



“Our Welcome”

In the light of God’s unconditional love, we respect the dignity of every human being by welcoming and supporting all persons whatever their race, color, gender, age, sexual orientation, health status, marital status or stage of spiritual journeying. We invite you to explore, investigate, and grow in your faith and become a part of our shared journey with God.

THE FOURTH SUNDAY AFTER THE EPIPHANY January 31, 2021 -- Ante-Communion

St. Paul’s Episcopal Church
Office: 517-482-9454

218 W. Ottawa St. Lansing, MI 48933
www.stpaulslansing.org



This Sunday we will utilize a service known as Antecommunion.

What is ‘Antecommunion’?

The prefix *ante-* means ‘before’, so the service of Antecommunion is the Service of Holy Communion before, or leading up to and excluding, the actual celebration of Communion. Basically from the Organ Voluntary to the Offertory, this is the non-sacramental part of the Communion liturgy. The only difference is that Antecommunion is done on purpose, and ends with a few different prayers, making this specifically the Service of Antecommunion rather than the Service of Holy Communion

Why would anyone do this?

Antecommunion is a uniquely Anglican practice. Early in our church tradition, provision was made for the celebration of Holy Communion every Sunday and major Holy Days of the year, *but*, people were not used to such frequent reception of Communion, and despite the Reformers’ best efforts, the average English believer still only came to the Holy Table once a month at best. The priests, however, were still expected to fulfill the liturgical demands of the Book of Common Prayer, and so provision had to be made for situations in which there was a Service of Holy Communion offered but no communicants prepared to receive Holy Communion.

Now that Anglicans almost the world over are accustomed to weekly Communion, this “need” for Antecommunion is no longer common. If your parish priest is unexpectedly sick on a Sunday morning, then a Deacon or Lay Minister could lead an Antecommunion service instead, since it’s almost identical to the regular Communion service.

St. Paul’s Staff: The Rev. Karen C. Lewis, Rector; Ms. Stephanie Gewirtz, Minister of Music; Ms. Theresa Milne, Parish Administrator; Mr. Brandon Blanchard, Sexton; Ms. Ciera Hart, Nursery Attendant; Ms. Kathy Vogel, Wedding Coordinator.

St. Paul’s Vestry: Maria Wawro, Sr. Warden; Sue LeDuc, Jr. Warden; Jack Baker, Jane Bryce, Michael Hart, Jennifer Humphries, Bob Merriman, Dave Parks, Libby Richardson, Margaret Schulte, Gloria Sutton, Jeff Irwin, Treasurer, Sally Boron, Secretary.

Please prepare yourself for worship. Find a space where you can be comfortable and undisturbed for awhile. Perhaps have a small cross and/or a candle placed on a small table by you.

Take a moment to be still and think of all those who will be joining you this morning in prayer.

THE FOURTH SUNDAY AFTER THE EPIPHANY
JANUARY 31, 2021

PRELUDE

My Faith Looks Up to Thee

Charles Callahan

The people standing, the Officiant says

Blessed be God, Father, Son and Holy Spirit.

People **And blessed be God's kingdom, now and forever. Amen.**

COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

**Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

COLLECT OF THE DAY

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE FIRST LESSON

DEUTERONOMY 18:15-20

Reader 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.”

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

PSALM 111 *Confitebor tibi*

- 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 splendor,*
- and his righteousness endures for ever.
- 4 He makes his marvelous 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.

THE SECOND LESSON

1 CORINTHIANS 8:1-13

Reader A reading from Paul’s first letter 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 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.

Reader The Word of the Lord.

People **Thanks be to God.**

THE GOSPEL READING

MARK 1:21-28

Reader A reading from the Gospel of Mark

Jesus and his disciples went to Capernaum; and when the Sabbath came, he 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.

Reader The Word of the Lord.

People **Thanks be to God.**

REFLECTION

The Rev. Karen C. Lewis

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

As the people gathered in Capernaum to hear Jesus' words, so too have we come together to hear God's word. Let us boldly offer our prayers to God, saying: Lord, have mercy.

For the world in which we live and to which we are called, let us pray to the Lord: **Lord, have mercy.**

For the nations of the world, and for world peace, let us pray to the Lord: **Lord, have mercy.**

For Michael our presiding bishop and Bonnie our bishop; for the church of Christ, zealous in mission, compassionate in service, let us pray to the Lord: **Lord, have mercy.**

For all who labor in the world and in the church, especially our own worshipping community, let us pray to the Lord: **Lord, have mercy.**

For those who are sick, remembering those battling COVID-19, those on our parish prayer list and those we now name either silently or aloud _____, and for those who care for them, let us pray to the Lord: **Lord, have mercy.**

For the homeless and the refugees, the hungry and the discouraged, let us pray to the Lord: **Lord, have mercy.**

