Fourth Sunday after the Epiphany

Holy Eucharist & Annual Meeting



January 28, 2024 at 9:00AM St. Mark's Episcopal Church Foxborough, MA Welcome! Please join us and participate in our gathering of Song, Prayer, and Word, regardless of where you may be in your journey of faith. We believe that God invites all of us — regardless of age, ethnicity, religion, political affiliation, immigration status, gender identity or sexual orientation — to share in worship and fellowship and become

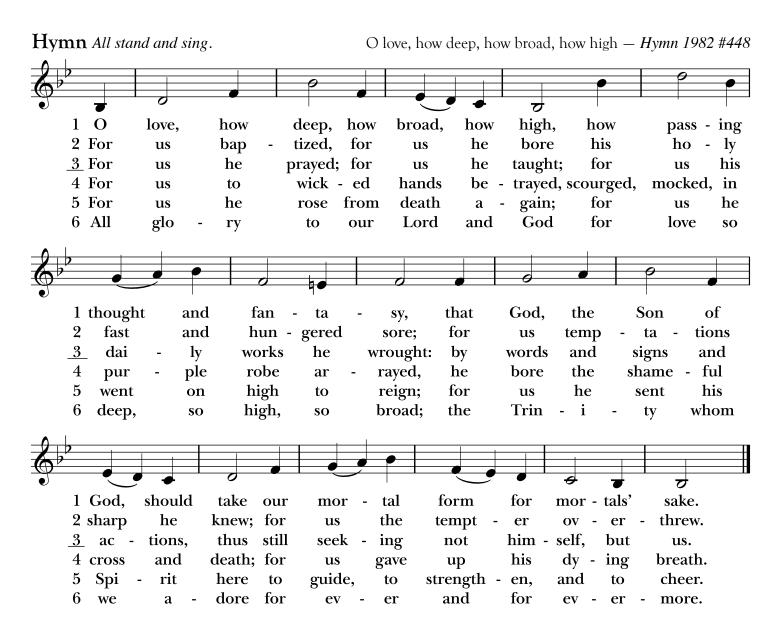
The People of God.

Single gender restrooms are located downstairs.

An ADA all genders bathroom with a changing table is available off of the common room across the lobby.

Prelude

The Word of God



Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949).

Opening Acclamation

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

All And blessed be God's kingdom, now and forever. Amen.



Collect of the Day

Presider God be with you.

All And also with you.

Presider Let us pray.

All

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 Lessons and Gospel

First Reading The congregation may be seated for the readings.

Deuteronomy 18:15-20

Reader A reading from the Book of Deuteronomy.

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.

All Thanks be to God.

Psalm 111

Leader The psalm appointed for today is Psalm 111. Psalter for the Christian People Please join me in reading it responsively by whole verse.

- 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 Full of majesty and splendor is the work of the LORD, whose righteousness endures for ever.
- 4 Gracious and full of compassion is the LORD, whose marvelous works are to be remembered.
- 5 The LORD gives food to the God-fearing, ever mindful of the covenant.
- 6 The LORD has shown the chosen people works of power in giving them the lands of the nations.
- 7 The hands of the LORD work faithfulness and justice; all the commandments of the LORD are sure.
- 8 They stand fast for ever and ever, because they are done in truth and equity.
- 9 The LORD sent redemption to the chosen people, commanding the covenant for ever; holy and awesome is the name of the LORD.
- 10 The fear of the LORD is the beginning of wisdom;

those who act accordingly have a good understanding; the praise of the LORD endures for ever.

Second Reading 1 Corinthians 8:1-13

Reader A reading from Paul's First Letter to the Corinthians.

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 socalled 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, Iesus 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.

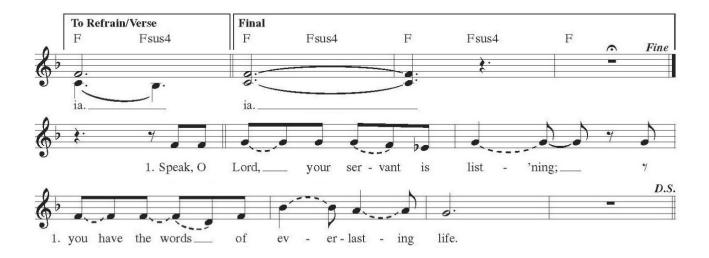
Reader The Word of the Lord.

