



**Welcome to St. Alban's Episcopal Church**  
**10:30am Sunday, January 21, 2024**  
**Third Sunday after the Epiphany**

*St. Alban's seeks to be a welcoming, Christ-centered community committed to sharing Christ's love, empowering people to grow spiritually, deepening our relationship with Christ, and living out our faith in our community and the world.*



## Prelude

Opening Hymn:      *Christ for the World We Sing*      *Hymn 537*

Welcome to St. Alban's Episcopal Church. We're here in Edmonds, WA, and wherever you are in the world we're honored that you have welcomed us into your home today, as together we worship the God of all creation as incarnate in Jesus of Nazareth. Whether you're with us for an hour or a lifetime, we hope and trust that you will find this a refuge that nourishes the Holy Spirit within you.

Before we begin, let us acknowledge that we are situated on traditional and ancestral Snohomish, Coast Salish land. They cared for this land for millennia before it was taken from them. We honor them, pray for the wisdom to care for it as well as they, recognize that they are here among us, and are seeking ways of working together to be better stewards of this place and its people.

## Opening Acclamation

BCP 355

Blessed be God: Father, Son, and Holy Spirit.

*And blessed be his kingdom, now and forever. Amen*

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.*

Gloria:              *Give Praise and Glory Unto God*              Hymn 375

## The Collect of the Day

The Lord be with you.

*And also with you.*

Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **The First Reading**

A Reading from Jonah Chapter 3 beginning with the 1<sup>st</sup> verse

*Jonah 3:1-5, 10*

<sup>1</sup>The word of the LORD came to Jonah a second time, saying, <sup>2</sup>“Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” <sup>3</sup>So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days’ walk across. <sup>4</sup>Jonah began to go into the city, going a day’s walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!” <sup>5</sup>And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

<sup>10</sup>When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

Hear what the Spirit is saying to God’s people.

*Thanks be to God.*

**Psalm 62:6-14**

**BCP 669**

<sup>6</sup>For God alone my soul in silence waits; \*  
truly, my hope is in him.

<sup>7</sup>*He alone is my rock and my salvation, \**

*my stronghold, so that I shall not be shaken.*

<sup>8</sup>In God is my safety and my honor; \*

God is my strong rock and my refuge.

<sup>9</sup>*Put your trust in him always, O people, \**

*pour out your hearts before him, for God is our refuge.*

<sup>10</sup>Those of high degree are but a fleeting breath, \*

even those of low estate cannot be trusted.

<sup>11</sup>*On the scales they are lighter than a breath, \**

*all of them together.*

<sup>12</sup>Put no trust in extortion;

in robbery take no empty pride; \*

though wealth increase, set not your heart upon it.

<sup>13</sup>*God has spoken once, twice have I heard it, \**

*that power belongs to God.*

<sup>14</sup>Steadfast love is yours, O Lord, \*

*for you repay everyone according to his deeds.*

## The Second Reading

A Reading from 1 Corinthians, Chapter 7 beginning with the 29<sup>th</sup> verse

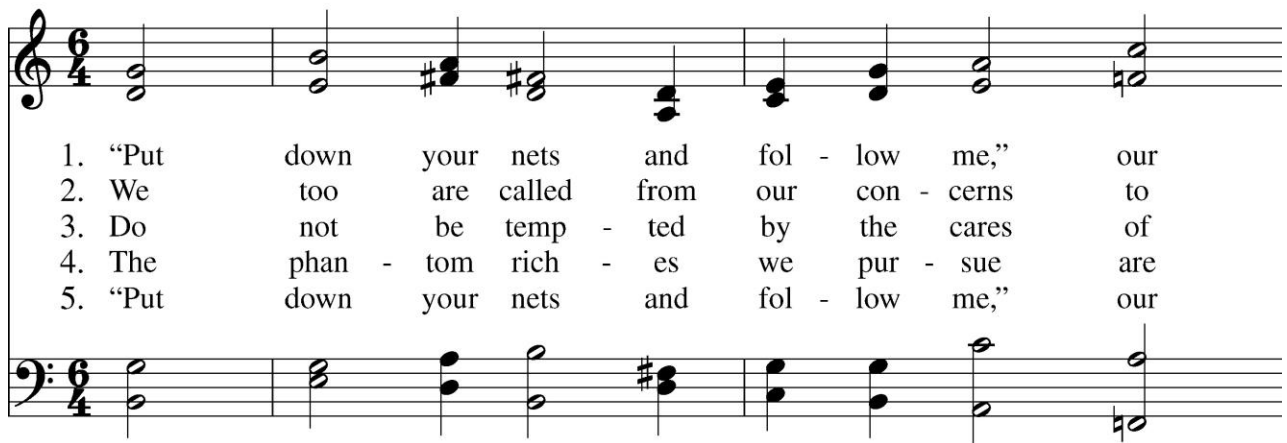
### *1 Corinthians 7:29-31*

<sup>29</sup>I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, <sup>30</sup>and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, <sup>31</sup>and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

