

St. Bede's Episcopal Church in Menlo Park
The Fourth Sunday after the Epiphany
10:15 a.m., January 29, 2023
Holy Eucharist, Rite II



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!



THE EPISCOPAL DIOCESE OF CALIFORNIA
The Rt. Rev. Marc Handley Andrus, Bishop
The Rev. Dan Spors, Rector

2650 Sand Hill Road, Menlo Park, CA 94025 ✧ (650) 854-6555 ✧ stbedesmenlopark.org

THE WORD OF GOD 

Book of Common Prayer (BCP), p. 355

Hymn 497: How bright appears the Morning star

Hymnal 1982

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

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

Presider 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 *Sung by all*

S277



1. Glo- ry to God in the high - est, and peace to God's peo- ple on earth.

2. Lord God, hea- ven- ly King, al- might- y God and Fa- ther, we wor- ship you,

we give you thanks, we praise you for your glo- ry. 3. Lord Je- sus Christ,

on- ly Son of the Fa- ther, Lord God, Lamb of God,

4. you take a- way the sin of the world: have mer- cy on us;

5. you are seat- ed at the right hand of the Fa- ther: re- ceive our prayer.

6. For you a- lone are the Ho- ly One, you a- lone are the Lord,

7. You a- lone are the Most High, Je- sus Christ, with the Ho- ly Spi- rit,

in the glo- ry of God the Fa- ther. A men.

Setting: From *New Plainsons*: David Hurd (b. 1950)

The Collect of the Day

BCP, p. 215

Presider The Lord be with you.

All **And also with you.**

Presider Let us pray.

All **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.**

Please be seated.

The Lessons

First Reading: Micah 6:1-8

New Revised Standard Version (NRSV)

Reader A Reading from the Prophet Micah.

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 tens of 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?

The Word of the Lord.

All **Thanks be to God.**

Psalm 15 - *Sung by all*

Psalter for the Christian People



- 1 LORD, who may dwell in your / tabernacle? *
 who may abide upon your holy / hill?
- 2 Those who lead a blameless life and do what is / right, *
 who speak the truth from their / heart.
- 3 There is no guile upon their tongue;
 they do no evil to their / friend;*
 they do not heap contempt upon their / neighbor.
- 4 In their sight the wicked are re-/jected, *
 but they honor those who fear the / LORD.
- 5 They have sworn to do no / wrong *
 and do not take back their / word.
- 6 They do not give their money in hope of /gain, *
 nor do they take a bribe against the / innocent.
- +7 Those who do these / things *
 shall never be over-/thrown.

Second Reading: 1 Corinthians 1:18-31

NRSV

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

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 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."

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.

The Word of the Lord.

All **Thanks be to God.**

Hymn 657: Love Divine, all loves excelling

Hymnal 1982

The Gospel: Matthew 5:1-12

NRSV

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

All 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."

Presider The Gospel of the Lord.
All **Praise to you, Lord Christ.**

The Sermon

The Nicene Creed

Enriching Our Worship 1 (EOW 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.**

The Prayers of the People: Form I

BCP, p. 383

Intercessor With all our heart and with all our mind, let us pray to the Lord, saying
 "Lord, have mercy."

For the peace from above, for the loving-kindness of God, and for the
 salvation of our souls, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For the peace of the world, for the welfare of the holy Church of God, and
 for the unity of all peoples, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Marc
 our Bishop; the search process for our next Bishop; Dan our Rector, and for
 all the clergy and people, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For Joe our President, for the leaders of the nations, and for all in authority,
 let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For the city of Menlo Park, for every city and community, and for those who live in them, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For the homebound and infirm, for the widowed and orphans, and for the sick and the suffering, especially remembering...

An usher reads the names submitted for intercession, concluding with

Usher ...and those we now remember, either silently or aloud.

Intercessor Let us pray to the Lord,

All **Lord, have mercy.**

Intercessor We give thanks for those celebrating birthdays this week, especially Bertita G., and Claire L., and for those celebrating anniversaries, and we thank you for all the blessings of this life...

An usher reads the names submitted for thanksgiving, concluding with:

Usher ...and those we now remember, either silently or aloud.

Intercessor Let us pray to the Lord,

All **Lord, have mercy.**

Intercessor For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor For all who have died in the hope of the resurrection, and for all the departed, especially remembering...

An usher reads the names submitted for the departed, concluding with

Usher ...and those we now remember, either silently or aloud.

Intercessor Let us pray to the Lord,

All **Lord, have mercy.**

Intercessor For deliverance from all danger, violence, oppression, and degradation, especially remembering...

An usher reads the names submitted of victims of violence, concluding with

Usher ...and those we now remember, either silently or aloud.

Intercessor Let us pray to the Lord,

All **Lord, have mercy.**

Intercessor That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

All **Lord, have mercy.**

Intercessor In the communion of the Venerable Bede and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

All **To you, O Lord our God.**

The Presider ends with a Concluding Collect.

Confession of Sin

EOW 1, p. 19

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

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

All **God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.**

Presider 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

Presider The peace of the Lord be always with you.
All **And also with you.**

The Announcements

THE HOLY COMMUNION

Presider Ascribe to the Lord the honor due his Name; bring offerings and come into
his courts. *Psalm 96:8*

Anthem: Geistliches Lied

Johannes Brahms (1833-1897)

German

Laß dich nur nichts nicht dauren
Mit Trauern,
Sei stille!
Wie Gott es fügt,
So sei vergnügt
Mein Wille.
Was willst du heute sorgen
Auf morgen?
Der Eine
steht allem für;
Der gibt auch dir
das Deine.
Sei nur in allem Handel
Ohn Wandel,
Steh feste!
Was Gott beschleußt,
Das ist und heißt
das Beste.

