



ST. MICHAEL & ALL ANGELS

11:00 AM HOLY EUCHARIST



Jesus Casts Out the Unclean Spirit, Konrad von Friesach, ca. 1450

THE FOURTH SUNDAY AFTER THE EPIPHANY
JANUARY 28, 2024

WELCOME TO ST. MICHAEL'S

We manifest joy through vibrant worship, beautiful music, and the active participation and nurturing of our children and youth.

We embrace resilience by learning each other's stories, proclaiming the Good News of God's unconditional love, and strengthening our capacity to hope.

We seek justice by advocating for political change, continuing our work as an Immigrant Welcoming Congregation, and striving to understand our role in social, economic, and racial inequality.

We live in love through our Baptismal Promises to welcome and respect the dignity of every human being, care for God's creation, and engage in the ministry of Jesus to bring light, healing, and grace to our world.

We are rooted as an Episcopal Church, honoring our traditions from the creative perspective of our community, learning how to engage the bilingual and multicultural makeup of our congregation, and seeking silence and stillness to glean insight from the Holy Spirit among us.

Episcopal worship gathers the hearts and prayers of everyone present and involves call and response between the leader and the assembly. You'll find the responses of the community here, in bold type, marked "People."

Children are welcome here, voices and wiggles and all! The very young (infants to five years) are invited to play in our childcare room on the lower level, though some children prefer to remain in worship with their families. Early in the service, school-age children (generally, grades K-5) will be invited downstairs for their Liturgy of the Word, and they return to the gathered community before communion. Coloring and reading books for children are located at the back of the church.

We'd love to know more about you. Please sign the guest book by the door or fill out a pew card, and we'll be in touch with you for further conversation. You may also email us using the addresses listed below.

Thank you for coming together!

St. Michael & All Angels, located in Multnomah County, rests on the traditional homelands of the Multnomah, Kathlamet, Clackamas, Molalla, Tumwater, Watalala bands of the Chinook, the Tualatin Kalapuya, and many other indigenous nations of the Columbia River. We acknowledge the ancestors of this place and understand that we are here because of the sacrifices forced upon them. By recognizing these communities, we honor their legacy, their lives, and their descendants.

St Michael & All Angels Episcopal Church acknowledges the gifts of sacred music written by African Americans, indigenous peoples and all people of color. This music enriches our liturgies, and we are grateful for these musicians. Music of oppressed cultures has been appropriated by the dominant culture without an appreciation of the pain and suffering experienced by its creators. We repent and commit to the work of racial justice and ending racism.

Cover: Friesach, Konrad von. Jesus Casts Out the Unclean Spirit, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=56402> [retrieved January 23, 2024]. Original source: https://commons.wikimedia.org/wiki/File:Fastentuch_Gurker_Dom_Daemonenaustreibung_30032007.jpg.

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For a web page with today's bulletin scan the image on the right. The bulletin can also be downloaded to your device. You can also use this link: <https://bit.ly/3O13z36>



THE COMMUNITY GATHERS FOR WORSHIP

PRELUDE

A Meditative Improvisation

Stanley Vann (1910-2010)

A WORD OF WELCOME

A PRAYER FOR BIRTHDAYS AND MILESTONES

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

HYMN 518

all stand

Christ is made the sure foundation

Westminster Abbey

Descant

4 Here vouch - safe to all thy serv - ants what they ask of

1 Christ is made the sure foun - da - tion, Christ the head and
2 All that ded - i - cat - ed ci - ty, dear - ly loved of
3 To this tem - ple, where we call thee, come, O Lord of
4 Here vouch - safe to all thy serv - ants what they ask of

thee to gain; what they gain from thee, for ev - er

cor - ner - stone, cho - sen of the Lord, and pre - cious,
God on high, in ex - ult - ant ju - bi - la - tion
Hosts, to - day; with thy wont - ed lov - ing - kind - ness
thee to gain; what they gain from thee, for ev - er

Continued on next page

with the bless - ed to re - tain, and here - af - ter
 bind - ing all the Church in one; ho - ly Zi - on's
 pours per - pet - ual mel - o - dy; God the One in
 hear thy serv - ants as they pray, and thy full - est
 with the bless - ed to re - tain, and here - af - ter

in thy glo - ry ev - er - more with thee to reign.
 help for ev - er, and her con - fi - dence a - lone.
 Three a - dor - ing in glad hymns e - ter - nal - ly.
 ben - e - dic - tion shed with - in its walls al - way.
 in thy glo - ry ev - er - more with thee to reign.