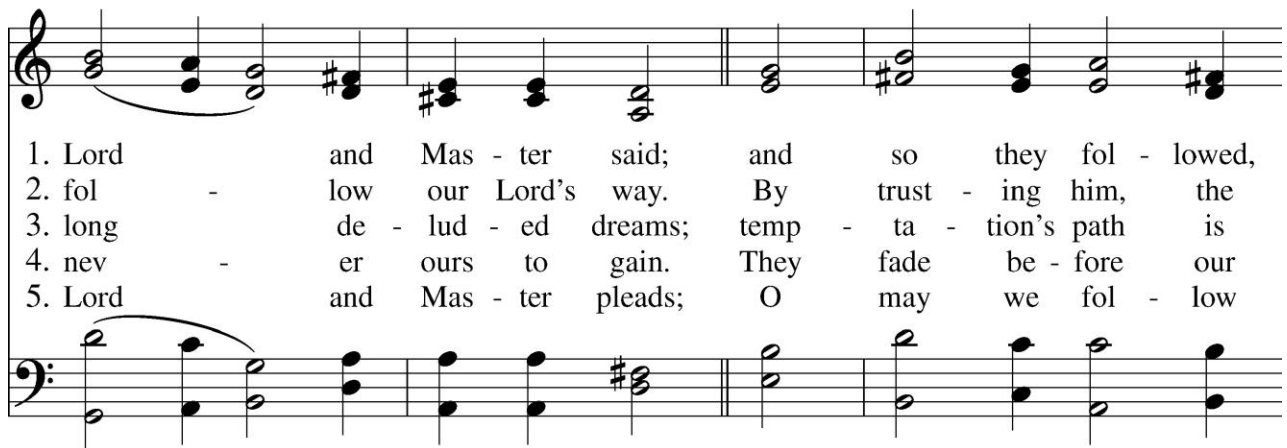
Hear what the Spirit is saying to God's people.

*Thanks be to God.*

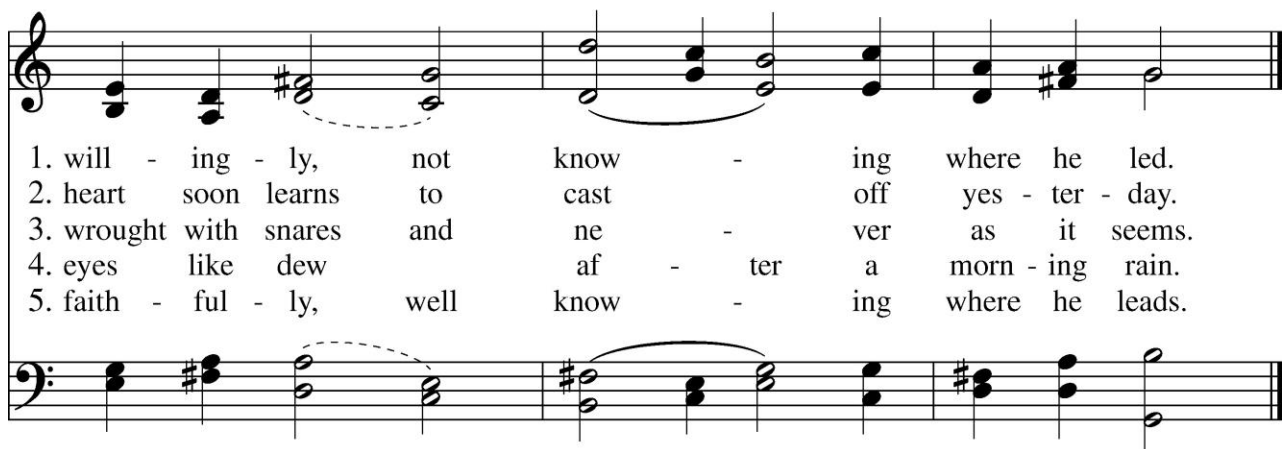
# Sequence Hymn     *Put Down Your Nets and Follow Me*



1. "Put down your nets and fol - low me," our  
 2. We too are called from our con - cerns to  
 3. Do not be temp - ted by the cares of  
 4. The phan - tom rich - es we pur - sue are  
 5. "Put down your nets and fol - low me," our



