

To Know and Share God's Love

St. Matthew's Episcopal Church

Fourth Sunday after the Epiphany
Sunday, January 28, 2024



PANCAKE SUPPER/ANNUAL MTG
TUES., FEBRUARY 13, 5:30 PM

Take the night off from cooking and join us for the Annual Pancake Supper combined with our Annual Meeting. Enjoy delicious pancakes and breakfast treats, and together we will enjoy reflections on the successes from 2023 and share plans, elect new leaders and a budget for 2024.

We hope you'll join us. Please contact Lisa Caselli at office@stmmts.org if are able to help with set-up, clean-up, or cooking.



2024 WOMEN'S MINISTRY
SATURDAY, FEB. 10, 9AM - 11AM

RSVP: stmmts.org/womensbrunch
Join us for a delightful Women's Brunch and Small Group Event at St. Matthew's! Connect with fellow women in our community for a time of fellowship, discuss the plans for the 2024 Women's Ministry, and enjoy delicious food. Child care will be provided.

Contact the office with questions at Office@stmmts.org.

WELCOME

We know that going to church or to a new church for the first time can be nerve-racking. We want to help make your first experience at St. Matthew's a great one!

If this is your first visit to Saint Matthew's, we welcome you. Please join us between services for coffee, tea and refreshments in the Parish Hall. For more information about our community, visit our website www.stmmts.org. We are so glad you are here!



COMMUNION OF THE PEOPLE

All baptized Christians are welcome to participate in communion. If you would like to receive, simply place one hand on top of the other, palms up, and the priest will place bread in your hand. You may then consume the wafer. If for any reason you prefer to receive a blessing, simply cross your arms across your chest and the priest will give you a blessing. Gluten free wafers are available upon request.

Would you like to learn more about baptism? Please visit our website: stmmts.org/Baptism or contact our office via email at Office@stmmts.org or phone at 703-430-2121.

INTERCESSORY PRAYER LIST

The Saint Matthew's intercessory prayer list is for those in or related to our community who are in need of prayer. It is designed so that all members of our community can pray for each other on an ongoing basis. In order to pray for those on the list, simply ask God to be with them and help them in any way needed - God knows what is going on, so we don't need to.

Please pray for the following:

MaryLea, Alan, Nishah, Marty, Damar, Jeremy, Kyeron, Abigail, Verdun, Candace, Sieg, Chuck, Lea, Bonnie, Arthur, John G, Gina, Glo, James, Sean, Deb, Teressa, Mel, Eric, Debbie, Marshall, Sites Family, Frank, Tess, Brian, Mike, Zach, Paine, Arjun, Scotty, Brad, Myers Family, Phil, Terry, Kathy, Bobby, Elijah, Philip, Pat, Mary W., Tonia, Bronwyn, Sanjay, Susanna, Fabiano, Lawrence Family, McKeown Family, Viola, Harry R, Karter, Addie, Mercedes Family, Crystal, Benjamin, Shaumbey, Ruth, Rennie, Webster, Julia, Charlene, Dustin, Chris, Madison, Nora, Robert, Missy, Tom, Lynne, Arianna, Amy, Jackie, Ann, Kay, Jane, Panita, Mary Ann, Sharp Family, Saint, Amelia, Kassadi, Brad, Kyle, Samantha, Dawn, Ruby, Kay, Clarissa, Huxsten, Dottie, Jonathan, Ageanna, Becky, RL, Priscilla, Darla, Gerry, Paul, Jenny, Reena, Sarah, Brandi, Barbara, Michael, Frances, Jeff, Peggy, Cathleen, Ray, BMR, Asley, Robyn, Emma, Christy, and Nick.

If you or someone you care about are in need of Pastoral Care, please call 703-430-2121.

