

**St. Bede's Episcopal Church in Menlo Park**  
**The Fourth Sunday of Advent**  
**8:00 a.m., December 18, 2022**  
**Holy Eucharist, Rite I**



**WELCOME!** 🌿

In song and sermon, prayer and practice, we seek to renew our ancient traditions in light of the modern world. We affirm the transformative power of God's word and Jesus' call to active charity. Whoever you are and wherever you find yourself on your journey of faith, please join us today in fellowship. You are our most welcome guest!



**ST. BEDE'S EPISCOPAL CHURCH IN MENLO PARK**  
**THE EPISCOPAL DIOCESE OF CALIFORNIA**

**Rt. Rev. Marc Handley Andrus, Bishop**

**Rev. Dan Spors, Rector**

**2650 Sand Hill Road, Menlo Park, CA 94025 ✧ (650) 854-6555 ✧ [stbedesmenlopark.org](http://stbedesmenlopark.org)**

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

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

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

**Trisagion** - *spoken by all, repeated three times.*

BCP p. 324

All **Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy upon us. (Repeat)**

**The Collect of the Day**

BCP, p. 160

Presider The Lord be with you.

All **And with thy spirit.**

Presider Let us pray.

All **We beseech thee, Almighty God, to purify our consciences by thy daily visitation, that when thy Son our Lord cometh he may find in us a mansion prepared for himself; through the same Jesus Christ our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. Amen.**

*Please be seated.*

**The Lessons**

**First Reading: Isaiah 7:10-16**

New Revised Standard Version (NRSV)

Reader A Reading from the Prophet Isaiah.

Again the Lord spoke to Ahaz, saying, Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven. But Ahaz said, I will not ask, and I will not put the Lord to the test. Then Isaiah said: "Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? Therefore the Lord himself will give you a sign. Look, the young woman is

with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted."

The Word of the Lord.

All **Thanks be to God.**

**Canticle 15: The Song of Mary (*Magnificat*, Luke 1:46-55)**

p. 91, BCP

All **My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior;  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me, and holy is his Name.  
He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel,  
for he has remembered his promise of mercy,  
The promise he made to our fathers,  
to Abraham and his children for ever.  
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

**Second Reading: Romans 1:1-7**

NRSV

Reader A reading from Paul's letter to the Romans.

Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God, which he promised beforehand through his prophets in the holy scriptures, the gospel concerning his Son, who was descended from

David according to the flesh and was declared to be Son of God with power according to the spirit of holiness by resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith among all the Gentiles for the sake of his name, including yourselves who are called to belong to Jesus Christ,

To all God's beloved in Rome, who are called to be saints:

Grace to you and peace from God our Father and the Lord Jesus Christ.

The Word of the Lord.

All **Thanks be to God.**

### **The Alleluia**

*Please stand as you are able.*

Presider Alleluia.

All **Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel. Alleluia.**

### **The Gospel: Matthew 1:18-25**

NRSV

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

All **Glory to you, Lord Christ.**

Presider Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." All this took place to fulfill what had been spoken by the Lord through the prophet:

"Look, the virgin shall conceive and bear a son,  
and they shall name him Emmanuel,"

which means, "God is with us." When Joseph awoke from sleep, he did as

the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

The Gospel of the Lord.

All **Praise be to thee, O Christ.**

### ***The Sermon***

### ***The Nicene Creed***

Enriching Our Worship 1, p. 53

*Please stand as you are able*

All **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,  
was incarnate of the Holy Spirit and the Virgin Mary,  
and became truly human.  
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,  
who with the Father and the Son is worshiped and glorified,**

**who 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.**

***Prayers of the People: Rite I***

Intercessor Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and Godly love.

Lord in thy mercy,

All **Hear our prayer.**

Intercessor Give grace, O heavenly Father, to all bishops and other ministers, especially Justin, Archbishop of Canterbury, Michael, our Presiding Bishop, Marc, our Bishop, and Dan, our Rector, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Lord in thy mercy,

All **Hear our prayer.**

Intercessor And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Lord in thy mercy,

All **Hear our prayer.**

Intercessor We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Joe our President and Gavin our Governor, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, and for those we now name...

*The submissions for intercessions are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor For the victims of violence and oppression throughout the world.

*The submissions for victims of violence are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor We ask your prayers this week for those celebrating birthdays, especially Elyssa F., and for those celebrating anniversaries. And we thank you for all the blessings of this life.

*The submissions for thanksgivings are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of the Venerable Bede and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

*The names submitted for the departed are now read. The People may add their own petitions.*

Lord in thy mercy,  
All **Hear our prayer.**

Intercessor Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.

All **Amen.**

### ***Confession of Sin***

BCP, p. 330

Presider Let us confess our sins against God and our neighbor.

*The congregation may stand, kneel, or sit for the Confession.*

All **Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,  
and walk in thy ways,  
to the glory of thy Name. Amen.**

Presider Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Hear the Word of God to all who truly turn to the Lord. If any one sin we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.

*1 John 2:1-2*

### ***The Peace***

*Please stand as you are able.*

Presider The peace of the Lord be always with you.

All **And with thy spirit.**



## THE HOLY COMMUNION

Presider Through Christ let us continually offer to God the sacrifice of praise, that is, the fruit of lips that acknowledge his Name.

