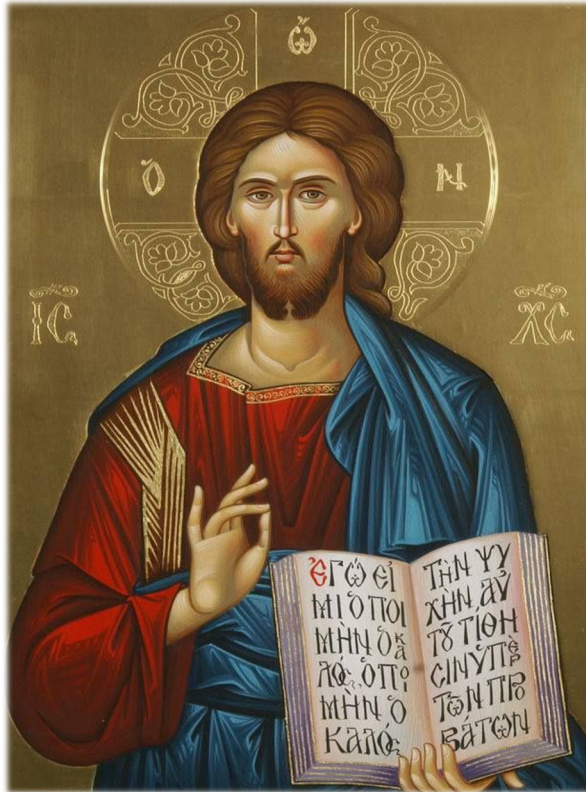


MORNING PRAYER

ST. COLUMBA'S EPISCOPAL CHURCH
THE REV. TERI WALDRON, PRESIDING
JANUARY 28, 2024



THE FOURTH SUNDAY AFTER THE EPIPHANY

OPENING PRAYER FOR PURITY AND COLLECT

PRESIDER: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

Amen.

ASSISTANT: 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.

CONFESSION *Silence is kept. Then all pray the confession together on mute, led by Assistant.*

ASSISTANT: A voice cries out in the wilderness, "make straight the way of the Lord." So let us listen and turn to the Lord in penitence and faith (John 1:23).

Holy One, we encounter you in our lives and try to follow faithfully, but so often we get lost or turn away. We try to love our neighbors and ourselves, and even, by your grace, to love our enemies, but we fail. We take the wrong path and stray from the way of your love. Forgive us, Lord, and guide us back to you.

PRESIDER: ✠ We turn to you, God of Love, and we accept your grace. We accept your pardon. We accept the gift of a new path, through Christ our Lord.

Amen.

THE LESSONS

ASSISTANT: A reading from the Book of 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.”

Hear what the Spirit is saying.

Thanks be to God.

PSALM 111 *Please join Presider on mute in a responsive reading.*

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 EPISTLE

ASSISTANT: A reading from The First Letter of Paul to the 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.

Hear what the Spirit is saying.

Thanks be to God.

THE GOSPEL

PRESIDER: ☩ A reading from the Holy Gospel
According to Mark [1:21-28]

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.

May the words of the Gospel be made flesh in us.
Praise to you Lord Christ.

SERMON

KINDLY KEEP ALL MICS MUTED DURING SERMON

Fr. Vincent Pizzuto, PhD



SPIRITUAL COMMUNION

All are invited to sit in silent communion with one another for 3 minutes. A bell will signal the end of our meditation.

THE CREED *Please join Presider on mute*

PRESIDER: We believe in God, *Creator of all*:
The two-legged, the four-legged,
the winged ones, and those that crawl upon
the earth and swim in the waters.

We believe in God, *One Who Walked with Us*:
Our Brother Jesus born in humility,
who lived and died for us and
who will come again to bring us to glory.

We believe in God, *Spirit with Us*:
Ever present and ever guiding, upholding us and
showing us the principles to live by.

We hear God's voice through the prophets. Creator,
One Who Walked with Us, Spirit with Us.

Holy One: We are named in the waters of baptism as
your own, all of us related, all of us your children.

We watch for signs of your homecoming and thank you for this sacred circle of life. Amen.

THE EXCHANGE OF PEACE

Presider will invite us all into small groups for several minutes to exchange a sign of peace and get to know one another. If you are new to St. Columba's we welcome you. If you are a member already, please extend a warm welcome to those in your group.

THE PRAYERS

PRESIDER: The Lord be with you.
And also with you.

PRESIDER: Let us pray.

Please pray responsively on mute, led by Presider:

PRESIDER: In peace, we pray to you, Lord God.

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

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

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

For all who are in danger, sorrow, or any kind of
trouble;
*For those who minister to the sick, the friendless,
and the needy.*

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

For Michael our Presiding Bishop, Justin the Archbishop of Canterbury, Marc our Bishop in the Diocese of California, and for all bishops and other ministers, both lay and ordained;

For all who serve God and their neighbors.

For the special needs and concerns of this congregation.

Silence

PRESIDER: For whom or for what else shall we pray?

