



Saint Benedict's Episcopal Church
The Fourth Sunday after the Epiphany
January 27 and 28, 2024 | 6pm, 8am, and 10am

*Welcome to Saint Benedict's Episcopal Church, a church that feels like family! We are glad to have you worship with us today. If you are a newcomer, please complete a Welcome Card and place it in the offering plate so we can extend our welcome beyond this service. Additional information about Saint Benedict's and our ministries may be found online at www.saintbenedicts.org. The people's responses can be found in **BOLD**. The music for the service is taken from The Hymnal 1982 (H-1982) and Lift Every Voice and Sing (LEVAS). Let us prepare our hearts to celebrate in Word and Sacrament, the Risen Lord.*

Rite I of The Holy Eucharist begins on **page 323** of the Book of Common Prayer - and Rite II begins on **page 355**.

Voluntary: Andante Tranquillo

Percy Whitlock (1903-1946)

Processional: O for a thousand tongues to sing

Hymn 493

The people standing, the Celebrant says

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

People **And blessed be his kingdom, now and forever.**

Celebrant: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Gloria:

Melodic Gloria

James J. Cheppanis



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***(8 am - Rite I)** Glory be to God on high, and on earth peace, good will towards men.

We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takes away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

THE WORD OF GOD

The Collect for the Day

The Lord be with you.

And also with you.

***(8 am)** And with thy spirit.

Celebrant 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.*

A Reading from the Book of Deuteronomy

Deuteronomy 18:15-20

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." The Word of the Lord. *People: Thanks be to God.*

Psalm 111 *Confitebor tibi*

S 229 R. Goodson
(1655-1719)

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 ¹covenant for ¹ever; *
holy and ¹awesome ¹is his ¹Name.

10 The fear of the LORD is the be¹ginning of ¹wisdom; *
those who act accordingly have a good understanding;
his ¹praise en¹dures for ¹ever.

Reading from Paul's Letter to the Corinthians

1 Corinthians 8:1-13

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. The Word of the Lord. *People:* **Thanks be to God.**

Sequence Hymn: Spread, O spread, thou mighty word

Hymn 530

+The Holy Gospel of our Lord Jesus Christ according to Mark

Mark 1:21-28

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.

The Gospel of the Lord. *People:* **Praise to you Lord Christ**

Sermon

The Reverend Albert R. Cutié, Rector

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:
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.
With the Father and the Son he is worshiped and glorified.
He 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 (Form VI)

In peace, we pray to you, Lord God.

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, and Peter our Bishop; and for all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation.

Silence (The People may add their own petitions)

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence (The People may add their own thanksgivings)

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence (The People may add their own petitions)

Lord, let your loving-kindness be upon them;
Who put their trust in you.

Today, in the Anglican Cycle of Prayer we remember the Church of Southern Africa.

We pray for those celebrating Birthdays and Anniversaries this week (Feel free to add names silently or aloud)

Confession of Sin Deacon: Let us confess our sins against God and our neighbor.

All: **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.**

The Peace

The Peace of the Lord be always with you. **And also with you. *(8 am): And with thy spirit.**

Announcements by the Parish Priest / Rector

*An offering is now taken for the work of the parish. Please be generous – We count on your support all year!
Feel free to make a secure donation ONLINE www.saintbenedicts.org and go to “Online giving “or give by clicking on the QR CODE below... God bless you for your generous support!*



Offertory Hymn (6 pm, 8 am): His eye is on the sparrow

LEVAS 191

Offertory Anthem (10 am): Jesus Walked This Lonesome Valley

*Jesus walked this lonesome valley, He had to walk it by himself.
Oh, nobody else could walk it for him; He had to walk it by himself.*

*Jesus prayed, he prayed for his disciples;
He prayed alone, prayed alone for you and me.
Oh, nobody else could bear such sorrow, he prayed alone for you and me.*

*Jesus died on Calv'ry's mountain; He died alone for you and me.
Oh, nobody else could die for sinners; He had to die for you and me.*

*Jesus rose from death's dark prison; he lives again for you and me.
Oh, nobody else could bring us vict'ry; He is alive to set us free.*

Praise God from whom all blessings flow, Praise Him all creatures here below: Praise Him above ye heavenly hosts, Praise Father, Son, and Holy Ghost. Amen!

