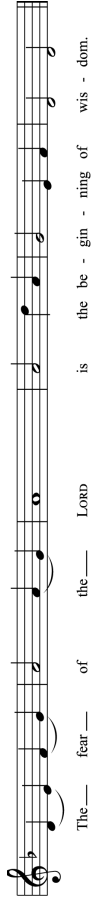


1st READING: Deuteronomy 18:15-20

Moses said, 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."

PSALM 111



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1. Hallelujah! 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. [ANT.]
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. [ANT.]
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. [ANT.]
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. [ANT.]
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. [ANT.]

2nd 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 to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching-- with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

WELCOME TO TRINITY EPISCOPAL CHURCH

Thank you for worshipping with us today. As is always the policy in the Episcopal Church, is all baptized Christians are welcome to receive Communion. Those wishing to receive gluten-free wafers are asked to reach for communion palms down. All children are welcome to worship at services with their parents. Visitors are encouraged to use Trinity name tags located in the basket at the back of the church. To learn more about Trinity, please fill out a Visitor's Card. **Childcare is available for infants and children through age 5 during the 9:15 and 11 am services on Sundays. Parents who want to leave their children in the nursery may choose to pick them up after the end of the service, or may pick them up after the exchange of the peace and bring them into church to take communion. Children are welcome to take the red activities folders from the basket at the back of the church. Return the folders to the empty ("used") basket after the service and take your art work and Children's Worship Bulletin home.**

A new **Adult Education/Youth Group/Children's Activities/Dinner Program** has been in the planning stages for several months. The first session will be on Sunday, February 12 beginning at 4:30 p.m. Look in further bulletins and in the newsletter for more information. An organizational meeting will be held today at 4:30 p.m. for the members of the various committees.

The **Annual Boy Scout 10 Commandment Hike** will pass through Trinity next Saturday morning. It is a privilege for our church to participate in this activity once again.

Diocesan Council was held over the last 2 days in Reston, VA. The close of the meeting marked the end of the Rt. Rev. David Jones tenure as Bishop Suffragan of Virginia; he is now retired. The names of the nominees to be the next Bishop Suffragan will be released in the coming week. The election will be held on Saturday, April 21 at St. George's Church here in Fredericksburg.

Outreach Notice- January is national soup month, Bring in your favorite soup to donate to the Tuesday night outreach. You can also donate: Pasta, Pasta Sauce, Peanut Butter, Canned Meats & Vegetables, and Cereal. - *Ali Brace*

February 5th is Brown Bag Sunday AND Super Bowl Sunday. When shopping for Game Day snacks, please toss in a few nonperishable food items to bring to church for Tuesday Night Outreach. Spaghetti sauce and pasta; canned meats, soups, fruits, tomatoes, beans and vegetables; rice, peanut butter and jelly are welcome. There is no promise that your team will win, but the families you help will definitely be winners!

The ECW Spring Yard/Bake Sale is trying something new! **We are going to have a TWO DAY SALE!** Due to the overwhelming generous fall donations, we thought we try a Fri/Sat sale! **Time and Date: Friday, April 20th & Sat, April 21st, 9 a.m.- 2 p.m.** The closet is empty now, so feel free to drop off small items; such as books, bric-a-brac, jewelry, small appliances, DVDS, spring clothing, linens etc. Anything that can be stored away in large tubs. Appreciate your continual support throughout the year! Cathy Smith, Chair

Club 45 meets today. We're meeting **1/2 hour later, 4:30-6:00** p.m. For more information, contact Vicky at vkoch@trinity-fredericksburg.org.

