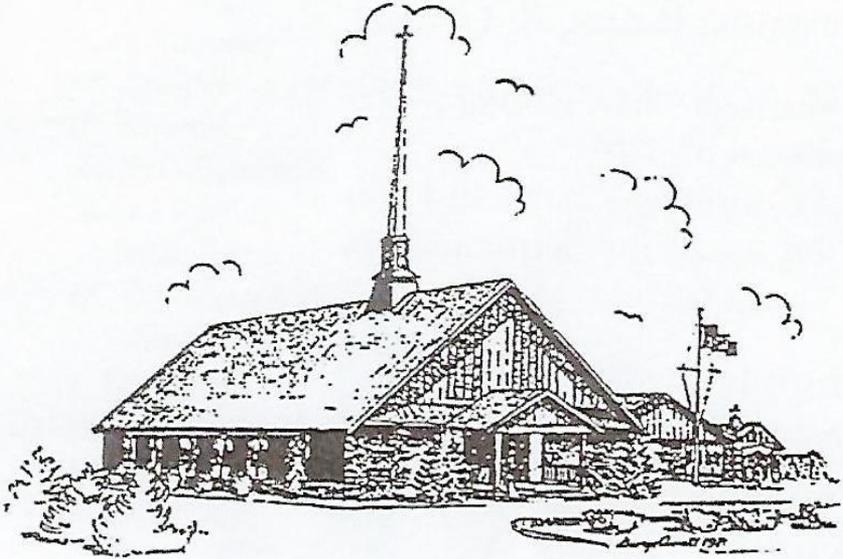


The Holy Eucharist: Rite II

*The Fourth Sunday
after
The Epiphany*



*The Episcopal Church of The Holy Innocents
in the Borough of Beach Haven, New Jersey
31 January, 2021 ~ 9:30 AM*

THE WORD OF GOD

Hymn #566 *From Thee All Skills and Science Flow* THE CHURCH'S DESOLATION

**Celebrant:* Blessed be the one, holy, and living God.

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

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. *All: Amen.*

**Gloria in excelsis*

BCP, p. 356

All: 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:**

BCP, p. 215

Celebrant: The Lord be with you.

People: **And also with you**

Celebrant: 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. **All: Amen.**

The First Reading

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."

Reader: The Word of the Lord.

All: **Thanks be to God.**

The Gradual: Psalm 111 (*Alternating 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 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.

The Epistle

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.

Reader: The Word of the Lord.

All: **Thanks be to God.**

Hymn #445 *Praise to the Holiest in the Height* (vs. 1,2&5)

GERONTIUS

***The Holy Gospel**

Mark 1:21-28

Deacon: 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.

Deacon: The Gospel of the Lord.

People: **Praise to you, Lord Christ.** (*All are seated*)

The Sermon

The Rev. Dr. Caroline Carson+

***The Nicene Creed**

BCP, p. 358

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 III**

BCP, p. 387

(The people may stand or kneel)

Deacon: In peace, we pray to you, Lord God.

Silence

Leader: Father, we pray for your holy catholic Church;

People: **That we all may be one.**

Leader: Grant that every member of the Church may truly and humbly serve you;

People: **That your Name may be glorified by all people.**

Leader: In the Anglican Cycle of Prayer we pray for The Anglican Episcopal Church of Brazil. We pray for Justin, the Archbishop of Canterbury; for Michael, our Presiding Bishop; for William our Bishop; for Judith our Deacon, for Caroline, our Rector. We pray for all bishops, priests, and deacons;

People: **That they may be faithful ministers of your Word and Sacraments.**

Leader: For Colleen our Mayor, Philip our Governor and Joe our President. We pray for all who govern and hold authority in the nations of the world;

People: **That there may be justice and peace on the earth.**

Leader: Give us grace to do your will in all that we undertake;

People: **That our works may find favor in your sight.**

Leader: We pray for the special needs and concerns of this congregation, especially remembering all victims of climate change, and for the poor. We also remember all those mentioned in our Parish Prayer List: the sick, the shut in, and the grieving; those serving in the military and other dangerous professions, and for our enemies, that all hearts may be turned to peace. Have compassion on

those who suffer from any grief or trouble;

People: **That they may be delivered from their distress.**

Leader: Give to the departed eternal rest.

People: **Let light perpetual shine upon them.**

Leader: We praise you for your saints who have entered into joy;

People: **May we also come to share in your heavenly kingdom.**

Leader: Let us pray for our own needs and those of others. (*The People may add their own petitions.*)

The presider prays the concluding collect, and the people respond, Amen.

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

Confession - Minister and 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 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 presider offers absolution and the people respond, Amen.

***The Peace** (*All stand*)

Celebrant: The peace of Christ be always with you.

People: **And also with you.**

The people greet one another with a sign of God's peace and then are seated

The Parish Notices

THE HOLY COMMUNION

Offertory

***Presentation of the Gifts** (*All stand*)

"All things come of Thee, O Lord, and of Thine own have we given Thee"

***The Great Thanksgiving: Eucharistic Prayer A**

BCP, p. 361

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Lift up your hearts.

People: **We lift them to the Lord.**

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

People: **It is right to give him thanks and praise.**

Celebrant: It is right, and a good and joyful thing, always and every where to give thanks to you, Father Almighty, 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 and Benedictus (All)

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 may stand or kneel)

Celebrant: Holy and gracious Father: 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 is 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:

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

Celebrant: We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his 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 him. 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 him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *All: AMEN.*

The Lord's Prayer

BCP, p. 364

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

Celebrant: *Alleluia*, Christ our Passover is sacrificed for us;

People: **Therefore let us keep the feast. Alleluia.**

(All baptized Christians are welcomed to receive Holy Communion. Diocesan guidelines allow the Holy Sacraments in one kind only. Bread will be offered and Wine will be placed on the altar for adoration.)

