



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

## The Seventh Sunday After the Epiphany

**Sunday February 23, 2025**

**Holy Eucharist @ 9:45 am**

Join online [tinyurl.com/stmarkszoom](https://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 Earth has Many a Noble City Vs 1 and 2 Hymnal 127

Earth has many a noble city;  
Bethlehem, thou dost all excel:  
out of thee the Lord from heaven  
came to rule his Israel.

Fairer than the sun at morning  
was the star that told his birth,  
to the world its God announcing  
seen in fleshly form on earth.

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 4/4 time signature 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 "men".

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

### Collect of the Day

O Lord, you have taught us that without love whatever we do is worth nothing: Send your Holy Spirit and pour into our hearts your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### The Readings

*A Reading from the Book of Genesis*

**Genesis 45:3-11, 15**

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there--since there are five more years of famine to come--so that you and your household, and all that you have, will not come to poverty.'"

And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

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

**Psalm 37:1-12, 41-42**

*Read bolded verses responsively.*

ENGLISH VERSION ESPAÑOL BELOW

READER: 1 Do not fret yourself because of evildoers; \*  
do not be jealous of those who do wrong.

**ALL: 2 For they shall soon wither like the grass, \*  
and like the green grass fade away.**

R: 3 Put your trust in the Lord and do good; \*  
dwell in the land and feed on its riches.

**A: 4 Take delight in the Lord, \*  
and he shall give you your heart's desire.**

R: 5 Commit your way to the Lord and put your trust in him, \*  
and he will bring it to pass.

**A: 6 He will make your righteousness as clear as the light \*  
and your just dealing as the noonday.**

R: 7 Be still before the Lord \*  
and wait patiently for him.

**A: 8 Do not fret yourself over the one who prospers, \*  
the one who succeeds in evil schemes.**

R: 9 Refrain from anger, leave rage alone; \*  
do not fret yourself; it leads only to evil.

**A: 10 For evildoers shall be cut off, \*  
but those who wait upon the Lord shall possess the land.**

R: 11 In a little while the wicked shall be no more; \*  
you shall search out their place, but they will not be there.

**A: 12 But the lowly shall possess the land; \*  
they will delight in abundance of peace.**

R: 41 But the deliverance of the righteous comes from the Lord; \*  
he is their stronghold in time of trouble.

**A: 42 The Lord will help them and rescue them; \*  
he will rescue them from the wicked and deliver them,  
because they seek refuge in him.**

ESPAÑOL

LECTOR: 1 No te inquietes por causa de los malhechores; \*  
no envidies a los que hacen injusticias.

**TODO: 2 Porque están por marchitarse como el pasto \*  
y secarse como hierba verde.**

L: 3 Pon tu confianza en el Señor y haz lo bueno; \*  
mora en la tierra y aliméntate de su abundancia.

**T: 4 Pon tu deleite en el Señor \*  
y él cumplirá los anhelos de tu corazón.**

L: 5 Camina por las sendas del Señor; \*  
confía en Dios, y él actuará.

**T: 6 Él hará brillar tu justicia como la luz \*  
y tus obras justas, como el mediodía.**

L: 7 Guarda silencio delante del Señor \*  
y espéralo pacientemente.

**T: 8 No te inquietes por quien prospera, \*  
por quien triunfa en sus maldades.**

L: 9 Deja la ira; abandona tu furor; \*  
no te inquietes por hacer el mal.

**T: 10 Porque los malhechores serán arrancados, \*  
pero quienes esperan en Dios heredarán la tierra.**

L: 11 Pronto desaparecerán los malvados; \*  
se buscarán, y no estarán.

**T: 12 Pero los humildes heredarán la tierra \*  
y gozarán de pleno bienestar.**

L: 41 La liberación de los justos viene de Dios, \*

que es su fortaleza en días de angustia.

**T: 42 Dios será su ayuda y su recate; \*  
los rescatará y librá de los malvados  
porque en él se refugian.**

*A Reading from the First Letter of Paul to the Corinthians*    **1 Corinthians 15:35-38,42-50**

Someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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

**The Gospel Hymn**

**Alleluia Vs 1,2,3, and 4**

**Renew 136**

Alleluia, Alleluia, Alleluia, Alleluia,  
Alleluia, Alleluia, Alleluia, Alleluia!

He's my Savior, Alleluia, he's my savior, Alleluia  
He's my Savior, Alleluia, he's my savior, Alleluia!

He is worthy, Alleluia, he is worthy, Alleluia  
He is worthy, Alleluia, he is worthy, Alleluia

I will praise him, Alleluia, I will praise him, Alleluia  
I will praise him, Alleluia, I will praise him, Alleluia!

