

St. MARGARET'S

EPISCOPAL CHURCH

The Holy Eucharist: Rite II
Fourth Sunday after the Epiphany
January 28, 2024 @ 11:00 a.m.

WELCOME

Whether you are returning to church after a time away or are altogether new to the faith, looking for a new church home or simply seeking a place to worship today, please know that you are welcome at St. Margaret's Episcopal Church. Please do help us begin to get to know you by filling out the Visitor form on our website (scan this QR code), or you may ask an usher for a paper copy.



SUNDAY

9:00 a.m. Christian Formation
10:00 a.m. Choir
10:00 a.m. Christian Formation
4:00 p.m. EYCollab @ Trinity Cathedral

MONDAY

9:00 a.m. ECC

TUESDAY

7:30 a.m. Bible & Breakfast on Zoom
9:00 a.m. ECC
6:30 p.m. Education for Ministry

WEDNESDAY

9:00 a.m. ECC
6:00 p.m. Sacred Ground on Zoom

THURSDAY

9:00 a.m. ECC

FRIDAY

SATURDAY

8:30 a.m. Centering Prayer Workshop
11:00 a.m. Arkansas Local Food Network pick-up

WORSHIP

Sunday Schedule

8 a.m. Quiet Holy Communion
9 a.m. Multi-generational & fully inclusive of children
11 a.m. Holy Eucharist, Rite II with organ and choir



Scan this QR code to link to our weekly e-newsletter and learn more about what's happening at St. Margaret's.

BELONG

SIGN UP TODAY FOR LENTEN COMPASS GROUP

Compass Groups are small groups hosted and facilitated by members of St. Margaret's that meet weekly, beginning the week of February 18th. Groups are available on different nights of the week and will share a meal, prayer, and discussion either in the host's home, at church with nursery care provided, or on zoom. One group will also meet over lunch during the daytime. These groups are a great opportunity to renew and deepen our friendships as we follow Christ together. Groups will fill quickly, so please register today using the link in our weekly e-newsletter (see QR code on opposite page)! Groups will explore Centered, a curriculum from the Episcopal Church that guides small groups to get deeply rooted in love with God and one another, so that we all may grow to look, act, and love more like Jesus. There are nine core sessions where groups will gather to share a meal and grateful prayer; view two short films, discuss questions about God, belonging, and living a meaningful life; and support for each other in committing to intentionally follow Jesus and his Way of Love.

EYCOLLAB

Sundays, 4:00-5:30 p.m. @ Trinity Cathedral (310 West 17th St)

Jan. 28: Taking Care of Others Day (bring Little Free Pantry donations)

Feb. 4: Candlemas Candle Making

Feb. 11: Mardi Gras + Ash Wednesday Mash Up

EYCollab is an Episcopal youth group for all 6th-12th graders in Central Arkansas. Visit eycarkansas.org/eycollab to see our Spring Calendar and to subscribe to our weekly newsletter for up to date information! Direct questions to EYCollab Minister by emailing BekahMarshallSmith@gmail.com.

LEARN

CENTERING PRAYER WORKSHOP AT THE HOUSE OF PRAYER

The Arkansas House of Prayer and St. Margaret's Episcopal Church will present the official workshop on centering prayer from Contemplative Outreach on **Saturday, Feb. 3, 8:30 a.m.-3 p.m.** It will be taught by the Rev. Danny Schieffler. In this workshop, beginners and experienced practitioners alike will learn about a centuries old prayer method, experience it in a guided setting, and be able to ask questions and share experiences with the presenter and fellow initiates. Email the Rev. Danny Schieffler, dkschieffler@gmail.com for more information.

LENT MADNESS BEGINS SOON

It's time once again to research the Saints, fill out your bracket, and see if you can predict which of God's saints will win the Golden Halo! The Episcopal Kids and Youth Communities of St. Margaret's will be selling Lent Madness brackets for \$5 before and after the 9 and 11 o'clock worship services on Sunday, February 4th, Sunday the 11th, and at the Pancake Supper. Please fill out and return your bracket to the church office or email a copy to Richard McKay at rjmckay81@gmail.com before Ash Wednesday. Don't miss out on this fun way to learn about the saints of the past and support the youth group. To get daily emails about the competing Saints and to vote online, subscribe at www.lentmadness.org.

