

# Fourth Sunday after the Epiphany



February 1, 2026

9:30 a.m.

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

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

We love that you have decided to spend some of your Sunday morning with us.

Help us get to know you better. Name tags are available. We'd like to make one for you if you'd like us to.

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

Children are invited to make themselves at home at our children's table. There are new activity bulletins every week 😊

Our live YouTube broadcast begins at 9:30 am. The YouTube link is available on our website, [stmarksandstjohns.org](http://stmarksandstjohns.org). **Subscribe** and **Like** our channel.

We appreciate your financial generosity to support our mission and ministry. We do not pass an offering plate during service, but you can find one at the entrance of the church or we welcome contributions online at [stmarksandstjohns.org/give](http://stmarksandstjohns.org/give).

## Prelude

Blessed be the one, holy, and living God.

*Please stand*

**Glory to God for ever and ever.**

## ENTRANCE HYMN

“For All the Saints”

1982 Hymnal, 287

For all the saints, who from their labors rest, who  
O blest communion, fellowship divine!

thee by faith before the world confessed, thy  
We feebly strug - gle, they in glo - ry shine; yet

Name, O Je - sus, be for ev - er blessed.  
all are one in thee, for all are thine.

Al - le - lu - ia, al - le - lu - ia!

## 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

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.**

## PROCLAMATION OF THE WORD

### FIRST LESSON

Micah 6:1-8

*A reading from the Book of Micah, the sixth chapter...*

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. “O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord.”

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Lector: Hear what the Spirit is saying to God's people.

People: **Thanks be to God.**

## PSALM 15

Lord, who may dwell in your tabernacle?  
    who may abide upon your holy hill?

**Whoever leads a blameless life and does what is right,  
    who speaks the truth from his heart.**

There is no guile upon his tongue;  
    he does no evil to his friend;  
    he does not heap contempt upon his neighbor.

**In his sight the wicked is rejected,  
    but he honors those who fear the Lord.**

He has sworn to do no wrong  
    and does not take back his word.

**He does not give his money in hope of gain,  
nor does he take a bribe against the innocent.**

Whoever does these things  
shall never be overthrown.

## SECOND LESSON

1 Corinthians 1:18-31

*A reading from Paul's first letter to the Corinthians...*

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God

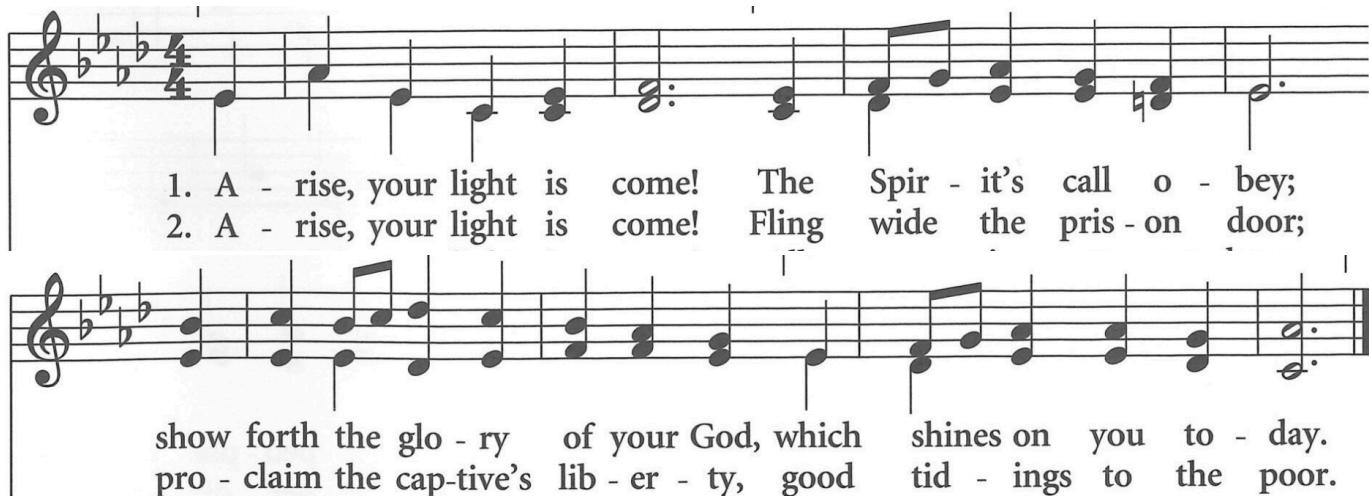
chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

**Lector:** Hear what the Spirit is saying to God's people.

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

SEQUENCE 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

Matthew 5:1-12

The Holy Gospel of our Lord Jesus Christ, according to Matthew.