8 AM SERVICE

The Word of God

Opening Prayer	
Acclamation and Collect for Purity	355
Holy God	356
Collect of the Day (contemporary)	Insert
Lessons	
First Reading • Deuteronomy 18:15-20	
Psalm • 111	
Second Reading • 1 Corinthians 8:1-13	
Gospel • Mark 1:21-28	
Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form III	387
Confession of Sin and Absolution	359-360
Peace	360
Announcements & Welcome	

The Holy Communion

Presentation of Tithes and Offerings

(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at www.stmmts.org/give)

*All things come of thee, O Lord,
And of thine own have we given thee.*

Great Thanksgiving • Eucharistic Prayer A	361
The Lord's Prayer	364
Breaking of the Bread	364
Invitation to Communion	364
Communion of the People	
Post-Communion Prayer	365
Blessing	
Procession into the World	366

9:30 AM SERVICE

The Word of God

Opening Song

Opening Prayer (stand through the Gospel)

Song • Hold Us Together

Song • These Thousand Hills

Gospel • Mark 1:21-28

Sermon

The Reverend C. Robert Merola, Jr.

Presentation of Candidates for Baptism

Michael Joseph Mirda III

Baptismal Covenant

Baptism

Peace

Announcements & Welcome

The Holy Communion

Offertory

(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at www.stmtts.org/give)

Great Thanksgiving (stand through Communion)

Eucharistic Prayer

Sanctus •

The Lord's Prayer

Breaking of the Bread

Communion of the People

Song • Born Again

Closing Prayer (stand through dismissal)

Blessing

Closing Song • My Lighthouse

Dismissal

11 AM SERVICE

The Word of God

Processional Hymn • #523 • Glorious Things of Thee are Spoken
(verses 1, 2, & 4)

Acclamation and Collect for Purity 355

Gloria • S280

Collect of the Day (Contemporary) Insert

Lessons

First Reading • Deuteronomy 18:15-20

Psalm • 111

Second Reading • 1 Corinthians 8:1-13

Gospel • Mark 1:21-28

Sermon The Reverend C. Robert Merola, Jr.

Nicene Creed 358

Prayers of the People

Confession of Sin and Absolution 359-360

Peace 360

Announcements & Welcome

The Holy Communion

Offertory Anthem • Choral Anthem

Presentation of Tithes and Offerings

Doxology • #380 vs. 3 • Praise God from Whom all Blessings Flow

Great Thanksgiving • Eucharistic Prayer A 361

Sanctus • Hymnal S129 • Holy, Holy, Holy Lord

The Lord's Prayer 364

Breaking of the Bread 364

Invitation to Communion

Communion of the People

Communion Hymn • #325 • Let Us Break Bread Together (vs. 1, 2, 3)

Post-Communion Prayer 365

Blessing

Procession into the World • #556 • Rejoice, Ye Pure in Heart! (vs. 1, 2, 3)

Dismissal 366



BACKPACK BUDDIES/HRTS STERLINGHELP.ORG

Thank you for all the ways you share the message with friends, employers, and local businesses that HRTS - Hunger Response Team of Sterling is serving students in our community who are at risk of going hungry.

Want to continue supporting HRTS? Share the message of HRTS and follow us on social media @hungerresponse. Also, Backpack Buddies will be packing at noon on Tuesdays (Jan. 30th, Feb. 6, and 13) in the Classroom on the Hill.

We are also accepting donations of shelf-stable, single-serve pantry items (e.g. canned tuna, ramen, snacks, fruit cups).

If you'd like to learn more about how you can help fight childhood hunger in our community, please contact Hilary Hultman-Lee by email at Hilary.Hultman-Lee@hrtsterling.org



FRIDAY FLASH

Email Office@stmmts.org to be added to the weekly email distribution list.



MEN'S GROUP SATURDAYS AT 8AM

All men are welcome to meet in the classrooms on the hill for fellowship, Bible study, and encouragement.

Want to learn more? Contact mensgroup@stmmts.org.