Fun Stars meets next Sunday, February 5 right after Sunday school! We're going bowling at Spittsville. Cost is \$10 which includes bowling, shoe rental, pizza and drinks. For more information, please contact Vicky at (540) 373-2996 or vkoch@trinity-fredericksburg.org

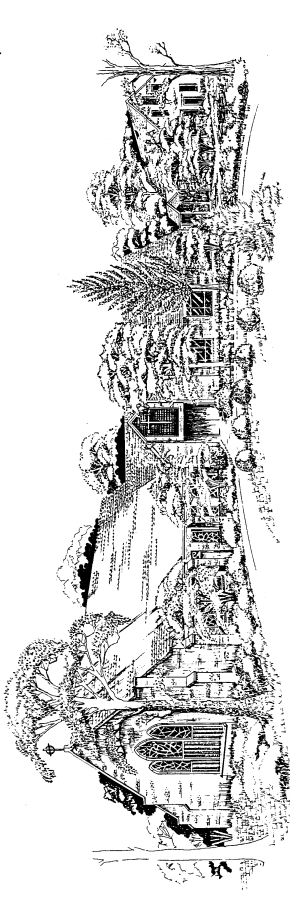
Women's Spirituality Group, Come Watch, The Help! Saturday, February 4, 10:00-12:30 p.m.! If you are able, please plan to go out to lunch with the group at a nearby at a nearby restaurant. For more information, please contact Vicky at (540) 373-2996 or vkoch@trinity-fredericksburg.org.

Youth Group Meeting The Youth Group will be meeting in the Loft this afternoon from 4:30-6 p.m. Youth in grades 6-12 will all meet together, and we will have a chance to talk, play some games, and make valentines as part of our Service Sunday today.

Trinity Episcopal Church	
825 College Avenue Fredericksburg, VA 22401 Office: 540-373-2996	or PO Box 3400 Fredericksburg, VA 22402 Fax: 540-374-1593
www.trinity-fredericksburg.org	
Parish Office Hours are 8:00 a.m. to 4:30 p.m., Monday through Friday.	

TRINITY EPISCOPAL CHURCH

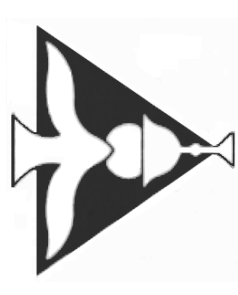
"ACCEPTING THE CHALLENGE TO FEED THOSE HUNGRY FOR GOD'S WORD AND LOVE."



O Lord give me strength to refrain from the unkind silence that is born of hardness of heart; the unkind silence that clouds the serenity of understanding and is the enemy of peace.

Give me strength to be the first to tender the healing word and the renewal of friendship, that the bonds of amity and the flow of charity may be strengthened for the good of the brethren and the furthering of thine eternal, loving purpose.

-Cecil Hunt



The Fourth Sunday After Epiphany
January 29, 2012

HOLY EUCHARIST, RITE I

8:00 AM

HYMNAL PRAYER BOOK

- The Word of God**
 Salutation 323
 Glory to God 324
 Collect for the Fourth Sunday After Epiphany 164
 The First Reading: Deuteronomy 18:15-20
 The Gospel: Mark 1:21-28
 Sermon The Rev. Kent D. Rahm
 The Nicene Creed 326
 Prayers of the People (VI) 392
 Confession 330
 The Peace 330
 Announcements
- THE HOLY COMMUNION**
 The Great Thanksgiving 333
 Eucharistic Prayer I 334
 Holy, Holy, Holy 336
 The Lord's Prayer 337
 The Breaking of the Bread
 The Communion of the People 339
 Prayer of Thanksgiving
 Blessing
 Dismissal 339

Celebrant: The Rev. Kent D. Rahm
 Organist: Chris Ryder
 Eucharistic Ministers: Joanne Beck; Bruce Petit
 Acolyte: Val Folden
 Vestry Member: Val Folden
 Newcomer Greeters: Val Folden
 Sound Tech: Stan Tellow

THE ALTAR FLOWERS are given today to the Glory of God by Walt and Susan Davis in Memory of Ralph, Jim, Bill and Isabel.

THE FOOD BANK DONATION is given today to the Glory of God by Adrian and Jessica Smith in Thanksgiving.

THE SANCTUARY CANDLE is given today to the Glory of God by Walt and Susan Davis in Thanksgiving for Evelyn and Thomas.