**Glory to you, Lord Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven. “Blessed are those who mourn, for they will be comforted. “Blessed are the meek, for they will inherit the earth. “Blessed are those who hunger and thirst for righteousness, for they will be filled. “Blessed are the merciful, for they will receive mercy. “Blessed are the pure in heart, for they will see God. “Blessed are the peacemakers, for they will be called children of God. “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

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

SERMON

The Rev'd Cindy Rasmussen

PRAYER INTENTIONS AND MEDITATION

*Please be seated*

*In this season of Light, we invite you to come and share prayer intentions that are close to your heart. Write your intentions on the prayer boards, light a candle for healing, and let its glow join the prayers of this community as you place it in the sand.*

## PRAYERS OF THE PEOPLE

God of light and life our prayers rise before you this day in hope and faith.

God of radiant light, 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 mercy.

**Hear our prayer.**

Ember of steadfast care, fuel our passion to challenge injustice, and violence and to pursue peace and reconciliation. We pray for the land on which we stand, the peoples, creatures, plant life and waters around us...

God of mercy.

**Hear our prayer.**

Flame of abundant love, 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 mercy.

**Hear our prayer.**

We commend to your mercy all who have died, praying that they may rest in the radiance of your eternal light. May your perfect will for them be fulfilled, and grant us, with all your saints, a share in life everlasting.

God of mercy.

**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.**

### THE PEACE

The peace of the Lord be with you always.

**And also with you.**

Let us offer a sign of God's peace to one another.

