



# THE HOLY EUCHARIST

THE FOURTH SUNDAY AFTER THE EPIPHANY: PROPER 4

JANUARY 28, 2024 ▪ 10:00 AM

*Welcome to St. John's, Shaughnessy!  
Wherever you are on your spiritual  
journey, and whether you are joining us in  
the church building or via the livestream,  
we are glad you are here!*

*If you are new here and would like to learn  
more, please introduce yourself to the clergy  
after the service. If you would like to be  
added to our mailing list so that we may  
keep you informed of upcoming events,  
please contact the church office.*

*Infants and children (and their accompanying  
noises) enliven our services. Colouring, crafts,  
and quiet toys are available in the children's  
area, just to the left of the front pews.*

*We acknowledge with respect that we worship  
on the traditional, ancestral, and unceded  
territory of the Coast Salish Peoples, and we  
pray that we may live more deeply into the  
calls to action from Canada's Truth and  
Reconciliation Commission.*

*A brief organ voluntary offered a few minutes before the hour bids us all keep silence for prayer  
and preparation.*

*The people's responses are in **bold**.*

PRELUDE            *29 Smaa Præludier No. IX, Op 51*            Carl Nielsen (1865-1931)

GREETING

*Please stand as you are able.*

# THE ENTRANCE RITE

HYMN

PUER NOBIS

1 O love, how deep, how broad, how high! It fills the  
2 God sent no an - gel to our race, of high - er  
3 For us he was bap - tized, and bore his ho - ly  
4 For us he prayed, for us he taught, for us his

heart with ec - sta - sy, that God, the Son of  
or of low - er place, but wore the robe of  
fast, and hun - gered sore; for us temp - ta - tions  
dai - ly works he wrought; by words and signs, and

God, should take our mor - tal form for mor - tals' sake.  
hu - man frame for us, and to this lost world came.  
sharp he knew; for us the tempt - er o - ver - threw.  
ac - tions, thus still seek - ing not him - self but us.

5 For us by wickedness betrayed,  
scourged, mocked, in purple robe arrayed,  
he bore the shameful cross and death;  
for us at length gave up his breath.

6 For us he rose from death again,  
for us he went on high to reign,  
for us he sent his Spirit here  
to guide, to strengthen, and to cheer.

7 To God whose boundless love has won  
salvation for us through the Son,  
to God the Father, glory be  
both now and through eternity.

#### THE OPENING ACCLAMATION

The grace of our Lord Jesus Christ, and the love of God,  
and the fellowship of the Holy Spirit, be with you all.  
**And also with you.**

#### THE COLLECT FOR PURITY

Almighty God,  
to you all hearts are open,  
all desires known,  
and from you no secrets are hidden.  
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.

1 Glo - ry, in the high - est glo - ry, peace to all, in all their days.  
 2 Je - sus Christ, the world's Re - deem - er, Lamb of God, for sin - ners given,

Wor - ship, thanks, and praise un - ceas - ing to the Source of all we raise:  
 Word e - ter - nal, born of Ma - ry, Word made flesh, the face of heaven:

reign - ing in the sap - phire height, hid - den from our mor - tal sight,  
 ho - ly one, to you we pray, hear us in the realms of day,

now re - ceive our a - dor - a - tion, as we make our sup - pli - ca - tion.  
 with the Spir - it there u - nit - ed, and the God - head high ex - alt - ed.

## THE COLLECT OF THE DAY

Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

### THE FIRST READING

Deuteronomy 18:15-20

*A reading from the Book of Deuteronomy*

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.**

- 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 splendour,  
and his righteousness endures for ever.
- 4 He makes his marvellous 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.

*A reading from the first letter of Paul to the Corinthians*

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.**

*Please stand as you are able.*

HYMN AT THE SEQUENCE

TWENTY-FOURTH (PRIMROSE)

1 Where char - i - ty and love pre - vail, there God is ev - er found;  
2 With grate - ful joy and ho - ly fear his char - i - ty we learn;  
3 For - give we now each oth - er's faults as we our faults con - fess;  
4 Let strife a - mong us be un - known, let all con - ten - tion cease;

brought here to - geth - er by Christ's love, by love are we thus bound.  
let us with heart and mind and strength now love him in re - turn.  
and let us love each oth - er well in Chris - tian ho - li - ness.  
be his the glo - ry that we seek, be ours his ho - ly peace.

5 Let us recall that in our midst dwells God's begotten Son; as members of his body joined, we are in him made one.

6 Love can exclude no race or creed if honoured be God's name; our common life embraces all whose Father is the same.

THE GOSPEL ACCLAMATION

*The Cantor sings the Alleluia; then all repeat.*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

*Cantor* Jesus went about Galilee, teaching, preaching, and healing every disease. *Alleluia*



The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ, according to Mark.

