

**Welcome to**  
**St. John's Episcopal Church**  
Chula Vista, CA

**The Fourth Sunday after the Epiphany**

**January 29, 2023**  
**9:00 am**



***No matter who you are or where you are on your spiritual journey,  
you are welcome here!***

## Lighting of Altar Candles

### Prelude

### Welcome

### Processional Hymn

*All Praise to Thee, For Thou, O King Divine*

Hymnal 477



1 All praise to thee, for thou, O King di - vine, \_\_\_\_\_  
2 Thou cam'st to us in low - li - ness of thought; \_\_\_\_\_  
3 Let this mind be in us which was in thee, \_\_\_\_\_  
4 Where - fore, by God's e - ter - nal pur - pose, thou \_\_\_\_\_  
5 Let ev - ery tongue con - fess with one ac - cord \_\_\_\_\_



1 didst yield the glo - ry that of right was thine, \_\_\_\_\_  
2 by thee the out - cast and the poor were sought; \_\_\_\_\_  
3 who wast a ser - vant that we might be free, \_\_\_\_\_  
4 art high ex - alt - ed o'er all crea - tures now, \_\_\_\_\_  
5 in heaven and earth that Je - sus Christ is Lord; \_\_\_\_\_



1 that in our dark - ened hearts thy grace might shine. \_\_\_\_\_  
2 and by thy death was God's sal - va - tion wrought. \_\_\_\_\_  
3 hum - bling thy - self to death on Cal - va - ry. \_\_\_\_\_  
4 and given the Name to which all knees shall bow. \_\_\_\_\_  
5 and God the Fa - ther be by all a - dored. \_\_\_\_\_



Al - le - lu - ia! A - men.

### Opening Acclamation

*Presider* Blessed be God: Father, Son, and Holy Spirit.

*People* ***And blessed be God's kingdom, now and forever. Amen***

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 Collect of the Day

*Presider* The Lord be with you.

*People* ***And also with you.***

*Presider* 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.**

## The Lessons

### A Reading from the Book of the Prophet Micah

Micah 1:6-8

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.

***Thanks be to God.***

**Psalm 15**     *Domine, quis habitabit?*

Lord, who may dwell in your tabernacle?

***who may abide upon your holy hill?***

Whoever leads a blameless life and does what is right,

***who speaks the truth from his heart.***

There is no guile upon his tongue; he does no evil to his friend;

***he does not heap contempt upon his neighbor.***

In his sight the wicked is rejected,

***but he honors those who fear the Lord.***

He has sworn to do no wrong

***and does not take back his word.***

He does not give his money in hope of gain,

***nor does he take a bribe against the innocent.***

Whoever does these things

***shall never be overthrown.***

**A Reading from the First Letter of Paul to the Corinthians**

1 Corinthians 1:18-31

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.

***Thanks be to God.***

Blest are the pure in heart, for they shall see our God; the  
 Lord, we thy pres - ence seek; may ours this bless - ing be; give  
 se - cret of the Lord is theirs, their soul is Christ's a - bode.  
 us a pure and low - ly heart, a tem - ple fit for thee.

**The Gospel**

Matthew 5:1-12

*Presider* The Holy Gospel of our Lord Jesus Christ according to Matthew.

*People* ***Glory to you, Lord Christ.***

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.

***Praise to you, Lord Christ.***

Blest are the pure in heart, for they shall see our God; the  
 se - cret of the Lord is theirs, their soul is Christ's a - bode.

## Sermon

### The Nicene Creed

***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

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, and Susan our Bishop; all bishops, priests, deacons and other ministers;

***For all who serve God in his Church.***

For this community, the nation, and the world;

***For all who work for justice, freedom, and peace.***

For all people in their daily life and work;

***For our families, friends, and neighbors, and for those who are alone.***

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 all who have died;

***For those who put their trust in you, that they may have a place in your eternal kingdom.***

For those who risk their lives to ensure our freedom, to heal, protect, comfort, and keep us safe;

***Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces, first responders, medical professionals, essential workers and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.***

*Presider* Almighty God our heavenly Father, guide the nations of the world into the way of justice and truth, and establish among them that peace which is the fruit of righteousness, that they may become the kingdom of our Lord and Savior Jesus Christ. ***Amen.***

## **The Confession**

*Presider* Let us confess our sins against God and our neighbor.

***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.***

*Presider* 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**

*Presider* The peace of the Lord be always with you.

*People* ***And also with you.***

## **Birthday, Anniversary and Traveler Prayers**

## The Offertory

You may give here or online by using the "Give Now" button on our St. John's website: [www.saint-johns.org](http://www.saint-johns.org)  
Your generous offering helps us to continue the mission and ministry of the parish.

## Offertory Anthem

### Doxology



Praise God, from whom all bless-ings flow; Praise him, all crea-tures here be - low;



Praise him a - bove, ye heav'nly host: Praise Father, Son, and Ho - ly Ghost. A-men.

## The Great Thanksgiving

*Presider* The Lord be with you.

*People* **And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

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:



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,



heaven and earth are full of your glo - ry. Ho -



san - na in the high - est. Ho - san - na in the high - est.



