

1818 Monterey Boulevard · Hermosa Beach, CA 90254 · 310.376.8989 · www.stcross.org

The Fourth Sunday after Epiphany

January 28, 2024 10:00 a.m.



Welcome to worship at St. Cross!

Happy Sunday. We are glad you are here.

We are a community that serves as a sign of God's love. We believe God's love to be restorative, a source of peace and healing for all and a force that compels us to strive for justice and human flourishing. We strive to live into the gospel ideal of being an open and welcoming community. We offer services, programs and classes for youth, families, the elderly, and the entire community, so that all may grow in God's dream for their life and their world.

More information about St. Cross programs, classes and activities can be found at the back of this bulletin.

The entire service is printed in this bulletin and the people's parts are in bold type. Generally, we sit for teachings and stand or kneel for prayers. Do not be concerned if you are unable to stand or kneel, do what is comfortable for you. Please let the ushers know if you need any other assistance, such as communion brought to your seat.

Lessons and Sermon Notes

A few words on today's lessons about what you will hear, and what you will take with you through the week.

The Fourth Sunday after the Epiphany—Year B

Welcome to our parish. In Epiphany season we celebrate those events in Jesus' ministry which revealed him to be the Son of God. Today we hear Mark's account of Jesus' first sermon and the events which followed. In casting out an evil spirit from one possessed, Jesus revealed a spiritual authority greater than that of other prophets and teachers.

Our reading from I Corinthians today deals with an extremely important part of Paul's teaching about the Church by means of a rather obscure (to us) controversy in that Church. It was between those who had no qualms about eating food sacrificed to pagan gods, because they believed Christ had rendered such gods meaningless; and those who feared that eating such food would put them back into the fellowship of the old gods. Paul's principle is that we are indeed free to eat any food (the old gods are meaningless) but that the need for unity and fellowship among Christians is even more important than exercising that freedom.

We join together in the liturgy to meet our Savior who comes to us in Word and Sacrament. Jesus, then, is not only the prophet who, like Moses, brings God's Word; he is the Word made flesh who comes among us himself in water, bread, and wine.

From The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year. Copyright © 2007 by Michael W. Merriman. Church Publishing Incorporated, New York.

The altar flowers are given to the Glory of God: In gratitude for our Vestry by the people of St. Cross.

If you would like to make a flower dedication, please go to www.stcross.org/flowers

Liturgy of the Word

Prelude

Chorale Prelude "Deck thyself"

Donald Busarrow



Words: Sts. 1-2, Henry Fothergill Chorley (1808-1872), alt.; sts. 3-4, John Ellerton (1826-1893), alt. Music: Russia, Alexis Lvov (1799-1870)

Opening Acclamation and Collect for Purity

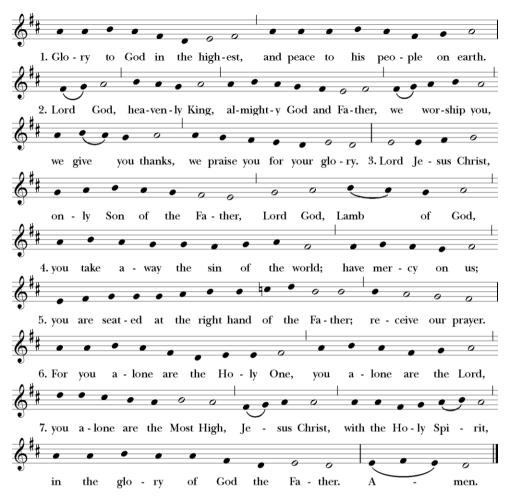
Celebrant Blessed be God: Father, Son, and Holy Spirit.

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

The Celebrant and the People say

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 S-277



Collect of the Day

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. **Amen.**

First Lesson 1 Corinthians 8:1-33

Please be seated.

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.

Lector The Word of the Lord. People Thanks be to God.

Psalm 111



© 1979, Robert Knox Kennedy.

Hallelujah! I will give thanks to the Lord with my whole / heart, in the assembly of the upright, in the congre/gation.

Great are the deeds of the / Lord! they are studied by all who delight in / them.

His work is full of majesty and / splendor, and his righteousness endures for / ever. He makes his marvelous works to be re/membered; the Lord is gracious and full of com/passion.