MINDFUL SELF-COMPASSION WORKSHOP

Join us at St. Margaret's on **Saturday, February 17, 2024**, from 9:00 am - 12:00 noon in the Parish Hall for a morning of mindful self-compassion with Dr. Catherine Crisp, MSC Trained Teacher. Our morning will begin with a grounding practice followed by information about mindful self-compassion. We will then spend the remainder of our time engaged in gentle mindful self-compassion practices. You do not need prior experience with mindfulness, meditation, and/or mindful self-compassion as this workshop is aimed at both beginners and seasoned practitioners. This workshop is being offered on a "come as you are, pay what you can" basis with all donations going to support the Little Free Food Pantry at St. Margaret's. Those who attend must register in advance so we know how many to expect. For more information, including a list of pantry items, can be found in our weekly e-newsletter. (see QR code on the opposite page for the e-newsletter.) Please register by Thursday, February 15, 2024. Email Catherine Crisp at clcrisp@ualr.edu with any questions.

SERVE

HELP US WITH THE PANCAKE SUPPER!

Lent is near and so is our annual Shrove Tuesday Pancake Supper on **Tuesday, February 13th** from 5:30-7:30 p.m. in the Parish Hall. This is our annual fundraiser for the Episcopal Kids and Youth Communities at St. Margaret's! Can you help us gather all the breakfast fixings this year? Take a look at the sign up genius (see QR code on the opposite page to go to our newsletter) to see what's needed and let us know what you can contribute. Please bring food items to the church kitchen on Sunday the 11th. Tickets are \$10 for adults, \$5 for kids, or \$30 per family. Buy your tickets Sunday, February 4th or Sunday the 11th after the 9 and 11 services or the night of the dinner.

FOURTH SUNDAY AFTER THE EPIPHANY
JANUARY 28, 2024
THE HOLY EUCHARIST: RITE II 11:00 A.M.

The text of our worship comes from the *Book of Common Prayer*, where the service for Holy Eucharist, Rite II, begins on p. 355.

Hymns will be found in the blue *Hymnal 1982*.

When the text of this worship booklet is in bold, it is spoken or sung by all.

The Presider's posture (sitting, standing, or kneeling) may serve as a cue, but you are invited to participate as able and comfortable.

To read additional commentary on today's appointed scriptures, scan this code to go to *Preparing for Sunday*:



VOLUNTARY: Arioso

Noel Ramsthorne

WELCOME

THE OPENING HYMN: I sing the almighty power of God

Hymnal, 398

THE OPENING ACCLAMATION

BCP p. 355

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

People **And blessed be his kingdom, now and forever. Amen.**

Celebrant 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.**

THE SONG OF PRAISE: Canticle 13, *John Rutter*

Hymnal, S-236

Glory to you, Lord God of our fathers;

you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name;

we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple;

on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim;

we will praise you and highly exalt you for ever.

Glory to you, beholding the depths;

in the high vault of heaven, glory to you.

Glory to you, Father, Son, and Holy Spirit;

we will praise you and highly exalt you for ever.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

The Celebrant says the Collect of the Day

BCP p. 215

THE FIRST LESSON: Deuteronomy 18:15-20

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

Reader The Word of the Lord.

People **Thanks be to God.**

THE RESPONSE: Psalm 111 *Read responsively by whole verse*

- 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.

THE SECOND LESSON: 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.

People **Thanks be to God.**

THE SEQUENCE HYMN: Where charity and love prevail

Hymnal, 581

THE GOSPEL: Mark 1:21-28

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.**

THE SERMON

*Please use this space to engage with the Lessons and Sermon
by taking notes or doodling your prayers.*

THE NICENE CREED

BCP p. 358

**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. With the Father and the Son he is worshiped and glorified. He 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

Intercessor Let us pray for the church and for the world. *(Pause briefly)*

Almighty God, may your light shine in this world with such power and compassion that all people respond to your love. Guide those who lead and govern, that all people may live in justice and peace, without fear of violence or terror.

