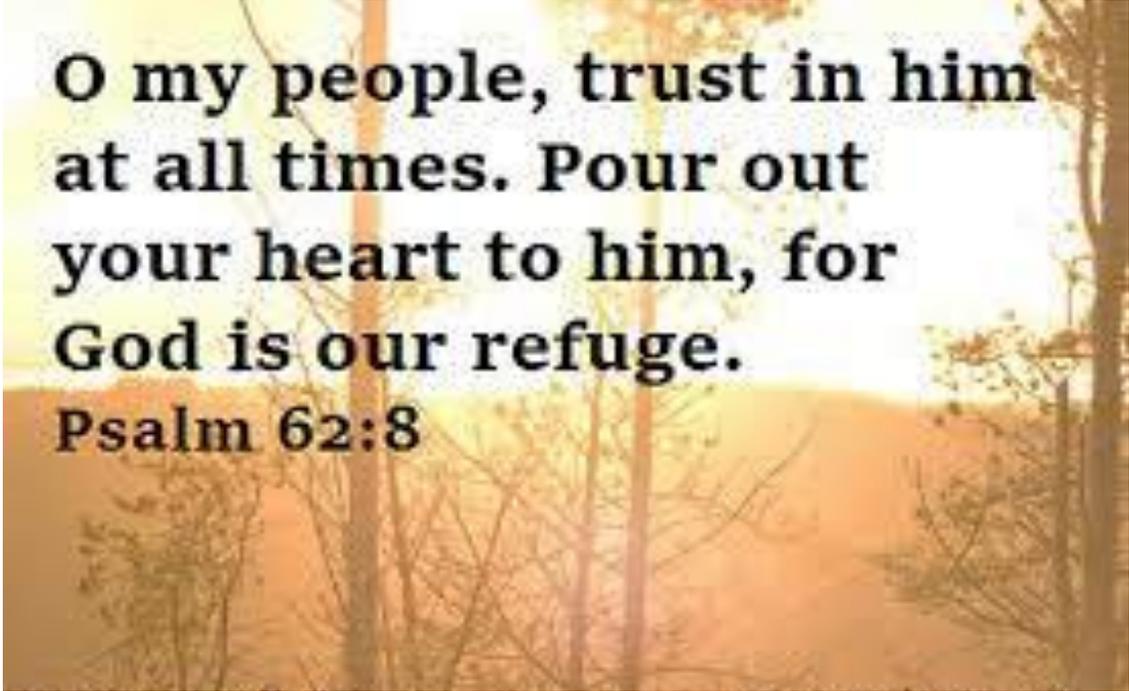


# ST. ALBAN'S EPISCOPAL CHURCH



**O my people, trust in him  
at all times. Pour out  
your heart to him, for  
God is our refuge.  
Psalm 62:8**

SUNDAY, JANUARY 24, 2021

9:30AM

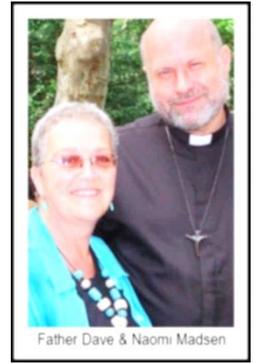
THE REVEREND DR. DAVID L. MADSEN, RECTOR

NAOMI MADSEN, MUSIC DIRECTOR

THE REVEREND DR. PAUL CARMONA, ORGANIST

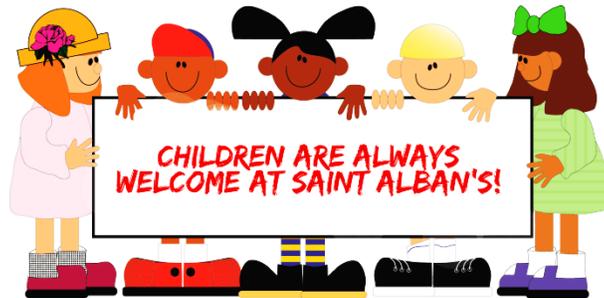
## Welcome Newcomers!

We are blessed to have you with us today. Sorry about limited movement and no opportunities to shake hands, hug or sing and other safety regulations due to coronavirus pandemic. We would usually ask you to sign our newcomer's book, but would prefer that you call the church office, or send an email or note to us and let us know who you are and your contact information. Father Dave would like to talk to you via phone or email. So sorry, we are not offering coffee hour until we see this pandemic from our rear-view window.



