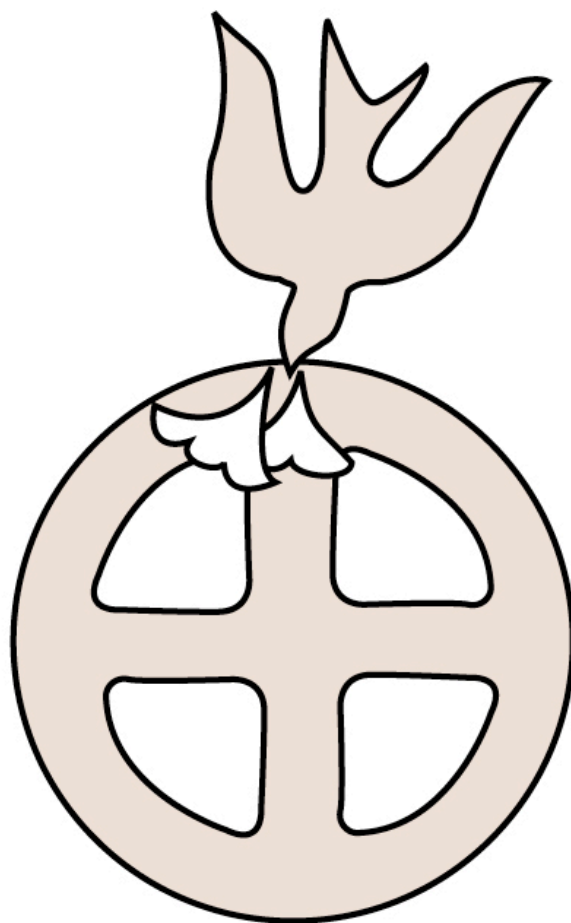


# ST. GREGORY THE GREAT EPISCOPAL CHURCH



JANUARY 31, 2021  
PREMIERED ON YOUTUBE

10:30AM  
W/ ONLINE COFFEE HOUR BEGINNING AT 10:15AM

# THE HOLY VIRTUAL EUCHARIST

The Fourth Sunday after the Epiphany

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## THE WORD OF GOD

### 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 be 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.*

ANNOUNCEMENTS

Opening Hymn 569

God the Omnipotent!

RUSSIA

1 God the Om - ni - po - tent! King, who or - dain - est  
 2 God the All - mer - ci - ful! earth hath for - sak - en  
 3 God the All - right - eous One! earth hath de - fied thee;  
 4 God the All - prov - i - dent! earth by thy chas - tening

thun - der thy clar - ion, the light - ning thy sword;  
 thy ways all ho - ly, and slight - ed thy word;  
 yet to e - ter - ni - ty stand - eth thy word,  
 yet shall to free - dom and truth be re - stored;

show forth thy pi - ty on high where thou reign - est:  
 bid not thy wrath in its ter - rors a - wak - en:  
 false - hood and wrong shall not tar - ry be - side thee:  
 through the thick dark - ness thy king - dom is haste - ning:

give to us peace in our time, O Lord.  
 give to us peace in our time, O Lord.  
 give to us peace in our time, O Lord.  
 thou wilt give peace in thy time, O Lord.

OPENING ACCLAMATION

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

People: **And blessed be his kingdom, now and for ever. Amen.**

BCP 355

COLLECT FOR PURITY

BCP 355

1. Glo - ry to God in the high - est, and  
peace to his peo - ple on earth. 2. Lord God, heaven - ly  
King, al - might - y God and Fa - ther, we wor - ship you, we  
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
take a - way the sin of the world: have mer - cy  
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
ceive our prayer. 6. For you a - lone are the Ho - ly One,  
you a - lone are the Lord, 7. you a - lone are the Most  
High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
glo - ry of God the Fa - ther. A - men.

## 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

*read by Emma Scott*

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

*Spoken by all*

- 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 READING

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.*

1 Lord, make us ser - vants of your peace: where there is  
 2 Where all is doubt, may we sow faith; where all is  
 3 Je - sus, our Lord, may we not seek to be con -  
 4 May we not look for love's re - turn, but seek to  
 5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -  
 2 gloom, may we sow hope; where all is night, may we sow  
 3 soled, but to con - sole, nor look to un - der - stand - ing  
 4 love un - self - ish - ly, for in our giv - ing we re -  
 5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.  
 2 light; where all is tears, may we sow joy.  
 3 hearts, but look for hearts to un - der - stand.  
 4 ceive, and in for - giv - ing are for - given.  
 5 peace, to wake at last in hea - ven's light.

## THE GOSPEL

Mark 1:21-28

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. Kate Spelman

THE NICENE CREED

BCP 358

*(said by all)*

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

In peace, we pray to you, Lord God.

