knew the Lord Je - sus in the break - ing

Fine Verses

of the bread. 1. The bread which we break, Al - le - lu
2. One bo - dy are we, Al - le - lu

All repeat Antiphon

ia, is the com - mun - ion of the Bod - y of Christ.
ia, for though ma - ny we share one bread.

Priest These are the Gifts of God, given for you, God's beloved. So come and receive. It is the Lord who invites you and His will that those who desire him, should meet him here.

INVITATION TO COMMUNION

All who come in faith seeking a deeper knowledge and love of Jesus Christ are welcome to receive Holy Communion. Come forward to receive the bread in your open palm.

If you choose to receive the cup, gently guide the chalice to your lips by touching the base.

At this time, we are not able to allow dipping the wafer into the chalice.

Those who prefer to receive a blessing, or who choose not to receive the cup, may indicate this by crossing their arms over their chest.

If you have a wheat sensitivity, you may ask the priest for a gluten-free wafer. You may have communion brought to your seat by notifying an usher.

Communion Hymn 339 Deck thyself, my soul, with gladness

Schmücke dich

The Prayer After Communion

Priest Let us pray.

People 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.

All stand for the blessing and dismissal

The Blessing

Priest May the Spirit's love,
flowing like water across the face of the earth,
fill you with every gift for the good of the world.

And the blessing of God, Eternal Source,
Fountain of Life, and Giver of Gifts, be with you always.

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

Woodlands

The Dismissal

Priest Let us go forth rejoicing in the power of the Spirit!

People Thanks be to God.

Postlude Praeludium in G Minor

*Dietrich Buxtehude
(1637-1707)*

*All are welcome to enjoy fellowship with one another outside the church
during coffee hour.*

~

*The altar flowers are given to the Glory of God
In Celebration of the anniversary of Rev. Laurel and Peter*

~

*St. Dunstan's Episcopal Church celebrates God's diverse creation
and strives to build an inclusive community that welcomes everyone, no matter age,
gender, sexual identity, culture, ethnicity, economic status, or ability.*

SAVE THE DATE!

Mardi Gras Party AND Pancake Supper!

**Tuesday, February 13th
5 pm**



Happy Hour with activities for the children begins at 5 pm, followed by dinner complete with choices! Gumbo, rice, salads, bread, pancakes and sausage will all be served. And of course, King's cake for dessert! Help us make this a great event by signing up to help in some way: Set up, clean up, decorate, bring food, donate wine.

Sign up on the Welcome Table!

**2024 Annual Parish
Meeting**

**NEXT WEEK, Sunday, February 4th
11:30 am**

**There is only ONE service
next week at 10am**

2023 Giving Statements are available to pick up on the Welcome Table.

**Thank you for your support of
St. Dunstan's and it's
wonderful ministries!**

If you would like assistance setting up your 2024 Pledge payments online through Realm, please contact the church office at stdunstanschurch@gmail.com.



Thank you to Pam Gallaway and Liz Rondelle for providing baked goods for coffee hour today!

If you are able to host coffee hour on a Sunday please sign up on the Welcome table.

Dedicate Altar Flowers



This is a lovely and meaningful way to give Glory to God in celebration of a birthday, or in thanksgiving, or in memory of a loved one. The cost of the flowers is \$30, but some give more. Checks should be made out to St. Dunstan's with "Altar Flowers" in the memo.

Sign up on the Welcome Table.

Welcome this week's guest organist

Fred Burgomaster

Welcome back to St. Dunstan's Fred! Thank you for helping lead us as we worship in song.

Help us get to know you by **Filling out a Pew Card**

If you are visiting us, are new to St. Dunstan's, or if your contact information has changed, please fill out a Pew Card and drop it in the collection plate. Thanks!

Father, forgive them for they know not what they do.

A Lenten Exploration of Forgiveness

Mondays at 5pm — Soup Supper and Program

Beginning February 19th

Jesus is always speaking into our human condition, giving us words of wisdom on how to follow him, and how to best tend to and care for ourselves and one another. Life can be hard, people disagree, and harm is done. We all know what it is to hurt, and each of us has at some time hurt others.