Our hope is that you find a home among us, in a place where the love of God is shared, the mystery of grace is experienced, and the joy and laughter of the Christian life is taught.

To learn more about St. Alban's, you can schedule an appointment with Father Dave by calling the office at (619) 444-8212 or email us at: [generalbusiness@stalbanschurch.info](mailto:generalbusiness@stalbanschurch.info). Also, check out our website at [www.st-albans-church.org](http://www.st-albans-church.org).



Children are welcome in our worship! Sunday School is usually available in the building across the courtyard at 9:30am, but that is all on hold until a future time to be announced. Sunday School will be online. Please see the "Announcements" page at the end of this bulletin for information on how your child can join our Sunday School via the weekly Zoom meetings.



### Flowers today are given to the glory of God.

Have you ever wondered how we get such beautiful flowers at St. Alban's on Sundays? They are paid for by parishioners who dedicate flowers to commemorate a special occasion such as an anniversary, a baptism, a birthday, a graduation, or in memory of departed loved ones. If you would like to dedicate flowers for a special occasion or memorial, you can do so by sending a letter to the office, or email or phone call. Donation envelopes are not available at this time.

To maintain a peaceful worship environment, please silence your cell phone. Thank you!



ACCESSIBLE RESTROOMS ARE LOCATED IN THE PARISH HALL ACROSS THE COURTYARD

## *The Entrance Rite*

**Prelude** – Hermann Schroeder, "Sing with Joy, Glad Voices Lift" (aka Resonet in Laudibus);  
The Reverend Dr Paul Carmona, Organist

**Processional** – Hymnal # 427, "When morning gilds the skies"

**Welcome: Father Dave**

**Opening Acclamation** (*Please stand, as you are able*)

**Celebrant:** Blessed be God most holy glorious and undivided Trinity.

**People:** **And blessed be Gods reign, now and forever. Amen**

**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.**

**Gloria (Read in Unison)**

**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.**

**Collect of the Day**

**Celebrant** The Lord be with you.

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

**Celebrant** Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

**Celebrant:** Please be seated for the readings.

## THE WORD OF GOD

**THE FIRST READING** – **Jonah 3:1-5, 10, Reader**

**Lector:** A reading from the book of Jonah.

The word of the LORD came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

**Lector:** Here ends the reading.

**People:** **Amen.**

**Psalm Tune: "Notre Dame" (Riddagshausen)**

**Psalm 62:6-14, Reader**

**BCP Page 669-670**

6 For God alone my soul in silence waits; * truly, my hope is in him.	11 On the scales they are lighter than a breath, * all of them together.
7 He alone is my rock and my salvation, * my stronghold, so that I shall not be shaken.	12 Put no trust in extortion; in robbery take no empty pride; * though wealth increase, set not your heart upon it.
8 In God is my safety and my honor; * God is my strong rock and my refuge.	13 God has spoken once, twice have I heard it, * that power belongs to God.
9 Put your trust in him always, O people, * pour out your hearts before him, for God is our refuge.	14 Steadfast love is yours, O Lord, * for you repay everyone according to his deeds.
10 Those of high degree are but a fleeting breath, * even those of low estate cannot be trusted.	

**THE EPISTLE – 1 Corinthians 7:29-31, Reader**

**Lector:** A reading from the first book of Corinthians.

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

**Lector:** The Word of the Lord.

**People:** Thanks be to God.

**Sequence Music**

**THE GOSPEL – Mark 1:14-20**

**Celebrant:** (*Please stand, as you are able*) The holy Gospel of our Lord Jesus Christ according to Mark.

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

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him.

As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

**Celebrant:** The Gospel of the Lord.

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

**Sermon – The Reverend Dr. David L. Madsen**

*A period of silence is kept.*

**Celebrant:** Let us stand together and say the Nicene Creed

**The Nicene Creed**

*All say together:*

**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 - *(Please stand or kneel if you are able)***

**Intercessor:** The Lord be with you.

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

**Intercessor:** Let us pray.

**Intercessor:** We pray for those around us as they live their lives.

**People:** **For those close, for those far away, and for those who have no one else to pray for them.**

**Intercessor:** For our communities, especially El Cajon.

**People:** **For friends, strangers, and the ties that keep them together.**

**Intercessor:** For our nation – we pray for wisdom for its leaders, particularly our President, and for the health and safety for those serving in the military. Especially Kendall, Lindzy, Denny, Cris, Ben, Bryan, Matt, Clarence, David Nye, Kristyn, Eric, Stephanie, Donovan, Madison, and for our veterans.

