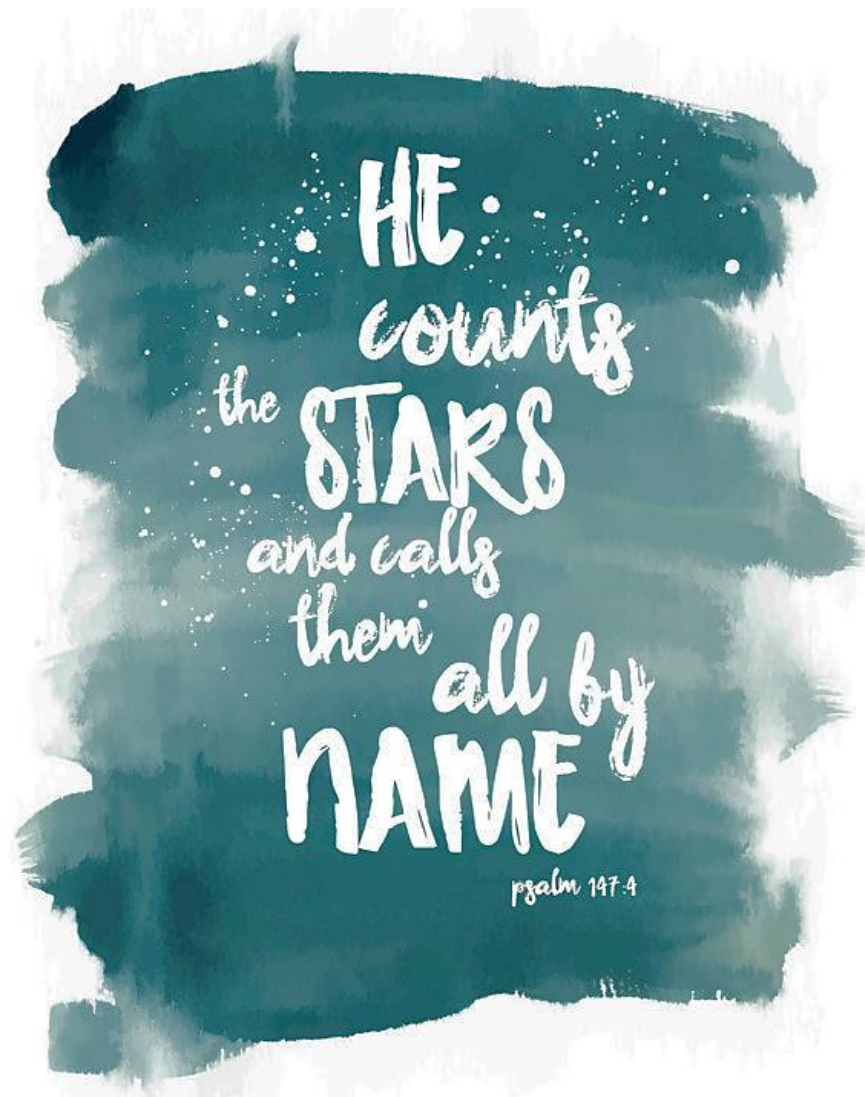


ST. ALBAN'S EPISCOPAL CHURCH

5 EPIPHANY



FEBRUARY 4, 2024

9:30 AM

THE REVEREND DR. WILLY CRESPO
TRANSITIONAL PRIEST

JUSTIN HANSEN, ORGANIST

Welcome Newcomers!

We are blessed to have you with us today. Please sign our newcomer's book at the back of the church, introduce yourself the priest, and join us for coffee hour in the Parish Hall immediately after the service, just across the courtyard.

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 call the office at (619) 444-8212 or email us at: generalbusiness@stalbanschurch.info. Also, check out our website at www.st-albans-church.org.



Children are welcome in our worship! Sunday School is available in the building across the courtyard at 9:30am. The children return to their parents at the church for the Communion service.



Flowers are given today 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 filling out a flower donation envelope found in the narthex (the main church entrance), place your check or cash in the envelope and put it in the offering plate or in one of the wooden boxes at the front or back of the church. Please remember to mark on your envelope who you are and who you are commemorating with your gift.

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

Entrance Rites *(please stand as you are able.)*

Opening Hymn – *Hymnal #411 - “O bless the Lord, my soul”*

Opening Acclamation

Celebrant Blessed be God: Father, Son, and Holy Spirit.
People **And blessed be his kingdom, 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 – S280

**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.

All: **And also with you.**

Celebrant: Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.**



THE WORD OF GOD

FIRST READING – Isaiah 40:21-31

Lector: A reading from the book of Isaiah.

<p>Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth?</p> <p>It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing.</p> <p>Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble.</p> <p>To whom then will you compare me, or who is my equal? says the Holy One.</p> <p>Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name;</p>	<p>because he is great in strength, mighty in power, not one is missing.</p> <p>Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"?</p> <p>Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth.</p> <p>He does not faint or grow weary; his understanding is unsearchable.</p> <p>He gives power to the faint, and strengthens the powerless.</p> <p>Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.</p>
---	--

Lector: The word of the Lord.