The Prayer of Spiritual Communion

St. Alphonsus Liguori

(Prayed by those who would normally receive, but are either uncomfortable due to the pandemic or availed to stay at home when normally would be with us.)

My Jesus, I believe that you are present in the most holy sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As if you were already there, I embrace you and unite myself wholly to you. Permit me never to be separated from you. Amen.

Postcommunion Prayer (*Stand or kneel*)

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.

***Blessing**

***Hymn #493** *O For a Thousand Tongues to Sing (vs. 1,2 &6)* AZMON

***Dismissal** BCP, p. 366

Deacon: Let us go forth in the name of Christ.

People: **Thanks be to God.**

Postlude

Parish Prayer List – January 31, 2021

PLEASE NOTE: *This is the last Sunday in January. All names will be removed from the prayer list. If you need to add a name, please contact Lisa Halpin, our Parish Administrator by **Wednesday, February 3rd**.*

Jean Aclin	Connie Anderson	Barry
Beth C.	Bob	Cathy Bentivegna
Cathy, Claire	Charles	Corey
Bill & Lynne Cowper	Theresa Bray	Marie Bregler
Rich & Rosemarie Catrano	Joan Connolly	Joan Cunningham
Judy Contreras	Joe Corbin	Mary Ann Crewdson
Michael Reed Davis	Dennis	Carol Dobbins
Meg Dougher	Elizabeth Ann	Emma
Faye & Ed	Fran	Frank
Katy Gallaher	Fran Harris	Hillary
The Higgs Family	Hinderliter Family	Timothy Michael Hoit
Janet	Jeanne, John & Caitlyn	Jeannine
Karen & DJ	Warren Lamon	Larry
Lauren & Ed	Diane Lee	Lily
Locke Family	Cecily Lovas	Maryann
Mary Jane	Kurt Martin	Scott Mitchell
Evelyn Nancy	Virginia Nicholas	Tom Patton
Gene Pharo	Lucien Picard	Suzette Reese
Carol Ann Renzland	Kathy Rice	Ronnie & Harry
Rosemary	Gregory & Ray Schwartz	Lara Sparks
Jerry South	Rits	Robert Thomas
Javy Vargas	Colin Walker	Peter Wall
Ann White	Kate White	The Wolf Family

Those serving in the military and other dangerous professions:

Andrew Wall, Brandan White, Joseph Alexander, Zachary Arlin, Paul Bailey, Justin A. Dumhart, Danny Melega

Birthdays: Maria Mack (02/02), Kimberly B. Sparks (02/02)

Philip Boulden (02/05), Jean Nelson (02/06)

WEEKLY ONLINE CALENDAR January 31st – February 6th

31 – Sunday	Compline	9:00 PM
01 – Monday	Morning Prayer (online)	9:00 AM
02 – Tuesday	Sung Evening Prayer (online)	6:00 PM
04 – Thursday	Book Study via Zoom	2:00 PM
	Compline (online)	9:00 PM
05 – Friday	<i>Parish Office Closed</i>	
	Kids Korner	7:00 PM
06 – Saturday	Praying through the Psalms	7:00 PM

VOLUNTEERS NEEDED to wipe down pews and items after the 9:30 service.

PASTORAL CARE - Please call Mother Caroline+ at (504) 390-5331 and Deacon Judy Krom at (732) 330-4949

Book Study

Join us for our weekly Book Study via Zoom using Presiding Bishop Michael Curry’s book: *Love is the Way: Holding on to Hope in Troubling Times*.

ZOOM LINK - <https://us02web.zoom.us/j/81858789969>

Content Wanted!

If you have photographs, prayers you’ve written, stories, poems, recipes, etc. that you would like to see shared, please let Mtr. Caroline know for the weekly newsletter (*The E-pistle*) and Lisa Halpin know for the monthly Parish Post and its deadline. We are always seeking new content and welcome your submissions.

Ministries OPEN

If there is an area in the church to which you feel drawn, have questions about, or wish we had here, please talk to Mtr. Caroline+. There is ROOM in our many ministries and outreach activities and

we would be very happy to see where your strengths and passions can be directed! *What would YOU like to do?!*

COMING UP SOON!

Ash Wednesday services: Feb. 17th at 12:00 noon and 7 PM

Lenten Series – Beginning Feb. 18th at 6:00 PM, Mtr. Caroline and Dcn.

Judy will lead us in a weekly program. More information TBA.

UTO (United Thank Offering) Ingathering – We will use “mite” boxes during the season of Lent to collect funds for the UTO.

FYI

Mtr. Caroline+ is available for private Confession, House blessings, coffee chats, prayer needs and pastoral care, and more! Please be in touch!

What are you grateful for today? Give thanks!

THE EPISCOPAL CHURCH OF THE HOLY INNOCENTS

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Mrs. Ellen J. Dondero, Minister of Music & Organist ~ ejdondero@comcast.net

The Rev. Dr. Judith S. Krom, Deacon ~ (732) 330-4949 jsk13@comcast.net

The Rev. Dr. Caroline Carson, Rector ~ (504) 390-5331 theparsoncarson@gmail.com

OFFICE HOURS – Monday through Thursday 9 AM to 2 PM