

# Third Sunday after Epiphany



January 21, 2024

*St. Mark's and St. John's Episcopal Church*

# **Welcome to St. Mark's and St. John's!**

Name tags are available. We'd love to make one for you if you do not have one already.

Help yourself to coffee in the "cafe," and feel free to bring it to your pew. We're casual.

We invite children to make themselves at home at our children's table, where there are weekly activity bulletins and crayons.

Our live YouTube broadcast begins at 9:15 am. The link to our YouTube channel is available on our website, [stmarksandstjohns.org](http://stmarksandstjohns.org).

# PRELUDE

## OPENING MUSIC

## "Will You Come and Follow Me?"



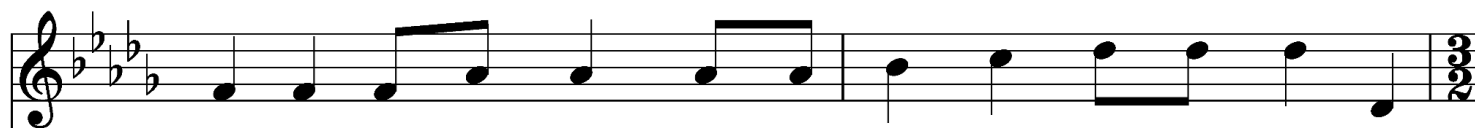
1. Will you come and fol - low me if
2. Will you leave your self be - hind if
3. Will you let the blind - ed see if



I but call your name? Will you go where you don't know and  
I but call your name? Will you care for cruel and kind and  
I but call your name? Will you set the pris - 'ner free and



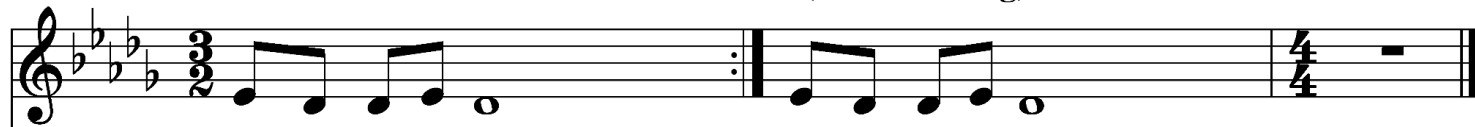
nev - er be the same? Will you let my love be shown? Will you  
nev - er be the same? Will you risk the hos - tile stare should your  
nev - er be the same? Will you kiss the lep - er clean, and do



let my Name be known? Will you let my life be grown in  
life at - tract or scare? Will you let me an - swer prayer in  
such as this un - seen? And ad - mit to what I mean in

1. 2. 3. 4.

5. (Final Ending)



you and you in me?  
you and you in me?  
you and you in me?

5. you and you in me.

## OPENING ACCLAMATION

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

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

## THE COLLECT FOR PURITY

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 COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## FIRST LESSON

Jonah 3:1-5, 10

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a

day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

*Lector:* Hear what the Spirit is saying

*People:* **Thanks be to God.**

### PSALM 62:6-14

For God alone my soul in silence waits; \*  
truly, my hope is in him.

**He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.**

In God is my safety and my honor; \*  
God is my strong rock and my refuge.

**Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.**

Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.

**On the scales they are lighter than a breath, \*  
all of them together.**

Put no trust in extortion;  
in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.

**God has spoken once, twice have I heard it, \***  
**that power belongs to God.**

Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

## SECOND LESSON

1 Corinthians 7:29-31

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

*Lector:* Hear what the Spirit is saying

*People:* **Thanks be to God.**

## EPIPHANY HYMN

“Arise, Your Light Has Come”



1. A - rise, your light is come! The Spir - it's call o - bey;  
2. A - rise, your light is come! Fling wide the pris - on door;

show forth the glo - ry of your God, which shines on you to - day.  
pro - claim the cap - tive's lib - er - ty, good tid - ings to the poor.

## GOSPEL

Mark 1:14-20

The Holy Gospel of our Lord Jesus Christ according to Mark.  
**Glory to you, Lord Christ.**

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea — for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

The Gospel of the Lord  
**Praise to you, Lord Christ**

AFFIRMATION OF FAITH

We believe in God above us,  
Creator of all things, sustainer of all life.

