

ALL SOULS EPISCOPAL PARISH
2220 Cedar Street, Berkeley California



The Third Sunday After the Epiphany
SUNG EUCHARIST
January 24, 2021 ~ 11:15 am

*No matter who you are or where you are in your spiritual journey,
you are welcome here.*

Those of us participating in the livestream at the church are observing the physical distance and mask-wearing guidelines required by our diocese. These practices have been created in consultation with local public health officials. Given the nature of this pandemic, these practices may be changing from week to week as the situation develops.

Prelude *Improvisation on MIT FREUDEN ZART*

Hymn 408 *Sing praise to God, who reigns above*

MIT FREUDEN ZART

1 Sing praise to God, who reigns a - bove, the God of all cre - a - tion,
2 What God's al - might - y pow'r hath made, God's gra - cious mer - cy keep - eth;
3 Let all who name Christ's ho - ly Name give God all praise and glo - ry;

the God of pow'r, the God of love, the God of our sal - va - tion:
by morn - ing glow or eve - ning shade God's watch - ful eye ne'er sleep - eth.
let all who know his pow'r pro - claim a - loud the won - drous sto - ry!

with heal - ing balm my soul God fills, and ev - ery faith - less mur - mur stills:
With - in the king - dom of God's might, lo! all is just and all is right:
Cast each false i - dol from its throne, for Christ is Lord, and Christ a - lone:

to God all praise and glo - ry.

Acclamation

Presider Blessed be God: Father, Son, and Holy Spirit.
People And blessed be his kingdom, now and for ever. Amen.

Collect for Purity

Presider Let us pray together.

Almighty God,

All 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.

Song of Praise, *Gloria in excelsis*

St. Hildegard (1098–1179), adapt. Jamie Apgar (b. 1986)

Cantor: Glo - ry to God in the high - est, *All:* and peace to God's peo - ple on earth.
Lord God, heav'n - ly King, al - might - y God and Fa - ther,
we wor - ship you, we give you thanks, we praise you for your glo - ry.
Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God,
you take a - way the sin of the world: have mer - cy on us;
you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.
For you a - lone are the Ho - ly One, you a - lone are the Lord, you a - lone are the Most High.
Je - sus Christ, with the Ho - ly Spi - rit, in the glo - ry of God the Fa - ther. A - men.

THE LITURGY OF THE WORD

The Collect of the Day

Presider May God be with you.

People And also with you.

Let us pray.

O God, you made us in your own image and redeemed us through Jesus your son. Look now with compassion on the entire human family; and particularly this part of the family, in the United States, and those in our nation's capital; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. **Amen.**

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.**

A Reading from the Book of Jonah — Jonah 3:1–5, 10

The word of the Lord came to Jonah a second time, saying, “Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” 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. Jonah began to go into the city, going a day’s walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!” And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. 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.

after the Lesson:

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

People **Thanks be to God.**

At the Gradual, Psalm 62:6–14

Plainsong, Tonus Peregrinus

Sung by members of the Choir:

For God alone my soul in silence waits; truly, there is my hope.

God alone is my rock and my salvation, my stronghold, so that I shall not be shaken.

In God is my safety and my honor; God is my strong rock and my refuge.

Put your trust in God always, O people, pour out your hearts before the One who is our refuge.

Those of high degree are but a fleeting breath, even those of low estate cannot be trusted.

On the scales they are lighter than a breath, all of them together.

Put no trust in extortion; in robbery take no empty pride;

though wealth increase, set not your heart upon it.

God has spoken once, twice have I heard it, that power belongs to God.

Steadfast love is yours, O God, for you repay everyone according to their deeds.

A Reading from the First Letter to the Corinthians — Corinthians 7:29–31

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, 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, 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.

after the Lesson:

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

People **Thanks be to God.**

Gospel Acclamation

St. Hildegard (1098–1179), adapt. Jamie Apgar (b. 1986)

The alleluia is sung by a cantor and repeated by all:



A cantor sings the verse appointed for the day:

The kingdom of God is near; repent and believe the gospel. —Mark 1:15

All repeat the alleluia.

The Holy Gospel — Mark 1:14–20

Gospeller The Holy Gospel of our Lord Jesus Christ according to Mark.