All are invited to voice prayers before the community or offer them in the silence of your heart.

[Unmute before speaking, then kindly mute again]

PRAYER RESPONSE:

PRESIDER: God hear us,

ASSISTANT: *God graciously hear us...*

PRESIDER: Lord God, hear the prayers of your people: those we have voiced in the presence of your Assembly, those we hold in the silence of our hearts, and those for which we have yet to find words. In gratitude and love, we entrust ourselves to you who knows better than we the deepest needs of our hearts. In the name of your Son, our Lord Jesus Christ.

Amen.

PRESIDER: Let us pray as Jesus taught:

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,
Forever and ever.
Amen.

PRESIDER: Savior, Redeemer, Beloved of God, clothe us in your love, strengthen us to live gently on this earth, give us humility to see all we encounter as precious to you, and teach us to walk with kindness and patience this hour and always.

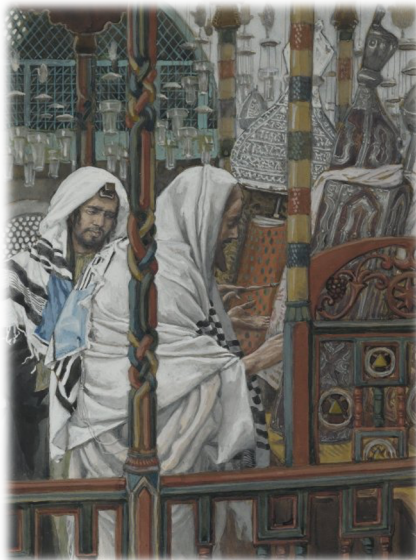
Amen.

PRESIDER: ☩ May the Sun of Righteousness shine upon you and scatter the darkness from your path; and may the blessing of God Almighty, the Three-In-One and One-In-Three be upon you and remain with you always.

Amen.

PRESIDER: My siblings In Christ, let us go forth into the world to love and serve the Divine and each other.

Thanks be to God!



ANNOUNCEMENTS

**THANK YOU TO ALL WHO HAVE REACHED OUT
TO SUPPORT OUR MINISTRY!**

ONLINE DONATIONS MAY BE MADE VIA THE **"GIVE"** BUTTON ON OUR
WEBSITE, OR CHECKS MAILED TO:

ST. COLUMBA'S INVERNESS

PO Box 430
INVERNESS, CA
94937

VIRTUAL CHAPEL ONLINE OFFERINGS

IF YOU ARE NEWLY JOINING US

**Please go to our website's VIRTUAL CHAPEL to access all of our
online offerings or to register your name and email to be
informed of our future offerings:**

www.stcolumbasinverness.org

NEED PASTORAL ASSISTANCE?

Please Email Meredith Burrell

who can help direct your needs to the right person:

mburrell01@hotmail.com

PORTRAITS OF CHRIST SERIES V

*Fridays, January 26-March 8
11 am-1 pm, Pacific*

A continuing online series, with
Fr. Vincent Pizzuto, PhD

\$175, with scholarships available

*It's not too late to register. Sessions are being
recorded.*

<https://www.stcolumbasinverness.org/portraits-of-christ-v>



ONLINE POETRY WORKSHOP

Saturday, February 17, 11 am-3 pm, PT

*Different Natures: Reading Environmental
Poets in a time of Climate Change,*
with Bob Hass and Brenda Hillman, via Zoom

Register now!

<https://www.stcolumbasinverness.org/different-natures>



In Person Events:

SOUND BATH

Immerse yourself in the soothing sounds of a
Sound Bath with Karla Bravo

Saturday, February 10, 7 pm



<https://www.stcolumbasinverness.org/sound-bath>

SHROVE TUESDAY PANCAKE SUPPER

The Feast Before the Fast, February 13, 6 pm

RSVP please!

<https://www.stcolumbasinverness.org/shrove-tuesday>



ASH WEDNESDAY: FEBRUARY 14

7 am: Liturgy with imposition of ashes

*12 pm: Liturgy with imposition of ashes and
communion*

10 am - 4 pm: Lenten Day of Reflection

More information will be coming soon!

CELTIC HARP AND STORY CONCERT

Celebrate St. Patrick's Day with famed Irish
Celtic harpist, Patrick Ball

Sunday, March 10, 3 pm

Registration for tickets coming soon!

[https://www.stcolumbasinverness.org/patrick-ball-
concert](https://www.stcolumbasinverness.org/patrick-ball-concert)



EXPLORING THE ESSENTIAL QUESTION

Join us for a multi-day, in-person workshop with Rachel Gaunt exploring: “What must I do to be at peace, so that I can live presently, and die gracefully?” Space is limited.

March 6: 10 am - 1pm

April 16: 4 – 9 pm

April 17: 9 am – 4 pm

May 15: 10 am -1 pm

<https://www.stcolumbasinverness.org/rachel-gaunt-workshop>



OTHER ANNOUNCEMENTS?

COFFEE WITH JESUS

Take few minutes to get your favorite morning beverage and return to us for coffee hour small group conversation

