



# ST. ANDREW'S EPISCOPAL CHURCH

*Mission: To Reveal God's Love by Nourishing the  
Community through Worship, Acceptance, and Service.*

## **Holy Eucharist with Spiritual Communion The Fourth Sunday after Epiphany January 31, 2021**



"Knowledge puffs up,  
but love builds up."

—1 Corinthians 8:1—

*This liturgy is reprinted from the Episcopal Book of Common Prayer*

## Diocesan Statement of Unity

*As part of the Jesus Movement and the Episcopal Diocese of San Diego, we pledge to love our neighbors and protect the most vulnerable among us, remembering our baptismal vows to “strive for justice and peace among all people, and respect the dignity of every human being.” We live these pledges out by actively engaging in dismantling racism. For many of us, this will mean learning more about our racial identity, listening to those who have experienced racial prejudice, speaking out against racism, and showing up alongside those in our community working to change unjust systems in our society. We also live out this pledge at worship during this pandemic, by wearing face-coverings, respecting distancing guidelines, foregoing the common cup and refraining from congregational singing unless safely inside our cars or home.*

### THE LITURGY OF THE WORD

#### Opening Hymn

Blessed Be the Name

*Lift Every Voice and Sing II - #78*

1. Bless - ed be the name! Bless - ed be the name! Bless - ed be the

name of the Lord! Bless - ed be the name!

Bless - ed be the name! Bless - ed be the name of the Lord!

2. Jesus is the  
name of the Lord!

3. Worthy to be grand  
is the Lord!

Words: Psalm 72:19  
Music: Campmeeting Melody; arr. Ralph E. Hudson, 1887

## Opening Acclamation

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

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

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
***Have mercy upon us.***

*Celebrant* The Lord be with you,

*All* ***And also with you.***

*Celebrant* Let us pray.

## Collect of the Day

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.***

## First Reading:

### A Reading from 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.***

**The Psalm** (*Prayed responsively by half verse*)

**Psalm 111**

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.***

**Second Reading:**

**A Reading from 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.

*Reader*     The Word of the Lord  
*All*           ***Thanks be to God.***

## **Homily**

Pete Martin

## **Contemplative Silence**

### **The Prayers of the People**

**Form VI**

*The Reader and People pray responsively*

In peace, we pray to you, Lord God.

*Silence*

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; O Lord our Governor, whose glory is in all the world: We commend this nation to your merciful care, that, being guided by your Providence, we may dwell secure in your peace. Grant to the President, Vice President, the Congress of the United States and to all in authority, wisdom and strength to know and to do your will. Fill them with the love of truth and righteousness, and make them ever mindful of their calling to serve this people in your fear; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, world without end (*BCP, p. 820*).

***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 Susan our Bishop; and all bishops and other ministers;

***For all who serve God in God's Church.***

Let us pray for our own needs and those of others, including those on our parish prayer list:

*The Parish Prayer list is located in your Friday eBlast. Please send your prayer requests to [prayer@standrewseiscopal.org](mailto:prayer@standrewseiscopal.org). Names will remain on the prayer list for four weeks.*

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

### **Confession of Sin**

*Celebrant* Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*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.***

*Celebrant Adds*

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

### **The Peace**

*Celebrant* The peace of the Lord be always with you

*All* ***And also with you.***

## Virtual Offering

While the campus is closed, contributions and pledge payments can be mailed to the office, but please consider moving your payment to Bill Pay through your bank, online at [standrewsepiscopeal.org/give](http://standrewsepiscopeal.org/give), or by texting “donate” to 760-227-7012 and choosing either Pledge Payment or online Donation.

## ANNOUNCEMENTS

### BIRTHDAY & ANNIVERSARY BLESSINGS

#### *For a Birthday*

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their heart may the peace which passes understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

#### *For an Anniversary*

Eternal God, look with favor upon the world you have made and especially upon these couples. Give them wisdom and devotion in the ordering of their lives together, that each may be to the other a strength in need, a counselor in perplexity, a comfort in sorrow, and a companion in joy. Grant that their wills may be so knit together in your will, and their spirits in your Spirit, that they may grow in love and peace with you and one another all the days of their life. Amen.