People **Glory to you, Lord Christ.**

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” 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. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

after the Gospel:

Gospeller The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon

The Reverend Maggie Foote, *Associate Rector*

A silence for reflection follows the sermon.

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,
was incarnate of the Holy Spirit and the Virgin Mary, and became truly human.
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,
who with the Father and the Son is worshiped and glorified, who 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

Asst. Min. Let us pray to Jesus our Savior.

Intercessor For Michael, our Presiding Bishop, for Marc, our Bishop, for all ministers, and for this gathering.
Pray for the Church. *(Silence)*

For all those in authority, that they might be conscious of their privilege, and govern in the spirit of justice and peace.

Pray for all in government. *(Silence)*

For the world beginning to crack the edge of winter and for our will to care for her.

Pray for the Earth. *(Silence)*

For our neighbors without shelter, for those facing potential upcoming evictions, and for those who profit off of unaffordable housing prices.

Pray for our community. *(Silence)*

For anyone struggling to see possibility in their life this morning, for everyone facing challenges from COVID-19, and for anyone weighed down by burden. We especially pray for Rein Saral, Malcom Plant, Tara McCulloch, Sandra, Robert, AC, and Isabella, Jeanette Owen, James Harbor, Marilyn Speaks, Pamela M., Kerry R., Will Hartley, the Johnston Family, Mark Anderson, Jill Anderson, Carl Anderson, John Heisner, Carol DeCatur, The Kobrinsky Clan of Fargo, together with Raul Gomez, Rosemary Nelson, Alan Davis, Elvis Jones, Phil Holbert, Dick Jackson, Emmanuel Thomas Reed, Bryan Miller, Gaile Nirvana Nuñez, Annie Boutelle, Ron Sullivan, Mara Alexander, James Reager, for all first responders, for the Kyakameena skilled nursing facility staff and residents, and those we now name. *(Silence)*

Pray for those in need or trouble. *(Silence)*

For all of those we have lost, who we long to see again, and for their families and friends. We especially pray for Susan Byers Plant, Bill Horton, Angelo, Adam Bundy, Nigel Renton, Sojun Mel Weitsman, and those we now name. *(Silence)*

Pray for the departed and their loved ones. *(Silence)*

Presider Lord Jesus Christ, you are a living reminder to care for all our siblings. Give to us the peace and unity of that heavenly City, where with our Guardian and the Holy Spirit you live and reign, now and forever. **Amen.**

Confession of Sin

Asst. Min. Let us confess our sins to God.

All may remain standing or kneel. After a pause for silent reflection, the Assisting Minister continues:

God of all mercy,

All We confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

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

The Peace

Presider May the peace of Christ be always with you.

People And also with you.

Please take a moment in prayer to extend Christ's peace to the people in your life.

Welcome and Announcements

Thanksgivings of the Community

At this time, as we gather for the Great Thanksgiving around Christ's table, we invite any here this morning to share thanks (via the comments section on the livestream) for the movement of God's Spirit in your own life: thanks for a birthday, an anniversary, a new job, an unexpected act of compassion, or other grace-filled change in your life.



Thank you, Lord; Thank you, Lord; Thank you, Lord. We just want to thank you, Lord.

THE LITURGY OF THE TABLE

Please consider giving to support the work of All Souls in our community and in the wider world via the links on our website or via a check to the office.

Presider In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.—Matthew 5:16

1 Je - sus calls us o'er the tu - mult of our life's wild, rest - less sea,
 2 Je - sus calls us from the wor - ship of the vain world's gold - en store;
 3 Je - sus calls us! By thy mer - cies, Sa - vior, may we hear thy call,
 day by day his clear voice sound - eth, say - ing, "Chris - tian, fol - low me;"
 from each i - dol that would keep us, say - ing, "Chris - tian, love me more."
 give our hearts to thine o - be - dience, serve and love thee best of all;
 as of old, Saint An - drew heard it by the Gal - i - le - an lake,
 In our joys and in our sor - rows, days of toil and hours of ease,
 may we lis - ten o'er the tu - mult of our life's wild, rest - less sea,
 turned from home and toil and kin - dred, leav - ing all for his dear sake.
 still he calls, in cares and plea - sures, "Chris - tian, love me more than these."
 heed the word thy clear voice sound - eth, turn in faith and fol - low thee.