All: **Thanks be to God.**

THE RESPONSE - Psalm 147:1-12, 21c

BCP pg. 804-805

<p>1 Hallelujah! How good it is to sing praises to our God! * how pleasant it is to honor him with praise!</p> <p>2 The LORD rebuilds Jerusalem; * he gathers the exiles of Israel.</p> <p>3 He heals the brokenhearted * and binds up their wounds.</p> <p>4 He counts the number of the stars * and calls them all by their names.</p> <p>5 Great is our LORD and mighty in power; * there is no limit to his wisdom.</p> <p>6 The LORD lifts up the lowly, * but casts the wicked to the ground.</p>	<p>7 Sing to the LORD with thanksgiving; * make music to our God upon the harp.</p> <p>8 He covers the heavens with clouds * and prepares rain for the earth;</p> <p>9 He makes grass to grow upon the mountains * and green plants to serve mankind.</p> <p>10 He provides food for flocks and herds * and for the young ravens when they cry.</p> <p>11 He is not impressed by the might of a horse; * he has no pleasure in the strength of a man;</p> <p>12 But the LORD has pleasure in those who fear him, * in those who await his gracious favor.</p> <p>21 Hallelujah!</p>
--	--

THE NEW TESTAMENT – 1 Corinthians 9:16-23

Lector: A reading from the first book of Corinthians.

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Lector: The word of the Lord.

All: **Thanks be to God.**

A period of silence is kept.

SEQUENCE HYMN

THE GOSPEL – Mark 1:29-39

Celebrant: The holy Gospel of our Lord Jesus Christ according to Mark.

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

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Celebrant: The Gospel of the Lord.

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

Sermon – The Reverend Dr Willy Crespo

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 Riley, Lindzy, Denny, Cris, Ben, Bryan, Matt, Clarence, David Nye, Kristyn, Donovan, Christopher and Joshua Ibanez, Brandon, Travis Warner, and for all 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 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, Willy our interim priest, and for all bishops, priests and deacons.**

Intercessor: We pray for people in our world. Most especially for our Christian brothers and sisters in Ukraine, Myanmar (known as Burma), Indonesia, Sri Lanka, India, Afghanistan, Iran, Iraq, Saudi Arabia, Syria, Egypt, Pakistan, Tunisia, Eritrea, Yemen, Nigeria, Somalia, Israel and Palestine, and all places on the earth where people are in danger and treated unfairly.

People: **Lord in your mercy, hear our prayer.**

Intercessor: We lift up to you our concerns, praying especially for: all who are refugees, Hilda Ro & family, Christine P, Judith Taylor, Victoria, Mike & Penny, Ralph McMillen, Georgina & Phil, Bonnie, George Elia, Ibtisam, Terri B, Steve V, Ken H, Lee Todd, Mu Tay, Ju Ju, Xena L, Eugene W and family, Almas I, Anita, James M, Ruaa I, Kent C, Amal, the family and friends of Betty Johnsen, Regina P, Noor, Leeza, and Bill Smith.
(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.**

Intercessor: Almighty God, we pray for the guidance of your Holy Spirit as we seek a new priest for our church. You know our special needs and the task that lies to our hand. Direct us in our search and give us insight to perceive the leader you would choose for us. And we further pray, O Lord, that in this time of waiting we may all devote ourselves afresh to your service, so that nothing be lost of the faithful work of the past, but rather that it may be brought to a rich harvest in the years to come. This we ask in the name of Jesus Christ our Lord.

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: Let us confess our sins against God and neighbor:

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.

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. It is better to keep discussions for before or after church, at Coffee Hour is a great place for fellowship. At this time, you are invited to greet others with a handshake, a wave or hug in peace as you are comfortable.

ANNOUNCEMENTS - *Sunday School students join their families.*

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 / come forward and we will pray for 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

Celebrant: Offer to God a sacrifice of thanksgiving and make good your vows to the Most High. *Psalm 50:14*

OFFERTORY SOLO – “Somewhere in Time”, by John Barry – Piano solo, Justin Hansen

Doxology – Hymnal 380 (*all sing*)
Praise God from whom all blessings flow.
Praise him, all creatures here below.
Praise him above, ye heavenly hosts.
Praise Father, Son and Holy Ghost, Amen.

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. 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 forever sing this hymn to proclaim the glory of your Name:

The Sanctus – S-130

Holy, holy, holy Lord

God of power and might (repeat)

Heaven and earth are full,

Full of thy glory

Hosanna in the highest (repeat)

Blessed is he that comes

In the name of the Lord.

Hosanna in the highest (repeat)

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.

All: Amen.

The Lord's Prayer

Officiant: And now let us pray as our Lord has taught us:

(To be read in unison)

**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 HOLY COMMUNION

A moment of reverence is kept.

The Breaking of the Bread

Fraction Anthem

Alleluia, alleluia, alleluia.

Christ our Passover is sacrificed for us;

Therefore, let us keep the feast.

Alleluia, alleluia, alleluia.

