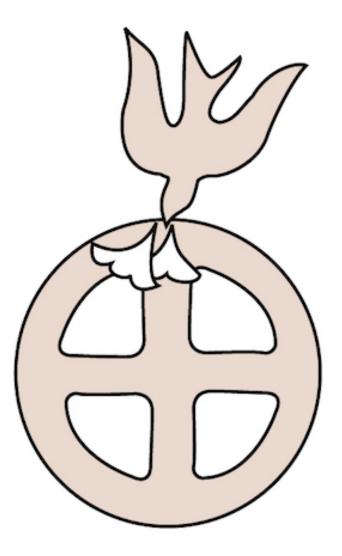
St. Gregory the Great Episcopal Church



JANUARY 28, 2024 Live Streamed on <u>YouTube</u>

10:30AM

SPIRITUAL COMMUNION *

What happens when you are spiritually prepared and desire to receive communion, but can't? Such a case is referenced by a paragraph in the 1979 Prayer Book:

If a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability, is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth.

A nation-wide shut down due to a pandemic fits, I'm sure we'll agree, with the words "by any other impediment" listed in the first Prayer Book. Our Lord will not cut us off from his grace. If we truly desire him, he will come to us, even if we cannot receive the Sacraments he has instituted so that we may receive his grace. This is not a new idea. St Thomas Aquinas, writing nearly 800 years ago, said:

before receiving a sacrament, the reality of the sacrament can be had through the very desire of receiving the sacrament. Accordingly, before actual reception of this sacrament, a man can obtain salvation through the desire of receiving it, just as he can before Baptism through the desire of Baptism, as stated above (Summa, III.73.iii)

Desiring to receive the spiritual grace of the Most Holy Eucharist (and being prevented from receiving it sacramentally) is known as Spiritual Communion. It is so very important to note that this gift is given to us when we cannot, for very good reason, be present at mass.

When you are watching a live-stream or recording of our liturgies, any of the following prayers may be said at the moment of communion when you would normally leave your pew and make your journey to the altar:

In Union, dear Lord, with the faithful at every altar of Your Church where Your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I believe that You are present in the Holy Sacrament. And since I cannot now receive You sacramentally, I ask You to come spiritually into my heart. I unite myself to You, and embrace You with all the affections of my soul. Let me never be separated from You. Let me live and die in Your love. Amen.

OR

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen. (from Enriching Our Worship 2)

OR

"My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever by separated from you." (by St. Alphonsus Liguori)

*Except where otherwise indicated, the whole of this article (with only very little amendment) is taken from the website of St. Timothy's Episcopal Church, Winston-Salem, North Carolina, where it was posted on April 5, 2020. No author was specified.

THE HOLY VIRTUAL EUCHARIST

The Fourth Sunday after the Epiphany

THE WORD OF GOD

WELCOME & ANNOUNCEMENTS

Prelude

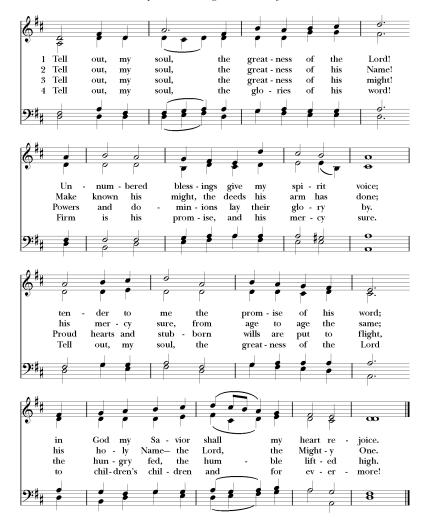
Voluntary No. 4

Arlen Clarke

BIRMINGHAM

Opening Hymn 437

Tell out, my soul, the greatness of the Lord!



OPENING ACCLAMATION

Celebrant:Blessed be God: Father, Son, and Holy Spirit.People:And blessed be his kingdom, now and for ever. Amen.

COLLECT FOR PURITY

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.

BCP 351

Glory to God

Robert Powell



THE COLLECT OF THE DAY

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 FIRST READING

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 to God's people. Thanks be to God.

Psalm 111

1 Hallelujah! I will give thanks to the Lord with my whole / heart, * in the assembly of the upright, in the congre-/gation. 2 Great are the deeds of the / Lord! * they are studied by all who de-/light 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 re-/membered; * the Lord is gracious and full of com-/passion. 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 READING



© 1979, Robert Knox Kennedy

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

Hear what the Spirit is saying to God's people. Thanks be to God.