## THE LITURGY OF THE TABLE

### Offertory Hymn

I Love To Tell the Story

*Lift Every Voice and Sing II - #64*

1. I love to tell the sto - ry Of un - seen things a - bove,  
2. I love to tell the sto - ry, For those who know it best

1. Of Je - sus and His glo - ry, Of Je - sus and His love.  
2. Seem hun - ger - ing and thirst - ing To hear it, like the rest.

1. I love to tell the sto-ry, Be - cause I know it's true;  
 2. And when, in scenes of glo-ry, I sing the new, new song,

1. It sat - is - fies my long-ings As noth - ing else would do.  
 2. 'Twill be the old, old sto - ry That I have loved so long.

I love to tell the sto-ry; 'Twill be my theme in glo - ry.

To tell the old, old sto-ry Of Je - sus and His love.

Words: A. Katherine Hankey (1831-1911)  
 Music: William G. Fischer (1835-1912)

## Spiritual Communion

*Celebrant* And now as our Savior Christ has taught us, we are bold to say,

***All Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as 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 for ever. Amen.***

*Consecrated bread and wine are displayed.*

***All Lord Christ, we believe that you are truly present in the Holy Sacrament, and, since we cannot at this time receive communion, we pray you to come into our hearts. We unite***

***ourselves with you and embrace you with all our heart, our soul, and our mind. Let nothing separate us from you; let us serve you in this life until, by your grace, we come to your glorious kingdom and unending peace. Amen.***

### **The Blessing**

May God bless you and keep you;  
God's face shine on you,  
And be gracious to you;  
May God's face turn towards you  
And give you peace;  
And the blessing of God almighty,  
The Creator, Redeemer and Sustainer  
Be among you and remain with you always. **Amen.**

### **Dismissal**

Celebrant    Go in peace to love and serve the Lord. Alleluia, Alleluia  
All            ***Thanks be to God. Alleluia, Alleluia***

### **Closing Hymn**

Jesu, Jesu

*Lift Every Voice and Sing II - #74*

The musical score is written for voice and piano. It consists of two systems of music. The first system has a vocal line and a piano accompaniment. The vocal line starts with a treble clef, a key signature of one sharp (F#), and a 6/8 time signature. The lyrics are: "Je - su, Je - su, fill us with your love, show". The piano accompaniment starts with a bass clef, the same key signature and time signature, and features a steady bass line with chords. The second system continues the vocal line and piano accompaniment. The vocal line lyrics are: "us how to serve the neigh - bors we have from you." The piano accompaniment continues with similar chords and a bass line. The piece ends with a double bar line and the word "Fine" written above the final note of the vocal line.

1. Kneels at the feet of his friends, si - lent - ly wash - es their  
 2. Neigh - bors are rich and poor, neigh - bors are black and  
 3. These are the ones we should serve, these are the ones we should  
 4. Lov - ing puts us on our knees, serv - ing as though we are  
 5. Kneel at the feet of our friends, si - lent - ly wash - ing their

1. feet, Mas - ter who acts as a slave to them.  
 2. white, neigh - bors are near and far a - way.  
 3. love; all these are neigh - bors to us and you.  
 4. slaves, this is the way we should live with you.  
 5. feet, this is the way we should live with you.

*D.C.*

Words: John 13: 1-17; adapt. Tom Colvin, 1969)  
 Music: Ghana Folk Song

Thank you to this week's Worship Teams:

Our guest preacher today is Pete Martin, who is a St. Andrew's parishioner and is discerning a call to serve as a Deacon in the Episcopal Church. He's also a Marriage and Family Therapist, a musician, a husband to Anne and a proud grandfather.

Pat and Bob Moran, Online Readers & Intercessors  
 Joan Carona, Online Flowers  
 Jack Deane, Musician

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