



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

Second Sunday after the Epiphany

Sunday January 19, 2025

Holy Eucharist @ 9:45 am

Join online tinyurl.com/stmarkszoom

NOTE: The electronic version of the complete bulletin can be accessed on our website <https://stmarks-cityheights.org/worship/online-prayer-worship/>

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. If you are joining us online today please know that you are a full member of our family.

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 **Holy, Holy Holy! Vs 1 and 2 Hymnal 362**

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee:
Holy, holy, holy! Merciful and mighty,
God in three Persons, blessed Trinity.

Holy, holy, holy! Lord God Almighty!
All Thy works shall praise Thy name, in earth and sky and sea;
Holy, holy, holy! merciful and mighty!
God in three Persons, blessed Trinity!

The Word of God

Presider Blessed be the one, holy, and living God.
People **Glory to God for ever and ever.**

67 **Glory Be to the Father**

The musical score is written on three staves in a treble clef with a key signature of two flats (B-flat and E-flat). The lyrics are: "Glo - ry be to the Fa - ther, and to the Son, and to the Ho - ly Ghost; as it was in the be - gin - ning, is now, and ev - er shall be, world with-out end. A - men, A - men." The melody is simple and hymn-like, with a final cadence on the word "Amen".

Presider God be with you.
People **And also with you.**
Presider Let us pray.

Collect of the Day

Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. *Amen.*

The Readings

A Reading from the Prophet Isaiah

Isaiah 62:1-5

For Zion's sake I will not keep silent,
and for Jerusalem's sake I will not rest,

until her vindication shines out like the dawn,
and her salvation like a burning torch.

The nations shall see your vindication,
and all the kings your glory;

and you shall be called by a new name
that the mouth of the Lord will give.

You shall be a crown of beauty in the hand of the Lord,
and a royal diadem in the hand of your God.

You shall no more be termed Forsaken,
and your land shall no more be termed Desolate;

but you shall be called My Delight Is in Her,
and your land Married;

for the Lord delights in you,
and your land shall be married.

For as a young man marries a young woman,
so shall your builder marry you,

and as the bridegroom rejoices over the bride,
so shall your God rejoice over you.

The Word of the Lord. **Thanks be to God.**

Psalm 36: 5-10

Read bolded verses responsively.

ENGLISH VERSION ESPAÑOL BELOW

READER: 5 Your love, O Lord, reaches to the heavens,*
and your faithfulness to the clouds.

**ALL: 6 Your righteousness is like the strong mountains,
your justice like the great deep; *
you save both man and beast, O Lord.**

R: 7 How priceless is your love, O God! *
your people take refuge under the shadow of your wings.

**A: 8 They feast upon the abundance of your house; *
you give them drink from the river of your delights.**

R: 9 For with you is the well of life, *
and in your light we see light.

**A: 10 Continue your loving-kindness to those who know you, *
and your favor to those who are true of heart.**

ESPAÑOL

LECTOR: 5 Tu amor, Señor, llega hasta el cielo *
y tu fidelidad, hasta las nubes.

**TODO: 6 Tu rectitud es firme como las montañas;
tu justicia, profunda como el mar; *
tú liberas a personas y animales.**

L: 7 ¡Que preciosa, Señor, es tu bondad! *
Bajo la sombra de tus alas se refugia tu pueblo.

**T: 8 Hacen fiesta en la abundancia de tu casa; *
les das de beber de tu torrente de delicias.**

L: 9 Contigo está el manantial de la vida, *
y a tu luz vemos la luz.

**T: 10 No dejes de amar a quienes te conocen; *
hazles justicia a las de corazón sincero.**

A Reading from the First Letter of Paul to the Corinthians **1 Corinthians 12:1-11**

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says "Let Jesus be cursed!" and no one can say "Jesus is Lord" except by the Holy Spirit.

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

The Word of the Lord. **Thanks be to God.**

The Gospel Hymn **The King of Love My Shepherd Is**

Vs 1 and 2 Hymnal 645

1 The King of love my shepherd is,
whose goodness faileth never.
I nothing lack if I am his,

and he is mine forever.

2 Where streams of living water flow,
my ransomed soul he leadeth;
and where the verdant pastures grow,
with food celestial feedeth.

The Gospel: John 2:1-11

The Holy Gospel of our Lord Jesus Christ according to John.

Glory to you, Lord Christ.

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

The Gospel of the Lord.

Praise to you, Lord Christ.

Sermon **Fr. Mark Hargreaves**

The Nicene Creed

**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

The Peace

Presider The peace of the Lord be always with you.

People **And also with you.**

Sunday School Sharing & Announcements

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 Offertory

stmarks-cityheights.org/giving-online

The Table is prepared: The Liturgy of the Table Begins.