He gives food to those who / fear him; he is ever mindful of his / covenant. He has shown his people the power of his / works in giving them the lands of the / nations.

The works of his hands are faithfulness and / justice; all his commandments are / sure.

They stand fast for ever and / ever, because they are done in truth and / equity.

He sent redemption to his people; he commanded his covenant for / ever; holy and awesome is his / Name.

The fear of the Lord is the beginning of wisdom;

those who act accordingly have a good under/standing; his praise endures for / ever.

Gospel Mark 1:21-28

Please remain standing and face the gospel book. It is customary to make a small cross on one's forehead, lips, and heart at the opening acclamation as a sign that we keep the gospel ever in our minds, on our lips, and in our hearts.

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.

Sermon

The Rt. Rev. Phyllis A. Spiegel

Following the sermon a time of silence for private meditation is observed.

Nicene Creed

All stand and face the altar.

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.

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

Please stand. We pray for the church in all places, for the world and our nation, for the needs of others, for ourselves, and for those who have died. You are welcome to add your own petitions as we pray. To add names to the prayer list, please go to stcross.org/pray.

The response to "Jesus Christ, Light of the world" is "In your light we see light."

The priest concludes with a collect.

God our creator, who in the beginning commanded the light to shine out of darkness, accept the prayers of your people, shine into our hearts, and reveal the knowledge of your glory in the face of Jesus Christ your Son our Lord. Amen.

Confession of Sin

The Deacon says Let us confess our sins.

The people kneel if they are able and a period of silence is observed.

Deacon and People

Merciful God. we have sinned in what we have thought and said, in the wrong we have done and in the good we have not done. We have sinned in ignorance: we have sinned in weakness: we have sinned through our own deliberate fault. We are truly sorry. We repent and turn to you.

Forgive us, for our Saviour Christ's sake,

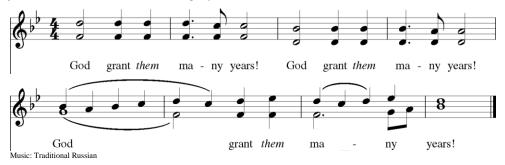
and renew our lives to the glory of your name. Amen.

The Celebrant stands and says

God have mercy on you, pardon you and set you free. Know that you are forgiven and be at peace. God strengthen you in all goodness and keep you in life eternal. Amen.

Birthday and Anniversary Prayer

All those who celebrate birthdays or anniversaries in the current month are invited to come forward to receive a blessing by name and then bid the Peace.



Peace

All stand as you are able.

Celebrant The peace of the Lord be always with you.

People And also with you.

Please greet one another in the name of Christ by remaining by your pew and offering a gesture of peace to your neighbors.

Signs of Christ's Love

We are a community who serves others as a sign of Christ's love. The rector and members of the church share announcements about how the church is serving others in the weeks ahead.

Liturgy of the Table

Offertory Sentence

Celebrant

In the same way, let your light shine before others, so that they may see your good works and give glory to God in heaven. *Matthew 5:16*

During the setting of the table, a collection is taken to support the life and ministry of St. Cross. Representatives of the congregation bring the people's offerings of bread, wine, and money or other gifts, to the celebrant or assistant. The people stand while the offerings are presented and placed on the Altar. Offerings may also be made online at www.stcross.org/give.

Offertory Anthem

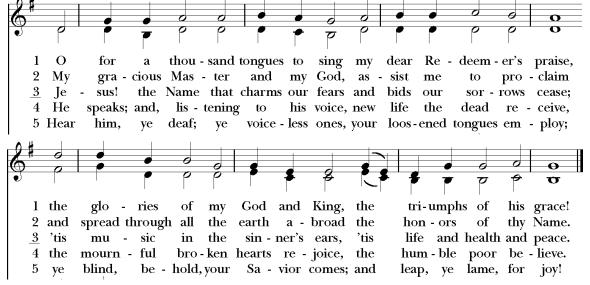
Zion's Walls
Spiritual
arr. Aaron Copland
St. Cross Youth Choir

Come fathers and mothers, come sisters and brothers, come join us in singing the praises of Zion. O fathers don't you feel determined to meet within the walls of Zion. We'll shout and go round the walls of Zion.

Presentation Hymn

Hymn 493

Please stand.



 Glory to God and praise and love be now and ever given by saints below and saints above, the Church in earth and heaven.