We believe in Christ beside us,  
companion and friend,

Redeemer of all the broken pieces of our universe.

We believe in Spirit deep within us,  
Advocate and guide, who lives with us eternally.

We believe in God's resurrection created world  
where all things are fixed,  
and all creation fits together in vibrant harmonies.

We believe in God above, beside, within,  
God yesterday, today and forever, the three in one,  
the one in three. Amen.

SPECIAL MUSIC FOR PRAYER AND MEDITATION *Please be seated*

*You're invited to light a candle at our prayer table and write your prayer intentions on one of the Prayer Boards during the music.*

PRAYERS OF THE PEOPLE

*Please stand*

Rejoicing in the good news of Christ's birth and dwelling in hope,  
let us pray for the church, those in need, and all creation.



*A brief silence.*

Merciful God, make your presence known throughout your church in all its different forms. Guide preachers and teachers to proclaim the work you do in this and every place.

God of light.

**Hear our prayer.**

You created the earth and all it contains. Help the earth rest and we with it during these winter months. Inspire us to dream your dreams for the E.D.E.N. Gardens and provide us with people and resources to make your dreams come to pass.

God of light.

**Hear our prayer.**

You heal what is broken and make all things new. Grant peace in war-torn nations that diplomatic wisdom and good will be with all leaders to end the torment of violence, so that all children may live in safety and security.

God of light.

**Hear our prayer.**

You call us as your children and comfort us in our afflictions. Bring patience to the distressed, compassion to the grieving, and relief to the suffering. We pray especially today for...

God of light.

**Hear our prayer.**

You give us examples of Christ-like living through the witness of the faithful departed. As your beloved called on the name of Jesus throughout their lives, inspire us to call upon him in joy and in need.

God of light.

**Hear our prayer.**

*Celebrant:* Rejoicing in your glory revealed to the world, we offer these and all our prayers to you, O God of our salvation, through Christ our light. **Amen.**

## CONFESSION OF SIN

Let us confess our sins against God and our neighbor.

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

*Celebrant:* Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

## THE PEACE

The peace of the Lord be with you always.  
**And also with you.**

## GATHERING AROUND GOD'S TABLE

*Celebrant:* Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

*Eucharistic Ministers bring the Communion elements and Offering to the altar.*

### MUSIC

### "Wayfaring Stranger"

1. I'm just a poor way-far-ing stran-ger,- I'm trav'-ling through this world be -  
2. I know dark clouds will gath-er o'er me,- I know my path - way's rough and

1. low; There is no sick - ness, toil, nor dan-ger, In that bright  
2. steep; But gold-en fields lie out be - fore me, Where wea - ry

1. world to which I go. I'm go - ing there to see my  
2. eyes no more shall weep. I'm go - ing there to see my

1. fa - ther, I'm go - ing there no more to roam;  
2. mo-ther, She said she'd meet me when I come; I'm just a

go - ing o-ver Jor - dan, I'm just a go - ing o-ver home.

## HOLY EUCHARIST

The Lord is here.

**God's Spirit is with us.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to offer thanks and praise.**



It is right to glorify you  
and to give you thanks, our holy and living God;  
you dwell in light inaccessible  
from before time and forever.

Fountain of life and source of all goodness,  
you made all things and fill them with your blessing;  
you created them to rejoice  
in the splendor of your radiance.

Now we praise you with the faithful of every time and place,  
and give voice to every creature,  
as we join in the eternal hymn:

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the One who comes in the name of the Lord.**

**Hosanna in the highest.**

You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might become stewards of all creation.

Again and again, you called us into covenant with you, and through the prophets, you taught us to hope for salvation.

You loved the world so much that in the fullness of time you sent your only begotten one to be our Savior. Incarnate by the Holy Spirit, born of your servant Mary, Jesus lived as one of us. To the poor Christ proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy.