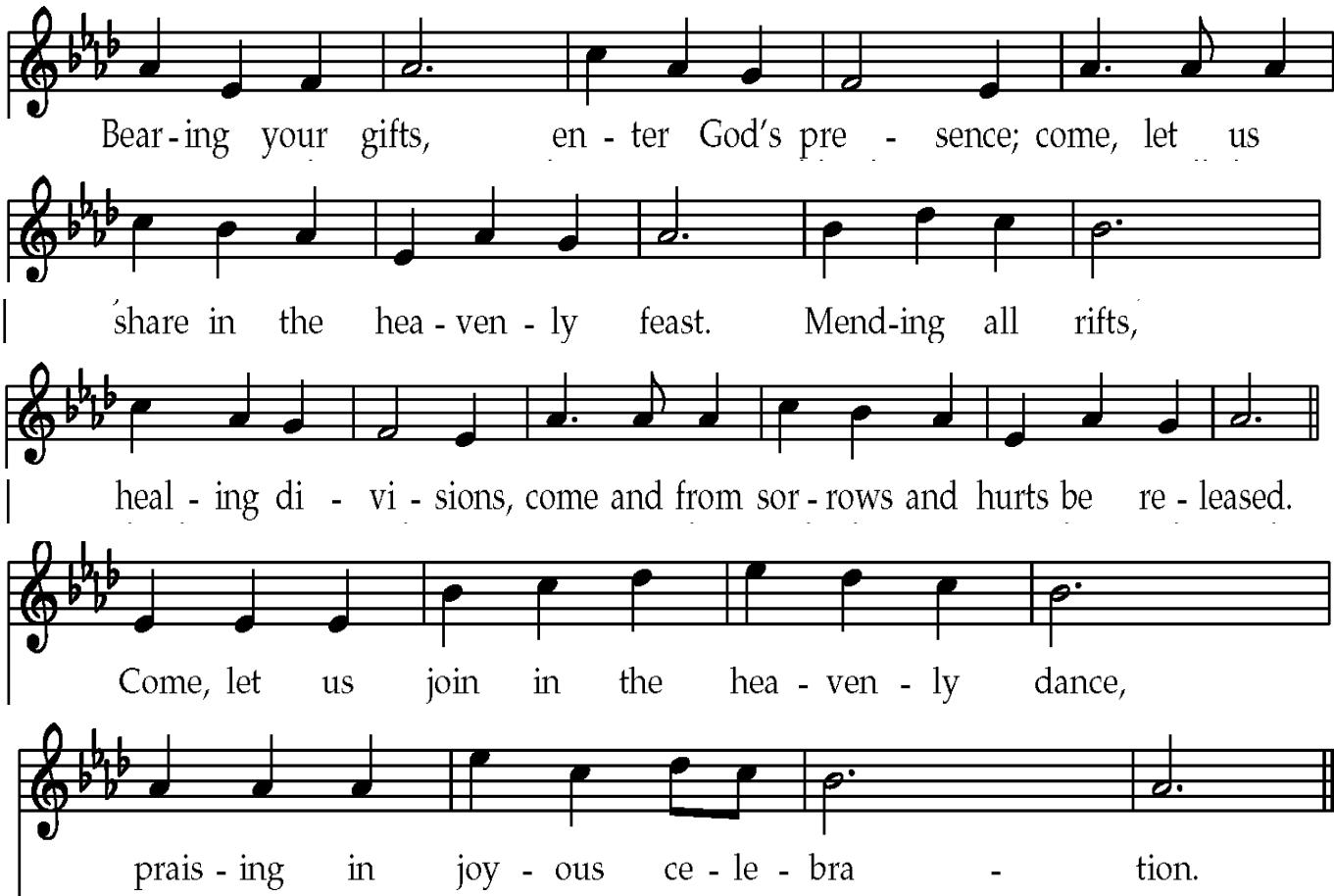
*After the Passing of the Peace*

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

### OFFERTORY

**“Bearing Your Gifts”**

*Eucharistic Ministers gather to process with Communion elements and Offering.*



The musical notation consists of five staves of music in G clef, 2/4 time, and a key signature of one flat. The lyrics are integrated into the music, with vertical lines connecting the text to the corresponding musical notes.

Bear-ing your gifts, en - ter God's pre - sence; come, let us  
share in the hea - ven - ly feast. Mend-ing all rifts,  
heal - ing di - vi - sions, come and from sor - rows and hurts be re - leased.  
Come, let us join in the hea - ven - ly dance,  
prais - ing in joy - ous ce - le - bra - tion.

