



ST. DUNSTAN'S
EPISCOPAL CHURCH

THE FOURTH SUNDAY AFTER THE EPIPHANY

January 28, 2024
8 am

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

All stand at the ringing of the bell.

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.**

The Gloria

People **Glory to God in the highest,
And peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

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.

4 **People Thanks be to God.**

All stand

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 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.

The Great Thanksgiving

Eucharistic Prayer C

The people stand at the procession of the offering and remain standing.

Priest The Lord be with you.

People And also with you.

Priest Lift up your hearts.

People We lift them to the Lord.

Priest Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Priest God of all power, Ruler of the Universe, you are worthy of glory and praise.

People Glory to you for ever and ever.

Priest At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, And this fragile earth, our island home.

People By your will they were created and have their being.

Priest From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People Have mercy, Lord, for we are sinners in your sight.

Priest Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**People By his blood, he reconciled us.
By his wounds, we are healed.**

Priest And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**People Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

The people stand or kneel.

Priest And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People We celebrate his death and resurrection, as we await the day of his coming.

Priest Lord God of our Ancestors; God and Father of our Lord Jesus Christ:
Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People Risen Lord, be known to us in the breaking of the Bread.

Priest Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **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.

Priest Jesus, Lamb of God, you take away the sins of the world.

People Have mercy on us.

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.

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.

The Dismissal

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

People Thanks be to God.

*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 and
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.*

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.

2024 Annual Parish Meeting

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

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

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.

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.



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, Kings 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!

Three Highlights from the January 2024 Vestry Meeting:

- The Vestry approved the 2024 Budget!
- The Rector expressed her thanks to the Vestry for their dedication and hard work in 2023, and thanked our four out-going members for their service: Rodger Langland, John Tomlin, Jean Scholefield and Michelle Wilsdon.
- The Rector presented a 2025 Condensed Master Calendar of Important Events to the Vestry to use in their planning. It is offered in supplement to the Church Master Calendar which can be accessed by all people on our website at <https://www.saintdunstanschurch.org/calendar/>

Remember, the calendar is fluid and updates are made regularly!

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.

Deadline for eNews, Bulletin

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

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.

Looking Ahead!

February 13— 5pm Shrove Tuesday

Gumbo & Pancake Supper

February 14—Ash Wednesday

12 noon—Regular Service

6pm—Meditative Service

***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.

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

St. Dunstan's Staff

Rev Laurel Coote, Rector
revlaurelc@gmail.com

Elizabeth Buche, Parish Administrator
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Carol Langland, Treasurer
carolstang@icloud.com

Joe Heston, Verger
jwheston@aol.com

Alicia Sanoian, Asst. Controller
alicia@accessbcinc.com

Lauren Proulx Leonoff, School Director
director@stdunstanschool.org

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!

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