The Doxology

Methodist Hymnal 94

Unison
Praise God, from whom all blessings flow; praise
Harmony
God, all creatures here below: Al-le-lu-ia! Al-le-
Unison
lu-ia! Praise God, the source of all our gifts! Praise
Harmony
Jesus Christ, whose power uplifts! Praise the Spirit, Holy Spirit!
Unison
Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

The Great Thanksgiving

Eucharistic Prayer A (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 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 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.

Holy and gracious God: 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 maker of all. Jesus 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 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 we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's 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 Christ. 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 Jesus Christ our Savior. 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.**

As our Savior Christ has taught us, we now pray, in the language and version 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 follows.

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 for a long time, 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

Spirit Song vs 1 and 2 Renew 248

O let the Son of God enfold you
With his Spirit and his love,
Let him fill your life and satisfy your soul.
O let him have the things that hold you

And his Spirit, like a dove,
will descend upon your life and make you whole.

Jesus, O Jesus, come and fill your lambs.
Jesus, O Jesus, come and fill your lambs.

O come and sing this song with gladness
As your hearts are filled with joy,
Lift your hands in sweet surrender to his name.
O give him all your tears and sadness,
Give him all your years of pain
And you'll enter into life in Jesus' name.

Jesus, O Jesus, come and fill your lambs.
Jesus, O Jesus, come and fill your lambs.

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**

(source: Celtic, Enriching Our Worship 1)

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.**

ANNOUNCEMENTS

Pulpit Swap | Today Fr. Mark Hargraeves & Fr. Richard are swapping pulpits! While Fr. Richard is at St. James in La Jolla, we are happy to welcome (back) Fr. Mark to St. Mark's. Fr. Mark, we are happy you are here and for continued support of our ministries.

Christ Church Spaghetti Dinner | Save the date! Christ Church will hold its annual spaghetti dinner on **Wednesday, January 29**. This dinner benefits St. Mark's food pantry as all non-perishable food & cash donations (i.e., the 'entry price' for the dinner) are given to St. Mark's. The dinner is served by Christ Day School students. Please, show your support for Christ Church, the Day School students, and for our pantry by attending. Dinner time: two seatings: 5:30 & 6:15 pm (times to be confirmed).

Annual Meeting | St. Mark's will hold its annual business meeting, aka the Annual Meeting, **NEXT Sunday, January 26** following the 9:45 am Sunday service. ***Please plan on attending***, as everyone's presence is requested and a quorum is needed 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 (2nd Saturday of the month) to discuss parish business. Diocesan Delegates represent our parish at our diocese's annual convention on November 7 & 8 2025 at St. Dunstan. To submit your candidacy for either vestry member or diocesan convention delegate, please talk to or email Fr. Richard by this Monday, 1/20: fr.richard@stmarks-cityheights.org

Choir Practices for January | Join us Tuesday January 28 @ 6 pm for choir rehearsal, here at St. Mark's. ALL are welcome!

Bishop's Annual Visitation | The Rt. Rev. Susan Brown Snook, Bishop of the Episcopal Diocese of San Diego, will visit our parish on Sunday, February 16. This annual visit includes presiding and preaching at our 9:45 a.m. worship service and meeting with parishioners and vestry. We'd like 'a full house' and encourage everyone to attend!

Kitchen Remodel Pardon Our Dust | Take a look and take in the progress on the remodel! The remodel is part of our Capital Campaign. We are thankful to our 2022 Wholeness Capital Campaign pledgers and donors whose generosity makes this work possible. The food pantry remains open as volunteers and guests adjust to the work and changes. If you come during the week, expect parking to be impacted.

Please be patient and understanding during this time of dust, debris and disorder as it will drastically improve our site and enhance our ministries.

Wholeness Capital Campaign | As a reminder the 2022 Wholeness Capital Campaign allowed us to redo our roof and install an entirely new HVAC system (visit <https://stmarks-cityheights.org/give/capital-campaign/project-updates/> for campaign updates). The kitchen remodel (=the Amy Ennenga Maxim Outreach Center) is the next/current phase of this campaign. If you would like to contribute to this campaign fund, augment or fulfill your pledge, please talk to or contact the treasurers: Bill Zahner (treasurer) or Rich Thomson (assistant treasurer) treasurer@stmarks-cityheights.org or Howard Smith (senior warden) howards@stmarks-cityheights.org or Fr. Richard fr.richard@stmarks-cityheights.org Rising and unexpected construction costs make your donations vital. For more information about the Wholeness Capital Campaign, please visit: <https://stmarks-cityheights.org/give/capital-campaign/>

Stewardship Campaign | We'd like to wrap up our Growing Our Faith Cultivating Our Garden campaign as we need to solidify our 2025 budget. 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.

Food Pantry | Our food pantry needs your continual help. 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.