FAMILY EUCHARIST, RITE II

9:15 AM

HYMNAL PRAYER BOOK

- Prelude**
493 Processional Hymn - O for a Thousand Tongues to Sing 355
The Word of God 356
 Salutation
 Glory to God 215
 The Collect for the Fourth Sunday After Epiphany
 The First Reading: Deuteronomy 18:15-20
L203 Sequence Hymn - There is a Balm in Gilead
 The Gospel: Mark 1:21-28
 Sermon The Rev. Brian W. Turner
 The Nicene Creed 358
 Prayers of the People (Form VI) 392
 The Peace 360
 Announcements

THE HOLY COMMUNION

- L137 Offertory Hymn - Just as I Am**
 The Great Thanksgiving 361
 Eucharistic Prayer A 362
 Lift Up Your Hearts 362
 Holy, Holy, Holy 364
 The Lord's Prayer
 The Breaking of the Bread 364
 Communion of the People
325 Post Communion Hymn - Let Us Break Bread Together 365
 Prayer of Thanksgiving
 Blessing
380 Recessional Hymn - From All That Dwell Below the Skies 366
 Dismissal

"L" = Lift Every Voice and Sing

Celebrant: The Rev. Kent D. Rahm
 Organist: Denise Symonds
 Pianist: Chris Ryder
 Eucharistic Ministers: Bruce Adkins; Sven Rundman
 Oblation Bearers: Dave and Laura Hoosaflook
 Lector: Anne Aberg
 Litanist: John Symonds
 Acolytes: Michael Hamilton; Audrey Hamilton; Philip Stewart
 Vestry Member: Jim Ripley
 Newcomer Greeter: Bruce Adkins
 Sound Tech: John Mell

Parish Staff and Wardens

The Rev. Kent D. Rahm, Rector
 The Rev. Brian W. Turner, Assistant Rector
 Dr. Christopher O. Ryder, Minister of Music
 Mrs. Denise Symonds, Assistant Minister of Music
 Mrs. Victoria Koch, Director of Christian Education
 Mr. Ben Bradshaw, Administrative Assistant
 Mrs. Michele Brantley, Café Mgr./Bookkeeper
 Mr. Daniel Sass, Sexton
 Mr. Robert Garnett, Assistant Sexton
 Mrs. Sug Clingenpeel, Senior Warden
 Mr. James Ripley, Junior Warden

HOLY EUCHARIST, RITE II

11:00 AM

HYMNAL PRAYER BOOK

- Announcements**
Prelude
493 Processional Hymn - O for a Thousand Tongues to Sing 355
The Word of God 356
 Salutation
 Glory to God 215
 Collect for the Fourth Sunday After Epiphany
 The First Reading: Deuteronomy 18:15-20
 Psalm 111
 The Second Reading: 1 Corinthians 8:1-13
L203 Sequence Hymn - There is a Balm in Gilead
 The Gospel: Mark 1:21-28
 Sermon The Rev. Kent D. Rahm
 The Nicene Creed 358
 Prayers of the People (III) 387
 Confession 360
 The Peace 360

THE HOLY COMMUNION

- Offertory Anthem - Follow Jesus (Spiritual, arr. Purifoy)**
 The Great Thanksgiving 361
 Eucharistic Prayer A 361
 Lift Up Your Hearts 362
 Holy, Holy, Holy
 The Lord's Prayer 364
 The Breaking of the Bread
 Christ Our Passover 364
 Communion of the People
339 Post Communion Hymn - Deck Thyself, My Soul, With Gladness 365
 Prayer of Thanksgiving
 Blessing
380 Recessional Hymn - From All That Dwell Below the Skies 366
 Dismissal

"L" = Lift Every Voice and Sing

Celebrant: The Rev. Brian W. Turner
 Choirmaster/Organist: Chris Ryder
 Pianist: Denise Symonds
 Cantor: Dave Conway
 Eucharistic Ministers: Steve Lambrose; S.J. Prakken
 Oblation Bearers: Chip and Karen Palmer
 Lectors: Sean Meiers; Patricia Schaller
 Litanist: Sug Clingenpeel
 Vestry Member: Mike Gannon
 Newcomer Greeter: Sam Burton
 Parish Shepherd: Dana Huser
 Ushers: Jim and Julie Riggs
 Flower Delivery: Leigh Morris and Cindi Brewer
 Eucharistic Visitor: Mike and Carolyn Frye
 Sound Tech: Kathleen Carroll