Brief silence for prayer.

Light of the world,

People **shine in our lives.**

Intercessor May we seek Christ in all we meet, and may we give glory to you in our service to others. Guide our efforts to provide shelter for the homeless, safety for those who live in fear of violence, and food for the hungry.

Brief silence for prayer.

Light of the world,

People **shine in our lives.**

Intercessor May all who are lonely or isolated find comfort in the knowledge of your presence.

Brief silence for prayer.

Light of the world,

People **shine in our lives.**

Intercessor May all who suffer from any sickness, or trouble, find peace and strength in the healing power of your love. We especially pray for _____, and those we name at this time.

Brief silence for prayer.

Light of the world,

People **shine in our lives.**

Intercessor May all who have died find rest in your everlasting light, and may those who mourn find comfort. We pray for those who have died, especially _____, and those we name at this time.

Brief silence for prayer.

Light of the world,

People **shine in our lives.**

Intercessor In thankfulness, gracious God, we offer you our lives.

Brief silence for prayer.

Presider Merciful God, accept these prayers for the sake of your Son, our Savior Jesus Christ. **Amen.**

Join us in prayer for those in our community throughout the week. You can find the St. Margaret's prayer list here:



To add someone to the prayer list fill out a request form on our website at stmargaretschurch.org/worship/request-prayer.

THE CONFESSION OF SIN

BCP p. 360

The Celebrant says

Let us confess our sins against God and our neighbor.

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.**

The Priest stands and says

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.

People **And also with you.**

The People greet one another in the name of the Lord

Birthdays and Anniversaries

All we have and all we are
is of God, and everyone has
a faithful offering to make.
All gifts received today will
support St. Margaret's ministries
and empower our service
to the community.

Offerings of non-perishable food
for the Backpack ministry
may be placed in the basket
at the altar during the offertory.

During the offertory, you may place your offering in the alms basin, or make
an electronic gift by texting STMARGARETS to 72356. Alternatively,
scan this QR code to take you to the online giving form. Thank you for your offering!



THE OFFERTORY ANTHEM: God be in my head

Mark Schweizer

THE PRESENTATION HYMN: O bless the Lord, my soul

Hymnal, 411

THE GREAT THANKSGIVING: EUCHARISTIC PRAYER B

BCP p. 367

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift 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 him thanks and praise.**

Then the Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you,
Father Almighty, Creator of heaven and earth.

Here a Proper Preface is said

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People Sanctus, *Healey Willan*

Hymnal, S-114

**Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of your glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Celebrant and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Margaret and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

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

**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.**

All are invited to
receive Communion, or to
come forward for a blessing.

To receive the sacrament,
come forward to the rail,
kneel or stand as you prefer,
and extend your hands
to receive the bread.
Ask the priest at the rail if you
need a gluten-free wafer.

To receive the wine,
please help the chalice bearer
guide the cup to your lips.

If you prefer to receive a blessing,
cross your arms over your chest
and the priest will
offer you a prayer.

For those who find it easier
to remain in your seat, please
signal an usher, and communion
will be brought to you.

THE BREAKING OF THE BREAD

THE FRACTION ANTHEM : *Agnus Dei, Healey Willan*

Hymnal, S-158

**O Lamb of God that takest away the sins of the world, have mercy upon us.
O Lamb of God that takest away the sins of the world, have mercy upon us.
O Lamb of God that takest away the sins of the world, grant us thy peace.**

*All are invited to receive Communion, or to come forward for a blessing.
For those that require them, gluten-free wafers are available; simply ask at the Communion rail.*

THE COMMUNION HYMN: Lord, make us servants of you peace

Hymnal, 593

THE SENDING OF LAY EUCHARISTIC VISITORS

THE POSTCOMMUNION PRAYER

BCP p. 365

**Eternal God, heavenly Father, you have graciously accepted us as living members
of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the
Sacrament of his Body and Blood. Send us now into the world in peace, and grant
us strength and courage to love and serve you with gladness and singleness of
heart; through Christ our Lord. Amen.**

THE BLESSING

THE CLOSING HYMN: Lift high the cross

Hymnal, 473

THE DISMISSAL

Deacon Let us go forth in the name of Christ.