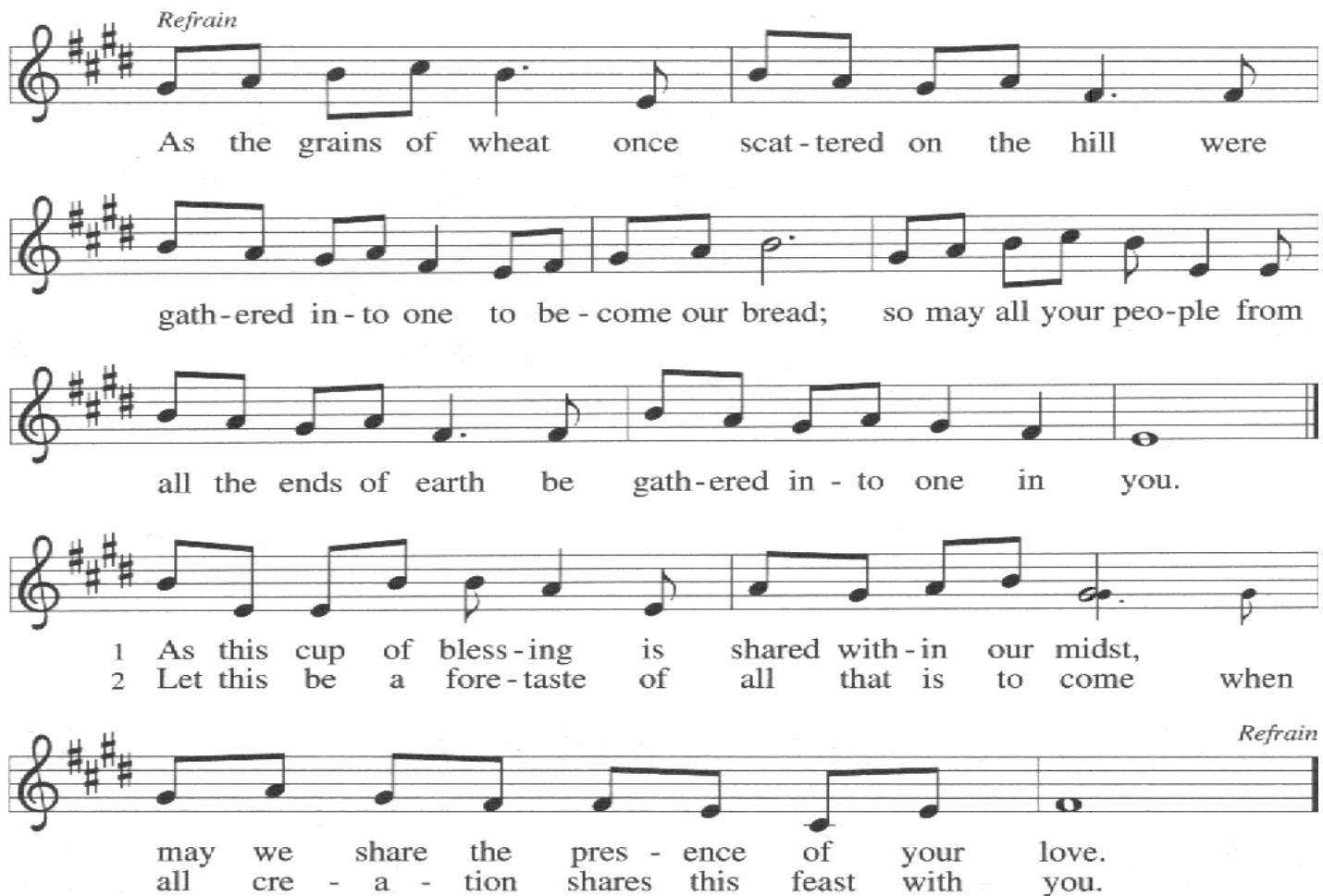
Eucharistic Ministers come forward with the elements and Offering.

## PRESENTATION HYMN

## "As the Grains of Wheat"

WOV 465

*Refrain*



As the grains of wheat once scattered on the hill were gathered in - to one to be - come our bread; so may all your peo- ple from all the ends of earth be gathered in - to one in you.

1 As this cup of bless - ing is shared with - in our midst,  
2 Let this be a fore - taste of all that is to come when  
may we share the pres - ence of feast with your love.  
all cre - a - tion shares this with you.

*Refrain*

## HOLY EUCHARIST

God 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 sing this eternal hymn:

Ho - ly, ho - ly

ho - ly Lord God of hosts.

Heav - en and earth are filled with your glo - ry.

ry. Ho - san - na in the high - est.

Bless - ed is the One who comes in the name \_

of the Lord, of the Lord.

Ho - san - na in the high - est.

est, ho - san - na in the high - est.

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. Incarnated 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 refugees, 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 again.**

Therefore, loving God, recalling 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.**

**All are invited to come to the table.**

Gluten-free wafers and grape juice are available.

If you would like to receive a blessing just let us know.

## COMMUNION MUSIC

Choir Selection

## POST COMMUNION PRAYER

**Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. 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.  
Amen, amen, amen; Amen, amen, amen. (2x)

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.

## FINAL BLESSING

## ANNOUNCEMENTS

If you have announcements that you would like to have in next week's bulletin please email Pastor Cindy by 5PM on Tuesday evening. [crasmussen@stmarksandstjohns.org](mailto:crasmussen@stmarksandstjohns.org)

## RECESSSIONAL HYMN

## “Go, My Children, with My Blessing”

1 “Go, my chil - dren, with my bless-ing, nev - er a - lone.  
2 “Go, my chil - dren, sins for - giv - en, at peace and pure.

Wak - ing, sleep - ing, I am with you, you are my own.  
Here you learned how much I love you, what I can cure.

