

Pohick Episcopal Church • January 31, 2021 • 9:00 am

Fourth Sunday after the Epiphany • Holy Eucharist Rite II

Facebook Live from inside historic Pohick Church • BCPonline.org, p. 355

Opening Welcome

Prelude *He comes to us as one unknown*

Powell

Processional Hymn 437 *Tell out, my soul, the greatness of the Lord!*

1 Tell out, my soul, the great - ness of the Lord!
2 Tell out, my soul, the great - ness of his Name!
3 Tell out, my soul, the great - ness of his might!
4 Tell out, my soul, the glo - ries of his word!

Un - num - bered bless - ings give my spi - rit voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.

ten - der to me the prom - ise of his word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great - ness of the Lord

in God my Sa - vior shall my heart re - jice.
his ho - ly Name— the Lord, the Might - y One.
the hun - gry fed, the hum - ble lift - ed high.
to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary* Copyright ©1962 by Hope Publishing Company. All rights reserved.
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Celebrant Blessed be God: Father, Son, and Holy Spirit. p. 355
People *And blessed be his kingdom, now and for ever. Amen.*

Collect for Purity

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 Gloria *(spoken)* p. 356

Glory to God in the highest and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God, you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer

For you alone are the Holy One,

you alone are the Lord, you alone are the Most High,

Jesus Christ, with the Holy Spirit,

in the glory of God the Father. Amen.

The Collect for the Fourth Sunday after the Epiphany p. 215

Celebrant The Lord be with you.

People *And also with you.*

Celebrant Let us pray.

Celebrant 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.*

The Lessons

Reader A Reading from 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.*

Psalm 111 (in unison)

Confitebor tibi

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.

Reader A Reading from 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.*

Celebrant The Holy Gospel of our Lord Jesus Christ according to Mark (1:21-28)

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.

Celebrant The Gospel of the Lord.

People *Praise to you, Lord Christ.*

Sermon The Reverend Alex Allain, *Assistant Rector*

The Nicene Creed (*stand*)

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Celebrant and People

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 Form VI

p. 392

Reader In peace, we pray to you, Lord God. (*silence*)

Reader For all people in their daily life and work;
People For our families, friends, and neighbors, and for those who are alone.

Reader For this community, the nation, and the world;
People For all who work for justice, freedom, and peace.

Reader For the just and proper use of your creation;
People For the victims of hunger, fear, injustice, and oppression.

Reader For an end to this pandemic, and for all who are in danger, sorrow, or any kind of trouble;
People For those who minister to the sick, the friendless, and the needy.

Reader For the peace and unity of the Church of God;
People For all who proclaim the Gospel, and all who seek the Truth.

Reader For Michael, our presiding bishop; for Susan, Jennifer, and Porter, our bishops; Lynn and Alex, our Priests; and for all bishops and other ministers;
People For all who serve God in his Church.

Reader For the special needs and concerns of this congregation, especially for Kristy Girten, the Nelson Family, Penelope Mann, Kenneth Minter, Archie Taylor and family, Erika Knudsen, Haydee Sparks, Peter Thomas, Tom Murphy, Carole Fischer, Joan Parsons, Adrian McCabe, Willy and Christel Lowel, Suzi Scott, Sharon Michel, Bryan Tuccillo, Victoria Sackett, D'Andrea Wooten, Joan Egan, Bill Hosp, Wendy, Margery, Jack Florio, Tim Dwyer, William Low, Simon Delgado, Stan Coss, Patricia Scott, James King, Funmi Oduolowu, Fiona, Harry Petrie, Raymond Hawthorne, Susan Yarwood, Diane, Jim, Mary Hoffman, Jim and Lynn Anderholm, Carol and Glenn Larkin, Sr., Cindy Johnston, Tom Bland, Pam Botts, Millie Kiefer, Jim Bloom, Nancy Bireley, the Hunter Family, Femi Ayorinde, Diana Gutierrez, Sandra Christian, Ben Egan, Francine Brailsford, and Shelby Sternberg.

Silence. The people may add their own petitions.