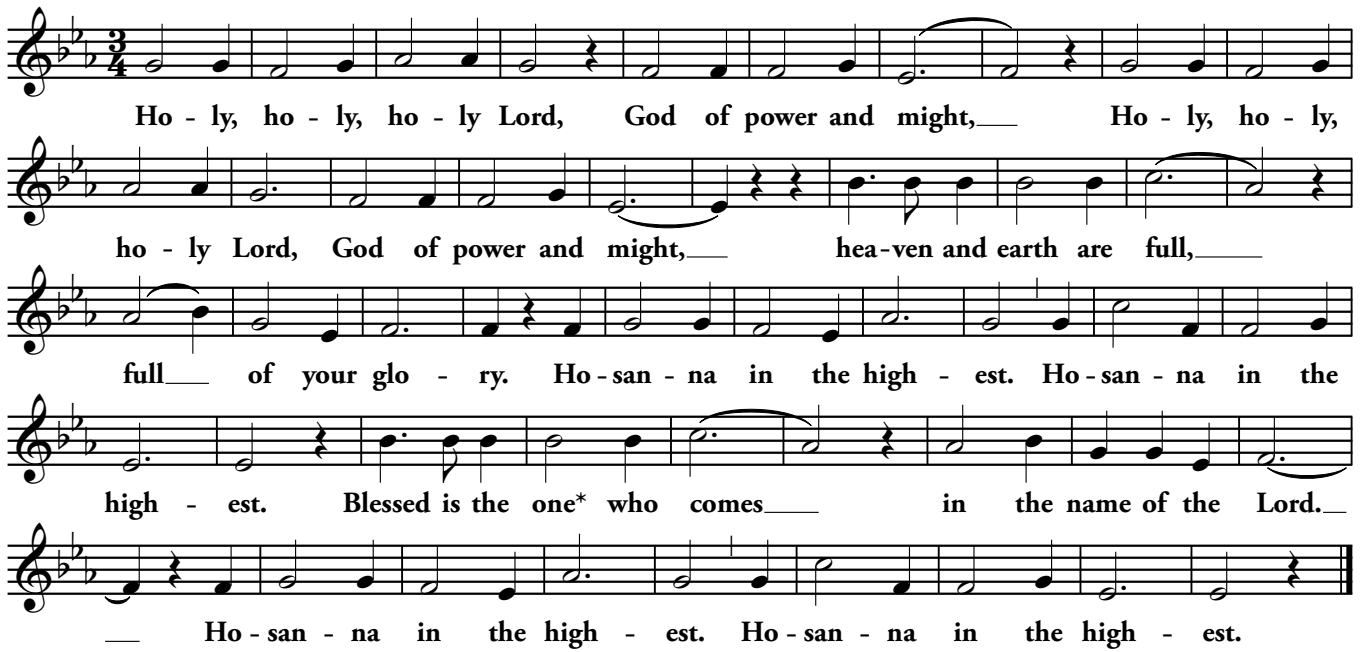
The Great Thanksgiving (*The Eucharistic Prayer is Prayer A from The Book of Common Prayer*)

Presider May God be with you. *People* And also with you.
 Lift up your hearts. We lift them to the Lord.
 Let us give thanks to the Lord our God. It is right to give our thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus and Benedictus

Franz Schubert (1797-1828), arr. Richard Proulx (1937-2010)



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

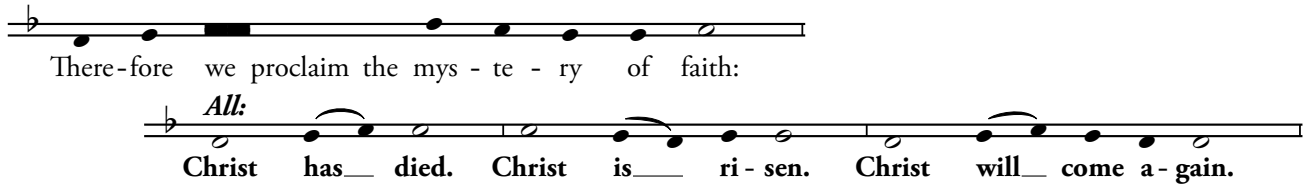
*Altered by permission of the publisher.

