

# The Holy Eucharist

for the

## Fourth Sunday after the Epiphany



**SEA Episcopal Church**  
29 January 2023

# Welcome!

*Welcome to SEA Episcopal Church, and to our worship this morning.*

**BCP numbers** are page numbers in *The Book of Common Prayer* (red book).

**Hymn numbers** are found in *The Hymnal 1982* (blue book).

**G&P numbers** are found in *Glory & Praise* (green book).

*Please participate* in our service today as fully as you feel comfortable doing so. We encourage you to join with us in singing the hymns and songs. Any of the texts in **bold print** are intended to be responses from the entire congregation, so we invite you to add your voice to everyone else's at those points. In the Episcopal Church we often stand, sit, kneel, or use gestures (bowing, making the sign of the cross, etc.) in our prayers; please feel free to do what feels comfortable to you. If you need help finding where we are in the service, please ask someone nearby if they can help you, or ask the Usher.

*This worship booklet* is designed to assist in our worship while saving paper. After Church, **please leave the stapled booklet** with the Ushers. We will use it again next week. But **please keep the inserts** (the loose portions), which contain the scripture readings and announcements, for your reference this coming week.

*The words of our worship* come from *The Book of Common Prayer*, which is our primary document for worship in The Episcopal Church. We also use some texts from *Enriching Our Worship*, which is an additional resource of the Episcopal Church that expands the language and images we use for God, for humanity, and for all of creation.

*We are a "Prayer Book" people* in the Episcopal Church. Our use of this booklet isn't an effort to take us away from the *Book of Common Prayer*, but to make it easier to navigate the order of worship. In fact, we encourage you to explore the depth of riches to be found in *The Book of Common Prayer*!

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# The Holy Eucharist

*Please stand in body or in spirit.*

**Processional**

*Blessèd Jesus, at thy word*

**Hymn 440**

## The Acclamation

Blessed be the one, holy, and living God.

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

*Then the Celebrant may say*

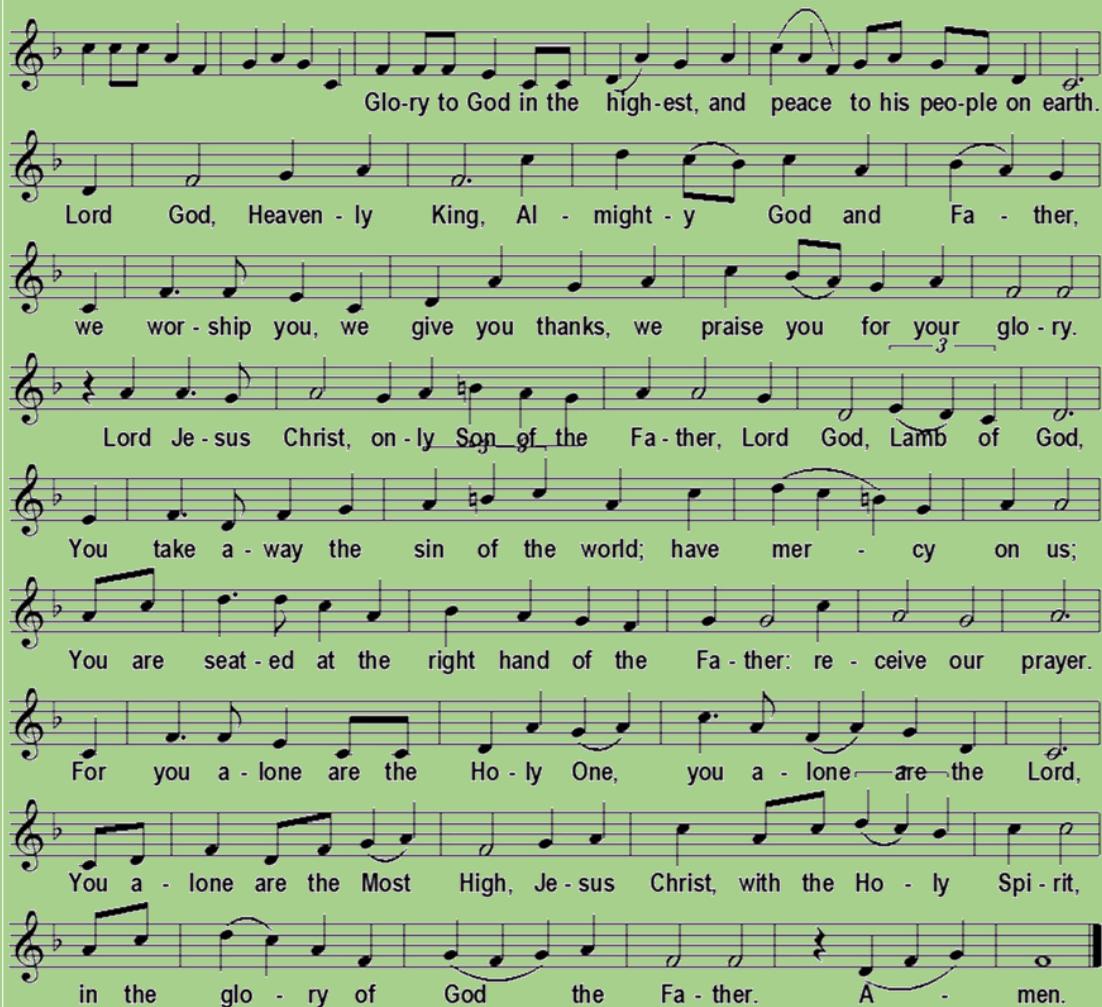
Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