Reader We pray for all first responders who continue to care for the sick and most vulnerable, especially for Elizabeth Mann, Dr. Kevin Botts, Will Prados, Julie Kiefer, Karen; Laura; Jennifer; Dr. Will Edmonson; Kathe Hannis Clark RN, Michelle Alley Sherrod, RN, Alison Brown Tuttle; Sara Mulhern, Nathan Crane, Dr. Susanne Roberts, Dr. Richard Yoon, Lindsey Chapman, Taylor Bireley, Chris Johnson, Grace Agar, Lt Anthony Marsico, Jr, Dr. Laurie Mortara, Melissa, Laura, Ashley, Avery, Chase, Teddy, Elizabeth Bartkowiak, Davis Sessums, Dr. Tony Slavinski, Christian Lavenski RN, Robert Foresman, Alex Foresman, Katie Arnhart, Dr. George Smallfield III, Dr. Melissa Smallfield, Patrick Burkey, Dr. John Orona, Dr. Devon Watson, Dr. Megan Sise, Dr. Uulana Bodnar, Ashley Nicholson, Kathy Vitale, Christian Ewaskiewicz, RN, Kathy Aagesen; Justin and Nora Scot, Susan Plain, Lea Schmitt, Chris Stone, Lisa Keill, Alison Tompkins, Sheriden Floyd RN, William Low, Cameron Craig, Christina Petty, RN, Courtney Hayward, RN, Rachel Mazerolle, RN, Dr. Sunmolu Beckley, Dr. Maxwell James, Dr. Cameron Webb, Dr. Adrian Ambrose, Funmilayo Onipede, Nicole Habel, Haley Sanchez, Funmilayo Abiara, Annie Hammer, Ty Ashworth, Rose Kepnang, Alyssa Craig, Carmen Watson, Tom, Bailey, Dr. Alley Ronaldi, Melissa Villamoor, Dr. Dan Derbes III, Danielle Derbes, PA, Anna Delania and Tracy Torseth, RNs.

Reader Hear us, Lord;
People *For your mercy is great.*

Reader We thank you, Lord, for all the blessings of this life, especially for those having birthdays this week: John Brooks, Sarah Wise, Kristina Girtten, Prudence Brooks, Vickie Koons, and Patricia Mitchell.

Silence. The people may add their own thanksgivings.

Reader We will exalt you, O God our King;
People *And praise your Name for ever and ever.*

Reader We pray for all who have died, that they may have a place in your eternal kingdom.
Silence. The people may add their own petitions.

Reader Lord, let your loving-kindness be upon them;
People *Who put their trust in you.*

Reader We pray for our members who serve our country, particularly those overseas, and their families: John Winston, Tony Winston, Arch Wilson, Ryan Moatta, Rick Church, Katie Weber, Jesse Grimm, and Marty Wilson.

Reader We pray for Christians and others around the world, especially those in Burma, China, Nigeria, and North Korea, who continue to face persecution for their faith.

Reader We pray for peace in the Middle East, and for the Church in Syria, Iraq, Egypt, and Israel.

Reader In the Diocese of Virginia, we pray for the Fredericksburg Region churches: Aquia, Stafford; Christ, Spotsylvania; Church of the Messiah, Fredericksburg; Hanover with Brunswick Parish – Emmanuel and King George, King George; St. Asaph's, Bowling Green; St. George's, Fredericksburg; St. Mary's, Colonial Beach; St. Paul's, Owens, King George; St. Peter's, Port Royal; and Trinity, Fredericksburg.

Reader We pray to you also for the forgiveness of our sins.

Celebrant and People

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

Celebrant 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 *(stand)*

Celebrant The peace of the Lord be always with you.

People *And also with you.*

Per guidelines from the Diocese, The Peace should be shared with a bow, wave, or peace sign.

Announcements *(sit)*

Celebrant Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

Offertory Solo *Healing river of the Spirit*

The Sacred Harp

The Doxology Hymn 380, v. 3

*3 Praise God, from whom all bless - ings flow; praise
him, all crea-tures here be - low; praise him a - bove, ye
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Words: Isaac Watts (1674-1748), para. of Psalm 117. St. 3, Thomas Ken (1637-1711)
Music: *Old 100th*, melody from *Pseaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?)

The Great Thanksgiving: Eucharistic Prayer B

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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.

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

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your son Jesus Christ our Lord.

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

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Celebrant 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;*

Celebrant 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 the Blessed Virgin Mary 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 forever. AMEN.

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

The Lord's Prayer

p. 364

*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.

Celebrant Alleluia. Christ our Passover is sacrificed for us;

People Therefore let us keep the feast. Alleluia.

Celebrant 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.