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker and of all. Jesus stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

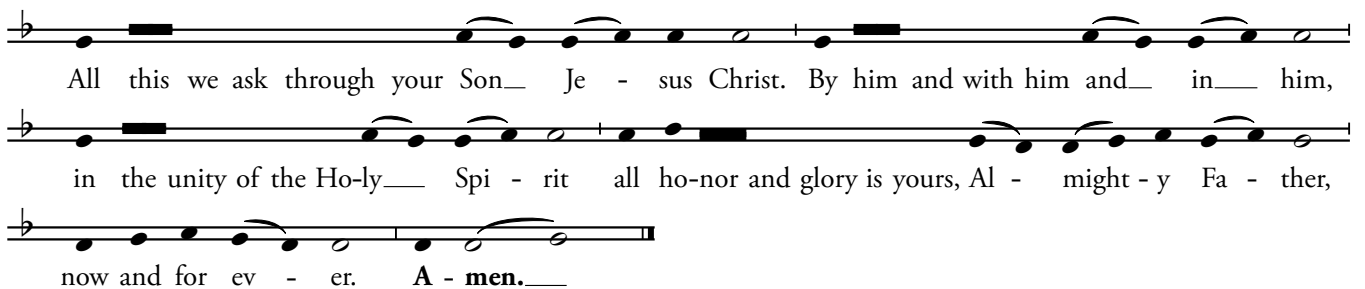
The Presider continues, saying in the midst of the prayer:



There-fore we proclaim the mys - te - ry of faith:
All:
 Christ has died. Christ is ri - sen. Christ will come a - gain.

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ.

Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

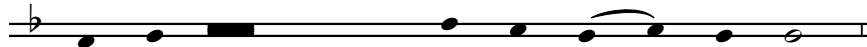


All this we ask through your Son Je - sus Christ. By him and with him and in him,
 in the unity of the Ho - ly Spi - rit all ho - nor and glory is yours, Al - might - y Fa - ther,
 now and for ev - er. A - men.

The Lord's Prayer

Nicolai Rimsky-Korsakov (1844–1908)

Presider



As our Savior Christ has taught us, we— now pray:



Our Fa - ther in heaven,

Hal - lored be your Name. Your king - dom come. Your will be done on earth as in heav'n.

Give us to - day our dai - ly bread. For - give us our sins as we for - give those who

sin a - gainst us. Save us from the time of trial, and de - li - ver us from e - vil.

For the king - dom, the pow'r, and the glo - ry are yours, now and for ev - er. A - men.

The Fraction

Modal Mass, Christopher Putnam (1967-2018)

After the Presider breaks the bread for us to share, a moment of prayerful silence is kept. We then sing:

Je - sus, Lamb of God, have mer - cy on us. Je - sus, bear - er of our sins, have

mer - cy on us. Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace, give us your peace.

THE COMMUNION OF THE PEOPLE

Since the celebration of Resurrection on that first Sunday, Christians have been remembering Christ's presence in bread and wine. We will be keeping this practice week by week with different members of All Souls receiving for the community.

For centuries the Church has also come to trust in the presence of Christ with us even when we cannot partake in the bread and wine, what is often known as spiritual communion. As the bread and wine are being shared at the altar at All Souls, we invite you to pray this prayer and ask Christ to be present with you.

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I offer you praise and thanksgiving. Since I cannot receive you this day in the Sacrament of your Body and Blood, I ask you to be present spiritually in my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Adapted from *A Prayer Book for the Armed Services* 2008, page 147

At Communion, *The 23 Psalm*

Bobby McFerrin (b. 1950)

The Lord is my Shepherd; I have all I need.
She makes me lie down in green meadows; beside the still waters, She will lead.
She restores my soul, She rights my wrongs;
 She leads me in a path of good things, and fills my heart with songs.
Even though I walk through a dark and dreary land, there is nothing that can shake me;
 She has said, She won't forsake me, I'm in Her hand.
She sets a table before me, in the presence of my foes;
 She anoints my head with oil, and my cup overflows.
Surely, surely goodness and kindness will follow me all the days of my life,
 and I will live in Her house, Forever, forever and ever.
Glory be to our Mother, and Daughter, and to the Holy of Holies;
 As it was in the beginning, is now and ever shall be, world without end. Amen.