**The Gospel: Luke 6:27-38**

The Holy Gospel of our Lord Jesus Christ according to Luke  
**Glory to you, Lord Christ.**

Jesus said, "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes

away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**Sermon**      **Fr Richard**

### **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 response for each bidding is: **hear our prayer***

### **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](http://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 be - low: 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 Spir - it, Ho - ly Spir - it!

*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: Here I Am, Lord Vs 1,2, and 3 Renew 149**

I, the Lord of sea and sky, I have heard my people cry.  
All who dwell in dark and sin my hand will save.  
I who made the stars of night, I will make their darkness bright.  
Who will bear my light to them? Whom shall I send?

Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.

I, the Lord of snow and rain, I have borne my people's pain  
I have wept for love of them, They turn away.  
I will break their hearts of stone, give them hearts for love alone  
I will speak my word to them. Whom shall I send?

Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.

I will go, Lord, if you lead me.  
I will hold your people in my heart.

I, the Lord of wind and flame, I will tend the poor and lame,  
I will set a feast for them. My hand will save.  
Finest bread I will provide till their hearts be satisfied.  
I will give my life to them. Whom shall I send?

Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.

## 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 Worship 1)

### **Sending Hymn**     **God of Grace and God of Glory Vs 1 and 3 Renew 301**

God of grace and God of glory,  
on your people pour your power;  
crown your ancient Church's story,  
bring its bud to glorious flower.  
Grant us wisdom, grant us courage  
for the facing of this hour,  
for the facing of this hour.

Cure your children's warring madness;  
bend our pride to your control;  
shame our wanton, selfish gladness,  
rich in things and poor in soul.  
Grant us wisdom, grant us courage

lest we miss your kingdom's goal,  
lest we miss your kingdom's goal.

### 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

**Ash Wednesday March 5** | Ashes-To-Go: on Ash Wednesday, we will go out into City Heights and offer our neighbors ashes. We meet at St. Mark's at 6:45 am and offer ashes from 7-9 am. We'd also like to offer **ashes at the food pantry** during regular pantry hours: 11 am - 1 pm. If you are willing to help with either of these Ash distributions to the wider community, let Fr. Richard know. EVERYONE is welcome to be part of this ministry.

**Parish Ash Wednesday service** is at 6 pm.

**March 2 Potluck Sunday** | Next Sunday is the first Sunday of the month and potluck Sunday. Let's make it a pre-lenten feast of shared food and fellowship.

**Lenten Book Study** | All are invited to join the Lenten book study of the *Acts of the Apostles* led by Fr. Richard on Thursdays in Lent via Zoom, 6:15-7:30 pm. Find more info on our website: <https://stmarks-cityheights.org/2025/02/19/lenen-book-study-2/> The study will be based on the Booklet: *Risk: Through Lent With Acts*. **The booklet is available in Kindle format**. It is not required for participation.

**Choir Practice** | Join our choir rehearsals on **Tuesday February 25 @ 6 pm** at St. Mark's. ALL are welcome! Questions? Contact Kirk, our music director.

**Leadership Academy | Last chance to register!** EDSD's day of learning takes place on March 1 at St. Dunstan's in San Diego. Leadership Academy offers the opportunity for new and seasoned leaders to explore new ways of doing things. Participants may select workshops from three tracks: Foundations, Storytelling, and Welcome. If you need to complete **the Safe Church, Safe Communities training**, required for all volunteer and employment positions throughout the diocese, check the *Foundations* track. For more info & registration, go to: <https://edsd.org/news/leadership-academy-foundations-storytelling-and-welcome/>

**Free Tax Prep** | IRS Certified Tax preparers from Tax Aid will be at St. Mark's Monday, March 31, 10 am - 3 pm to help you prepare your tax return free of charge. Walk-ins welcome, however to assure proper staffing sign ups are requested. Contact: [office@stmarks-cityheights.org](mailto:office@stmarks-cityheights.org) to sign up or talk to Howard. **IMPORTANT: please look at the required list of items (posted on the website: see homepage, middle of the page slider for info regarding tax prep & list) to be brought in.**

**Food Pantry** | Pantry guests who lack kitchen facilities receive our "Kitchenless Bags." This month the pantry asks for donations suitable for these bags: **Vienna Sausages** (with pull top), **Chef Boyardee** (with pull top), **individual packs of crackers, graham crackers, peanut butter crackers, beef sticks, trail mix snack packs**. Questions or want to arrange a drop off? Contact Joanna ([joannas@stmarks-cityheights.org](mailto:joannas@stmarks-cityheights.org)) or Lauren ([lauren@stmarks-cityheights.org](mailto:lauren@stmarks-cityheights.org)).