1. Lord and Mas - ter said; and so they fol - lowed,  
 2. fol - low our Lord's way. By trust - ing him, the  
 3. long de - lud - ed dreams; temp - ta - tion's path is  
 4. nev - er ours to gain. They fade be - fore our  
 5. Lord and Mas - ter pleads; O may we fol - low



1. will - ing - ly, not know - ing where he led.  
 2. heart soon learns to cast off yes - ter - day.  
 3. wrought with snares and ne - ver as it seems.  
 4. eyes like dew af - ter a morn - ing rain.  
 5. faith - ful - ly, well know - ing where he leads.

Text: Janine Applegate (b. 1948)  
 Music: Randall Giles (b. 1950)  
 Copyright Church Publishing Inc  
 Tune Name     Dillow

## The Gospel Reading

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

*Glory to you Lord Christ.*

Mark 1:14-20

<sup>14</sup>Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup>and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

<sup>16</sup>As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. <sup>17</sup>And Jesus said to them, “Follow me and I will make you fish for people.” <sup>18</sup>And immediately they left their nets and followed him. <sup>19</sup>As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. <sup>20</sup>Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

The Gospel of the Lord.

*Praise to you, Lord Christ.*

## Sermon

The Nicene Creed

BCP 358

*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.*



## The Prayers of the People

Priest: Sisters and brothers,  
let us lift our hearts in faith  
to the one who hears all prayers  
and holds close all those in need.

In peace, let us pray to the Lord, saying “Lord, hear our prayer.”  
For the Holy Church of God, that it may be filled with truth and love,  
and be found without fault at the day of your coming, we pray to you,  
O Lord.

*Lord, hear our prayer.*

For Justin, Archbishop of Canterbury, Michael our Presiding Bishop,  
for Melissa our Provisional Bishop and for all bishops; for Jim our  
Deacon, Greg our Priest and other ministers; and for all the holy  
people of God, we pray to you, O Lord.

*Lord, hear our prayer.*

For all who fear God and believe in you, Lord Christ, that our  
divisions may cease, and that all may be one as you and the Father are  
one, we pray to you, Lord.

*Lord, hear our prayer.*

For the mission of the Church, especially St. John's in Kirkland, St.  
Thomas' in Medina and Emmanuel in Mercer Island, that in faithful  
witness it may preach the Gospel to the ends of the earth, we pray to  
you, O Lord.

*Lord, hear our prayer.*

For those who do not yet believe, and for those who have lost their faith, that they may receive the light of the Gospel, we pray to you, O Lord.

*Lord, hear our prayer.*

For the peace of the world, especially in Palestine and Israel, Russia, Ukraine, Sudan; that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

*Lord, hear our prayer.*

For those in positions of public trust, especially Joe, President of the United States, Jay, Governor of this State, and Mike, Mayor of Edmonds, that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

*Lord, hear our prayer.*

For all who live and work in this community, especially Chase Lake Community School, West Edmonds Cooperative Preschool, Kids in Transition, the outreach ministry that we are supporting this quarter; for Scout Troop 300, Girl Scout Troop 46254 and Cedar & Sound Community Camp Service Unit 245, we pray to you, O Lord.

*Lord, hear our prayer.*

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; for those served by the Edmonds Food Bank, Episcopal Relief and Development, the Refugee Resettlement Office, and Women's Spirit Coalition, that they may be relieved and protected, we pray to you, O Lord.

*Lord, hear our prayer.*

For this congregation, especially Shannon Duggan for whom we give thanks this week; and for the ministries of this congregation, especially our Evangelism and Social Justice ministries, for those who are present, for those who are absent, and for all of us who, though scattered, are one in Christ, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

*Lord, hear our prayer.*

For our enemies and those who wish us harm, and for all whom we have injured or offended, we pray to you, O Lord.

*Lord, hear our prayer.*

For ourselves; for the forgiveness of our sins, and for the grace of the Holy Spirit to amend our lives, we pray to you, O Lord.

*Lord, hear our prayer.*

For all who have commended themselves to our prayers; for our families, friends, and neighbors, especially Carrie and Dave, Lee, Jackie, Robin, Karen, Susie, Marilee, Christa, Abbie, Susan D., Tom, Tyler, Bishop Curry .... that being freed from anxiety, they may live in peace, and health, we pray to you, O Lord.

*Lord, hear our prayer.*

We thank you for Meredith Bee who is celebrating her birthday today.