Post-Communion Prayer

Presider Let us pray. *All stand.*
Eternal God, heavenly Father,
All **you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.**

The Blessing

Presider May God, who in Christ gives us a spring of water welling up to eternal life, fulfill in you the image of their glory; and the blessing of God, Almighty, Merciful and Everliving be with you and remain with you always.
Amen.



1. Guide my feet while I run this race, Guide my feet while I run this race,



Guide my feet while I run this race, for I don't want to run this race in vain.

2. Hold my hand... 3. Stand by me...

Dismissal

Asst. Min. Go in peace, to love and serve the Lord.

People Thanks be to God!

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COMPOSER OF THE WEEK

Bobby McFerrin (b. 1950) creates art that one biographer warned might be “hazardous to your preconceptions.” His father Robert was the first African-American man to sing at the Metropolitan Opera, while his mother Sara was long-time Chair of Voice at Fullerton College and a sought-after judge of national voice competitions. McFerrin grew up in a “deeply religious” atmosphere, attending St. John’s Episcopal Cathedral in Los Angeles, where his mother soloed while he served as an acolyte and chorister. But his artistic work has had a greater impact outside the church. He is particularly known as an improviser and, in the words of the *New York Times*, a virtuosic “vocal chameleon” who explores uncommon ways of using his voice to make music. This has carried into collaborations with many of the world’s premiere symphony orchestras.

Musically, McFerrin’s *The 23rd Psalm* is structured exactly like Anglican Chant, one of the two main practices (the other being plainsong) of chanting the psalter that we use in the Episcopal Church: set in four-part harmony, each half-verse of psalmody begins on a reciting tone and closes with a formula of either three or five chords. The harmonic style of the piece, moreover, stays well within the conventions of late twentieth-century tonal music.

McFerrin also created his own version of the psalm to set to his chant-like music, in some places significantly re-writing conventional English translations. Particularly noteworthy is his use of feminine-gendered words—pronouns as well as “Mother” and “Daughter”—in place of their masculine equivalents. In McFerrin’s account, his mother and his wife were the inspirations:

The 23rd Psalm is dedicated to my mother. She was the driving force in my religious and spiritual education, and I have so many memories of her singing in church. But I wrote it because I’d been reading the Bible one morning, and I was thinking about God’s unconditional love, about how we crave it but have so much trouble believing we can trust it, and how we can’t fully understand it. And then I left my reading and spent time with my wife and our children. Watching her with them, the way she loved them, I realized one of the ways we’re shown a glimpse of how God loves us is through our mothers. They cherish our spirits, they demand that we become our best selves, and they take care of us.

McFerrin’s textual approach has sparked a wide variety of reactions, and there is no space here to do justice to their full complexity. The challenge is that these reactions intersect with so many other issues, including gender itself; the ways in which language and tradition do or should relate to culture and belief; and the specific theologies that gendered language expresses. The reason we have occasionally used this setting at All Souls is that some people in our community feel more welcomed and valued as God’s children when they can pray and sing words that de-naturalize the idea that God is, or is best represented as, a man.

PARTICIPATING TODAY

11:15 SERVICE

<i>Presiding</i>	The Rev. Phil Brochard
<i>Preaching & Assisting</i>	The Rev. Maggie Foote
<i>Lectors</i>	Sarita Cannon, Ben Madison
<i>Intercessor</i>	Toni Martinez Borgfeldt
<i>Camera</i>	Jim Feeley
<i>Sound</i>	Emily Hansen Curran
<i>Digital Liaison</i>	Calvin Payne-Taylor
<i>Musicians</i>	Dr. Jamie Apgar, <i>cantor, organist, and pianist</i>
	Sarita Cannon, <i>soprano</i>
	Deidre Nurre, <i>alto</i>
	Ed Hofmann, <i>Angel Band leader</i>