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, and Rob and Don, our Bishops;

and for all bishops and other ministers, especially Nikki, our Priest, and Christina, our Deacon;

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

For the special needs and concerns of this congregation. (...)

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life. (...)

We will exalt you, O God our King;

**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

*The Celebrant adds a concluding Collect.*

THE PEACE

*Celebrant:* The peace of Christ be always with you.

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

## THE HOLY COMMUNION

Offertory Hymn 567

*Thine arm, O Lord*

ST. MATTHEW

1 Thine arm, O Lord, in days of old was strong to  
 2 And lo! thy touch brought life and health, gave hear - ing,  
 3 Be thou our great de - liv - erer still, thou Lord of

heal and save; it tri - umphed o'er dis - ease and death,  
 strength, and sight; and youth re - newed and fren - zy calmed  
 life and death; re - store and quick - en, soothe and bless,

o'er dark - ness and the grave. To thee they went, the  
 owned thee, the Lord of light; and now, O Lord, be  
 with thine al - might - y breath: to hands that work and

blind, the deaf, the pal - sied, and the lame, the lep - er  
 near to bless, al - might - y as of yore, in crowd - ed  
 eyes that see, give wis - dom's heaven - ly lore, that whole and

set a - part and shunned, the sick with fe - vered frame.  
 street, by rest - less couch, as by Gen - nes - argt's shore.  
 sick, and weak and strong, may praise thee ev - er - more.

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER B

BCP 367

*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 every- where 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-130

*Holy, holy, holy Lord*

Franz Schubert

Ho - ly, ho - ly, ho - ly Lord, God of power and  
might, Ho - ly, ho - ly, ho - ly Lord,  
God of power and might, hea - ven and earth are  
full, full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na  
in the high - est. Bless - ed is he who comes  
in the name of the Lord. Ho - san - na  
in the high - est. Ho - san - na in the high - est.

*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 Mary, St. Gregory the Great, 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

THE LORD'S PRAYER

BCP 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.**

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

THE COMMUNION OF THE PEOPLE

SPIRITUAL COMMUNION PRAYER

Enriching Our Worship 2

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

BCP 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

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
 2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
 3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
 4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
 5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
 2 and spread through all the earth a - broad the hon - ors of thy Name.  
 3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
 4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.  
 5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
 be now and ever given  
 by saints below and saints above,  
 the Church in earth and heav'n.

## THE DISMISSAL

Deacon: Let us go forth into the world rejoicing in the power of the Spirit.

People: **Thanks be to God.**

## Fellowship Postlude

*Allegro*

A. Vivaldi  
 arr. J. S. Bach

*The altar flowers are dedicated by Elizabeth Edmonston  
 to the honor and glory of God  
 and in memory of her husband, Paul Edmonston (11/15/22 - 2/3/2011).*

## Prayers of the People

**In our Parish** we pray for Bishop Rob Wright, Carl Hoveland, Terrell Benton, Carol Jones, Rainsly Vogt, Mark Goodwin, Jane Bowen, Mack Thurmond, Marge Massey, Dot Cooper, Sheryl King, Allena Armour, Doug Welch, Pat Irby, Pat Titus, Stephanie Gamble, Rose Ann Pace, Aaron Muckin, Glen Jedlicka, Stephen Morris, George Watson, Conoly Hester, Deborah Freeman, Catherine Hartley, Mary Parkman, Gayle Duncan, Jimmy Simons, Gene Watson, Bill Walker, Sandy Elhenicky, Shelby Welch, Sarah Gordon, Roger Swagler, Stanley Armour, Martha Beach, Jack Beach, Tammy Bishop, Cecil Miller, Bill Beagle, Sally Stuckey, Kim Rider, Patrick Dean, Diane Holcomb, Stephen Corn, Ken Packer, Pete, Sophia, Samantha, Jennifer, Chip, and Buddy.

**In thanksgiving for those celebrating their birthdays this week:** McGowan Drewry, Ken Taylor, Harper Ann Moffett, Charlie Carabello, Tina Majsztrik, and Madison Cape.

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*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.*

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## Clergy and Staff

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**Jonathan Klein** Music Director/Organist

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**Joseph Napoli** Choir Director

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**Allena Armour** Sexton

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**Nursery Attendants:** Missy Hamlin, Megan Reuter, Allison Weaver

**Vestry Members:** Jane Hudson, *Sr. Warden*; Kelly Black, *Jr. Warden*; Julia Marlowe Swagler; LeeAnne Krause; John Bray; Anna Hiers; Blaine Everson; Eddie Bennett; Caley Ross; Chrissy Moffett, *Clerk*; Les House, *Treasurer*

**Vestry Person of the Day/Week:** Jane Hudson *janeghudson@gmail.com*