Words: Latin, ca. 7th cent.; tr. *Hymns Ancient and Modern*, 1861, after John Mason Neale (1818-1856), alt.
 Music: *Westminster Abbey*, Henry Purcell (1659-1695), adapt; desc. James Gillespie (b. 1929)

ACCLAMATION *remain standing*

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

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

SONG OF PRAISE VS 1&4

Al - le - lu - ia, song of glad - ness, voice of joy that can - not die;
 In our hymns we pray with long - ing: Grant us, bless - ed Trin - it - y,

al - le - lu - ia is the an - them ev - er dear to choirs on high; in the house of
at the last to keep glad Eas - ter with the faith - ful saints on high; there to you for -

God a - bid - ing thus they sing e - ter - nal - ly.
ev - er sing - ing al - le - lu - ia joy - ful - ly.

Text: Latin Hymn, 11th Cen.; tra. John Mason Neale; Music: John Goss, 1800-1880

COLLECT OF THE DAY

Presider God be with you.

People **And also with you.**

Presider Let us pray together.

Anglican Church of Canada

People **Jesus, you spoke with passion, you acted without fear, and we remember. Help us when we have to speak out, to speak the truth, and without malice to speak. Hear this prayer for your name's sake. Amen.**

*School-age children are invited to the Children's Liturgy of the Word
to hear stories about the Good News of God's love.
Children return to their families at the Peace.*

THE WORD OF GOD

Please be seated

THE READING 1 Corinthians 8:1-13 (CEB)

A reading from the book of First Corinthians.

Now concerning meat that has been sacrificed to a false god: We know that we all have knowledge. Knowledge makes people arrogant, but love builds people up. If anyone thinks they know something, they don't yet know as much as they should know. But if someone loves God, then they are known by God.

So concerning the actual food involved in these sacrifices to false gods, we know that a false god isn't anything in this world, and that there is no God except for the one God. Granted, there are so-called "gods," in heaven and on the earth, as there are many gods and many lords. However, for us believers, There is one God the Father.

All things come from him, and we belong to him.

And there is one Lord Jesus Christ.

All things exist through him, and we live through him.

But not everybody knows this. Some are eating this food as though it really is food sacrificed to a real idol, because they were used to idol worship until now. Their conscience is weak because it has been damaged. Food won't bring us close to God. We're not missing out if we don't eat, and we don't have any advantage if we do eat. But watch out or else this freedom of yours might be a problem for those who are weak. Suppose someone sees you (the person who has knowledge) eating in an idol's temple. Won't the person with a weak conscience be encouraged to eat the meat sacrificed to false gods? The weak brother or sister for whom Christ died is destroyed by your knowledge. You sin against Christ if you sin against your brothers and sisters and hurt their weak consciences this way. This is why, if food causes the downfall of my brother or sister, I won't eat meat ever again, or else I may cause my brother or sister to fall.

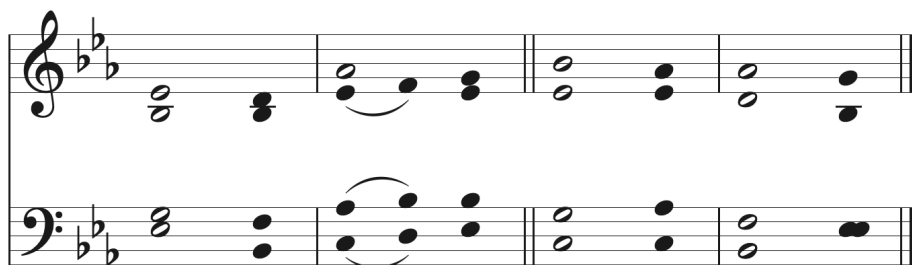
The reader concludes Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

PSALM 111

please stand

Simplified Anglican Chant H



©1979, Robert Knox Kennedy

1. Hallelujah! I will give thanks to the Lord with my whole / **heart**, *
in the assembly of the upright, in the congre-/-gation.
2. Great are the deeds of the / **Lord!** *
they are studied by all who de-/-light in them.

3. The Lord's work is full of majesty and / **splendor**, *
and God's righteousness endures for / **ever**.
4. Whose marvelous works are to be re-/-**membered**; *
the Lord is gracious and full of com-/-**passion**.
5. The Lord gives food to the / **God-fearing**; *
God is ever mindful of the / **covenant**.
6. The Lord has shown God's people the power of God's / **works** *
in giving them the lands of the / **nations**.
7. The works of the Lord's hands are faithfulness and / **justice**; *
all God's commandments are / **sure**.
8. They stand fast for ever and / **ever**, *
because they are done in truth and / **equity**.
9. The Lord sent redemption to God's people; and commanded God's covenant for / **ever**; *
holy and awesome is God's / **Name**.
10. The fear of the Lord is the beginning of / **wisdom**; *
those who act accordingly have a good understanding; the Lord's praise endures for / **ever**.