All Thanks be to God.

Gospel Acclamation All stand and sing.

Alleluia – Mass of St. Mary Magdalene / S. Hart





The Gospel

Mark 1:21-28

Priest The Holy Gospel of Our Savior Jesus Christ according to Mark.

All 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 our Savior.

All Praise to you, Lord Christ.

Sermon The Rev. Lauren S. Lukason

A time of silent reflection follows the sermon.

Profession of Faith Enriching Our Worship

Priest Please stand, in body or in spirit, and join in affirming our faith in the words of the 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, was incarnate of the Holy Spirit and

became truly human. 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, 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.

Prayers of the People The congregation may remain standing or kneel.

Praying the Scriptures

The congregation are invited to add their own prayers during the silences, either aloud or in their hearts. *Intercessor* Siblings, the fear of the Lord is the beginning of wisdom. Let us appeal to the Lord, saying: "You are gracious and full of compassion, O Lord; hear our prayer."

O Lord, you have made the Church a family through the waters of baptism: let us not sin against each other but instead build each other up in love. We pray for churches of the Boston Harbor Deanery: St. John's Church, Charlestown; St. Mark's Church, Dorchester; St. Mary's Church, Dorchester; Epiphany School, Dorchester; The Diocesan Council; our Presiding Bishop, Michael; our bishops, Alan and Carol; and our priest, Lauren. (Silence) You are gracious and full of compassion, O Lord; Hear our prayer.

O Lord, the works of your hands are faithfulness and justice: may the nations of the world be ruled by truth and equity. We pray for all those who govern and hold authority in the nations of the world, especially our president, Joseph, and our vice president, Kamala. Give us a vision of peace. (Silence) You are gracious and full of compassion, O Lord; Hear our prayer.

O Lord, all things are from you and exist for you: give us ears to heed the words spoken on behalf of our planet; and give us the will to be faithful stewards. (Silence) You are gracious and full of compassion, O Lord; Hear our prayer.

O Lord, you sent your son to set us free from the unclean spirits that harass your people: set us free from the violence in our land, especially gun violence. In your compassion, cast out hatred and anger. (Silence) You are gracious and full of compassion, O Lord; Hear our prayer.

O Lord, you know those who love you: show all the sick and suffering your marvelous works. Fill their hearts with songs of praise. We pray especially for those on our parish prayer list: Kimberley Turk, Liz Elliot, Wayne Hartwell, Steve Mros, and Caroline & Erin. Fill their hearts with songs of praise. Who else needs our prayers today? (Silence) You are gracious and full of compassion, O Lord; **Hear our prayer.**

O Lord, you have redeemed your people: remember your covenant and care for your children forever, even beyond death and the grave[, especially _____]. (Silence) You are gracious and full of compassion, O Lord; Hear our prayer.

Priest

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

Confession & Absolution The congregation may stand or kneel.

Priest Let us confess our sins against God and our neighbor.

People Most merciful God, we confess that we have sinned against your in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

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.

The Peace All stand.

Priest The peace of the Lord be always with you.

People And also with you.

Announcements

Offertory Sentence

Priest Through Christ let us continually offer to God the sacrifice of praise, that is, the fruit of lips that acknowledge his Name.

All stand, as able, as the gifts of bread and wine, and money are brought forward.



Words: Charles Kingsley (1819-1875), alt. Music: *The Church's Desolation*, traditional melody; harm. J. T. White (19th cent.); adapt. C. H. Cayce (19th-20th cent.).

The Holy Communion

The Eucharistic Prayer

Book of Common Prayer, Prayer A

Priest God be with you.

People And also with you.

Priest Lift up your hearts.

People We lift them up to God.

Priest Let us give thanks to the Lord our God.