For those with whom we rejoice, and for those whose joy is known only in the secrets of their hearts, let us pray to the Lord: **Lord, have mercy.**

For those who have died, and for those who mourn, let us pray to the Lord: **Lord, have mercy.**

The Officiant concludes the prayers saying

O God, we commend to your care all for whom we pray, in the confidence that your love for them is greater than anything we can know or imagine. Hear us, through Christ our Lord. **Amen.**

Let us pray together

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

THE COLLECTS

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. **Amen.**

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: Inspire our witness to him, that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Almighty and everliving God, source of all wisdom and understanding, be present with those who take counsel in St. Paul's for the renewal and mission of your Church. Teach us in all things to seek first your honor and glory. Guide us to perceive what is right, and grant us both the courage to pursue it and the grace to accomplish it; through Jesus Christ our Lord. **Amen.**

OFFERTORY

THE GENERAL THANKSGIVING

**Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness to us and to all whom you have made.
We bless you for our creation, preservation, and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service, and by walking before you
in holiness and righteousness all our days; through Jesus Christ our Lord,
to whom, with you and the Holy Spirit, be honor and glory throughout all ages.
Amen.**

ANNOUNCEMENTS

DISMISSAL

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

Officiant Let us bless the Lord.
People **Thanks be to God.**

POSTLUDE **Fantasy on “Lobe den Herren”** Aaron David Miller

PRAYER FOR A PANDEMIC

May we who are merely inconvenienced remember those whose lives are at stake.
May we who have no risk factors remember those most vulnerable.
May we who have the luxury of working from home remember those who must choose
between
 preserving their health or making their rent
May we who have the flexibility to care for our children when their schools close
remember
 those who have no options.
May we who have to cancel our trips remember those that have no safe place to go.
May we who are losing our margin money in
May we who settle in for a quarantine at home remember those who have no home.
As fear grips our country, let us choose love.
During this time when we cannot physically wrap our arms around each other,
 let us yet find ways to be the loving embrace of God to our neighbor.
Amen.

Author unknown



<p style="text-align: center;">OPPORTUNITIES FOR PRAYER January 31, 2021</p>

We pray for those who have ongoing needs for healing prayers: Margaret (Peggy) Richardson, Mason Hill, Marsha Macholz, Sebastian Cuesta, Clint Hogue, John Hawkins, Julie, Van Anderson, Marian Boulus, Nancy Rudd, Meadow Rawlins, Anna Hayward, Harvey Clark & Mary Armstrong, Michelle Levenick, Norma Lindholm, Audrey & David, Pat Bellinger, Joanne Boulton, Claudia Hamlin, Ronda Peters, Erica, Marta & Venancio, Mike Jacobs, Rick Wendorf, Chris Krupka, Paul Doersam, Jason Thomas, Robert Madrigal, Joy Brewer, William Gabel, Pat Seger-Krawczynski, April Cruz, Karlene Bach, Sally Boron, Pam & John Irwin, Kate Johnson, Doug, Jeff Waters, David Hemingway, Max Pierce, Michael Crouch, Terry Bryce, Sherry Sutton, Danielle Laurion, Michael O'Toole, Penny, Peggy, Karen Clarke, Eric, Amy Crabtree, Judy Manson, Patricia McMartin, Doug Boor, Craig, Odie, Leonard, Sarah, Larry Gut, Delaine Counsellor, Ellie Doersam, Gail & Bill Kendall, Lynn Dayton, Herb Tanner & Stacey O'Toole, Brian Baker, Margo Rudd, Barb Webb, Carol Wilson, Barb Heany, Jim Ewing, Jerry Simpson, and Jane Bryce.

We pray and remember those in the Military, and those who are serving in dangerous areas: Brendan Moody, Zachariah Reeves, Zachary Bellinger, Conrad Laurion, Alex Van Koevering, Tyson Carter, Amy Peryea, Suzette Bauman, John Bellinger, Doug Laurion, Erika Harkness Wilson, McKenzie Counsellor, and Josh Cramer.

We pray this week for the following St. Paul's members & family: Pat & Tony Smith; Marty, Michelle, Jocelyn, & Colin Snitgen; and Craig Sparks & Bobbi Tisdale.

We pray this week for the following community service agency: Impression 5 Science Center, 200 Museum Dr., Lansing, MI 48933.

We pray for our worshipping communities: Grace Church, Detroit; and St. Paul & St. Luke, San Isidro, DR.

We pray for those in the Anglican Cycle of Prayer: Pray for the Anglican Episcopal Church of Brazil.

We pray for: Michael Bruce Curry, Presiding Bishop of The Episcopal Church; Justin Welby, Archbishop of Canterbury; Bonnie A. Perry, our bishop; Karen C. Lewis, our rector; our worship ministers, and staff at St. Paul's.

