



**St. Mark's City Heights
Episcopal Church**
MANOS DE DIOS - WE ARE GOD'S HANDS

Fourth Sunday of Advent - December 22, 2024

Holy Eucharist

St. Mark's Episcopal Church, City Heights

Join online at 9:45 a.m. tinyurl.com/stmarkszoom

If this is your first time worshipping at St. Mark's, we welcome you! Wherever you are on your journey of faith we are glad you are here, and we invite you to join us in all that we do.

The in-person service is being streamed live and pictures may be taken during the service. If you don't wish to be seen on camera or to be photographed, please ask someone at the welcome table for appropriate seating.

Welcoming Prayer

Holy Spirit living within us, guide our hearts and minds as we welcome today all those who worship with us as part of the St. Mark's family. Give us discerning hearts so that everyone who worships with us feels welcomed in the spirit of your love. Help us to recognize each person as an individual sent by you who will enrich our lives. And most of all, O God, let this community be a place of love and acceptance of all your children; in the name of your child, our Savior Jesus Christ. Amen.

**Gathering Hymn O Come, O Come Emmanuel
Hymnal 56**

Vs 7 and 8

O come, Desire of nations, bind
in one the hearts of all mankind;
bid thou our sad divisions cease,
and be thyself our King of Peace.

Refrain

Rejoice! Rejoice!

Emmanuel shall come to thee, O Israel!

O come, O come, Emmanuel,
and ransom captive Israel,
that mourns in lonely exile here
until the Son of God appear.

Refrain

Rejoice! Rejoice!
Emmanuel shall come to thee, O Israel!

The Lighting of the Advent Wreath & Prayer

Presider: The people walking in darkness have seen a great light.

People: On those living in the land of the shadow of death, the light has dawned. (Isaiah 9:2)

Prayers of Advent Wreath : Fourth Week (Love)

Presider: **Let us pray.**

We praise you, O Lord our God, for giving us every spiritual blessing through your beloved Son. Enlighten our hearts and minds that we may shine as lights in this dark world, to the praise of your glorious grace; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Reader: God of love, you sent your Son, Jesus, to shine bright like the sun, lighting the way for all who walk in darkness. May the light of Christ's hope, peace, joy and love shine bright in us as we approach his coming, that we may be ready to welcome him on Christmas day and every day. **Amen.** (Light all four candles.)

Presider Blessed be the one, holy, and living God.

People **Glory to God for ever and ever.**

Kyrie Eleison

MHSO 13

The image shows a musical score for the Kyrie Eleison. It consists of two staves. The first staff is a vocal line in treble clef with a key signature of one sharp (F#) and a time signature of 8/8. The lyrics are: "Ky - ri - e e - le - i - son. ___ Ky - ri - e e - le - i - son. ___ Ky - ri - Chri - ste e - le - i - son. ___ Chri - ste e - le - i - son. ___ Chri -". The second staff is a guitar accompaniment line in treble clef with the same key signature and time signature. It includes chord markings: A7, Dm, G7, and C. The lyrics are: "e e - le - i - son. ___ Ky - ri - e e - le - i - son! ___ ste e - le - i - son. ___ Chri - ste e - le - i - son! ___". The piece ends with a double bar line and the instruction "repeat Kyrie".

Words: from The Book of Common Prayer (1979) of the Episcopal Church USA.
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Confession of Sin

Presider Let us confess our sins against God and our neighbor.

People **Most merciful God,**
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.
For the sake of our Savior Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

The Collect

Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

The Lessons

A reading from the Book of Micah

Micah 5:2-5a

You, O Bethlehem of Ephrathah,
who are one of the little clans of Judah,

from you shall come forth for me
one who is to rule in Israel,

whose origin is from of old,
from ancient days.

Therefore he shall give them up until the time
when she who is in labor has brought forth;

then the rest of his kindred shall return
to the people of Israel.

And he shall stand and feed his flock in the strength of the Lord,
in the majesty of the name of the Lord his God.

And they shall live secure, for now he shall be great
to the ends of the earth;

and he shall be the one of peace.

Lector: Hear what the Spirit is saying to God's People.