Along with his call to Listen, Trust, Serve and Love, Jesus calls us to Forgive. And we all know — to forgive is not always simple nor is it easy. And while we may long to be forgiven, seeking it, or even accepting it can be equally challenging. Each one of us, at some time, will need to forgive and will be in need of forgiveness. But sometimes we don't know where to begin. Sometimes we hurt so much, we don't even want to try. Yet, forgiveness is central to our Christian Faith and has the power to transform our lives, if we are courageous enough to try.

Each week of Lent we will explore an aspect of forgiveness. We'll hear from a variety of voices, writers and theologians as we look at what forgiveness is and isn't, how to forgive, and explore the challenges, barriers that get in our way — and also the difference forgiving can make. For us.

Please plan to join us for a delicious meal and rich conversation. And if you want to help with the preparation of the Soup Supper, send Peter Coote an email at pacoote57@gmail.com.

Pastoral Care & Prayer Requests



For pastoral concerns, contact Rev. Laurel revlaurel@stdcv.org or on her cell 310-562-5746. And you can always leave a message on the Pastoral Care line at church [831-624-6646](tel:831-624-6646) ext 110.

Our Daughters of the King chapter welcomes your prayer requests. Prayer requests may be sent to dok@stdcv.org. The Daughters pray for members of our parish as well as many others daily.

St. Dunstan's Vestry



Jack Enbom, Senior Warden
Rodger Langland, Jr. Warden
Duncan Clarke
Tracy Jones
George Lockwood
Rebecca Miller
Susan Pitts
Jean Scholefield
John Tomlin
Michelle Wilsdon

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St. Dunstan's Staff

Rev Laurel Coote, Rector
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Alicia Sanoian, Asst. Controller
alicia@accessbcinc.com
Lauren Proulx Leonoff, School Director
director@stdunstanschool.org

Looking Ahead!

February 13— 5pm Shrove Tuesday
Gumbo & Pancake Supper
February 14—Ash Wednesday
12 noon—Regular Service
6pm—Meditative Service

Deadline for eNews, Bulletin

Items for our eNews and Sunday Bulletin should be submitted to stdunstanchurch@gmail.com by midnight Monday.

Wonder what's going on at St. Dunstan's?

Sign up today to receive

St. Dunstan's weekly eNews

Getting weekly news, links to sermons, updates, and schedules is as simple as visiting stdcv.org/subscribe and entering your email address.

Children's schedule for January and February

- January 28- 4th Sunday Family Service. Children participate in the service.
- February 4 - Sunday School in Brock Hall, a Baptism and the Annual Meeting!
- February 11 - Children in church with their families
- February 13 - 5 pm, Shrove Tuesday pancake supper/Mardi Gras party
- February 14 - Ash Wednesday 12 noon service, and Ashes to Go at School Pick-up (St. Dunstan's Montessori School)
- February 18 - Sunday School in Brock Hall and Bury the Alleluias during announcements
- February 25 - No 4th Sunday Family service as Rev. Laurel will be away for a Vestry Retreat. Children in church with their families.



THIS WEEK AT ST DUNSTAN'S

PARISH OFFICE IS OPEN TUESDAY - THURSDAY 9AM –1PM

Sunday, January 28

8:00 am Holy Eucharist
8:30 am Choir Rehearsal
9:00 am The Path Bible Study Ch. 15
10:00 am Holy Eucharist (live-streamed)
11:00 am Coffee Hour

Monday, January 29

Office Closed

Tuesday, January 30

5:00pm Zoom Compline
5:30pm The Path Bible Study Ch. 15
7:30 pm AA

Wednesday, January 31

10:00am Morning Prayer
11:00am The Path Bible Study Ch. 15
11:00am Prayer Shawl Ministry

Thursday, February 1

9:30am Discipleship Group
12:00pm Quilters Group
4:00 pm Foundation Meeting

Friday, February 2

Saturday, February 3

9:00 am Choir Rehearsal

Sunday, February 4

8:30 am Choir Rehearsal
9:00 am The Path Bible Study Ch. 16
10:00 am Holy Eucharist (live-streamed)
Baptism!
11:00 am Coffee Hour
11:30 am Annual Meeting

View the entire parish calendar stdcv.org/calendar

FEBRUARY BIRTHDAYS

January

27—Jack Enbom
29—Helena Miller
30—Lincoln Talley

February

7—Beverly Klinger
10—Tammy Hawkins
11—Kim Murray
12—Sue Masters
14—Tom Logan
26—Sarah Hawthorne
27—Joseph Talley
28—Crosby Hawthorne

Sermon Notes