**People:** **May it shine forth as a beacon of nobility and compassion.**

**Intercessor:** We pray for this earth, your creation;

**People:** **That we may be faithful stewards of its bounty.**

**Intercessor:** We lift up all those on the front lines of this pandemic and their families.

**People:** **Jesus, Lord of life, hear our prayer.**

**Intercessor:** We pray for unity in the Church, and peace for all its members;

**People:** **For those who spread your Gospel by word or by action.**

**People:** **We pray for the leaders of our church; for Michael our presiding bishop, Susan our bishop, Dave our rector, and for all bishops, priests and deacons.**

**Intercessor:** We lift up to you our concerns, praying especially all who are refugees, Dick Walter, Heather and baby Elias, Samson, Hilda & Due family, Christine Peters, Judith Taylor, Victoria, Penny, Betty Levie, Ralph McMillen, Arlene French, Lillian, Marie Pedrin-Guzoni, Judy Setford, Bob Bishop, Bill Johnsen, Dorothy and Christine Walker, Marc Templeton, the family and friends of Kermit, and Karl.

*(Please take a few moments to express thanks to God either vocally or silently.)*

**Intercessor:** We pray for those who have died.

**People:** **Grant rest to their souls and comfort to those they have left behind.**

**Celebrant:** Lord hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your name, through Jesus Christ our Lord.

**People:** **Amen.**

## THE CONFESSION

**Celebrant:** We also pray for forgiveness:

**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 for 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 the Lord be always with you!

**All:** **And also with you.**

*Because of the coronavirus, please do not touch hug or leave your area of worship. Please remember that Passing the Peace is part of our liturgy. It is a time to welcome each other and to share a phrase like: "The peace of the Lord be with you", and to hear a response in kind like "And also with you". It is not intended to be a time for discussion.*

**ANNOUNCEMENTS** – *Please remember to give announcements to someone before the service or after the service or to leave them at the office. Until further notice we ask that no-one comes forward at announcement time except for the one appointed to give announcements.*

## SPECIAL PRAYERS FOR BIRTHDAYS, ANNIVERSARIES AND TRAVELERS

(If you had a birthday, anniversary last week or this week, or if you are going to travel soon, please stand and we will pray for you. Please do not come forward at this time. Thank you.)

**Birthday:** O God, our times are in your hand: Look with favor, we pray, on your servant(s) \_\_\_\_\_ as *he/she/they* begin another year. Grant that *he/she/they* may grow in wisdom and grace and strengthen *his/her/their* trust in your goodness all the days of *his/her/their* life; through Jesus Christ our Lord. Amen.

Many happy returns on the day of your birth. May seasons of joy be given? May God in his mercy prepare you on earth for a beautiful birthday in heaven. Amen.

**Anniversaries:** Lord, we thank you for this couple \_\_\_\_\_ and for all of the years that they have had together. Today, as we celebrate their anniversary, our prayer is that you will continue to bless them. Lord, we pray that you will honor their commitment to each other and to You by granting them many more years of happiness together. Amen.

**Travelers:** O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel \_\_\_\_\_; surround them with your loving care; protect them from every danger; and bring them in safety to their journey's end; through Jesus Christ our Lord. Amen.

### **OFFERING PRAYER**

We will not be passing the offering plate until a future time. If you have an offering with you please put it in the collection box as you come forward for communion, or on your way out, there is another collection box near the door in the back of the nave by the door to the narthex.

**Celebrant:** Heavenly Father, we thank you for all the blessings that come our way, and may we remember to give to you with a joyful heart remembering these words. "All good things come from you our Lord"

**All:** **And of your own we have given you.**

## THE GREAT THANKSGIVING

**Sursum Corda** (*Please stand, as you are able*)

**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.**

It is right and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. For with your co-eternal Son and Holy Spirit, you are one God, one Lord, in Trinity of Persons and in Unity of Being; and we celebrate the one and equal glory of you, O Father, and of the Son, and of the Holy Spirit. Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven who forever sing this hymn to proclaim the glory of your Name.

**The Sanctus – S124 (To be read in unison)**

**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.**

*Then the Celebrant continues*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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, we proclaim the mystery of faith:

***Celebrant and People***

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. 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.