People: Thanks be to God.

Canticle 15

The Song of Mary *Magnificat*

Luke 1:46-55

English (Español version follows below)

READER: My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; for he has looked with favor on his lowly servant.

ALL: From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.

R: He has mercy on those who fear him in every generation.

A: He has shown the strength of his arm, he has scattered the proud in their conceit.

R: He has cast down the mighty from their thrones, and has lifted up the lowly.

A: He has filled the hungry with good things, and the rich he has sent away empty.

R: He has come to the help of his servant Israel, for he has remembered his promise of mercy, The promise he made to our fathers, to Abraham and his children forever.

A: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever.

Amen.

ESPAÑOL

LECTOR: Proclama mi alma la grandeza del Señor, se alegra mi espíritu en Dios mi Salvador, porque ha mirado la humillación de su esclava.

TODO: Desde ahora me llamarán bienaventurada todas las generaciones porque el Poderoso ha hecho obras grandes por mí.

L: Su nombre es Santo y su misericordia llega a sus fieles de generación en generación.

T: Él hace proezas con su brazo, dispersa a los soberbios de corazón.

L: Derriba del trono a los poderosos y enaltece a los humildes.

T: A los hambrientos los colma de bienes y a los ricos despidе vacíos.

L: Auxilia a Israel su siervo, acordándose de su santa alianza según lo había prometido a nuestros padres en favor de Abrahán y su descendencia por siempre.

T: Gloria al Padre, y al Hijo y al Espíritu Santo: * como era en el principio, ahora y siempre, por los siglos de los siglos. Amén.

A Reading from the First Letter of Paul to the Hebrews

Hebrews 10:5-10

When Christ came into the world, he said,

"Sacrifices and offerings you have not desired,
but a body you have prepared for me;

in burnt offerings and sin offerings
you have taken no pleasure.

Then I said, 'See, God, I have come to do your will, O God'
(in the scroll of the book it is written of me)."

When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

Lector: Hear what the Spirit is saying to God's People.

People: Thanks be to God.

Gospel Hymn

Soften My Heart

Renew 223

Soften my heart, Lord, soften my heart;

From all indifference set me apart.

To feel your compassion, to weep with your tears;

Come soften my heart, O Lord, soften my heart.

The Gospel

Luke 1:39-45(46-55)

Priest The Holy Gospel of our Lord Jesus Christ according to Luke.

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

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

And Mary said,

"My soul magnifies the Lord,
and my spirit rejoices in God my Savior,

for he has looked with favor on the lowliness of his servant.
Surely, from now on all generations will call me blessed;

for the Mighty One has done great things for me,
and holy is his name.

His mercy is for those who fear him
from generation to generation.

He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.

He has brought down the powerful from their thrones,
and lifted up the lowly;

he has filled the hungry with good things,
and sent the rich away empty.

He has helped his servant Israel,
in remembrance of his mercy,

according to the promise he made to our ancestors,
to Abraham and to his descendants forever."

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

Sermon: Fr Richard

Nicene Creed

Please stand as you are able

**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 of 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. With the Father and the Son 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 *The response to each bidding is: hear our prayer.*

The Peace

Presider The peace of the Lord be always with you.
People **And also with you.**

Announcements and Offerings stmarks-cityheights.org/giving-online

Sunday School Sharing

Blessings for birthdays and anniversaries

For a Birthday

O God, we come before you with hearts full of gratitude and joy as we celebrate this/these birthday(s). Thank you for this special day, for the gift of life, and for the opportunity to celebrate another year together. In your Holy name we pray. **Amen.**

For an Anniversary

O God, we thank and praise You for the gift of this anniversary and the love and joy that it brings. Pour out we pray, Your love, joy, grace and peace into the hearts of all who are celebrating this day. We pray that in this remembrance, that you join each of us closer, to each other, and to You. **Amen.**

The Offering of Gifts

Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High.