## Song of Praise

*At 8:00*    Glory to God in the highest, and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
    we worship you, we give you thanks,  
    we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God, you take away the sin of the world:  
    have mercy on us;  
you are seated at the right hand of the Father:  
    receive our prayer.  
For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
    with the Holy Spirit,  
in the glory of God the Father. Amen.

*At 10:15*    *See next page...*

At 10:15



Glo-ry to God in the high-est, and peace to his peo-ple on earth.  
Lord God, Heaven - 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.

Words: Traditional; Music by Robert J. Powell, (b. 1932)  
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*We continue with the Collect of the Day & Readings on the insert (page 5)*

# The Liturgy of the Word

## The Collect of the Day

The Lord be with you.

**And also with you.**

Let us pray.

*Silence.*

Almighty and everlasting God, you govern all things both 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.**

## A Reading from the Prophet Micah

*Micah 6:1-8*

Hear what the Lord says:

Rise, plead your case before the mountains,  
and let the hills hear your voice.

Hear, you mountains, the controversy of the Lord,  
and you enduring foundations of the earth;  
for the Lord has a controversy with his people,  
and he will contend with Israel.

“O my people, what have I done to you?

In what have I wearied you? Answer me!

For I brought you up from the land of Egypt,  
and redeemed you from the house of slavery;  
and I sent before you Moses, Aaron, and Miriam.

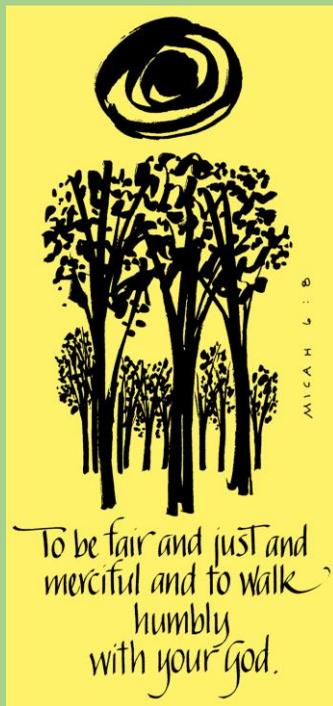
O my people, remember now what King Balak of Moab devised,  
what Balaam son of Beor answered him,  
and what happened from Shittim to Gilgal,  
that you may know the saving acts of the Lord.”

“With what shall I come before the Lord,  
and bow myself before God on high?  
Shall I come before him with burnt-offerings,  
with calves a year old?  
Will the Lord be pleased with thousands of rams,  
with tens of thousands of rivers of oil?  
Shall I give my firstborn for my transgression,  
the fruit of my body for the sin of my soul?”  
He has told you, O mortal, what is good;  
and what does the Lord require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?