THE HOLY COMMUNION

The Great Thanksgiving

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: Lift up your hearts.

All: We lift them up to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give him thanks and praise.

***(8 am):** And with thy spirit.

***(8 am):** We lift them up unto the Lord.

***(8 am):** It is meet and right so to do.

Preface

Sanctus

The Lord's Prayer

Albert Hay Malotte (1895-1964)

Fraction Anthem at the Breaking of the Bread

Douglas Major (b. 1953)

Al - le - lu - ia. Christ our Pass - o - ver is sac - ri - ficed for us;
there - fore let us keep the feast. Al - le - lu - ia.

Agnus Dei

David Hurd

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us Thy peace.

***(8 am):** Prayer of Humble Access

All: We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Communion Hymn: It is well with my soul

LEVAS 188

The Post Communion Prayer: 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.

***(8 am Rite I):**

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

Blessing:

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. *Amen.*

Recessional Hymn: This little light of mine

LEVAS 221

The Dismissal

Go in peace to love and serve the Lord! Alleluia Alleluia!
Thanks be to God. Alleluia! Alleluia!

Voluntary: **Festive Scherzo**

Malcolm Archer (b. 1952)

NEWS AND ANNOUNCEMENTS



ECW Sunday is Sunday, February 4th. We are asking all women to wear red or red/beige during that Sunday service as we celebrate the Episcopal Church Women of St. Benedict's.

January Mission of the Month – Our Little Roses



Our Little Roses provides a full-time residential home for abused, abandoned, and neglected girls in San Pedro Sula, Honduras. They are dedicated to transforming these broken lives into productive, joyful young women. The girls who arrive at Our Little Roses come from overwhelming situations of abject poverty, abuse, and neglect. Our Little Roses is committed to helping these girls to experience the childhood that every girl deserves, a childhood full of love and joy. Donations may be placed in the mission box at the back of the church or at OLRFMS@OURLITTLEROSSES.ORG (305-603-9758).



Please congratulate your newly elected Vestry Members

Kathleen Fanjul and Candy Farley

Alternated Delegates to Diocesan Convention elected at the Annual Meeting

Lawrence Mammah and Vernon Williams



Mother's Union, St. Benedict's Chapter - Sunday, February 4: Monthly Meeting in the Deshaies Hall after the 10 am service.

Sunday, March 3 | 10 am Service: 20th Anniversary: Induction of Officers and celebration in the Deshaies Hall after the service.



Attention all children, youth, and families! Please join us for Sunday School for all children and youth from Pre-School to High School during the 10 am service. All are welcome.

LAST WEEK'S OFFERING TO GOD – IN PERSON AND ONLINE

Operating: \$7,834
Building - Maintenance: \$2826
Total: \$10,660

**Thank you for your dedication to your parish, and may God bless you for your generosity.
To sign up for ONLINE GIVING please visit our website and select the “Giving” tab.
www.saintbenedicts.org**



SAINT BENEDICT'S EPISCOPAL CHURCH
DIOCESE OF SOUTHEAST FLORIDA – ANGLICAN COMMUNION

*Our mission is to know Christ's love, and to make it known
Nuestra misión es conocer el amor de Cristo y darlo a conocer*

Weekly Worship Schedule:

SATURDAYS

6:00 PM Holy Eucharist Rite II (*“Dog-friendly” Service*)

SUNDAYS

8:00 AM (*Rite I*), **10:00 AM** (*Rite II*), **12:00 PM** (*Misa en español*) **Holy Eucharist**

TUESDAYS

Holy Eucharist 8:30 AM

WEDNESDAYS

Healing Mass and Litany 7:00 PM

THURSDAYS

Holy Eucharist 8:30 AM

FRIDAYS

Bible Study 9:30 AM (Church Conference Room)

The Reverend Albert R. Cutié, Rector
The Reverend Debra McLaughlin, Deacon
Ms. Linda Schlepp-Gray, Parish Administrator
Dr. Daniel Copher, Organist and Choirmaster

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