2021 Vestry Candidates

Diane L. Clark

I was born in Mason, Michigan and grew up on the family farm west of Holt, Michigan. I attended the Grovenburg School, a mile north of our farm for kindergarten through fourth grade. Starting with the fifth grade, I attended and graduated from the Holt Public Schools. I attended Michigan State University for two years, majoring in Elementary Education and working as a student library assistant in the Science section of the Main Library. At the end of those two years, I married and was hired on the library staff as a senior clerk, a position that I held for two years, resigning shortly before my son, Jim was born. Four years later and after adding Larry to our family, I returned to a similar position in the Science section of the MSU Library. After nearly two years, I transferred to the Physics-Astronomy Library at MSU as a principal clerk, a position that I held until I retired from MSU twenty years later. During my years at MSU, I completed a B.A. in Elementary Education at MSU and a Master of Information and Library Studies at the University of Michigan, going to school part time while working full time.

As a child, I attended and later joined the Grovenburg Methodist Church, as part of the fourth generation of the North family in attendance there. After my marriage, I transferred my membership to the Robbins United Methodist Church where we raised our family. After moving to Lansing, I attended the Plymouth Congregational Church for several years and then attended the Mayflower Congregational Church for a time, before returning to my home church, the Grovenburg United Methodist Church, remaining there until it closed. At that time, I began attending St. Paul's Episcopal Church, joining my son, Larry and his family and my sister, Jane Bryce there. I started visiting St. Paul's when my Granddaughter Emma was singing in the Children's Choir and have attended almost every 4 pm Christmas Eve Service since that time. I have been a member of the choir of every church that I have attended.

While a member of the Grovenburg UMC, I attended various classes offered at the district level and attained the level of Certified Lay Servant in the United Methodist Church and I held several positions on the Administrative Council of the local church. I am interested in being a member of the Vestry at St. Paul's, because I want to be involved in the continuing mission of the church in its service to and care of its members and the community.

Susan Henderson

I began attending St. Paul's with my husband, Chris Couch, and our children, Graham and Hannah, in December 1985. The early years were spent in large part supporting the youth choirs and teaching Sunday School, first and second grade and later, high school with Deb McMartin-Finkel. I currently sing in the adult choir and am a member of Mission and Outreach Ministry. This will be my second time serving on the vestry. At LCC, I teach foundational English classes to help students succeed in their college-level courses.

Graham Crabtree

Graham and Amy Crabtree are lifelong members of the Episcopal Church, and have been happily married for 41 years. They became members of St. Paul's in 1997 with their children, Elizabeth, James and Dan, after moving to Grand Ledge from the Detroit area in 1991, followed by shorter periods of attendance at Trinity Church in Grand Ledge and St. David's in Delta Township. Graham is an attorney specializing in civil appellate practice at Fraser Trebilcock Davis & Dunlap, P.C. Before joining the Fraser firm, he was employed as an Assistant Prosecuting Attorney for Oakland County from 1980 to 1991 and as Majority Counsel to the Judiciary Committee of the Michigan Senate from 1991 to 1996.

Graham participated in worship at St. Paul's as a member of the adult choir for a number of years before serving his first term as a member of the vestry from 2004 through 2006, and has continued to serve as a Lector for the Sunday services.

Martha Seaman McKee

It feels like I have come full circle to serve on the vestry of St. Paul's Episcopal Church as I was baptized in this church in December of 1947. My parents, John Seaman and Martha O'Brien were married in this church in 1939, as were my sister, Elizabeth Seaman Tenney, and my brother, Jack Seaman. My grandmother, Beatrice Madrigal O'Brien, served on the altar guild here for most of her adult life, and my aunt, Beatrice Herrmann Powers, was a lifelong member, as is her daughter, Susie Herrmann Brewster. So though my membership here at St. Paul's is not long, my familial attachments run deep.

I grew up at All Saints Episcopal Church and served two terms on the vestry there in more recent years. I also served on the vestry at St. James Episcopal Church in Birmingham, including serving as Junior Warden and as Senior Warden.

Currently, I live in Bath Township with a Norwich Terrier, Rudy, and a black cat, Peanut, who likes to put in an appearance during Zoom meetings.

<p style="text-align: center;">THIS WEEK AT ST. PAUL'S January 31, 2021 – February 7, 2021</p>

Sunday, 1/31:	8:00am	Ante-Communion Service – Online
	11:30am	Annual Meeting - Zoom
Monday, 2/1:		
Tuesday, 2/2:		
Wednesday, 2/3:	12:00pm	Noon Book Study – Zoom
	7:00pm	Wednesday Evening Bible Study – Zoom
Thursday, 2/4:	1:30pm	Those Living Alone – Zoom
	7:00pm	Choir Meeting - Zoom
Friday, 2/5:		Office Closed
Saturday, 2/6:		
Sunday, 2/7:	8:00am	Morning Prayer – Online
	11:30am	Coffee Hour - Zoom