For all who have died in the communion of your Church, especially and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

*Lord, hear our prayer.*

Rejoicing in the fellowship of the ever-blessed Virgin Mary, Joseph her husband, Alban, and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

*To you, O Lord our God.*

Priest: Holy God, you gather the whole universe  
into your radiant presence  
and continually reveal your Son as our Savior.  
Bring healing to all wounds,  
make whole all that is broken,  
speak truth to all illusion,  
and shed light in every darkness,  
that all creation will see your glory and know your Christ. *Amen.*

## Confession and Absolution

BCP 360

Priest: Let us confess our sins against God and our neighbor.

*Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.*

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

## The Peace

The Peace of the Lord be always with you.

*And also with you.*

Birthday, Anniversaries, and other Thanksgivings

Announcements

## The Holy Communion

### The Offertory

Offertory Hymn: *Spread O Spread Thy Mighty Word* Hymn 530

Doxology (*please stand if you are able*)

Hymn 380, vs 3

### Eucharistic Prayer 2

*From Enriching Our Worship*

Celebrant The Lord be with you.

*People And also with you.*

Celebrant Lift up your hearts.

*People We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

*People It is right to give our thanks and praise.*

Celebrant: We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, male and female, and taught us to

walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us.

Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing

*Sanctus*

S-125

*Celebrant* Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love.

Then the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you. On the night before he died for us, Jesus was at table with his friend. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine. Again he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with Mary, Joseph, Alban and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

*AMEN.*

And now, as our Savior Christ has taught us, we are bold to say,

*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.*

## Fraction Anthem

We break this bread to share in the Body of Christ.

*We who are many are one body, for we all share in the one bread.*

## The Breaking of the Bread

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.

## Communion Hymn: *You Have Come Down to the Lakeside* Bulletin p16-17

The musical score is written for a two-part setting (Soprano and Bass) in G major (one sharp) and 6/8 time. It consists of three systems of music with lyrics in Spanish, English, and a refrain.

**System 1:**

1. Tú \_\_\_\_\_ has ve - ni - do a la o - ri - lla, \_\_\_\_\_ no has bus -  
2. Tú \_\_\_\_\_ sa - bes bien lo que ten - go: \_\_\_\_\_ en mi  
1. You \_\_\_\_\_ have come down to the lake - shore \_\_\_\_\_ seek - ing  
2. You \_\_\_\_\_ know full well my pos - ses - sions. \_\_\_\_\_ Nei - ther

**System 2:**

ca - do \_\_\_\_\_ ni a sa - bios, ni a ri - cos, \_\_\_\_\_ tan só - lo  
bar - ca \_\_\_\_\_ no hay o - ro ni es - pa - das; \_\_\_\_\_ tan só - lo  
nei - ther \_\_\_\_\_ the wise nor the weal - thy, \_\_\_\_\_ But on - ly  
trea - sure \_\_\_\_\_ nor weap - ons for con - quest, \_\_\_\_\_ Just these my

**System 3:**

*Estríbillo (Refrain)*

quie - res \_\_\_\_\_ que yo te si - ga. \_\_\_\_\_ Je -  
re - des \_\_\_\_\_ y mi tra - ba - jo. \_\_\_\_\_ O  
ask - ing \_\_\_\_\_ for me to fol - low. \_\_\_\_\_  
fish nets \_\_\_\_\_ and will for work - ing. \_\_\_\_\_



sús, ————— me has mi - ra - do a los o - jos; ————— son - ri -  
 Je - sus, ————— you have looked in - to my eyes; ————— kind - ly

en - do ————— has di - cho mi nom - bre; ————— en la a -  
 smil - ing, ————— you've called out my name. ————— On the

re - na ————— he de - ja - do mi bar - ca; ————— jun - to a  
 sand I ————— have a - ban - doned my small boat; ————— now with

tú ————— bus - ca - ré o - tro mar. —————  
 you, ————— I will seek oth - er seas. —————

3. Tú necesitas mis manos,  
 mi cansancio que a otros descansa,  
 amor que quiera seguir amando.  
*Estrillo*

3. You need my hands, my exhaustion,  
 working love for the rest of the weary  
 a love that's willing to go on loving.  
 Refrain

4. Tú, Pescador de otros mares,  
 ansia eterna de almas que esperan.  
 Amigo bueno, que as' me llamas.  
*Estrillo*

4. You who have fished other waters;  
 you, the longing of souls that  
 are yearning:  
 As loving Friend, you have come to call me.  
 Refrain

Text: Cesáreo Gabarain (1936-1991), alt. trans. Madeleine F. Marshall, alt.