The Word of the Lord.  
**Thanks be to God.**

## Psalm 15

- 1 Lord, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart.;
- 3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, \*  
but he honors those who fear the Lord.
- 5 He has sworn to do no wrong \*  
and does not take back his word.
- 6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent.



7 Whoever does these things \*  
shall never be overthrown..

## A Reading from First Corinthians

*1 Corinthians 1:18-31*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

The Word of the Lord.

**Thanks be to God.**

**Sequence**

*'Tis the gift to be simple*

**Hymn 554**

**Sing Twice**

*Please stand, in body or in spirit.*

## **Gospel Reading**

*Matthew 5:1-12*

The Holy Gospel of our Lord Jesus Christ according to Matthew.  
**Glory to you, Lord Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**The Sermon**

*Now & Then*

**The Rev. David G. Smith**

*Silence for reflection follows the Sermon.*

*The Liturgy then continues on page 9 in the Booklet.*

## **The Apostles' Creed**

*Please stand, in body or in spirit.*

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come again to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## **The Prayers of the People**

*Based on a prayer by Alcuin (and Hymn 466)*

Dear Friends, as we celebrate the revelation of God's love and Presence, let us offer our prayers and thanksgivings for the world to which God is eternally being revealed.

*Silence*

Holy One, we give you thanks for your light, which guides all people of faith. We remember especially \_\_\_\_\_ and all who have been baptized into your Church.

**Eternal light, shine in our hearts.**

We give thanks for the wonder of creation: the vast expanse of interstellar space and this fragile earth our island home. Help us to see your love for us in nature and the cosmos.

**Eternal hope, lift up our eyes.**

We remember before you all who are sick, troubled, lost, or in need:

*[Please add your own prayers at this time].*

Help us to become messengers and workers of your hope.

**Eternal power, be our support.**

We pray for justice and peace to become a reality in our world, and in the lives we lead. Equip us with your love, that we may respect the dignity of every human being.

**Eternal wisdom, make us wise.**

Remember, O God, all who have died in the hope of resurrection, and those whose faith is known to you alone: *[Please add your own prayers at this time].*  
Grant them eternal rest.

**Eternal life, raise us from death.**

We pray for our nation, and all the nations of the world. Give your Wisdom to those with authority and to all who take counsel, that we may all serve the common good.

**Eternal brightness, help us see.**

Inspire us, Holy One, to proclaim by word and example the Good News of God in Christ. Help us to seek and serve you in all persons, loving our neighbors as ourselves.

**Eternal Spirit, give us your breath.**

We give you thanks for all the blessings of this life:

*[Please add your own prayers at this time].*

Help us to see you, as well, in all the challenges we face.

**Eternal Savior, come to us.**

We pray to you also for the forgiveness of our sins.

*Silence*

**Have mercy upon us, most merciful God;  
in your compassion forgive us our sins, known and unknow,  
things done and left undone;  
and so uphold us by your Spirit  
that we may live and serve you in newness of life,  
to the honor and glory of your Name;  
through Jesus Christ our Lord. Amen.**

*The Celebrant stands and says*

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**

The peace of Christ be always with you.  
**And also with you.**

*The People greet one another in the Name of Christ.*

**Announcements**     *Please be seated.*

## Community Prayers

### *A Prayer for Birthdays*

Watch over your children O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes all understanding abide all the days of their lives; through Christ our Lord. **Amen.**

### *A Prayer for Anniversaries*

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and the Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord. **Amen.**

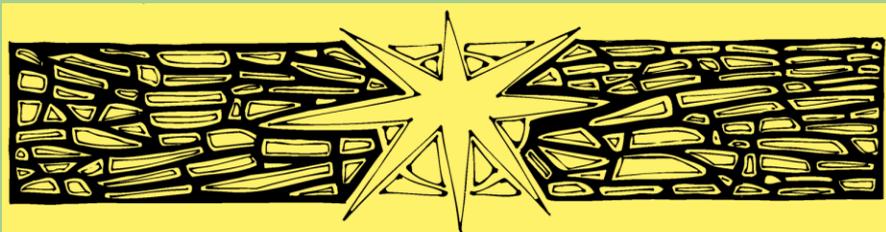
### *A Prayer for Travelers*

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel; surround them with your loving care; protect them from every danger; deliver them in safety to their destination; and bring them safely home again; through Jesus Christ our Lord. **Amen.**

Offertory

*What does the Lord require*

Hymn 605





At 10:15



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,



heaven and earth are full of your glo - ry. Ho -



san - na in the high - est. Ho - san - na in the high - est.