**People:** Amen

### **The Lord's Prayer**

**Officiant:** The Lord be with you.

**People:** And also with you.

**Officiant:** Let us pray

### **The Lord's Prayer – (To be read in unison)**

<b>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,</b>	<b>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.</b>
---	---

## THE HOLY COMMUNION

*A moment of reverence is kept.*

### **The Breaking of the Bread**

**Celebrant:** Christ our Passover is sacrificed for us

**People:** Therefore, let us keep the feast.

**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.

**Communion Hymn: Hymnal #339 “Deck thyself, my soul, with gladness”**

### **Post Communion Prayer**

*(Please stand, as you are able)*

*Celebrant and People:*

**Loving God,  
we give you thanks  
for restoring us in your image  
and nourishing us with spiritual food  
in the Sacrament of Christ's Body and Blood.  
Now send us forth a people, forgiven, healed, renewed;  
that we may proclaim your love to the world and continue  
in the risen life of Christ our Savior. Amen.**

**Blessing**

Now may the Lord of peace himself give you peace at all times and in every way. May the grace of the Lord Jesus Christ be with you all. In the name of the Father, Son and the Holy Spirit.

**Dismissal**

**Celebrant:** Let us go forth in the name of Christ.

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

**Recessional – “Blessing Song”**

*God bless you now and always*

*And may his Spirit walk with you each day*

*And may his Presence guide in all your ways*

*God bless you now, and always*



## Prayers

---



**Please remember in your prayers** all who are refugees, Dick Walter, Heather and baby Elias, Samson, Hilda & Due family, Christine Peters, Judith Taylor, Victoria, Penny, Betty Levie, Ralph McMillen, Arlene French, Lillian, Marie Pedrin-Guzoni, Judy Setford, Bob Bishop, Bill Johnsen, Dorothy and Christine Walker, Marc Templeton, the family and friends of Kermit, and Karl.

**Pray for those serving in the military** especially, Kendall, Lindzy, Denny, Cris, Ben, Bryan, Matt, Kristin, Joe Bates, Donovan Burns, David Nye, Kristyn, Eric, Stephanie, Donovan, Madison, and for our country's veterans.

We pray for peace in Holy Land most especially for our Christian brothers and sisters in Indonesia, Sri Lanka, Burma, India, Afghanistan, Iran, Iraq, Saudi Arabia, Syria, Egypt, Pakistan, Tunisia, Eritrea, Yemen, Nigeria, and Somalia who are suffering deprivation, torture, and death for confessing Christ as their Lord.

We pray for all people in our country who are suffering from poverty, injustices, brutality, racial and sexual discrimination; for those that are sexually, physically and verbally abused or bullied; for the unemployed and the underemployed; for the uninsured and the under insured.

**In our Diocesan cycle of prayer**, we give thanks today for the children staff, and board of Vida Joven de Mexico. And also for the growth of service in the diocese.

**In the Anglican cycle of prayer**, we give thanks today for The Church of Bangladesh.

---

---

### Participants in Today's ONLINE Worship

**Celebrant:** The Reverend Dr David Madsen

**Reader(s):** Stephanie Richart

**Prayers:** Judy Brown

**Music Director:** Naomi Madsen

**Organist:** The Reverend Dr Paul Carmona

**Streaming Tech:** Hsa Blu Moo, Hser Tha Law, Sa Nay Kyaw

**Altar Assistant:** TBD

**Vergers:** Judy Brown

**Worship on the campus of St. Alban's began reconvening on Sunday October 4 under the guidelines as set by San Diego County, the State of CA, and the Episcopal Diocese. Please read through them. Please call the St Alban's office at 619-444-8212 with any questions. Thank you for your help in continuing to keep our campus safe!**



Thank You for Your Support  
During these challenging times, we  
encourage you to support your home church.  
If you have no home church and like what you see here  
you may support St Alban's Ministries by going to:  
<https://st-albans-church.org/giving>

---

## Announcements for the week of 1/24/2021

### **Get your 2021 Kalendar!**

The new Episcopal Kalendar is now available for 2021 for just \$5.00! A convenient size, and all the important dates relevant to the Episcopal calendar year are clearly designated with helpful information on the back of each month's page. To get yours just contact the St Alban's office, (T-F, 9am-1pm, 619-444-8212), and get yours today!