THE GOSPEL: **Mark 1:21-28 (CEB)**

All remain standing

The Deacon or Priest says

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

People **Glory to you Lord Christ.**

Jesus and his followers went into Capernaum. Immediately on the Sabbath Jesus entered the synagogue and started teaching. The people were amazed by his teaching, for he was teaching them with authority, not like the legal experts. Suddenly, there in the synagogue, a person with an evil spirit screamed, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are. You are the holy one from God."

"Silence!" Jesus said, speaking harshly to the demon. "Come out of him!" The unclean spirit shook him and screamed, then it came out.

Everyone was shaken and questioned among themselves, "What's this? A new teaching with authority! He even commands unclean spirits and they obey him!" Right away the news about him spread throughout the entire region of Galilee.

The reader concludes The Gospel of our Savior.

People **Praise to you Lord Christ.**

SERMON *please be seated*

Quiet for reflection

We are not alone; we live in God's world. We believe in God: who has created and is creating, who has come in Jesus, the Word made flesh, to reconcile and make new, who works in us and others by the Spirit.

We trust in God. We are called to be the Church: to celebrate God's presence, to live with respect in creation, to love and serve others, to seek justice and resist evil, to proclaim Jesus, crucified and risen, our judge and our hope.

In life, in death, in life beyond death, God is with us. We are not alone. Thanks be to God.

THE PRAYERS OF THE PEOPLE *remain standing*

The Deacon or Priest says

God of heaven and earth, you promise to hear us when we come to you in faith; and so we pray to you with thankful hearts.

Leader We lift up one another, through whom we learn to love and to be loved. Thank you for all who care for others in body, mind and spirit. Give grace to serve Christ by serving our neighbors and our community, loving others as we love ourselves.

God of grace,

People **Hear our prayer.**

Leader We thank you for the unbounded love you offer everyone in Jesus Christ. Comfort and heal all in sorrow, need, sickness or any other trouble; encourage and strengthen all in the midst of trouble. Bless those who minister to the hurting.

We pray for those on our prayer list and those we name silently or aloud.

(A moment of silence is kept for those offering their prayers)

God of grace,

People **Hear our prayer.**

Leader We honor with gratitude the many gifts of creation. Help us and people everywhere to care for the earth and share resources with justice and peace. Give wisdom to those in authority among us and to all leaders of the nations.

God of grace,

People **Hear our prayer.**

Leader We pray for the Church, as we hold before you those who serve Christ and bring forth God's good in the world. By your Spirit, support your people in their work and witness. Unite us in truth and love, that we who confess your name may also reflect your glory.

God of grace,

People **Hear our prayer.**

Leader We remember with thanksgiving all who have died, especially those we name silently or aloud.

A moment of silence is kept for those offering their prayers.

We rejoice at the faithful witness of your saints in every age,

that we may enter with them into the unending joy of your eternal reign.

The Presider says

Holy God, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of this life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

THE PEACE

Presider The peace of Christ be always with you.

People **And also with you.**

Please be seated

THE HOLY COMMUNION

OFFERTORY ANTHEM

O Lux Beatissima

Howard Helvey (b. 1968)

O lux beatissima,
Reple cordis intima
Tuorum fidelium.

Sine tuo numine,
Nihil est in homine,
Nihil est innoxium.

*O Light most blessed,
Fill the inmost heart
Of all thy faithful.*

*Without your grace,
There is nothing in us,
Nothing that is not harmful.*

—Attri. Stephan Langton (d. 1228), Archbishop of Canterbury

THE GREAT THANKSGIVING

all stand

EOW 3 (Diocesan Trial Use)

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are as follows:

Presider The Lord be with you. *People* And al - so 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 God thanks and praise.

The Presider continues

All thanks and praise are yours at all times and in all places, our true and loving God.

Through Jesus Christ, your eternal Word and Wisdom, you created all things. You laid the foundations of the world and enclosed the sea when it flowed out from the womb; You brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy Fount of Blessing. Your whole creation yearns with you in hope, and with the morning stars we sing your praises, joining the heavenly beings and all creation as we shout with joy:

SANCTUS

Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are full of your glo - ry.
Ho - san - na, Ho - san - na, Ho - san - na in the high - est.
Bless - ed is the one who comes in the name of the Lord.
Ho - san - na, Ho - san - na, Ho - san - na in the high - est.

Setting: Arnatt

Presider Glory and honor are yours, Creator of all. Your Word continues to speak. You called a people to yourself, as a light to the nations. You delivered them from bondage and led them to a land of promise.