KIDS LEGO PARTY SUNDAY, JANUARY 28, 10:30AM

Lego lovers of all ages are welcome to join us at 10:30 AM for Lego fun.



TROLLS MOVIE PARTY TUESDAY, FEBRUARY 13, 6:30 PM

Calling all kids - join us for our annual pancake supper at 5:30 PM, then kids are invited to see the new Trolls Band Together movie at 6:30 PM and try out special Troll pancakes! You won't want to miss it!



JERSEY DAY SUNDAY, FEBRUARY 11

Get ready for the 'Big Game' - wear your favorite sports jersey to church and enjoy refreshments in the parish hall during coffee hour at 10:30 AM.



ASH WEDNESDAY, FEBRUARY 14

The Ash Wednesday liturgy with imposition of ashes will be celebrated at 6AM, 12PM, AND 7PM. The service will be available via livestream at 7 PM.



WE'RE HIRING! STMTTS.ORG/WORKWITHUS

St. Matt's is seeking a part-time sound technician that is good with troubleshooting and has experience with sound mixing. Please help us spread the word by sharing the link above.



WEDNESDAY BIBLE STUDY

Join Fr. Rob on Wednesday evenings from 7 PM - 8 PM for a new series. Together we will explore various Bible passages "In the Beginning."

January 31 - 2 Corinthians 5:11-21
February 7 - Revelation 21



LENT BIBLE STUDY GROUPS

Join us either Wednesday evenings at 7 PM or Thursdays at 12 PM for our Lenten Bible study groups starting Wednesday, February 21.

What can we learn from stories of wandering hearts in the Bible? Where do we see ourselves in these stories? We will explore stories, make connections from our lives, and leave each week with a new practice to help us listen for God's voice.





2024 YOUTH GROUP SUMMER MISSION TRIP

SUMMER 2024 YOUTH MISSION

Register now for the youth mission trip, June 23-29, 2024. Rising sixth - twelfth graders (and chaperones) are invited. The goal this year is to help students navigate the many influences in their lives and encourage them to look toward Jesus, the greatest influencer of all time, so they use their influence to positively change their culture.

Find more details and register at STMTTS.ORG/YOUTHMISSION



YOUTH SERVICE EVENT DECORATE FOR PANCAKE SUPPER + PANCAKE ART LESSONS

YOUTH SERVICE EVENT SUNDAY, FEB. 11, 12PM

Join Ben in the parish hall to help set up and decorate for the pancake supper followed by a pancake art lesson. Show your stuff at the Youth Pancake Art Station at the Pancake Supper on February 13 at 5:30 PM.



YOUTH GROUP EVENT AT SPORTROCK STERLING

SUNDAY, FEBRUARY 25, 12PM SPORTROCK CLIMBING

Middle & high school students and friends are invited to indoor rock climbing. Find details & RSVP online at STMTTS.ORG/YOUTHEEVENTS or on the Band App.



DONUTS & DISCOVERY

DONUTS & DISCOVERY

Middle and high school students are invited to join Ben on Sundays at 10:30 AM in classroom one to enjoy a donut and discuss the Starting Point series. They will also begin discussing the Passion reenactment.

BAND APP

Are you a middle or high school student, or parent? Join the St. Matt's Youth Group App for updates, group chat, event reminders and more. Click the QR code to join today.



FAITH FACTORY Unplugged

FAITH FACTORY UNPLUGGED

Students in 6-8th grade are invited to join us in classroom four on Sundays at 9:30 AM for Bible study and tangible life lessons.



4 EPIPHANY

Fourth Sunday after the Epiphany



Revised Common Lectionary

Sunday, January 28, 2024

COLLECT

Traditional

ALMIGHTY AND EVERLASTING God, who dost govern all things in heaven and earth: Mercifully hear the supplications of thy people, and in our time grant us thy peace; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

Contemporary

ALMIGHTY AND EVERLASTING God, you govern all things 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.*

FIRST READING: Deuteronomy 18:15-20

MOSES SUMMONED all Israel and said to them, “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.”