Words: Charles Wesley (1707-1788), alt. Music: Azmon, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872)

Great Thanksgiving

Please remain standing.

CelebrantThe Lord be with you.PeopleAnd also with you.CelebrantLift up your hearts.

People We lift them to the Lord.

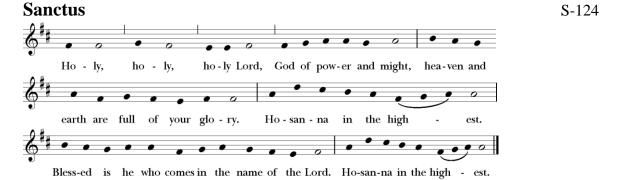
Celebrant Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

The Celebrant proceeds

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:



The people stand or kneel, as they are able, and the Celebrant continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, 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. Again, he gave thanks to you, 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."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

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.

The Lord's Prayer

Celebrant

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

People and Celebrant

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.

Breaking of the Bread

The Celebrant breaks the consecrated bread. A period of silence is kept.

From "Common Worship for Times and Season" page 180.

Celebrant We break the bread of life, and that life is the light of the world.

People God here among us, light in the midst of us, bring us to light and life.

Invitation to Communion

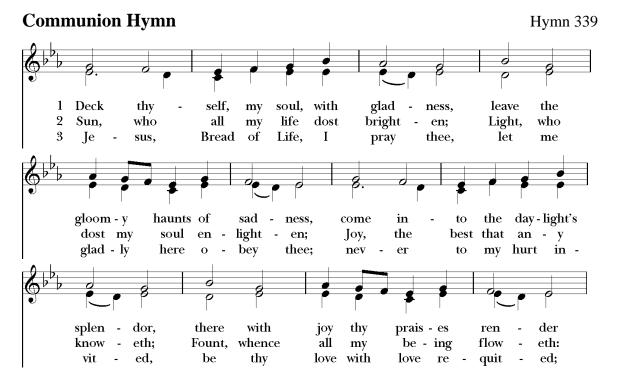
Celebrant

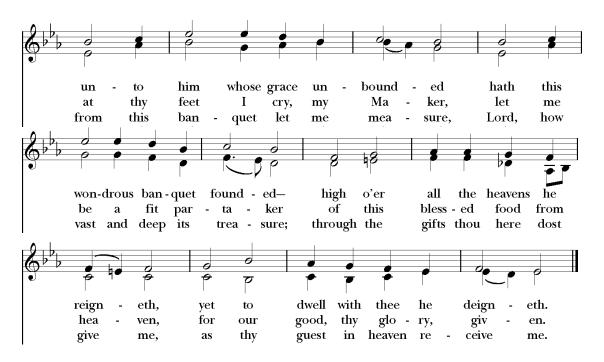
God's holy gifts for God's holy people.

Communion

The Congregation is seated until an usher invites them to communion.

At St. Cross all who come in faith, seeking deeper knowledge and love of Jesus Christ are welcome to receive Holy Communion. Come forward as directed by the ushers. You may have communion brought to your seat by notifying the usher. After receiving the bread (wafer), you may choose to hold the bread in your hand and have the eucharistic minister intinct (dip) the bread in the wine for you and place the sacrament back in your hand, you may consume the bread first, then sip from the chalice, or you may touch the chalice as a sign of receiving the sacrament. If you would prefer not to receive either the bread or the wine, cross your arms over your chest and the Priest will offer a blessing. Gluten free bread is offered upon request. Babies and children of any age are welcome to receive communion. If you have any questions or concerns about receiving Holy Communion please feel free to contact one of the clergy.





Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: Schmücke dich, melody Johann Cruger (1598-1662); harm. The English Hymnal, 1906

Prayer After Communion

After Communion, the people stand or kneel as they are able and the Celebrant says Let us pray.

People and Celebrant

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 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.

Blessing

The Bishop blesses the people.

Closing Hymn

Hymn 535

Please stand.



Words: Charles Wesley (1707-1788), alt. Music: Paderborn, melody from Catolisch-Paderbornisches Gesang-buch, 1765; harm. Sydney Hugo Nicholson (1875-1947)

Dismissal

Deacon Go in the light and peace of Christ.

People Thanks be to God.