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

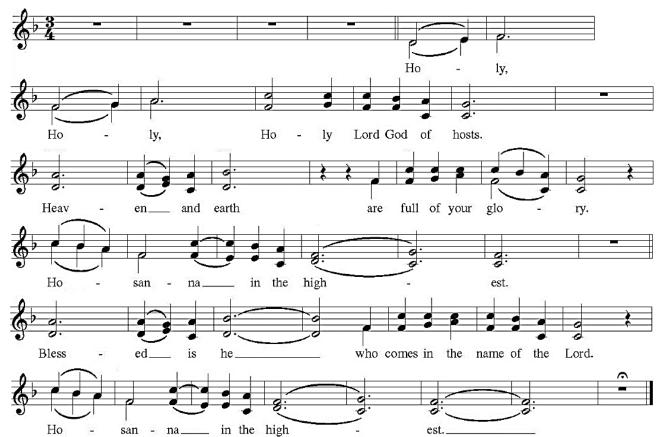
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth.

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

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus

Holy — Mass of St. Mary Magdalene / S. Hart



Holy and gracious God: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 his shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

We celebrate the memorial of our redemption, O God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and forever. **AMEN.**

The Lord's Prayer

Priest As our Savior Christ has taught us, we are bold to say,

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

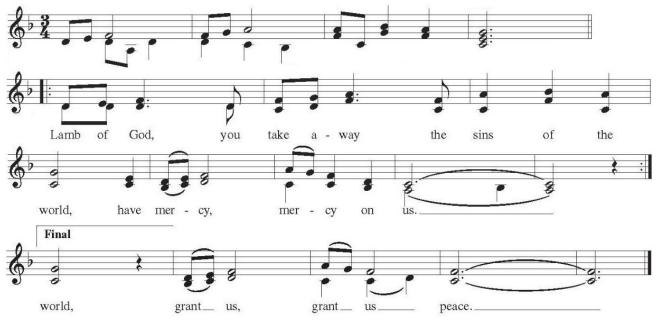
Fraction Sentence

Priest Alleluia. Christ our Passover is sacrificed for us;

All Therefore let us keep the feast. Alleluia.

Fraction Anthem

Lamb of God – Mass of St. Mary Magdalene / S. Hart



Priest The Gifts of God for the People of God. Take them in remembrance that Christ died and lives for you, and feed on him in your hearts by faith, with thanksgiving. This is God's Table, where all who hunger will be fed.

To receive the bread, place one palm on the other and extend your hands toward the priest. Gluten-free wafers are available; please notify the priest when you come forward to receive.

To receive the wine, take a cup from the tray when it is offered to you; used cups may be deposited in the bowls at the ends of the first pew.

If you would prefer to receive a blessing in the name of God instead of Communion, please come forward and cross your arms over your chest to indicate your preference to the priest. If you find it easier to remain in your seat, please let an usher know and the priest will come to you.

If you would prefer to remain in your seat, please notify an usher and the priest will come to you.

Post-communion Prayer All stand or kneel, as able.

Priest Let us pray.

All 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 Christ's 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.

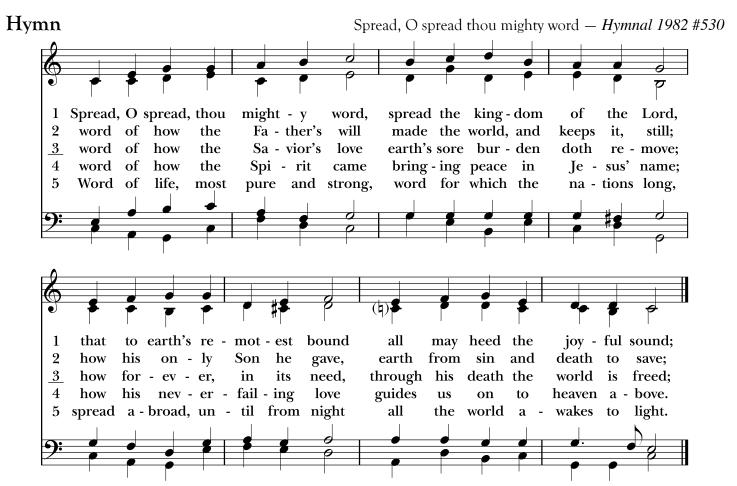
Blessing

Arise Jerusalem and stand on high, and look about toward the east and behold your children, gathered to together from the rising to the setting sun at the word of the Holy One, rejoicing that God has remembered them.