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

They went to Capernaum; and when the sabbath came, Jesus 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 Christ.

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

*Please be seated.*

THE SERMON

The Reverend James Hwang

*Please stand as you are able.*

#### THE APOSTLES' CREED

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

*Please remain standing or kneel, as you are able.*

#### THE PRAYERS OF THE PEOPLE

In the name of Jesus of Nazareth, let us pray for all who need the cleansing power of the Holy One of God.

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord.

**Lord, have mercy.**

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

**Lord, have mercy.**

For Justin, the Archbishop of Canterbury; Linda, our Primate; Chris, the National Indigenous Archbishop; and John, our bishop; in the Anglican Cycle of Prayer, for the Anglican Church of Southern Africa; in the Diocese of New Westminster, the Ecclesiastical Province of British Columbia and the Yukon; the Diocese of British Columbia; the Diocese of Caledonia; the Diocese of Kootenay & Metropolitan; the Territory of the People; the Diocese of New Westminster; the Diocese of the Yukon; for our companion diocese, the Diocese of Northern Philippines; for our companion parishes of St. Luke, Butbut Proper, and St. James, Luccong; and for all the clergy and people, let us pray to the Lord.

**Lord, have mercy.**

For the leaders of the nations, and for all in authority, including Justin, our Prime Minister; David, our Premier; and Ken, our mayor; let us pray to the Lord.

**Lord, have mercy.**

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

**Lord, have mercy.**

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

**Lord, have mercy.**

For those who travel on land, on water, or in the air, let us pray to the Lord.

**Lord, have mercy.**

For the aged and infirm, for the widowed and orphans, and for the sick and suffering, (including . . .), let us pray to the Lord.

**Lord, have mercy.**

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

**Lord, have mercy.**

For all who have died in the hope of the resurrection, and for all the departed, (especially . . .), let us pray to the Lord.

**Lord, have mercy.**

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

**Lord, have mercy.**

For the absolution and remission of our sins and offenses, let us pray to the Lord.

**Lord, have mercy.**

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

**Lord, have mercy.**

Defend us, deliver us, and in your compassion protect us, O Lord, by your grace.

**Lord, have mercy.**

In the communion of the Blessed Virgin Mary, St. John the Beloved, and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

**To you, O Lord our God.**

*The Celebrant concludes*

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honour of your Name. **Amen.**

*Please stand as you are able.*

THE PEACE

The peace of the Lord be always with you.

**And also with you.**

*The people greet one another with signs of God's peace.*

THE OFFERTORY

*As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided for those who prefer to donate online. During the collection, a hymn is sung.*



## OFFERTORY HYMN

RICHMOND

1 O for a thou - sand tongues to sing my  
 2 Je - sus! the name that charms our fears, that  
 3 He speaks, and, lis - tening to his voice, new  
 4 Hear him, ye deaf, ye voice - less ones, your  
 5 My gra - cious Mas - ter and my God, as -

7  
 dear Re - deem - er's praise, the glo - ries of my  
 bids our sor - rows cease; 'tis mu - sic in the  
 life the dead re - ceive, the mourn - ful bro - ken  
 loos - ened tongues em - ploy; ye blind, be - hold your  
 sist me to pro - claim, to spread through all the

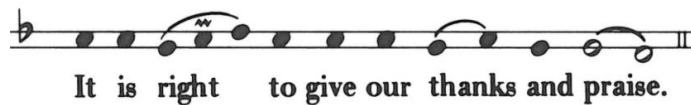
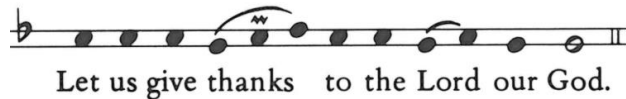
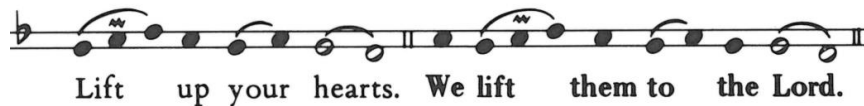
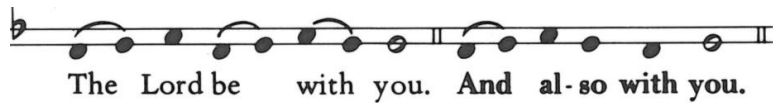
God and King, the tri - umphs of his grace.  
 sin - ner's ears, 'tis life, and health, and peace.  
 hearts re - jice, the hum - ble poor be - lieve.  
 Sav - iour come, and leap, ye lame, for joy!  
 earth a - broad the hon - ours of thy name.

## THE HOLY COMMUNION

### THE PRAYER OVER THE GIFTS

God of steadfast love, may our offering this day, by the power of your Holy Spirit, renew us for your service. We ask this in the name of Jesus Christ the Lord. **Amen.**

### THE GREAT THANKSGIVING



It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people.