Refrain

The fear of the Lord is the beginning of wisdom.

Psalm 111 *from the Book of Common Prayer*

- 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.

SECOND READING: 1 Corinthians 8:1-13

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 are 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.

GOSPEL: Mark 1:21-28

JESUS AND HIS DISCIPLES went into 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.

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 **CHURCH
PUBLISHING
INCORPORATED**

THIS WEEK AT ST. MATT'S

Sunday, January 28th

- 8:00 am - Rite I Worship Service
- 9:30 am - Festival Worship Service
- 10:30 am - Donuts & Discovery for Middle & High School Students
- 11:00 am - Classic Worship Service
- 12:30 pm - Young Professionals
- 2:00 pm - Alcoholics Anonymous
- 6:30 pm - Girl Scout Troop 2274

Monday, January 29th

- 12:00 pm - Social Time with Candace
- 7:00 pm - Bread of Life
- 7:00 pm - BSA Troop 966
- 7:30 pm - Free to Live
- 8:00 pm - Compline

Tuesday, January 30th

- 9:30 am - All Ages Read Together
- 10:00 am - Staff Meeting
- 12:00 pm - Backpack Buddies Packing
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Band Rehearsal
- 7:00 pm - Education for Ministry
- 8:00 pm - Compline

Wednesday, January 31st

- 12:00 pm - Alcoholics Anonymous
- 7:00 pm - Bible Study
- 8:00 pm - Compline

Thursday, February 1st

- 9:30 am - All Ages Read Together
- 11:00 am - Anam Cara (closed group)
- 7:30 pm - Choir Rehearsal
- 8:00 pm - Compline

Friday, February 2nd

- 7:00 pm - Old Dominion Dancers
- 8:00 pm - Compline

Saturday, February 3rd

- 8:00 am - Men's Group
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Narcotics Anonymous
- 8:30 pm - Narcotics Anonymous

HAPPY BIRTHDAY


- January 28th: Alyson Severino
- January 29th: Mason Turner, Jennifer Dunstan
- January 31st: Josh Kane
- February 2nd: Luiz Gazoni
- February 3rd: Eliza Hayes, Danielle Rickard, Dawn Deaso

ATTENDANCE January 21, 2024

Time or Place	Attendance Online	Attendance In-Person
8:00 AM	30	19
9:30 AM	40	128
11:00 AM	23	32
Faith Factory		22
Youth Group		10

HELP SUPPORT


ST. MATTHEW'S MINISTRIES




GIVE ONLINE




stmmts.org/give



venmo



@stmmtssterling



CASH OR CHECK

Checks can be made payable to "St. Matthew's Church"

For more ways to give and information on automatic giving:
stmmts.org/give

**WORSHIP
OPPORTUNITIES**

In-Person & Online

8:00AM | This is a traditional communion service using Rite II from the Book of Common Prayer.

9:30AM | This is a vibrant communion service with our very own live band. If you are looking for a joyous family service with some of the best music around, this is the service for you.

11:00AM | A classic communion service with our fabulous choir. We use Rite II from the Book of Common Prayer.

Compline (evening prayer) Mon.–Fri. at 8pm on Facebook

Online Worship
stmtts.org/live

Sunday services are broadcast on Facebook and YouTube.

St. Matthew's Staff & Vestry

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Andrew Wright, Junior Warden

Caitlin Dronfield

Kristin Drummond

Bob Henry

Sharon Muniz

Robby Stevens

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Ushers | Fred Brittain, Dee Carter, Justin Warnick, Regina McPhie,
Sharon Ferguson

Lectors | Richard Henry, Sue Reier

Eucharistic Ministers LEMs | Darrell Breed, Haley Elliott, Lisa
Lintelman, Gerry Wardell

Tellers | Dan Robertson

Altar Guild | Elly Hilz, Adrienne Miller, Richard Henry