For they went out from you on foot led away by their enemies, but the Lord will bring them back to you riding high in honor as children of the kingdom. Blessed be the name of the Lord, henceforth and forever more.

Baruch

And the blessing of God Almighty, the Creator, the Christ, and the Holy Spirit be upon you and remain with you for ever. **Amen.**



Words: Jonathan Friedrich Bahnmaier (1774-1841); tr. Arthur William Farlander (1898-1952) and Charles Winfred Douglas (1867-1944), alt. St. 4, F. Bland Tucker (1895-1984). Copyright © The Church Pension Fund. Music: *Gott sei Dank*, melody from *Geistreiches Gesangbuch*, 1704; adapt. and harm. William Henry Havergel (1793-1870).

Dismissal

Priest Let us go forth into the world, rejoicing in the word Incarnate.

People Thanks be to God.

Postlude

Join us for Coffee & Conversation!

All are welcome and invited to gather for coffee & conversation following the service.

If you are visiting for the first time, or the first time in a long time,
please introduce yourself; we would love to greet you!

If you can't stay, know that we welcome you in our hearts and hope that we see you again.

Serving Today

LEM & Intercessor Chris Schneider Lector Lisa Cronin Ushers Katie Metcalf & Margaret Whipple Altar Guild Molly Hawthorne & Ellen White Coffee Host St. Mark's Vestry Counters Ginnie Wright & Chris Schneider Director of Music Esther Zabinski Presider The Rev. Lauren Lukason

Coming up at St. Mark's

Sunday	9:00am - Holy Eucharist	Wednesday	11:30am - Bridge Club
(1/28)	& Annual Meeting		7:30pm - Choir Rehearsal
	4:00pm - Soup Jr. (Uncommon Theatre)		
	5:00pm - Improv Soup (Uncom. Theatre)	Thursday	7:30pm - Live & Let Live AA Meeting
	7:30pm - Open AA Meeting		
		Saturday	8:00am - Men's Breakfast
Monday	7:30pm - Prayer Shawl Zoom Meeting		
		Sunday	9:00am - Holy Baptism
Tuesday	6:30pm - Ladies AA Meeting	(2/4)	& Coffee Hour
			7:30pm - Open AA Step Mtg

Food Pantry

Help our neighbors in need keep hunger at bay: Bring one box or can to church on Sunday!

Requested this week: hot chocolate packs, hearty soups and stews. We also have a continuous need for laundry soap to help with our contributions to the OneFamily program, providing families with household goods each month. Thank you for your generosity!

Sunday School Teacher Needed!

We are blessed to have so many little ones in our Parish, eager to learn God's ways and the stories about Jesus. If you would like to help teach these important lessons, please let Shirley Instasi know: (774) 284-3597 or rslinstasi@verizon.net. It would be a blessing to us all for anyone who can help! "Welcoming the Stranger"

Migrant Ministry

As of Sunday, January 28, we are halfway to meeting our goal to raise funds to match the Diocesan grant. Our St Mark's community has been extraordinarily generous in contributing to the support of our new migrant neighbors. The Outreach committee received a matching grant from the diocese. We are now able to double your cash contributions with this grant and with support from our partner parish, Trinity, and the Outreach reserve. Please put "Migrant Ministry" in the memo section of checks. A box for cash contributions can be found on the tables behind the last pew. Online donations are now available on both Breeze and the St. Mark's website: please select "Migrant Fund" from the pull down menu.

St. Mark's Information At Your Fingertips

Want to access St. Mark's information, including member contacts, events, donations, and more? Visit our St. Mark's Breeze page in Breeze at https://stmarksfx.breezechms.com/login

Prayer List

Please keep the people on our prayer list in your thoughts and prayers. Send any updates, deletions, or additional names to the church office. Kimberley Turk, Liz Elliot, Wayne Hartwell, Steve Mros, and Caroline & Erin.