You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation.

Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
 heav - en and earth are full of your glor - y. Ho -  
 san - na in the high - est. Ho - san - na in the high - est.  
 Blessed is the one who comes in the name of the Lord. Ho -  
 san - na in the high - est. Ho - san - na in the high - est.

*The Celebrant continues*

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, 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 healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to 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."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

#### THE LORD'S PRAYER

And now, as our Saviour Christ has taught us, we are bold to say,

**Our Father,  
who art in heaven,  
hallowed be thy name,  
Thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
the power, and the glory,  
for ever and ever. Amen.**

#### THE BREAKING OF THE BREAD

*The Celebrant breaks the consecrated bread.*

We break this bread to share in the body of Christ.

**We, being many, are one body, for we all share in the one bread.**



THE FRACTION ANTHEM *Mass of St. George*

Andrew Wells (b.1962)

**Larghetto**

(org.) *mp* Lamb of God, you take a - way the sin of the

REPEAT Descant  
world, have mer - cy on us. Lamb of God, you take a -

*pp*  
way the sin of the world. Grant us peace.

THE INVITATION TO HOLY COMMUNION

The gifts of God for the people of God.  
**Thanks be to God.**

*We invite all baptized Christians to receive the sacrament of Holy Communion. If you prefer to receive a blessing instead of the bread and wine, you may indicate that desire by crossing your arms over your chest. If you are unable to come forward, please ask a sidesperson to have Communion brought to you.*

COMMUNION ANTHEM *Be Thou My Vision*

Bob Chilcott (b. 1955)

Be Thou my Vision, O Lord of my heart;  
 Be all else but naught to me, save that Thou art;  
 Be Thou my best thought in the day and the night,  
 Both waking and sleeping, Thy presence my light.

Be Thou my Wisdom, be Thou my true Word;  
 Be Thou ever with me and I with Thee, Lord;  
 Be Thou my great Father, and I Thy true son,  
 Be Thou in me dwelling, and I with Thee one.

Be Thou and Thou only the first in my heart;  
 O Sovereign of heaven, my treasure thou art;  
 Great heart of my own heart, whatever befall,  
 Still be thou my vision, Ruler of all.

*Please stand as you are able.*

#### THE PRAYER AFTER COMMUNION

Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, in the name of Jesus Christ the Lord. **Amen.**

#### THE DOXOLOGY

**Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

*Please be seated.*

#### THE NOTICES

*Please stand as you are able.*

#### THE BLESSING

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of God's Son, Jesus Christ our Lord; and the blessing of God almighty, the Father, Son, and Holy Spirit, be among you and remain with you always. **Amen.**

## HYMN

## GOTT SEI DANK

1 Spread, O spread, thou might - y word, spread the king - dom of the Lord,  
 2 word of how the Fa - ther's will made the world, and keeps it, still;  
 3 word of how the Sa - vior's love earth's sore bur - den doth re - move;  
 4 word of how the Spi - rit came bring - ing peace in Je - sus' name;  
 5 Word of life, most pure and strong, word for which the na - tions long,

1 that to earth's re - mot - est bound all may heed the joy - ful sound;  
 2 how his on - ly Son he gave, earth from sin and death to save;  
 3 how for - ev - er, in its need, through his death the world is freed;  
 4 how his nev - er - fail - ing love guides us on to heaven a - bove.  
 5 spread a - broad, un - til from night all the world a - wakes to light.

## THE DISMISSAL

Let us go forth in the name of Christ.  
**Thanks be to God.**

VOLUNTARY *Toccata Primi Toni, Op 11*

Einar Traerup Sark (1921-2005)

*Please remain standing as the procession leaves the church. Though some people choose to stay for the entire organ postlude, please feel welcome to depart when the Spirit moves you. We hope you will join us for coffee and refreshments in the Trendell Lounge after the service.*

## ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

*Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.*

### Clergy and Staff

The Reverend Terry Shields Dirbas, *Rector* [terry.dirbas@sjs.net](mailto:terry.dirbas@sjs.net)  
The Reverend James Hwang, *Curate* [jhwang@sjs.net](mailto:jhwang@sjs.net)  
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*  
The Reverend Karin Fulcher, *Deacon (Retired)*  
The Reverend Pitman Potter, *Deacon (Retired)*  
Dr. Graeme Langager, *Choral Director* [graeme.langager@sjs.net](mailto:graeme.langager@sjs.net)  
Michael Dirk, *Principal Organist and Artist-in-Residence* [organist@sjs.net](mailto:organist@sjs.net)  
Deanna Ferguson, *Parish Administrator* [church.office@sjs.net](mailto:church.office@sjs.net)

### Trustees

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