In my love's bap - tis - mal riv - er I have made you mine for - ev - er.  
Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.

Go, my chil - dren, with my bless-ing, you are my own.”  
Go, my chil - dren, sins for - giv - en, at peace and pure.”

## DISMISSAL

Alleluia, Alleluia. Go forth in the light of Christ.

**Thanks be to God. Alleluia, Alleluia.**

## Worship Leader Schedule

### Lectors

Date	First Lesson & Psalm	Second Lesson	Greeter & Prayers of the People
2/1	Terri C.	Bonnie H.	Bob C.
2/8	Dave E.	Heather G.	Mary E.
2/15	Theresa H.	Tom F.	Sharon K.
2/22	Nancy R.	Nancy W.	Bonnie H.

### Eucharistic Ministers

Date	Common Cup	Single Cup Tray	Collect Cups
2/1	Nancy W.	Mary E.	Sharon K.
2/8	Michele H.	Nancy R.	Mary Ellen F.
2/15	Terri C.	Sharon K.	Tom F.
2/22	Dave E.	Mary Ellen F.	Steve F.

## January Birthdays & Anniversaries

Are we missing your information? Let us know so we can add it and celebrate!

Birthdays	Anniversaries
Michael K. - February 3	
Bonnie H. - February 12	

## ANNOUNCEMENTS

**Food Shelf** - If you can lend a hand on Wednesday mornings - sign up online at [stmarksandstjohns.org/volunteer](http://stmarksandstjohns.org/volunteer). **The next Foodlink delivery will be Tuesday, February 10th.**

**Memorial Service - Friday, February 13th** there will be Calling Hours 10-11:45 AM for Lindsay Nicole Jones (Granddaughter of Les and Bea Hultman, longtime members). The Memorial Service will follow at 12 (noon). If you are able to help with the service as an acolyte, usher and/or reader please let Pastor Cindy know.

**Shrove Tuesday Pancake Supper** - February 17th beginning at 6pm. A Sign-up sheet for shopping and cooking is near the entrance.

**Ash Wednesday Services** - February 18th - Noonday Prayer (12:10 pm) and Eucharist (5:30 pm) with Imposition of Ashes.

**Online Lenten Morning Prayer** - Tuesdays and Thursdays at 9 am throughout Lent. The first service will be held on February 24th and the link for the service will be on the website.

# SMSJ Weekly Calendar

January 19 - 25

Monday, 2/2	
Tuesday, 2/3	1:00 pm - Food Shelf Bagging  3:00-6:00 pm - Seed Sowers & Story Tellers
Wednesday, 2/4	10:30 am-12 pm - Food Shelf  3:00-6:00 pm - Seed Sowers & Story Tellers
Thursday, 2/5	3:00-6:00 pm - Seed Sowers & Story Tellers
Friday, 2/6	9:30 am - Staff Meeting
Saturday, 2/7	
Sunday, 2/8	9:30 am - <b>Worship with Eucharist</b> (Pastor Cindy, Presiding and Preaching)

## Mark your calendar

February	March	April
<b>17 - Shrove Tuesday</b> Pancake Supper (6 pm)	<b>Morning Prayer</b> (9 am, Tues & Thurs. during Lent)	<b>2 - Maundy Thursday</b> (6 pm)
<b>18 - Ash Wednesday</b> Noonday Prayer (12:10 pm) Eucharist (5:30 pm)	<b>29 - Palm Sunday</b> Worship with Eucharist (9:30 am)	<b>3 - Good Friday</b> (12:10 pm) <b>4 - Holy Saturday</b> (10 am)
<b>24 &amp; 26 -Morning Prayer</b> (9 am, Tues & Thurs. during Lent - online)		<b>5 - Easter Sunday</b> Pancake Breakfast (8:30 am) New Fire & Worship (9:45 am)



## This Week in Church History

This week, on **February 6th**, we remember *The Martyrs of Japan* (1597). The **Martyrs of Japan** refers to a group of 26 individuals executed on February 5, 1597, in Nagasaki under the orders of Toyotomi Hideyoshi. This group—composed of six European Franciscan missionaries, three Japanese Jesuits, and seventeen Japanese laypeople, including three young boys—was arrested during a period of rising hostility toward Western influence and Christianity. To serve as a deterrent, they were marched 600 miles from Kyoto to Nagasaki, where they were bound to crosses on a hill and pierced with spears.