Of your grace, you became fully human in Jesus Christ, who liberates the captive, proclaims your reign, and gives his whole life, a fragrant offering.

Through Christ you free us from sin, bring us into your life, reconcile all creation with you, and restore us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it and gave it to his friends, saying: "Take, eat, this is my Body, given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, blessed it, and gave it to his friends, saying: "Drink this, all of you: this is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

Remembering all that has been done for us—Jesus' incarnation, life, death on the cross, tomb, resurrection, and ascension—we long for Christ's coming in glory, and present to you these gifts your earth has formed and human hands have made. We acclaim you, O Christ:

Presider and People

Dying, you destroy our death. Rising, you restore our life. Christ Jesus, come in glory!

The Presider continues

Send your Holy Spirit upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ.

Send your Holy Spirit upon us and grant that we, burning with your Spirit's power, may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our eternal home.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, we worship you, God of steadfast love, in voices of unending praise.

Presider and People

Blessed are you now and for ever. AMEN

THE LORD'S PRAYER

Presider As Christ teaches us, we pray:

All **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 for ever. Amen.**

THE BREAKING OF THE BREAD

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

FRACTION ANTHEM

Christ our Passover

Al - le - lu - ia. Christ our Pass-o-ver is sac - ri-ficed for us;
there-fore let us keep the feast. Al - le - lu - ia.

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff begins with a whole rest followed by a quarter note G, then eighth notes A, B, C, D, E, F#, G, and a quarter note G. The second staff continues with eighth notes A, B, C, D, E, F#, G, a quarter note G, a quarter rest, eighth notes A, B, C, D, E, F#, G, and a quarter note G.

Music: Thaddeus P. Cavuoti (b. 1955) from *Mass of St. Columbia*. Copyright © 1995 Thaddeus P. Cavuoti.

Presider The gifts of God for the people of God.

THE INVITATION

From the Iona Community

Presider Come to this table, all who have much faith and all who would like to have more; all who have been here often and all who have not been for a long time; all who have tried to follow Jesus, and all who have failed; come. It is Christ who invites us to meet him here.

All are welcome to share in Holy Communion. After singing the Fraction Anthem please be seated until invited by the ushers to move forward to stand or kneel at the altar.

To receive only a blessing, place arms in an "x" across your chest as the priest approaches.

To share the bread, extend hands open, palms up, one on top of the other.

To share the cup, take hold of the base and guide it to your mouth. If not desiring to receive the wine, fold arms in an "x" over your chest as the cup passes by.

THE COMMUNION OF GOD'S PEOPLE

COMMUNION MOTET:

Ave verum corpus

Edward Elgar (1857-1934)

Ave verum corpus, natum ex Maria Virgine,
Vere passum, immolatum in cruce pro homine.
Cujus latus perforatum vero fluxit sanguine;
Esto nobis praegustatum, mortis in examine.
O clemens, O pie, O dulcis Jesu, Fili Mariae.

*Hail, true body, born of the Virgin Mary,
Truly suffered, sacrificed on the cross for humankind.
From whose pierced side flowed water and blood.
Be for us a foretaste of the Heavenly Banquet in the trial of death.
O sweet, O holy, O Jesus, Son of Mary.*

TAIZÉ

Lord Jesus Christ, your light shines within us



Lord Je - sus Christ, your light shines with - in us.



Let not my doubts nor my dark - ness speak to me.



Lord Je - sus Christ, your light shines with - in us.



Let my heart al - ways wel - come your love.

Words and Music: Taizé Community.



1. As we gath - er at your
2. Turn our wor - ship in - to
3. Gra - cious Spi - rit, help us



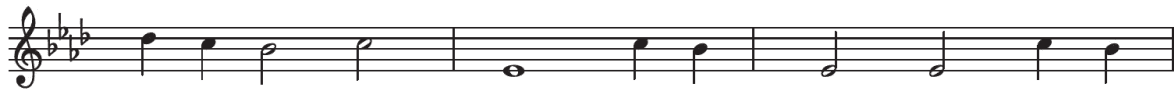
Ta - ble, as we lis - ten to your Word, help us
wit - ness in the sac - ra - ment of life; send us
sum - mon oth - er guests to share that Feast where tri -



know, O God, your pres - ence; let our hearts and minds be
forth to love and serve you, bring - ing peace where there is
um - phant Love will wel - come those who had been last and



stirred. Nour - ish us with sa - cred sto - ry till we
strife. Give us, Christ, your great com - pas - sion to for -
least. There no more will en - vy blind us, nor will



claim it as our own; teach us through this ho - ly
give as you for - gave; may we still be - hold your
pride our peace des - troy, as we join with saints and



ban - quet how to make Love's vic - t'ry known.
im - age in the world you died to save.
an - gels to re - peat the sound - ing joy.