The night before he died, your Son, Jesus Christ, took bread; when he had given you thanks, he broke it, gave it to his disciples, and said:

**Take, eat, this is my body which is given for you;  
do this to remember me.**

After supper he took the cup; when he had given you thanks, he gave it to them and said:

**This cup is the new covenant in my blood poured out for you;  
do this as often as you drink it to remember me.**

From the gifts, you have given us we offer you this bread and this cup, and proclaim the mystery of our faith,

**Christ has died,**

**Christ is risen,**

**Christ will come in glory.**

Therefore, loving God, recalling now Christ's life, death and resurrection, we ask you to accept this our sacrifice of praise.

Send your Holy Spirit upon us and our celebration, that we may be fed with the body and blood of your Son and be filled with your life and goodness. Strengthen us to do your work, and to be your body in the world.

**Through Jesus Christ our Lord, with whom, and in whom, in the unity of the Holy Spirit, all honor and glory be to you, Lord of all ages, world without end. Amen.**

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

**Our Father in heaven, hallowed be your Name,  
your kingdom come, your will be done,  
on earth as it is 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 forever. Amen.**

### **THE BREAKING OF THE BREAD**

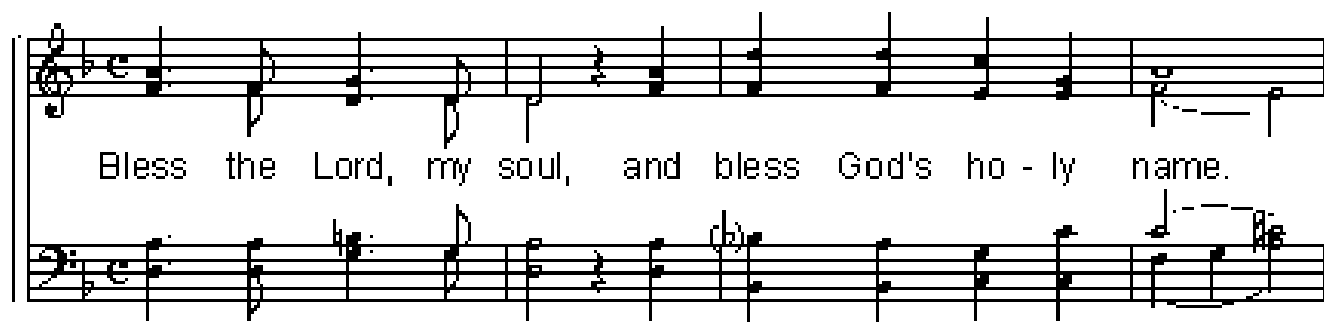
We break this bread to share in the Body of Christ.