Sequence Hymn 443

From God Christ's deity came forth

SALEM HARBOR

l From God Christ's de - i - ty came forth, his man-hood from hu -
2 He joined with guests at wed-ding feast, yet in the wil-der-
<u>3</u> The dis - so - lute he did not scorn, nor turn from those who
4 He did not dis - re - gard the sick; to sim - ple ones his
5 Who then, my Lord, com-pares with you? The Watch-er slept, the
1 man - i - ty; his priest - hood from Mel - chi - ze - dek, his
2 ness did fast; he taught with - in the tem - ple's gates; his
8
5 Great was small, the Pure bap - tized, the Life who died, the
1 roy - al - ty from Da - vid's tree: praised be his One - ness.
2 peo - ple saw him die at last: praised be his teach ing.
$\underline{3}$ bade the fall en to come in: praised be his mer cy.
4 his work done, went up to heaven: praised be his com - ing.
5 King a - based to hon - or all: praised be your glo - ry.

THE GOSPEL

Celebrant:The Holy Gospel of our Savior, Jesus Christ, according to Mark.People:Glory to you, O 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.

The Gospel of the Lord. **Praise to you, O Christ.**

The people are seated at the invitation of the preacher.

THE SERMON: The Rev. Nikki Mathis

THE NICENE CREED

(said by all, standing)

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.

PRAYERS OF THE PEOPLE, Form III

Father, we pray for your holy catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, especially Michael, Rob, and Don, and all priests and deacons, especially Nikki, Christina, Carol, Ellen, Dutton, & Lin;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake; *That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble; *That they may be delivered from their distress.*

Give to the departed eternal rest;

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others. ...

We give special thanks for ...

The Celebrant adds a concluding Collect.

BCP 358

CONFESSION AND ABSOLUTION

Celebrant: Let us confess our sins against God and our neighbor.

Celebrant 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.

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

Celebrant:The peace of Christ be always with you.People:And also with you.

THE HOLY COMMUNION

Offertory Anthem

With a Voice of Singing

With a voice of singing declare ye this, and let it be heard, Alleluia. Utter it even unto the ends of the earth. The Lord hath delivered his people, Alleluia. O be joyful in God, all ye lands, O sing praises to the honor of his name, make his praise to be glorious. With a voice of singing declare ye this, and let it be heard, Alleluia.

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER B The Lord be with you. 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.

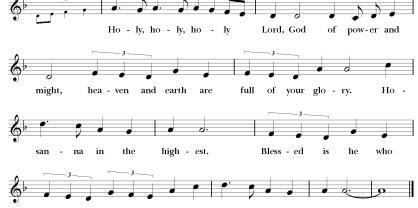
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. (*Here a Proper Preface is said*)

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:

* Sanctus S-129

Robert Powell

Holy, holy, holy Lord



comes in the name of the Lord. Ho - san - na in the high - est.____

BCP 367

Martin Shaw

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;

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 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

THE LORD'S PRAYER

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.

* Fraction Anthem S-158

O Lamb of God

0 Lamb God the world us Lamb God, that of the world. have ta - kest the sins 0 **f f a** up 115 O Lamb of mer - cv on God. sins world, grant us thy peace

Healey Willan

Communion Solo

We Gather Together

UBI CARITAS (MURRAY)

Communion Hymn 577

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Communion Hymn 566

From thee all skill and science flow

THE CHURCH'S DESOLATION



SPIRITUAL COMMUNION PRAYER

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen.

POSTCOMMUNION PRAYER

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.

THE BLESSING

Closing Hymn 567

Thine arm, O Lord

ST. MATTHEW



THE DISMISSAL

Deacon:Let us go forth into the world rejoicing in the power of the Spirit.People:Thanks be to God.

Postlude

Little Prelude in F Major

Enriching Our Worship 2

About today's music...

The authorship of the great tune St. Matthew, which we sing as a closing hymn this morning (#567) cannot be determined with any certainty. It did, however, come out of the late 17th and early 18th century renaissance of religious music. Nicholas Brady, Chaplin to King William III, and Nahum Tate, Poet Laureate at the time, were commissioned by the crown in 1696 to produce an improved version of the metrical psalms. As seems to be the case with all revised versions, it received everything from complete and enthusiastic acceptance to total and disdainful rejection. Something else that never changes!

Prayers of the People

In our Parish we pray for Janet Wright, Billy Hale, Kyra Madden, Eddie Bennett, Mary Burkett, Jim Klippel, Jackie Dorsey, Denise Glynn, Mike Fowler, Cecil Hudson, Jean Estes, Elmer Clark, Shelby Welch, Nancy Carter, Randy Harrelson, Teri Bouknecht, Kara Russe, Ellen Kappel, David Kirshenblatt, Cayden Mitchell, Bill Alworth, Stephen Morris, Barbara Johnson, Sue Bush, Janice Rusk, Jennifer Polzin, Susan Williams, Pat MacKinnon, Don Downie, Angie Defalco, Ken Packer, Donna, Michael, Rachel, Christy, Rosina, Eliot, Patricia, Ben, Scott, and Lynn.