Blessed is he who comes in the name of the Lord. Ho -



san - na in the high - est. Ho - san - na in the high - est.

*Setting from A Community Mass, Richard Proulx (b. 1937).*

*The People may stand or kneel, in body or in spirit.*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you.

**In him, you have brought us out of error into truth,  
out of sin into righteousness, out of death into life.**

On the night before he died for us, our Lord 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 he 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.”**

Therefore, according to his command, O Father,

**We remember his death,**

**We proclaim his resurrection,**

**We await his coming in glory.**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant.

**Unite us to your Son in his sacrifice,**

**that we may be acceptable through him,**

**being sanctified by the Holy Spirit.**

In the fullness of time, bring all things into the care of your Christ, and bring us to that heavenly country where, with \_\_\_\_\_ and all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ our Lord, the first born of all creation, the head of the Church, and the author of our salvation.

**By him, and with him, and in him,**

**in the unity of the Holy Spirit**

**all honor and glory is yours, Almighty Father,**

**now and for ever. AMEN.**

## The Lord's Prayer

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.**

## The Breaking of the Bread

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

At 8:00 Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

At 10:15

Al - le - lu - ia, al - le - lu - ia, 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, al - le - lu - ia, al - le - lu - ia.

Music: From 'New Plainsong': David Hurd (b. 1950)  
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## The Communion

The Gifts of God for the People of God.

**All are welcome at God's table.**

## A Prayer for Spiritual Communion

*For those unable to be in Church, this prayer may be said as an act of faith, knowing that the spiritual benefits of Communion are available to us even when we cannot receive it physically.*

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come 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 *The Prayer Book for the Armed Services*

Hymn

*Blest are the pure in heart*

Hymn 656



## Prayer of Thanksgiving

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

**The Blessing** *The Celebrant may use one of the following or another Blessing:*

### **Epiphany Blessing**

May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord. **Amen.**

May God, who sent the Holy Spirit to rest upon the Beloved Son at his baptism in the Jordan River, pour out that Spirit on you who have come to the waters of new birth. **Amen.**

May God, by the power that turned water into wine at the wedding feast at Cana, transform your lives and make glad your hearts. **Amen.**

And the blessing of God, Creator of Light, Light from Light, and Great Illuminator, be upon you and remain with you for ever. **Amen.**

*or this*

May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God, the Creator of Light, the Light from Light, and the Great Illuminator, be among you, and remain with you always. **Amen.**

### **Other Blessings**

May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. **Amen.**

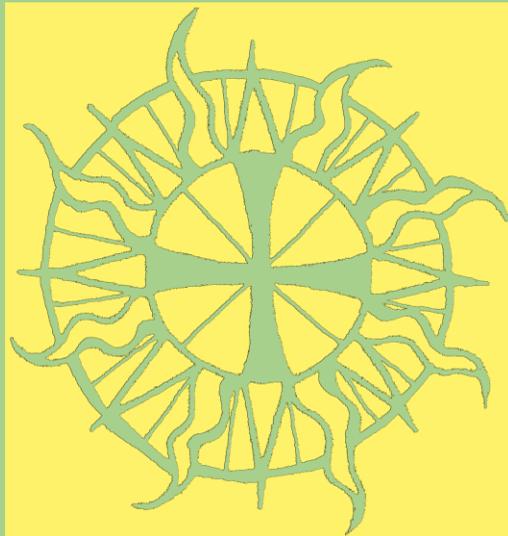
The Wisdom of God  
the Love of God  
and the Grace of God  
strengthen you  
to be Christ's hands and heart in this world,  
in the name of the Holy Trinity. **Amen.**

The blessing of God Almighty,  
the Father,  
the Son,  
and the Holy Spirit,  
be among you, and remain with you always. **Amen.**

Holy eternal Majesty,  
Holy incarnate Word,  
Holy abiding Spirit,  
Bless you for evermore. **Amen.**

God's blessing be with you,  
Christ's peace be with you,  
the Spirit's outpouring be with you,  
now and always. **Amen.**

Live without fear:  
your Creator has made you holy, has always protected you,  
and loves you as a mother.  
Go in peace to follow the good road  
and may God's blessing be with you always. **Amen.**



## The Dismissal

*The minister appointed uses one of the following or another dismissal*

Let us go forth becoming Christ in the world.