**We who are many are one body, for we share in this one bread.**

## FRACTURE ANTHEM

## "Bless the Lord My Soul"

*Music by Jacques Berthier, Lyrics from Psalm 103*



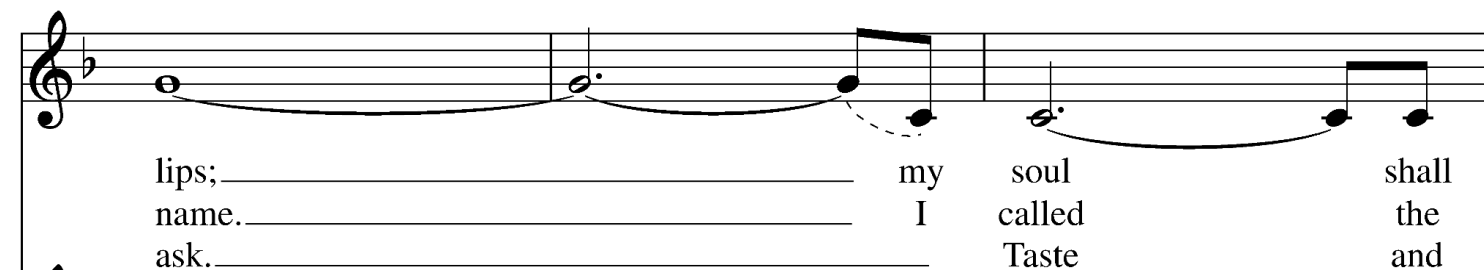
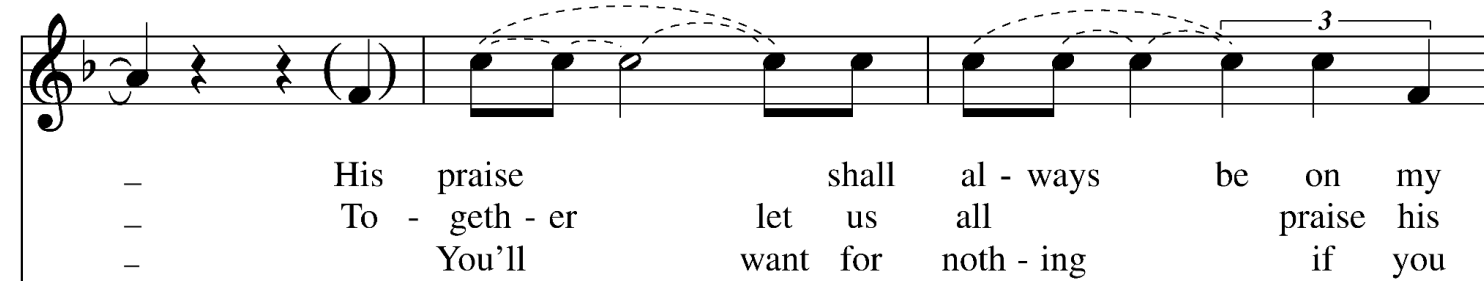
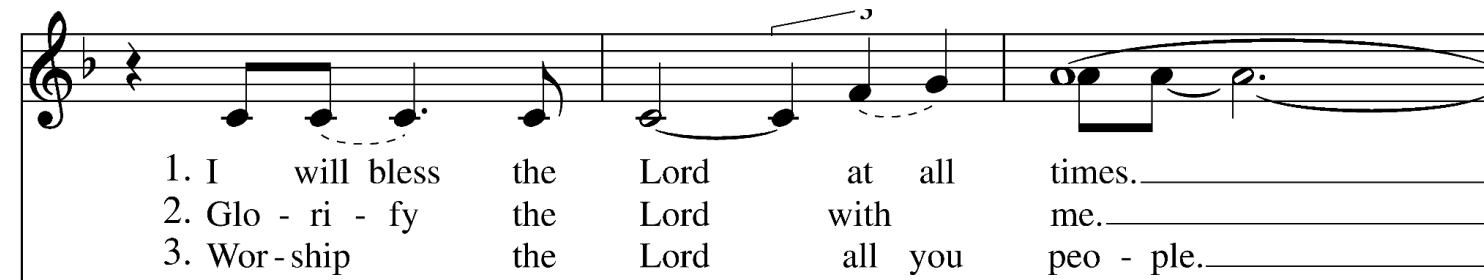
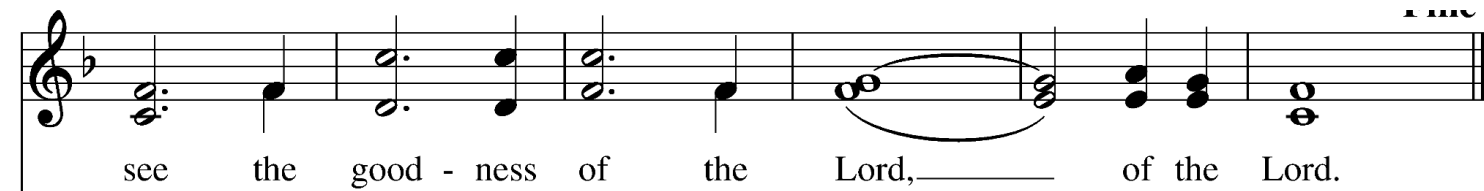
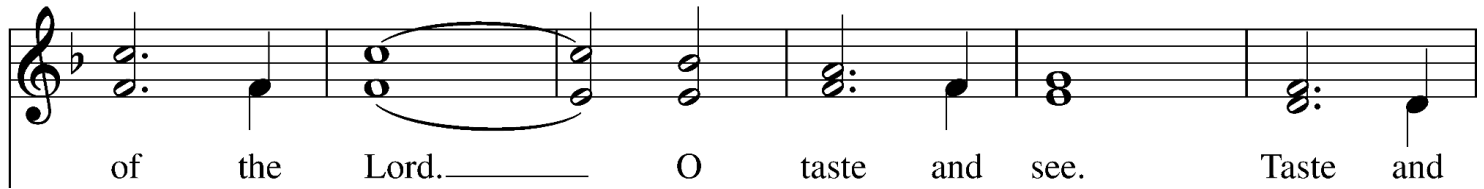
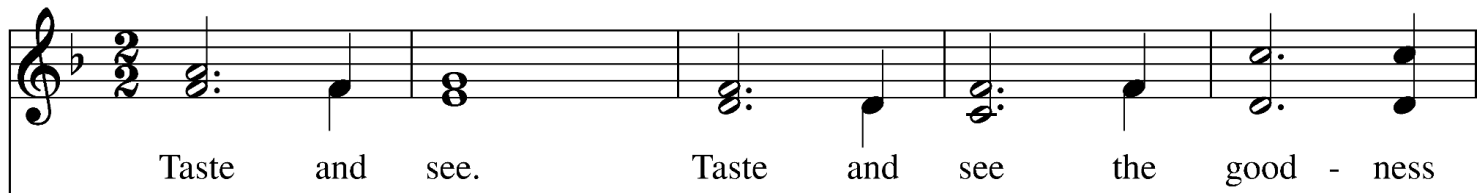
## WELCOME TO THE TABLE