Postlude

Postlude on "Azmon" Emma Lou Diemer

St. Cross Prayer List

To add names to the prayer list, please go to www.stcross.org/pray.

Continuing Prayers:

Mike, Ken, Taylor, Samantha, Cathy Abu, John, Ron, Judy, Sherri, Kyla, Elliot, Astin, Selene, Rick, Holly, Bo, Julie, Tony, Caden, Cathy, Jef

Continuing Prayers – In January and June each year, we re-visit our Continuing Prayers. If you would like to keep someone on this prayer list, please fill out a prayer card, or email Trudy in the office at info@stcross.org

For Healing:

Ellie, Herb, Marty, Jennifer, Rev. Norma, Roger, Janett, Judy, Jesse, Birdie, Tom, Gwendolyn, Pam, Sara, Holly, Sandie, Maria, John, Adria, Diane, Paul

For Peace/Comfort/Guidance/Those without a job at this time:

Maya, Carrie, Hayden, Aiyana, Allie, Marilyn, the Brownlie family, Laurie, Giana, the Chavez, Peri & Hoffman family, the Woolley family, Liz & Katie, John, Karen, Aiyana, Dylan, the Bergstrom family, Sharon, the Holmes family, the Ladd family, the Jones family, Monica, Barbara, Kira, Dick, Carolyn, Susan, Robin, Todd, Bailey and the Spencer family, Joy, Patrisha, Lawrence, the Whiteman family, Kristian, Arlo, Kevin, Michelle, Rhea, Amanda, the Wong family, the Preston family, the Huettlinger family, John

For Safe Travel:

Anna

For Thanksgiving:

The Ministries of the History Committee and Compline

For Those Who Have Died:

Adrian, Jane, Maggie, Christa, Lilly, Nancy

For Military Personnel:

Jim, Kenneth, Jared, Marcus, Andrew, Will, Bobby, Tori

Community News

Lectern Announcement and Community News Deadline is **Wednesday at noon**.

Please email them to Trudy at info@stcross.org

Pledge Envelopes – are at the back of the church. If you can't find a box of envelopes with your name on them, please email Judi Kelly, our bookkeeper, at bookkeeper@stcross.org

Join us for our Annual Meeting, today in Parker Hall, following the 10am service. This is a very important annual meeting where we will not only elect the Vestry for three-year terms, but we will also elect the delegates for Diocesan Convention. We urge you to attend this meeting. Be a part of the life of our church through participation in this meeting. Learn about the vision for the future of St. Cross.

Youth Choir. Youth choir is open to anyone in grades 3 through 9. The choir meets after church on Sundays ending promptly at Noon, and sings monthly at church. For more info contact Candace Ford at candaceford1@mac.com or see Candace after the service.

Upcoming Events

Annual Meeting
Laundry Love
Vestry Retreat
Service for Pat Woolley, 1pm
Ash Wednesday Services 6am, 12 noon, 7pm
OFFICE CLOSED
Faith@5 in Parker Hall
Neighbor 2 Neighbor
Vestry Meeting
Laundry Love

Today's Ministers - 10:00am

Celebrant The Rev. Stephen Smith

Preacher The Rt. Rev. Phyllis A. Spiegel

Assisting The Rev. Rachel Nyback
Assisting The Rev. Josh Paget
Deacon The Rev. Patti Angelo

Organist/Choirmaster Sean O'Neal Lector Alison Wilcox Intercessor Sean O'Neal

Ushers Al Dickinson JoAnn Kaye Ralph Kaye

Charlotte Lesser Russ Lesser

Eucharistic Ministers Chad Druten

Annette Graw Shane Mathews Rick Murphy

Vestry

Greg Bellavia
Joe DesParte
Jessica Gregg
Lavinia Henley
Dennis Ittner
Larry Johnson
John McBane

Lori Schreier, Secretary
Jack Tedford, Senior Warden
Lizabeth Thompson, Junior Warden
Michelle Weissenberg, Treasurer

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Rnyback@stcross.org

The Rev. Stephen Smith

Associate for Christian Formation

ssmith@stcross.org

The Rev. Josh Paget Associate for Pastoral Care and Community Development

jpaget@stcross.org

The Rev. Patti Angelo · Deacon

pangelo@stcross.org

The Rev. Cn. Robert (Bob) Cornner

Priest in Residence

The Rev. Cn. Paul Lawson

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