Their significance lies in their witness to the universality of the Gospel and the "indigenization" of faith. While they were Roman Catholics, the Episcopal Church commemorates them on February 5 in its liturgical calendar (*Lesser Feasts and Fasts*). They represent the first major wave of Japanese Christians to take ownership of their faith unto death, demonstrating that Christianity was not merely a "Western import" but a lived reality in Japan.

For Episcopalians, their martyrdom serves as a reminder of the cost of discipleship and the importance of interfaith and cross-cultural solidarity. They are honored as pioneers of the "Cloud of Witnesses" in the East, symbolizing the resilience of the Japanese Church, which survived centuries of underground practice as "Kakure Kirishitan" (Hidden Christians) following this execution.

## **The Doctrine of Discovery - 1597**

In 1597, the relationship between Christianity and the transatlantic slave trade was defined by a devastating theological "split-tongue." While the Church preached universal salvation, it simultaneously provided the moral and legal scaffolding for chattel slavery. Under the Doctrine of Discovery and various papal bulls like *Dum Diversas* (1452), the Portuguese and Spanish Crowns were granted divine mandate to "reduce to perpetual slavery" any non-Christian peoples encountered in Africa and the Americas.

By 1597, the trade was becoming an institutionalized practice of the empire. Enslaved Africans were often forcibly baptized in mass ceremonies at ports like Luanda before being loaded onto ships. This baptism was not treated as a gateway to liberation, but as a "cleansing" of the soul that somehow justified the lifelong bondage of the body. Clergy members were often direct stakeholders, with some religious orders owning plantations in Brazil that were fueled by enslaved labor to fund missions.

This period represents a profound betrayal of the Gospel; the "Cross" was used to justify the "Chain." In this worldview, the spiritual equality of the "city of God" was intentionally severed from the racial hierarchies of the "city of man," creating a precedent for centuries of systemic oppression.

What you can do: Minnesota Bishop Craig Loya has asked for help to support Minnesotans on the ground.

1. We invite everyone to call your senators and demand that they vote NO on funding ICE this week.

 You can send a message using this link from

the episcopal government relations office:

<https://www.episcopalchurch.org/.../office.../action-alerts/>

 You can call all senators and leave a message demanding an end to funding ICE. Here is a list of all NY State Senators and their phone numbers:

<https://www.nyc.gov/.../resources/electedOfficials.shtml>

2. Casa Maria is a local organization providing food and supplies to Minnesotans on the ground, where a beautiful network of neighbors caring for one another is in full swing. Please donate what you can here to sustain their support for one another.

 Donate here: <https://givebutter.com/casa-maria>



# St. Mark's & St. John's Leadership

## Rector

The Rev'd Cindy Rasmussen, Ph.D.  
[crasmussen@stmarksandstjohns.org](mailto:crasmussen@stmarksandstjohns.org)

## Associate Priest

The Rev'd Maria Hartz-Clineburg  
[mhartz@stmarksandstjohns.org](mailto:mhartz@stmarksandstjohns.org)

## Deacon

The Rev'd Patti Blaine, M.A., BCC  
[pblaine@stmarksandstjohns.org](mailto:pblaine@stmarksandstjohns.org)

## AV Producer

Rob Thornton

## Musician

Amelia Yousey

## Deacon Emeritus

The Rev'd Mike Finn

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

### Members

Bob Caruso (Clerk)  
Terri Censak ('29)  
Dave Everson ('28)  
Heather Gilfoy ('27)  
Michele Holmes ('28)  
Deb Snyder ('29)  
Nancy Willer ('27)

### Co-Wardens

Nancy Ramsay ('27)  
Sharon Kowalski ('28)

### Treasurer

Michele Holmes

### Diocesan Delegates

Bonnie Hallman-Dye ('28)  
Nancy Ramsay ('26)  
Ella Webster ('26)

## Beechwood Neighborhood Coalition Representative

Terri Censak