*ALL are welcome to receive communion.*

*Please be seated. Our Eucharistic Ministers will come to you. As they approach, please stand if you are able. Gluten-free wafers and grape juice are available. If you would like to receive a blessing instead of communion, simply cross your arms in front of you.*

# COMMUNION MUSIC

## "Taste and See"





glo - ry in the Lord; \_\_\_\_\_ for  
 Lord and he an - swered me; \_\_\_\_\_ from  
 see that God is good; \_\_\_\_\_ in

he has been so good to me. \_\_\_\_\_  
 all my trou - bles he set me free. \_\_\_\_\_  
 him we need put all our trust. \_\_\_\_\_

**D.C.**

## POST COMMUNION PRAYER

**We thank you, O God,  
that you have fed us at your banqueting table  
with bread and wine beyond compare,  
the very life of Christ for us.  
Send your Spirit with us now,  
that we may set the captive free,  
use your gifts to build one another up,  
and in everything reflect your glory  
revealed in Jesus Christ, our Savior and Lord.  
Amen.**

"THE BLESSING" (Aotearoa)

adapted for SMSJ liturgy - original music and words by  
Chris Brown, Cody Carnes, Kari Jobe, Steven Furtick

The Lord bless you and keep you,  
make Her face shine upon you and be gracious to you.  
The Lord turn Her face toward you and give you peace. (2x)

Amen, amen, amen.

Amen, amen, amen.

May Her favor be upon you and a thousand generations  
And your family and your children and their children,  
and their children. (2x)

Amen, amen, amen.

Amen, amen, amen.

DISMISSAL

Alleluia, Alleluia. Go in peace and share the story of Jesus.  
**Thanks be to God. Alleluia, alleluia!**

## **SMSJ WEEKLY CALENDAR (1/22/24-1/28/24)**

*The church office is open Tuesday-Friday, 9 am-4 pm*

### **Tuesday**

Afternoon      Seed Sowers & Storytellers

### **Wednesday**

10:30-12 pm      Food Shelf Distribution  
*Help Needed! Sign up online at  
[stmarksandstjohns.org/Volunteer](http://stmarksandstjohns.org/Volunteer)*

### **Thursday**

10:15 am      Foodlink Monitoring Visit  
Afternoon      Seed Sowers & Storytellers

### **Saturday**

Morning      Nazareth University Day of Service

### **Sunday**

8:15 am      Handbell Rehearsal  
9:15 am      Worship w/Eucharist (Rev'd Gary Schindler)

## ANNOUNCEMENTS

Our **Annual Meeting** will take place TODAY following Worship. Please make it a priority to attend to vote on Vestry elections, hear important congregational updates, and have a Q&A with SMSJ Staff and Vestry Wardens.