Coming up at Trinity

Sunday	11:00am - Holy Eucharist	Wednesday	7:00pm - AA Meeting
(1/28)	The Rev. JB Ntagengwa, preacher & celebrant		7:00pm - Resource Management
37 1	7:00pm - Boy Scouts		(Zoom)
Monday	7.00pm · Boy ocouts	Friday	10:00am - Bridge (Chapel)
Tuesday	7:00pm - AA Meeting	Tiday	10.00aiii - Bridge (Chapei)
		Sunday	11:00am - Holy Baptism
		(2/4)	& Coffee Hour

Annual Meeting

Our Annual Meeting is schedule for Sunday, February 11, 2024. Please plan on attending. Not only are your voice and vote important, but we need your body to meet our quorum number!

Interested in learning Bridge?

Are you interested in learning the basics of Contract Bridge? Contact Judy Chase at judchase@comcast.net.

COVID Testing

As we start to be more indoors than outdoors again, Covid cases are becoming more frequent. Did you know that the government is offering free tests online again? (https://special.usps.com/testkits) If you know someone who needs help ordering them, let Diane Pelrine know (508-384-8570).

Prayer List

Please keep the people on our prayer list in your thoughts and prayers. Send any updates, deletions, or additional names to the church office. Paul S., Susan & Chip Bolinger, Joe Levesque, Anthony, Tyler, Evan, Jolin Donna McCleskey, Charlie Kendrick, Michael Caliri, Anne Jampel, Elaine Henaghan, Janet Boynton, Pat & Sue, Roland Michaud, Michael Burak Langmead, Christopher Lloyd, George Labonte, Clark Letson, Barbara Sherman, Justin Wheeler, Dolly Casey, Diana Anderson, Dr. Kevin Mischley, Arlene, Jane Robison, Hedley & Sara Marks, Bill Holst, the Tansi Family.

We're glad you joined us today.

If you have questions or other needs, please ask. We're happy to help and hope you find a bit of what you might be seeking today.

Visit our website <u>www.stmarksfx.org</u> or our Facebook page <u>www.facebook.com/stmarksfoxborough</u> to learn more.

Who We Are

St. Mark's is a growing and dynamic parish. Inside our brick walls you'll find a warm and accepting community of faith: a place where longtime members and first-time visitors connect with God, one another, and a call to serve our community and the world.

At St. Mark's, worship and parish life blends our love and respect for ancient and beautiful liturgical traditions with our desire to put faith into action. You'll find spiritual nourishment through Episcopal worship, learning opportunities for all ages, and ever-expanding outreach and justice advocacy ministries.

We actively collaborate with neighborhood organizations. We sustain our vital campus partnerships while creating new initiatives that respond to critical social needs. With imagination, joy, and faithful purpose, we live into our mission, as a people called into community to do God's work.

Pastoral Care

The clergy of St. Mark's expects to be called to the side of our parishioners during times of crisis, sudden illness, or death, any time of the day or night. We will be there to offer prayers, be a spiritual support and, if need be, offer the rites and prayers for the dying. In the case of a pastoral emergency, please call Rev. Lauren, (203) 326-1807.

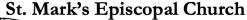
Sometimes the bumps in life's journey do not rise to the level of an emergency, and yet they would be made easier with the care and concern of another. The community of St. Mark's is here to support you in these difficult times — with a phone call, a prayer shawl, a casserole, or a visit — or simply by remembering you in our Sunday prayers. If you have hit a bump or find yourself stuck in one of life's bogs, please be in touch with Rev. Lauren or our Interim Pastoral Care Coordinator Jennifer Oberlander, (508) 269-4913 jennober@msn.com.

Clergy Hours

Available for conversation and meetings: Sunday afternoons, Mondays - Thursdays. Emergency pastoral care, 24/7. Due to the nature of pastoral work and a collaborative call, much of Rev. Lauren's time is spent outside of the office. If you would like to set up a time to meet or speak, please contact Rev. Lauren by phone (203-326-1807) or email (priest@stmarksfx.org).

Office Hours

Mondays 9:30am - 1:00pm; Wednesdays 9:30am - 1:00pm; Thursdays 1:00pm - 3:00pm



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508-384-3958 | trinitywrentham.org