People **Thanks be to God.**

VOLUNTARY: Chorale Improvisation on "Crucifer"

Noel Rawsthorne



*You are invited to join us after service in the Welcome Center to help fill backpacks for the week
and to visit and enjoy the hospitality snacks and coffee provided by the Daughters of the King
at the coffee bar in the hallway past the Welcome Center.*

ST. MARGARET'S PRAYER LIST FOR THE WEEK OF JANUARY 28, 2024

ST. MARGARET'S MINISTRIES

Daughters of the King

FOR THOSE CELEBRATING A BIRTHDAY

28 Finn McKay
29 Hailey Strother
31 Heidi Sohl
01 Coleman Black
01 Sunny Black

FOR THOSE WHO HAVE DIED

Mike Jones
Jim Williams
Alf Williams' brother

FOR THOSE WHO ARE EXPECTING A CHILD

Michaelene Miller and Ernest Perez

FOR TODAY'S ALTAR FLOWERS

Given by Nancy Jones in loving memory of Mike Jones
and by Mary Willmuth in loving memory of her mother,
Dorothy.

FOR OUR CHURCH STAFF

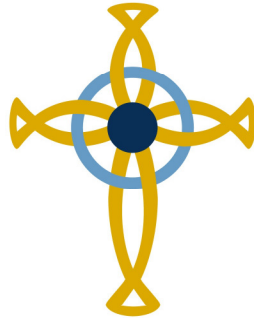
Kris Alexander
*Director of Children's Ministries &
the Early Childhood Center*
John Alec Briggs
Organist & Choirmaster
Elizabeth Connery
Minister to Newcomers & Business Administrator
Elizabeth Fortune
Minister of Media
Corey Harrison
Building Sexton
Elizabeth Haskett
Music Director
Amy House
Minister of Technology
Katherine Strother
Assistant to the Rector

FOR THOSE IN NEED

Miki Bass
Ronnie Beggs
Blake
Jim Bradberry
John Alec Briggs
Teresa Burton
Roberta Chitwood
Chuck
Jennifer Davis
Sharon Echols
Erik
Elizabeth Fortune
Sharon Goodrich
Gary Higgins
Susan Higgins
Jane Holt
Ron Kirchner
Leslee
Amy Gray Light
Linda
Leslie Lovett
Laura McKinney
Pat Murray
Nancy
Tobias Simon
George Swarbrick
Matthew Thornton & family
Madelyn Todd
Jackson Turriff
Whitney
Paul & Tracey Williams

FOR THE CHURCH

Michael Curry,
our Presiding Bishop;
John Harmon,
our Diocesan Bishop;
Mary Vano,
our Rector;
Michaelene Miller,
our Associate Rector;
Deb Cooper,
our Deacon;
All Episcopal Churches in
the Diocese of Arkansas



ST. MARGARET'S

EPISCOPAL CHURCH

Celebrant

Preacher

Deacon

Choir Director

Organist

Altar Guild

Acolytes

Lectors

LEM's

Ushers

Greeters

Communion Bread

Hosted Hospitality

Camera Operator

Altar Flowers

LEV

The Rev. Mary Vano

The Rev. Michaelene Miller

The Rev. Deb Cooper

Elizabeth Haskett

John Alec Briggs

Christi Madden

Scott Smith

1st Lesson & Psalm – Heidi Sohl

2nd Lesson & Intercessions – Mary Waldo

Sharon Beggs & Lisa Yocum

Jimmy Bellinger & Mark Magie

Pete Alexander & Suzanne Kirchner

Carolee Toulson

St. Virginia Chapter of the DoK

John Bullen

Bethany Lynch

Mark Magie & Dee Sadler

If you're interested in serving in worship in one of these roles, email admin@stmargaretschurch.org to get connected.

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