The Invitation - *Celebrant*

This is the table, not of the church but of Jesus Christ.

It is made ready for those who love him and who want to love him more.

So come, you who have much faith and you who have little;

you who have been here often and you who have not been for a long time;

you who have tried to follow and you who have failed;

come, not because the church invites you;

it is Christ, and he invites you to meet him here.

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 – *LEV #151, “One bread, one body”*

Please stand as you are able.

Post Communion Prayer

Celebrant and 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.**

Blessing

Recessional Hymn – *LEV #136, “I have decided to follow Jesus”*

Celebrant: Go in peace to love and serve the Lord. Christ is risen, Alleluia! Alleluia!

All: Thanks be to God, Alleluia! Alleluia!

Postlude

PRAYERS



Please remember in your prayers, praying especially for: all who are refugees, Hilda Ro & family, Christine P, Judith Taylor, Victoria, Mike & Penny, Ralph McMillen, Georgina & Phil, Bonnie, George Elia, Ibtisam, Terri B, Steve V, Ken H, Lee Todd, Mu Tay, Ju Ju, Xena L, Eugene W and family, Almas I, Anita, James M, Ruaa I, Kent C, Amal, the family and friends of Betty Johnsen, Regina P, Noor, Leeza, and Bill Smith.

Pray for those serving in the military especially: Riley, Lindzy, Denny, Cris, Ben, Bryan, Matt, Clarence, David Nye, Kristyn, Donovan, Christopher and Joshua Ibanez, Brandon, and for our veterans.

We pray for peace in the Holy Land most especially for our Christian brothers and sisters in Ukraine, Myanmar (known as Burma), Indonesia, Sri Lanka, India, Afghanistan, Iran, Iraq, Saudi Arabia, Syria, Egypt, Pakistan, Tunisia, Eritrea, Yemen, Nigeria, Somalia, Israel and Palestine, and all places on the earth where people are in danger and treated unfairly, who are suffering deprivation, torture, and death for confessing Christ as their Lord.

In our Diocesan cycle of prayer, we give thanks and pray today for all congregations of the diocese in transition.

In the Anglican cycle of prayer, we give thanks today for The Anglican Church of South America.

Participants in Today's In-Person and Online Worship

Transitional Priest: The Reverend Dr Willy Crespo

Prayers: Judy Brown

Streaming Tech: Hsa Blu Moo

Verger: Judy Brown

Reader (English):

Gospel Readers: Arabic Nawal Yousif, Mary Zori, Jamil Shorees, Ibtisam Bashee, Nahrien Patak, Intissar Razoq, & Musa
Karen Angelynn Than

Usher: Sharon Hathaway



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 02/04/2024

ST ALBAN'S ANNUAL MEETING

Please plan to join us **today**, Sunday, February 4th, after the worship service for St Alban's Annual Meeting. This meeting is open to everyone involved with St Alban's. We hope to see you there!

2024 Kalendars are here

Get your 2024 Kalendar! The new Episcopal Kalendar is now available for 2024 for just \$5.00! A convenient size, and all the important dates relevant to the Episcopal calendar year are clearly designated with helpful information, get yours today!

Weekly Bible Study on Zoom, with Fr Willy

Please join us on Wednesdays, 6-7pm, on Zoom. Contact Fr Willy for details.

Join Zoom Meeting: <https://us02web.zoom.us/j/83513559709> Meeting ID: 835 1355 9709 Passcode: 139092

Join us for our Monthly Forum

Our Forum will take place on the 2nd Sunday of each month, after coffee hour in the Parish Hall. The forums are popular church topics and will run for about 45 minutes. For example, our first forum, in July 2023, was on reactions to the sermon and any questions/ideas folks may want to share and raise. Please join us, we would love to hear your views.

Sunday School

Sunday School starts **each Sunday at 9:30 am**. The children will be attending in-person at St. Alban's Church in the Education Room. (If your child needs to attend the Sunday School via Zoom please contact Caroline Mahon Hurd for details.) Children who attend the in-person Sunday School can join their families for communion during the church service. Also, on months with 5 Sundays: on the 5th Sunday please bring your children to service for a children's sermon!

Sunday School email: stalbansundayschool@gmail.com

Please use this email with any questions about Sunday School, or special needs attendance.

Where to Find Other St Alban's Regular Meetings

The Monthly Vestry meeting -

The Vestry meeting is on the 3rd SUNDAY of each month following the worship service.

Sunday Worship Service at 9:30am, We are now meeting in the sanctuary, and also this service can be found on the St Alban's Facebook page each Sunday morning if you prefer to attend from your home.

Bi-Lingual (Arabic) Eucharist Service at 8:30am, on the 1st and 3rd Tuesdays of each month followed by the food distribution pantry.

Regular Notices

Prayer Requests: To make a request for the prayer chain or bulletin or to update requests, please call the St Alban's office: 619-444-8212, or email: generalbusiness@stalbanschurch.info. 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

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, 858-793-4555 or the Rev. Janet Wheelock, 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
Website: www.st-albans-church.org