The Doxology

Methodist Hymnal 94

The musical score for the Doxology is presented in five systems. Each system consists of a vocal line (treble clef) and a piano accompaniment line (treble clef). The key signature is two flats (B-flat and E-flat), and the time signature is 3/4. The lyrics are: "Praise God, from whom all blessings flow; praise God, all creatures here below: Al-le-lu-ia! Al-le-lu-ia! Praise God, the source of all our gifts! Praise Jesus Christ, whose power uplifts! Praise the Spirit, Holy Spirit! Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!" The score is marked with "Unison" and "Harmony" sections.

The Great Thanksgiving

Eucharistic Prayer B (BCP Expansive)

If able and comfortable, the people remain standing.

Presider	God be with you.
People	And also with you.
Presider	Lift up your hearts.
People	We lift them to the Lord.

Presider Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth.

Because you sent your beloved Son to redeem us from sin and death, and to make us heirs in him of everlasting life; that when he shall come again in power and great triumph to judge the world, we may without shame or fear rejoice to behold his appearing.

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:

The Sanctus and Benedictus

S 125, Richard Proulx, A Community Mass

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,
heaven and earth are full of your glo-ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

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 Jesus Christ, the Word made flesh. For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the

Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, 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 Savior 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 Jesus 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,

**We remember Christ's death,
We proclaim Christ's resurrection,
We await Christ's coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Savior 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 in the sacrifice of Jesus Christ, through whom we are acceptable to you, 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 Saint Mark and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **AMEN.**

Blessed are you now and for ever. AMEN.

As our Savior Christ has taught us, we now pray, in the language of our own heart.

**Padre nuestro que estás en el cielo,
santificado sea tu Nombre,
venga tu reino,
hágase tu voluntad,
en la tierra como en el cielo.**

**Danos hoy nuestro pan de cada día. Perdona nuestras ofensas,
como también nosotros perdonamos a los que nos ofenden.**

No nos dejes caer en tentación y líbranos del mal.

Porque tuyo es el reino, tuyo es el poder, y tuya es la gloria, ahora y por siempre. Amén.

**Our Father in heaven,
hallowed be your Name
your kingdom come,
your will be done,
on earth as in heaven.**

**Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.**

Save us from the time of trial, and deliver us from evil.

For the kingdom, the power, and the glory are yours, now and forever. Amen.

The Breaking of the Bread

The Presider breaks the consecrated Bread. A period of silence is kept.

Presider Christ our Passover is sacrificed for us;
People Therefore let us keep the feast.

The Invitation

Presider This is the table, not of the Church, but of the Lord. It is made ready for those who love him, and for those who want to love him more. So, come, those who have much faith and those who have little, those who have been here often and those who have not been here long, those who have tried to follow and those who have failed. Come, not because the Church invites us; it is Christ, and he invites us to meet him here.

Presider 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.

The Prayer of Spiritual Communion For Those On Zoom

Presider We know that some of us are joining this morning on zoom, and although they can not physically receive the holy sacraments, they can receive in their hearts.

People In union, Blessed Jesus, with the faithful gathered at every altar of Your Church where Your blessed body and blood are offered, I long to offer You praise and thanksgiving. I believe that You are truly present in the Holy Sacrament. And since I cannot at this time receive communion, I pray You to come into my heart, my soul, and my mind. I unite myself to You, and embrace You with all the affections of my soul. Let nothing separate me from You; let me serve You in this life until, by Your grace, I join You in Your reign of unending peace. Amen.

We will be offering communion in both kinds: bread & wine.

If you would like to receive the bread and wine please hold out both hands. You can either drink from the chalice (in which case, after receiving the bread, go to the altar server on the left) or have the bread intincted (dipped) into the wine and given to you (in which case go to the altar server on the right after receiving the bread.)

If you would like to receive the bread only please hold out one hand.

If you would prefer not to receive the body and bread but receive a blessing, please cross your hands over your chest.

If you would like to receive gluten free bread please tell the presider.

Communion Hymn:

Healer Of My Soul Vs 1 and 2

Renew 224

1, 3. Healer of my soul,
Keep me at evening.
Keep me at morning,
keep me at noon,
healer of my soul.

2. Keeper of my soul,
on rough course faring.
Help and safeguard
my means this night,
Keeper of my soul,

I am tired
astray and stumbling
shield my soul
from the snare of sin.