English

Let naught afflict thee
with grief;
Be calm
As God ordains,
so be content
my will.
Why take thought for
the morrow?
The one [God]
who gives thee
What is thine
watches over all.
All in thy doings
be steadfast
And true.
What God decrees
is, and is acknowledged,
the best.

The Great Thanksgiving: Eucharistic Prayer 1

EOW 1, p. 57

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

Presider The Lord be with you.
All And also with you.

Presider Lift up your hearts.

All We lift them to the Lord.

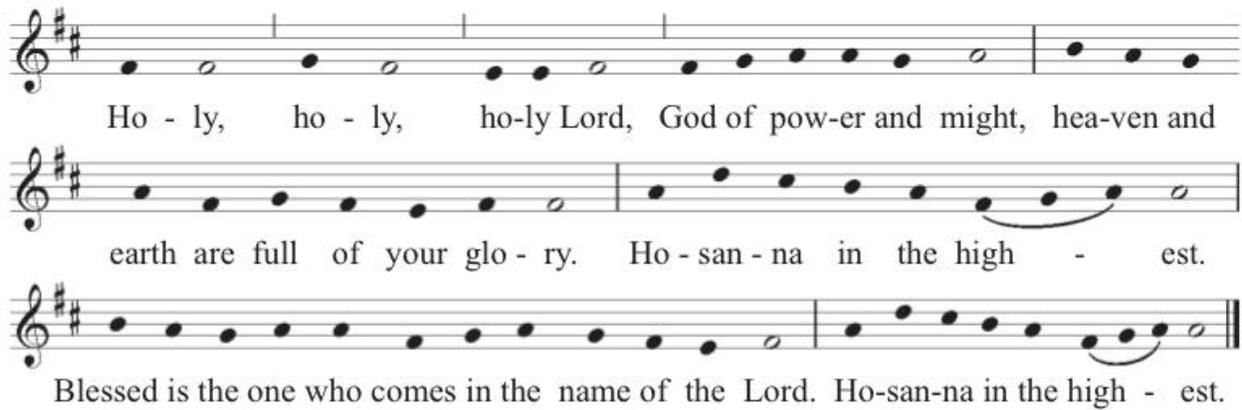
Presider Let us give thanks to the Lord our God.

All It is right to give God thanks and praise.

Presider It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy, through Jesus Christ our Lord; for by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Sanctus

S124



Ho - ly, ho - ly, ho-ly Lord, God of pow-er and might, hea-ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Blessed is the one who comes in the name of the Lord. Ho-san-na in the high - est.

The people may stand, kneel, or sit.

Presider Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all 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.

Presider Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Venerable Bede and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

Presider As our Savior Christ has taught us, we now 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.

The Breaking of the Bread

BCP, p. 364

The Presider breaks the consecrated Bread.

A period of silence is kept.

Agnus Dei - sung by all

S161

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith with thanksgiving.

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.

Anthem: Melodie in E Major Op. 3, No. 3

Sergei Rachmaninoff (1873-1943)

Hymn 277: Sing of Mary, pure and lowly

Hymnal 1982

Sending Forth the Communion [*as needed*]

Presider N., in the name of Christ's Church and of our congregation at St. Bede's, I send you forth bearing these holy gifts to N., so that *he/she/they* may share with us in the communion of Christ's body and blood.

All **We who are many are one body,
because we all share one bread, one cup.**

Postcommunion Prayer

BCP, p. 365

At the conclusion of Communion, the Presider says

Let us pray,

All

**Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love you and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
Be honor and glory, now and for ever. Amen.**

BCP, p. 366

The Blessing

BCP, p. 339

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

Hymn 259: Hail to the Lord who comes *Standing as able*

Blue Hymnal

Dismissal

Presider Go in peace to love and serve the Lord.

All **Thanks be to God.**

Postlude: Postlude in D

Healy Willan (1880-1968)

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THANK YOU TO THOSE SERVING TODAY

Presider: The Rev. Daniel Spors

First Reading: Helen Greenwood

Second Reading: Susan Chan Egan

Intercessor: open

Pianist: Dora Ho

Usher: John Hickson

Zoom Chapel Host: open

Altar Guild: Elizabeth Bellock, Elaine Kriegh,
Ann Poulson, Anne Vitullo (flowers)

Coffee Hour Hosts: Susan Chan Egan and
Ron Egan

Godly Play: Martin de Jong

Special thanks to John Hickson from our Community Outreach Steering Committee who gathers your donations in the narthex baskets and takes them to Ecumenical Hunger Program and other local nonprofits.

ST. BEDE'S EPISCOPAL CHURCH IN MENLO PARK

Church Staff

Rector: The Rev. Dan Spors

Priest Associate: The Rev. Jane McDougale

Music Director: Vic De La Cruz

Parish Administrator: Siri Huntoon

Organist: Rani Fischer

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: Chris Brown, 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

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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: Laura

Gable, *Alternate*, Michael Graebner,

Irene Lawrence

Trinity School Board Representatives:

Jon Poe, Michelle Swenson