*You may be seated for the setting of the Altar for Communion.*

### ***The Great Thanksgiving: Eucharistic Prayer II***

BCP, p. 340

*At the following words, please stand as you are able.*

Presider The Lord be with you.

All **And with thy spirit.**

Presider Lift up your hearts.

All **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

All **It is meet and right so to do.**

Presider It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, because in Jesus Christ our Lord thou hast received us as thy sons and daughters, made us citizens of thy kingdom, and given us the Holy Spirit to guide us into all truth. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

All **Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.**

*The congregation may stand, kneel, or sit.*

Presider All glory be to thee, Almighty God, our heavenly Father, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving; whereby we offer and present unto thee, O Lord, our selves, our souls and bodies.

Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

**AMEN.**

Presider And now, as our Savior Christ hath taught us, we are bold to say,  
All **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 today 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, the power, and the glory,  
for ever and ever. Amen.**

### **The Breaking of the Bread**

BCP, p. 337

*The Presider breaks the consecrated Bread.*

*A period of silence is kept.*

Presider Alleluia. Christ our Passover is sacrificed for us;

All **Therefore let us keep the feast. Alleluia.**

Presider The Gifts of God for the People of God.

*We celebrate everyone in this space today. We welcome you to share in the Sacrament of Communion by approaching the altar when invited by an usher. If you would like to instead receive a blessing, you may come forward and cross your arms over your chest to signal your intention.*

## Postcommunion Prayer

*At the conclusion of Communion, the Presider says*

Let us pray,

All

**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.**

## *The Announcements*

### *The Blessing*

BCP, p. 339

Presider

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

### *Dismissal*

Presider

Go in peace to love and serve the Lord.

All

**Thanks be to God.**

## THANK YOU TO THOSE SERVING TODAY

**Presider:** The Rev. Daniel Spors

**First Reading:** tbd

**Second Reading:** Joan Sanders

**Intercessor:** tbd

**Usher:** tbd

**Coffee Hour Hosts:** Jon Poe and Anne Vitullo

**Altar Guild:** Elaine Kriegh, John Wenstrand, Ann Poulson, and Anne Vitullo, (Advent greens)

**Godly Play:** The Rev. Jane McDougle

### **Advent and Christmastide Service Schedule**

Please note the following schedule for our worship together through **January 1st**. Where it reads "Normal Sunday Schedule," we have a spoken Rite I Eucharist at **8:00 a.m.** and a Rite II Eucharist with choir at **10:15 a.m.**

#### **December:**

##### **Sunday the 18th - Advent 4:**

Normal Sunday Schedule

Christmas Caroling Party after the **10:15 a.m.** service in Great Hall

##### **Saturday the 24th - Christmas Eve:**

4:00 p.m. Rite II Service with Pageant

7:30 p.m. Rite II Service with Choir

##### **Sunday the 25th - Christmas Day:**

9:30 a.m. Rite II Service

#### **January:**

##### **Sunday the 1st - Holy Name Sunday:**

9:30 a.m. Rite II Service with Christmas Lessons and Carols

# ST. BEDE'S EPISCOPAL CHURCH IN MENLO PARK

## Church Staff

**Rector:** The Rev. Dan Spors

**Music Director:** Vic De La Cruz

**Organist:** Rani Fischer

**Parish Administrator:** Siri Huntoon

**Bookkeeper:** Angela Sherry

**Nursery Caregiver:** Lina Jiang

## St. Bede's Choir

**Sopranos:** Orlia Budge, Catherine Clover, Amy Spencer (*Section Leader*), Rani Fischer, Vera Shadle, Nancy Stork

**Altos:** Naomi Braun (*Section Leader*), Cathleen Josaitis, Dora Ho,

Kathleen Thompson, Becky Zeren

**Tenors:** Mark McNulty, Daniel Rios (*Section Leader*)

**Basses:** David Chu, Joseph Krohlow (*Section Leader*), Quentin Long

## Vestry

Megan Ancker

Jon Backlund

Susan Chan Egan

Laura Gable, *Junior Warden*

Irene Lawrence

Miranda Pinckert

Joan Sanders

Sue Sartor, *Senior Warden*

Nancy Stork, *Clerk*

**Altar Guild:** Elizabeth Bellock, Elaine Kriegh, Ann Poulson, Sue Sartor, Anne Vitullo, John Wenstrand

**Buildings and Grounds:** Miranda Pinckert, Mike Sartor, Richard Zeren, Jon Backlund

## Community Outreach Steering Committee:

Julie Backlund, John Hickson, Sue Sartor,

Angela Sherry, Anne Vitullo, Becky Zeren

**Finance:** Julie Backlund (*Treasurer*), Randy Kriegh, Irene Lawrence, Hal Louchheim, Jon Poe, Angela Sherry, Michelle Swenson, (*Assistant Treasurer*)

**Hospitality:** Kathy Thompson and Anne Vitullo, (*Captains*)

**Deanery Delegates:** Michael Graebner, Irene Lawrence, Laura Gable (*Alternate*)

**Trinity School Board Representatives:** Jon Poe, Michelle Swenson