Music: Cesáreo Gabarain (1936-1991), alt. harm. Skinner Chávez-Melo (1944-1992)

Tune Name: *Pescador*

## Post Communion Prayer

*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.*

## The Blessing

Closing Hymn: *Sing Praise to God Who Reigns Above* Hymn 408

## The Dismissal

Go in peace to love and serve the Lord, alleluia, alleluia.  
*Thanks be to God, alleluia, alleluia.*

## Postlude

## St. Alban's Episcopal Church

21405 82nd Place West, Edmonds, WA 98026 Office (425) 778-0371  
Sunday Worship 8am In-Person and 10:30am In-Person, Facebook Live & YouTube  
Adult Education Sundays 9:15am In Person and via Zoom  
Email: [StAlbansEdmonds@gmail.com](mailto:StAlbansEdmonds@gmail.com)  
Fr. Greg Email: [gwpeters.stalbansedmonds@gmail.com](mailto:gwpeters.stalbansedmonds@gmail.com)  
Website [www.StAlbansEdmonds.org](http://www.StAlbansEdmonds.org)

The Most Reverend Melissa Skelton, Bishop Provisional Diocese of Olympia  
The Rev. Greg Peters, Rector  
Dan Mullene, Parish Care Minister

### **Serving in Today's Worship**

Celebrant & Preacher  
Music Director & Organist  
Lectors

Chalice Bearers

Altar Guild

A/V Ministry

Fr. Greg Peters  
John Palmer  
Susan Hanson  
Eric Hanson  
Susan Hanson  
Eric Hanson  
Susan Hanson  
Linda Rowen  
Debby Wilson  
Phil McClelland  
Denise Robertson  
Brad Goergen

---

*The flowers are given to the glory of God by Judy Kistner  
in thanksgiving for and celebration of Nancy's and Maggie's birthdays.*

#### **Weekly Sunday Outreach Basket Offerings**

1st week—Food Bank  
2nd week—Discretionary Fund  
3rd week—Quarterly Outreach Offering  
4th week—International Relief Offering  
5th Week—Indigenous Women's Offering

## ***Announcements***

**Adult Bible Study Sundays at 9:15am:** Join us for Adult Christian Education class (Bible Study) led by Eric Hanson Sundays at 9:15am. This hybrid class meets in the Annex and on Zoom. Please join us. The Zoom link is <https://us02web.zoom.us/j/86545992628?pwd=d08vTmZNbmhk1SW1PUXFybmdpMXNYdz09>

**Annual Meeting Sunday, February 4<sup>th</sup>:** Our Annual Meeting is coming up – Sunday, February 4<sup>th</sup>. There is one Eucharist service at 9:30am that day and after the service there will be a lunch and then the meeting.

Want to know where we are today, where we have been, our financial status, the success of our ministries and projects? Join with other parishioners at the annual meeting to hear answers to these questions and look into our future in the coming year. Your support and your votes are needed as we elect new Vestry members and delegates to the Diocesan convention.

**4<sup>th</sup> Week Basket for International Relief:** Since the start of the war in Ukraine, our 4<sup>th</sup> Week Basket has been designated on a quarterly basis to four organizations: Doctors Without Borders/Médecins Sans Frontières (MSF) (1st Quarter), World Vision (2nd Quarter), World Central Kitchen (3rd Quarter) and Episcopal Relief and Development (4<sup>th</sup> Quarter). All of these recipients are worthwhile organizations, supporting communities impacted by natural disasters and during humanitarian crises.

For 2024 our 4<sup>th</sup> Week Basket is dedicated to international relief around the world, which also includes Ukraine. Designate your donations “4<sup>th</sup> Week Basket.”

**National Level One Restore Wholeness Seminar & Retreat March 1-3:** Thanks to Rita Bennett, and her passion for the Inner Healing Ministry, this opportunity is available to all St. Alban’s people at no cost. In this three-day Restore Wholeness Seminar and Retreat led by CEO Diana Ingle, you will learn how to pray effectively for in-depth healing for yourself and others. The site for this workshop is peaceful as well as beautiful. The retreat will be held at Seabeck Retreat Center, 13395 Lagoon Dr NW, Seabeck, WA 98380. If you would like to register or learn more about this amazing opportunity, please call Shirley Wilson at 206-542-2944 or email [wilsaw@comcast.net](mailto:wilsaw@comcast.net).

### **Scripture Readings for January 28<sup>th</sup>**

*Deuteronomy 18:15-20; Psalm 111; 1 Corinthians 8:1-13; Mark 1:21-28*