Carl P. Daw, Jr. (B. 1944)

GOING FORTH

SENDING OUT OF EUCHARISTIC VISITORS

Presider In the name of this congregation we send you forth to share this Eucharist with *N*.

All **You carry the prayers of us all as you take this Sacrament of Christ's presence. May those who receive it be strengthened and encouraged in the life we find together in our Lord Jesus Christ. Amen.**

PRAYER AFTER COMMUNION

Presider Let us pray.

All **God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

BLESSING

PROCESSION HYMN

God, creator, source of healing

Abbot's Leigh

1 God, cre - a - tor, source of heal - ing here we
 2 Je - sus, known to friend and seek - er ex - er -
 3 Ho - ly Spi - rit, bring us whole-ness, come with
 4 Tri - ni - ty of awe and won - der yours the

pray for whole-ness and health. Guide our work, our
 cis - ing heal - er's art, may the strong sup -
 your trans - form - ing love; give us free - dom,
 glo - ry, yours the praise. Strike our bind - ing

thoughts, and feel - ing, guide the shar - ing of our wealth.
 port the weak-er show - ing love with head and heart;
 hope and bold-ness, raise our eyes to see from a - bove;
 chains a - sun - der, lib - er - ate our cramp - ing ways.

Give dis - cern - ment in our de - ci - sions give com -
 give fresh en - er - gy and pur - pose when un -
 shape our sys - tems, in - sti - tu - tions, clar - i -
 May our lives re - flect your splend-our, in a -

pas - sion in our care; rec - on - cile our
 rea - son - ing blocks your grace, spare us harm, in
 fy our blind - ed sight, as we seek God -
 bun - dance Lord we ask. God, our guide and

strife and di - vi - sions as we search for means to share.
 dan - ger a - lert us, show the ra - diance of your face.
 giv - en so - lu - tions, help us greet the just and right.
 our be - friend - er, give new mean - ing to our task.

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THE DISMISSAL

Deacon Go in peace to love and serve the Lord.

People **Thanks be to God.**

POSTLUDE

Processional from Suite "Laudate Dominum"

Peter Hurford (1930-2019)

SERVING TODAY

Presider & Preacher	The Rev. R. Scott Painter
Deacon	The Rev. SuEllen Pommier
Music	St. Michael's Singers Hannah Brewer, Music director/Organist Brian Fairbanks, Choir Director
Crucifer	Lucy Shields
Eucharistic ministers	Tim Shields
Lector	Virginia Malone
Prayer Leader	Tim Shields
Ushers	John Davis, Patrick McLaughlin
Altar Guild	Stephanie English, Richard Hartman Josh English, Jeanne Pace
Bread	Emily Smith
Coffee Hosts	Paula Raines, Barb Mason
Eucharistic Visitor	Gayle Morris to Mary Louise Lamb

VESTRY

Senior Warden	Helen Crandell
Junior Warden for the People	Sheri O'Brien
Junior Warden for Facilities	Carl Braginsky
Parish Clerk	Becky Tooley
Treasurer	Dave Reilly
First Year	Lindsay Gutierrez, Ann Hargraves Patrick McLaughlin, Susie Silva-Strommer
Second Year	Carl Braginsky, Beth Ilem Sheri O'Brien, Thrina Parent
Third Year	Helen Crandell Sundance Henry (one-year term) Nicolas Meneses, Ruby Welch
Diocesan Convention Delegates	Cheryl Braginsky Gillian Butler, Barbara Mason Karen Oglesby, Lynda Moses (Alternate)

STAFF

The Rev. R. Scott Painter, Rector scottp@stmaa.org ext. 312
The Rev. Beto Arciniega, Associate Rector pbetoa@stmaa.org ext. 316
The Rev. SuEllen Pommier, Curate suellenp@stmaa.org
Gloria Orellana, Associate for Administration gloriao@stmaa.org ext. 317
Jackie Van Anda, Bookkeeper bookkeeper@stmaa.org ext. 320

Hannah Brewer, Music Director/Organist hannahb@stmaa.org ext. 315
Brian Fairbanks, Choir Director brianf@stmaa.org ext. 315
Leslie Sackett, Associate for Children and Families leslies@stmaa.org ext. 318
JT Quanbeck, Publications jtq@stmaa.org
Manuel Luna, Facilities Assistant



1704 NE 43rd Ave
Portland, OR 97213

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