### **ST ALBAN'S 2021 ANNUAL MEETING**

The St Alban's annual meeting this year will be on Saturday, Jan 30<sup>th</sup> at 10am, on ZOOM. More information will be added here as it is available. In the meantime, if you were head of a committee or participated on the Vestry in 2020, please email, mail, or drop off your report no later than Wednesday, Jan 20. Thank you!

### **One Advent Bible Discussion Left: Wednesday, Jan 27; 6-7 pm: "What could a daily rule of life mean for you?"**

This is a casual discussion class that will concentrate on three areas: (1) God loves you (2) There is a connection between the Written and Living Word (3) What could a daily 'rule of life' mean for me or you?

We will be using the **2019 Commemorative Edition of the classic, A Long Obedience in the Same Direction, and (Discipleship in an Instant Society) by Eugene Peterson**. If you choose not to join the class by Zoom/video, that's okay, you can join us by phone. Either way, I want YOU in our class. (Yes, YOU!)

**Father Dave invites you to a scheduled Zoom meeting:**

**Topic: Discipleship Discussion Class Time: Beginning Dec 2, 2020 6-7 PM PT, Every Wednesday through Jan 27, 2021**

**<https://us02web.zoom.us/j/84919260915>**

**Meeting ID: 849 1926 0915 Passcode: 773972**

**Call in number: (1)6699009128**

### **Sunday School Lessons via ZOOM**

The Sunday School is using Zoom as an innovative way to still have Sunday lessons on Sundays. Our Sunday School director, Caroline Hurd, has created a group named "St Alban's Sunday School". **Please send a text to 619-820-0674 if your children would like to join in the ZOOM lesson** and Caroline will add your cell phone number to the Sunday School families who will have access to join this weekly group. Lessons will run about 20 min and begin at **9:00am** so families can enjoy the St Alban's live stream of the Holy Eucharist worship services at 9:30am.

**Also please note:** St. Alban's Sunday School has an email address: **[stalbansundayschool@gmail.com](mailto:stalbansundayschool@gmail.com)** please use this as well with any questions about Sunday School or attending the Zoom Sunday School meetings.

Sunday School Zoom info **through February 21st: <https://zoom.us/j/93662640101>**

**NEW: Meeting code: 71927243001 Password: Di38xF**

One tap mobile: +16699009128,,93662640101# US (San Jose)

### **Where to Find Other St Alban's Weekly Meetings on ZOOM**

***Saturday Coffee time with Father Dave & Vestry meeting -***

Saturdays at 10 AM. Vestry meeting is 2nd Saturday. There is no coffee time on that Saturday.

Meeting ID - 235 055 010 Password - 688794

***Coffee Hour - Sunday at 11 AM***

**Meeting ID - 850 7170 9773 Password - 329523**

***Sunday Worship Service*** at 9:30am, This meeting can be found on the St Alban's Facebook page each Sunday morning. Please note that this info remains the same each week. The Meeting ID's and the Passwords do not change.

### **Regular Notices**

**Prayer Requests:** To make a request for the prayer chain or bulletin or to update requests, please call Penny Park at 619-328-0692 or email: pennypark@cox.net. You are also invited to add a prayer request to be read in our Sunday public prayers. Names added will be listed for three weeks only, unless otherwise requested. We can also now receive prayer requests through our website: [www.st-albans-church.org](http://www.st-albans-church.org)

**Parking:** If you are able-bodied, please park in the lot on Camden or the side streets, saving the prime spots for those who require a closer parking space. Thank you!

**Report Misconduct:** As part of our ongoing commitment to creating a safe haven for everyone, our diocese trains people in the prevention of misconduct and encourages all to report misconduct. All reported incidences are taken seriously and investigated thoroughly and confidentially. If you believe you have experienced misconduct of any kind, please contact Mr. John Seitman, [jseitman@pacbell.net](mailto:jseitman@pacbell.net), 858-793-4555 or the Rev. Janet Wheelock, [jwheelock@edsd.org](mailto:jwheelock@edsd.org), 952-240-8067.

**St. Alban's Episcopal Church**  
**490 Farragut Circle, El Cajon, CA 92020**  
**Phone: 619-444-8212**  
**E-mail: [generalbusiness@stalbanschurch.info](mailto:generalbusiness@stalbanschurch.info)**  
**Website: [www.st-albans-church.org](http://www.st-albans-church.org)**