

St. Bede's Episcopal Church in Menlo Park
The Fourth Sunday after the Epiphany
8:00 a.m., January 29, 2023
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!



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

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.**

The Summary of the Law

BCP, p. 319

Presider Hear what our Lord Jesus saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Kyrie

BCP p. 323

Presider Lord, have mercy upon us.
All **Christ, Have mercy upon us.**
Presider Lord, have mercy upon us.

The Collect of the Day

BCP, p. 164

Presider The Lord be with you.
All **And with thy spirit.**
Presider Let us pray.

All **Almighty and everlasting God, who dost govern all things in heaven and earth: Mercifully hear the supplications of thy people, and in our time grant us thy peace; through Jesus Christ our Lord, who liveth and reigneth with thee 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

All

- 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 rejected,
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 overthrown.**

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 the 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."

The Word of the Lord.

All **Glory be to thee, O Lord.**

The Alleluia

Please stand as you are able.

Presider Alleluia.

All **The spirit of the Lord is upon me;
because God has anointed me to preach good tidings to the poor.
Alleluia.**

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."

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 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.

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.

All Lord in thy mercy,
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 Ascribe to the Lord the honor due his Name; bring offerings and come into
 his courts. *Psalm 96:8*

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, who by water and the Holy Spirit hast made us a new
 people in Jesus Christ our Lord, to show forth thy glory in all the world.
 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 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, 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: Anne Vitullo

Second Reading: Joan Sanders

Intercessor: Jon Poe

Usher: Jon Poe

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

Coffee Hour Host: Kathy Thompson

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

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: Laura

Gable, *Alternate*, Michael Graebner,

Irene Lawrence

Trinity School Board Representatives:

Jon Poe, Michelle Swenson