**The Diocese announces three Candidates for the ninth Bishop of Rochester**

You can find pictures, bios and the election timeline by going to:

<https://www.thedioceseofrochesterbishopsearch.org/>. There will be an opportunity to meet and greet the candidates at St. Luke's and St. Cyrine's on January 23 at 6 pm. Sign ups are required ahead of time.

**Pastor Cindy will be extending her leave with some Sabbatical time**

**through the end of February.** Maria will continue to fill in during her absence. We are grateful for Rev'd Julie Cicora and Rev'd Gary Schindler for helping to cover Sunday morning Eucharist services.

Interested in serving as a **Food Shelf Volunteer** in 2024? We need your help!

You can sign up for a Wednesday distribution shift online at [stmarksandstjohns.org/volunteer](http://stmarksandstjohns.org/volunteer).

**Monthly Handbell Ensemble** will resume on Sunday, January 28! We rehearse at 8:15 am - come and join us to make some music!

**Save the Date!** We will be hosting a Valentine's Day Wine and Dessert fundraiser on Friday, February 9th at 6:30 pm. Come enjoy local wine paired with delicious homemade desserts. Tickets will be on sale for \$30 and available for purchase beginning 1/15 at [bit.ly/SMSJWine2024](http://bit.ly/SMSJWine2024)

Our monthly **Connections Group** is an opportunity to grow and learn together after worship. Join us in the board room the first Sunday of every month to dive deeper into that day's scriptures and more!

## January Birthdays & Anniversaries

*Are we missing your information? Send us an email at [admin@stmarksandstjohns.org](mailto:admin@stmarksandstjohns.org) so we can add it and celebrate your special day with you!*

Birthdays	Anniversaries
Julie C. - 1/29	<i>Celebrating an anniversary in January? Let us know so we can celebrate you!</i>

## Worship Leaders January-March

Date	First Lesson and Psalm	Second Lesson	Prayers of the People & Greeter
1/21	Joe C.	Michele H.	Tom F.
1/28	Theresa H.	Steve F.	Sharon K.
2/4	Mike F.	Heather G.	Terri C.
2/11	Deb S.	Joe C.	Michele H.
2/18	Tom F.	Theresa H.	Nancy W.
2/25	Sharon K.	Mike F.	Mary E.
3/3	Michele H.	Deb S.	Heather G.
3/10	Terri C.	Mary E.	Joe C.
3/17	Steve F.	Tom F.	Theresa H.
3/24	Dave E.	Sharon K.	Mike F.

## Worship Leaders January-March

Date	Hold Cup Tray	Give Single Cup	Collect Cups
1/21	Deb S.	Terri C.	Heather G.
1/28	Bob C.	Dave E.	Mary E.
2/4	Mary E.	Mike F.	Sharon K.
2/11	Theresa H.	Tom F.	Michele H.
2/18	Joe C.	Deb S.	Terri C.
2/25	Heather G.	Bob C.	Dave E.
3/3	Dave E.	Mary E.	Mike F.
3/10	Sharon K.	Theresa H.	Tom F.
3/17	Michele H.	Joe C.	Deb S.
3/24	Terri C.	Heather G.	Bob C.



**St. Mark's & St. John's Staff**

**Rector: *The Rev'd Cynthia Rasmussen***

[crasmussen@stmarksandstjohns.org](mailto:crasmussen@stmarksandstjohns.org)

**Operations and Missions Director: *Maria Hartz***

[mhartz@stmarksandstjohns.org](mailto:mhartz@stmarksandstjohns.org)

**Musician: *Andy Lacey***

**Audio and Video Producer: *Robert Thornton***

**Deacon Emeritus: *The Rev'd Mike Finn***

[wetlandnomad88@gmail.com](mailto:wetlandnomad88@gmail.com)

**St. Mark's & St. John's Vestry**

Co-Wardens: Michele Holmes & Walt Snyder

Vestry Members: Bob Caruso (Clerk), Samantha Glarner, Ella Gruel, Theresa Harte, Sharon Kowalski, Nancy Ramsay, and Ginnie Schindler

Diocesan Delegates: Nancy Willer, Ella Gruel, and Deb Snyder

Alternate Diocesan Delegate: Terri Censak

**Beechwood Neighborhood Coalition Representative**

Terri Censak