Blessed is he who comes in the name of the Lord. Ho -



san - na in the high - est. Ho - san - na in the high - est.

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,

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

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 St. John 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.***

## The Breaking of the Bread

*Presider* Christ our Passover is sacrificed for us;  
***therefore let us keep the feast.***

*Presider* The Gifts of God for the People of God

## Communion

### Spiritual Communion

I invite all who are watching our liturgy online to receive Christ spiritually. Let us pray together:

***Lord Jesus, we believe that you are truly present in the Blessed Sacrament. We are grateful to know there are many ways to experience your presence, but in whatever way we do, we know you come into our hearts, minds and souls. Unite my heart with those of my family of faith gathered to celebrate the great meal of thanksgiving and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.***

### Prayer After Communion

*Presider* Let us pray

*People* ***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

*Presider:* May God, through the Incarnation of His Son, fill you with his love, joy and peace;  
And the blessing of God Almighty: the Father, the Son and the Holy Spirit be upon you and among you and remain with you always. ***Amen***

### The Dismissal

*Deacon* Let us go in peace to love and serve the Lord.

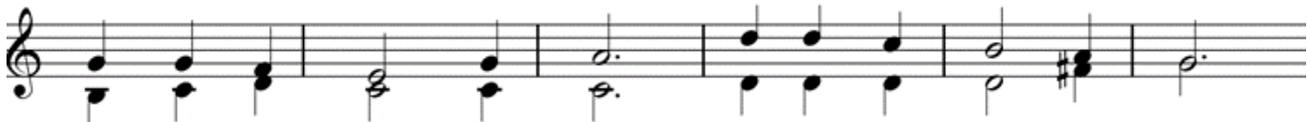
*People* ***Thanks be to God.***



1 Christ is the world's true Light, its Cap-tain of sal - va - tion,  
 2 In Christ all rac - es meet, their an-cient feuds for - get - ting,  
 3 One Lord, in one great Name u - nite us all who own thee;



the Day - star clear and bright of ev - ery race and na - tion;  
 the whole round world com - plete, from sun-rise to its set - ting:  
 cast out our pride and shame that hin - der to en - throne thee;



new life, new hope a - wakes, for all who own his sway:  
 when Christ is throned as Lord all shall for - sake their fear,  
 the world has wait - ed long, has tra - vailed long in pain;



free - dom her bond - age breaks, and night is turned to day.  
 to plough-share beat the sword, to prun - ing - hook the spear.  
 to heal its an - cient wrong, come, Prince of Peace, and reign.

***You are all invited to the dedication of  
 The Norma Dunn Memorial Center for Outreach, Service and Justice.***

### Altar Flowers

The altar flowers are given to the glory of God.

## **Liturgical Ministers**

**Presider/Preacher**

The Rev. Roger Haenke

**Readers/Prayers**

Chelsey Nyaradi, Jeff Bates

**Psalmist/Vocalists**

St. John's Choir: Jeff Bates, Tom Brzeczek,  
Alice Burnham, Pamela Brittain, Denise Eddleman,  
Jane Ferguson, Larry and Lucy Ferguson, Ted Garcia,  
Joe and Maria Love, Marge Moore, Chelsey Nyaradi,  
Nancy Painter and Leslie Parker

**Organist**

Cheryl Seppala

**Acolytes**

Scott Bricknell, Malia Attaway, Lynn Naranjo,  
Marge Moore

**Ushers**

David and Linda Dennehy

**Eucharistic Ministers**

Celia Vasquez, Iris Atkins, Debbie Lothspeich

**Livestream**

Cliff Berkowitz, Jamie Attaway

## **St. John's Mission Statement**

St. John's is a Christian community that intentionally gathers to experience God's love through Episcopal worship, education, fellowship, and ministry to the wider community.

## **St. John's Prayer Lists**

*Today and every day include some time for prayer, for yourself,  
for your church family, and for those in need.*

### **For Our Military**

Matt Jensen, Drew Shorkey, Cody Crossland, Cameron Ronie, Chariti Paden, Mark Stanfield, Sean Robinson, Jonathan Martinez, TK Nguyen, Christopher Lindshield, Timothy Lindshield, Jeremy Colton, David Sanchez, Jonathan Baldera, Nick Wyatt, Jamal Warner, Matt Hernandez, Daniel Getreu, Devon Strunk, Taylor Harrold, Jorge Zuazua, Sebastian Morales, Roberto Chavez, Ryan Lothspeich, Andrew C. Dugger, Dan and Chelsey Nyaradi, and Gen. G.J. Heinrich.

### **For Strength in Time of Need**

Steve Magill, Gary and Shirley McCarren, Ann Lindshield, the McClure family, Barb Oliveira, Heather Wallace, Linda Longoria-Neff, Josey Felts, Karen Polk, Alec Hauer, Susy Martin Del Campo, Helen McGrath, and Irene Cheney.

*Names are kept on the Prayers List for 4 weeks.*

*If you wish to add a name, please email Maria Love at: [maria@saint-johns.org](mailto:maria@saint-johns.org).*