The Invitation

Celebrant The Body of Christ, the bread of heaven. [*Amen.*]

The Blood of Christ, the cup of salvation. [*Amen.*]

Prayer of Spiritual Communion

Celebrant and People:

Lord Jesus, I believe that You are present in the Sacrament of the Eucharist. I love You above all things, and I desire to receive You. Since during this pandemic I cannot receive You sacramentally, come spiritually into my heart. I embrace You, knowing that You are already here. I unite myself to You and to the entire Body of Christ. Never permit me to be separated from You. Let my hunger and longing for your Body and Blood deepen my compassion for others who are hungry, sick, and suffering. And as we return to our fellowship one day, we will discern with joy just how precious the Body of Christ truly is!" Amen.

Blessing

Recessional Hymn 530 *Spread, O spread, thou mighty word*

1 Spread, O spread, thou might - y word, spread the king - dom of the Lord,
2 word of how the Fa - ther's will made the world, and keeps it, still;
3 word of how the Sa - vior's love earth's sore bur - den doth re - move;
4 word of how the Spi - rit came bring - ing peace in Je - sus' name;
5 Word of life, most pure and strong, word for which the na - tions long,

1 that to earth's re - mot - est bound all may heed the joy - ful sound;
2 how his on - ly Son he gave, earth from sin and death to save;
3 how for - ev - er, in its need, through his death the world is freed;
4 how his nev - er - fail - ing love guides us on to heaven a - bove.
5 spread a - broad, un - til from night all the world a - wakes to light.

Words: Jonathan Friedrich Bahnmaier (1774-1841); tr. Arthur William Farlander (1898-1952) and Charles Winfred Douglas (1867-1944), alt. St. 4, F. Bland Tucker (1895-1984) Copyright © The Church Pension Fund. All rights reserved. Used with permission. Music: *Gott sei Dank*, melody from *Geistreiches Gesangbuch*, 1704; adapt. and harm. William Henry Havergal (1793-1870)

Dismissal

Priest *(Sentence of dismissal)*

People *Thanks be to God. Alleluia, Alleluia.*

Postlude *All glory be to God on high: Versus 5*

Walther

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Celebrant: The Reverend Dr. Lynn P. Ronaldi, *Rector*
Assisting: The Reverend Alex Allain, *Assistant Rector*
Lay Eucharist Minister: Mike Elston
Minister of Music: Linda Wilberger Egan, SMM
Soloist: Don Brownlee, *baritone*
Acolyte: Adelaide Hofmann
Video: Tom Ronaldi

ANNOUNCEMENTS

- Join us at 9:00 am on **Sunday, February 7, for Holy Eucharist Rite II**. The service will be streamed live on Facebook. Visit pohick.org for link.
 - Two **adult Bible studies** will be offered Sunday evenings, 7:00 pm to 8:00 pm, beginning February 7. Amy Bontrager will lead a women's Bible Study called "*Being Community*," for women exploring how to navigate these uncertain times. Tony Harriman will lead a men's Bible Study called "*Exile and Return from Exile*," which addresses how the people of God encounter God in the midst of challenging times. Please see the *Pohick Post*, Constant Contact emails, and pohick.org for more info and registration.
 - Upcoming EYC events: a **Coat, Hat & Glove Church Drive** to help people in our community living on the street. Drop off items NEXT SUNDAY, February 7, from 12:00 pm – 2:00 pm.
- And even though we cannot get together in person for the annual Pancake Supper, the EYC is holding a **Shrove Tuesday Pancake Supper To-Go Kit!** The kit contains enough food for approximately four people. Deadline to order is February 7. Proceeds go toward the EYC Spring Retreat. Visit the Pohick website, pohick.org, for order form and more details about both events. Contact Rusty Booth with questions, rusty@pohick.org.
- The Pohick **Wednesday Night Lenten Program** will take place via Zoom during Coffee 'n Compline time, from 7:00 pm to 8:00 pm on Wednesdays. This series begins with Ash Wednesday Service on February 17. The healing theme is "**Resting in the Lord, Renewal and Resurrection.**" Speakers on subsequent Wednesdays include The Rev. Martin Smith, Bishop Porter Taylor and Rev. Lynn. Watch for regular weekly emails that share the Zoom link.
 - **Vestry Retreat** will be held Saturday, February 27 via Zoom.

Pohick Episcopal Church

The Reverend Dr. Lynn P. Ronaldi, Rector

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Home Church of George Washington and George Mason

Embracing the Past, Welcoming in the Present, Transforming for the Future