In thanksgiving for those celebrating their birthdays this week: Carolyn Howell, Karen Kassinger, Ruth Vann, Berni McCranie, Tristen Webb, Jean Russe, and Harper Ann Moffett.

The people listed here are prayed for by name at each Sunday service. To request prayer for yourself or someone else, please call the office (706-546-7553). If at the beginning of the next month the person needs to remain on the list, please call and give the office an update.

Don't forget to turn in your vote on which physical improvements to our church are most important to you! The ballot box and blank voting forms are in the narthex; or mail them to the church office

TODAY

ORGANIZATIONAL MEETING: Buildings Committee

There will be an organizational meeting of the Buildings Committee following the 10:30 service today. If you are interested in helping to maintain and improve our buildings this year, or if you have concerns you would like to see addressed, please join us. The meeting will be held in the Christian Education Building.

COMING UP ...

BISHOP'S VISIT | SUNDAY, FEB. 11

On Sunday, February 11, Bishop Rob Wright will be visiting St. Gregory's. On that Sunday we will have only one service w/ Confirmations/Receptions at 10AM, followed by a reception for the newly confirmed. The loose plate offering that day will go to the Bishop's Discretionary Fund.

LENTEN PROGRAM | FEB. 21 - MARCH 20

Adult Spiritual Formation will be offering a Wednesday evening program for Lent. The wonderful Matt Rogers will once again be leading us in Bibliodrama, this time in an exploration of the Psalms. Wednesday evenings 2/21-3/20, 6:30PM for a simple supper with the program to follow at 7PM.

ONGOING

HOLY EUCHARIST & HEALING SERVICE | WEDNESDAYS

Please join us on Wednesday evenings at 6PM in the sanctuary for eucharist and prayers for healing.

NOTES

SEEKING VOLUNTEERS

We are currently seeking volunteers to work at the Athens Area Emergency FoodBank, 640 Barber St. on 3rd Mondays from 9AM-1PM. 2-3 volunteers are needed each month. A signup sheet will be in the narthex.

FREE BOOKS

The newly formed Library Committee has begun to sort through generations of books with the intention of making the offerings of the St. Gregory Library more accessible and useful to everyone. Those volumes that have seen better days and times will be placed for a week or so on the long white tables in the main area of the Education Building and made available for the taking with one rule—no bringing them back! Though you never know what might speak to you! Those books left there over a week or two will be donated to the public library. Hopefully by making some space the many hidden treasures that remain in St. Gregory's Library will be more easily seen, accessed and appreciated.

REMINDER: ACOLYTES SCHEDULING

We have been low on acolytes lately. Please be aware that we use Sign-Up Genius as a way to schedule acolytes. Please sign up when Ron Balthazor sends out reminders and the link! The link can also be found in every Friday newsletter (link has been fixed!)

THE LITTLE RED WAGON

The Athens Area Emergency Food Bank needs snacks (sweet & salty), cold cereals, and dried pasta! Please help us fill the Little Red Wagon!

Those Who Serve

Vestry: Stacie Court Readers: Stacie Court (8AM) Karen Hankins (10:30AM) EMs: David Stooksbury & June Ball Crucifers: Torches: Flowers: Lane Norton Altar Guild: Anna Thornton, Berni McCranie Ushers: Mark & Ellen Richardson Counters: Angela Greene & Katie Reinberger Livestream: Alec Nelson

Clergy and Staff

The Rev. Nikki Mathis Rector rector@stgregoryathens.org | 706-546-7553 x2

The Rev. Christina Dondero Deacon christinadondero@gmail.com | 404-918-7248

Kendall M. Kookogey Parish Administrator/Bookkeeper *office@stgregoryathens.org* | 706-546-7553 x1

Jonathan Klein Music Director/Organist jonathanfk@gmail.com | 706-296-8102

Wade McGlamery Youth Minister wwmcglamery@gmail.com | 770-624-4837

Jude Red-Bear Nursery Director *juderedbear@icloud.com* | 706-614-0008

Mark Hein Buildings/Grounds markehein@gmail.com | 706-549-3239

Terri Tillman WebMaster *ttillman@gmail.com*

Danielle Vogt Coffee Host *danielle1784@gmail.com*

Anthony Barkdoll Livestream Coordinator anthonybarkdoll@gmail.com

Peachy Green Clean Co-op Sexton

Nursery Attendants: Missy Hamlin, Jude Red Bear, Willem Swindler, Stephanie Swindler, Berkeley Boone

Vestry Members: Kate Avinger, John Barrett; John Bray; Stacie Court; Gail Eilers; Anna Hiers; LeeAnne Krause, Sr. Warden; Lane Norton; Maggie Reinberger; Mark Richardson, Jr. Warden; Shelby Welch; Anna Thornton, Clerk; Les House, Treasurer

Vestry Person of the Day/Week: Stacie Court stacie.court@gmail.com

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