Post Communion Prayer

People **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of Christ, and heirs of your eternal kingdom.**

**And now, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Savior.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.**

Blessing

Presider God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. Amen.

Sending hymn

Soon and Very Soon Vs 1 and 2

Renew 276

Soon and very soon, we are going to see the King;
soon and very soon, we are going to see the King;
soon and very soon, we are going to see the king;
hallelujah! Hallelujah! We are going to see the king.

No more dying there, we are going to see the king;
no more dying there, we are going to see the king;
no more dying there, we are going to see the king;
hallelujah! Hallelujah! We are going to see the king

Dismissal

Presider Our worship service has come to an end, our service to the world continues. Go in peace, to love and serve the world!

People Thanks be to God. Alleluia, Alleluia, Alleluia.

ANNOUNCEMENTS

Carol Singing | After service today we're having a Community Carol Singing with Christmas refreshments: favorite cookies or other treats (& set up for Joy To The World, see below).

Joy To The World | Our Annual Joy To The World Christmas Eve event needs volunteers TODAY after carol signing for set up. We also need a few more cooks for remaining items for the Christmas Eve lunch (sign up via the online list [here](https://www.signupgenius.com/go/10C0A4AA8AC2DABFFC25-53737738-stmarks#/) = <https://www.signupgenius.com/go/10C0A4AA8AC2DABFFC25-53737738-stmarks#/>), and on Tuesday, December 24 for the event starting at 11:30 with Community Eucharist & Lunch at noon-1:30 pm, as well as before and after. If you're willing to pitch in, add your name to the sign-up list after church today or contact Lauren Button: laurenb@stmarks-cityheights.org

Christmas Eve Community Eucharist | Join us Tuesday for our Joy To The World and parish Christmas Eucharist at 11:30 am with Bishop Susan Brown Snook and Archdeacon Cindy Campos. All are welcome!

Stewardship Campaign | If you haven't done so already, we ask that you please turn in your 2025 pledge form ASAP. You can turn it in today, or by mail via the return envelope to: P.O. Box 5788, San Diego 92165, or by email, or online, or by text to Fr. Richard. Also, as we approach the end of the calendar year, we ask that you please fulfill your 2024 annual pledge to St. Mark's. For questions regarding your 2024 pledge, talk to Bill or Rich, or contact treasurer@stmarks-cityheights.org Thank you for helping us balance our 2024 budget and enabling us to budget for cultivating our garden & growing our faith in 2025!

Food Pantry | Our food pantry needs your continual help. This month, we appreciate your donations of snacks and **sturdy grocery bags**. The pantry is also in need of volunteers! Contact Joanna (joannas@stmarks-cityheights.org) or Lauren (lauren@stmarks-cityheights.org) if you are willing to help.

Annual Meeting | St. Mark's will hold its annual business meeting, aka the Annual Meeting, on **Sunday, January 26** following the 9:45 am Sunday service. **Please save the date** as everyone's presence is requested to conduct important once-yearly parish business. This includes: elections, stewardship/finances, parish updates and more!

Vestry & Diocesan Delegate Candidates

We are looking for folks who are willing to contribute to St. Mark's and help our parish community by being a candidate for our vestry election at our January 26 annual meeting. The vestry is the 'governing board' of our church and meets monthly to discuss parish business. Diocesan Delegates represent our parish at our diocese's annual convention in November 2025. To submit your candidacy for either vestry member or diocesan convention delegate, please talk to or email Fr. Richard: fr.richard@stmarks-cityheights.org

Cursillo Weekend February 20-23 2025 | All are invited to this weekend retreat (starting Thu evening through Sunday afternoon) in Julian. For questions talk to Debbie Kistler.

Christmas Schedule At St. Mark's

- **Tuesday, December 24:** Community Christmas Service @ 11:30 am with Bishop Susan followed by Joy To The World outreach event.
- **Wednesday, December 25:** Christmas Day Service at Ministry Partner Churches.
- **Sunday, December 29:** Christmas 1 service @ 9:45 am with Pastor Cyndi Jones (former St. Mark's parishioner!)