**Thanks be to God.**

Go in peace to love and serve the Lord.

**Thanks be to God.**

Let us go forth in the name of Christ.

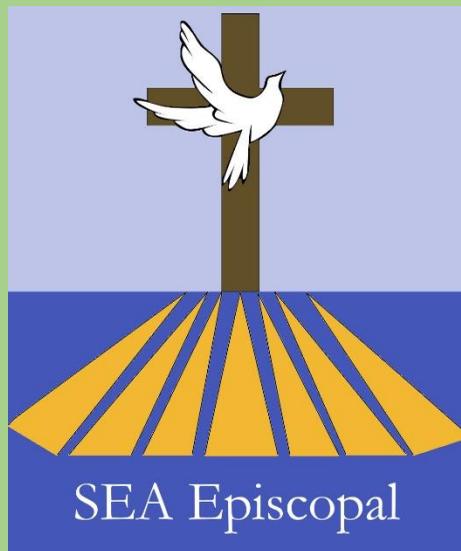
**Thanks be to God.**

Let us go forth into the world, rejoicing in the power of the Spirit.

**Thanks be to God.**

Let us bless the Lord.

**Thanks be to God.**

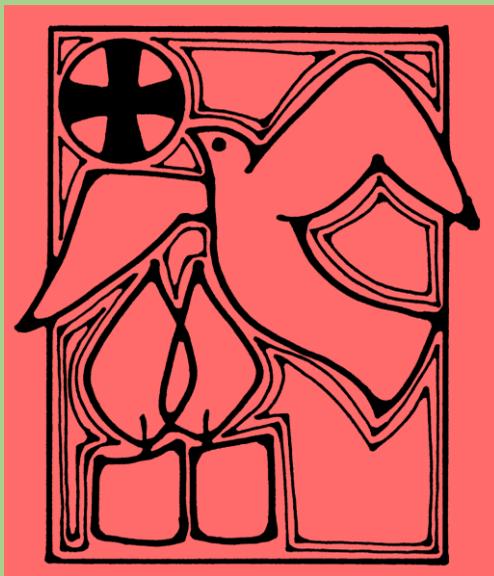


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# SEA EPISCOPAL CHURCH ANNOUNCEMENTS

JANUARY 29, 2023

THE FOURTH SUNDAY AFTER THE EPIPHANY



## SERVING TODAY AT 10:15 A.M.

*Music Director & Musician*

Margaret Burke

*Eucharistic Minister*

Bill Scism

*Lectors*

Suzanne Doerr / Andy Daniel

*Intercessor*

Bill Scism

*Usher*

Ellen Jones

*Online Chaplain*

Diane FitzGibbon

*Altar Guild*

Many thanks to our Altar Guild

*Celebrant & Preacher*

Rev. David G. Smith

## WHAT'S HAPPENING?

**Our Annual Meeting will be on February 5<sup>th</sup>.** Please plan to be with us for our Annual Meeting during the 10:15 Eucharist. We look forward to having everyone there!

**Our Next Sandwich Sunday is on February 5<sup>th</sup>.** Join us after Church in the Narthex and help us make lunches for our neighbors at Safe Harbor Shelter the first Sunday of every month.

**Welcome Lunar New Year:** SEA Episcopal Church wishes you “Kung Hei Fat Choy” – a wish of prosperity and good fortune to everyone in the Lunar New, the Year of the Rabbit!!

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### READINGS FOR NEXT WEEK

#### THE 5<sup>TH</sup> SUNDAY AFTER THE EPIPHANY

Isaiah 58:1-12

Psalm 112:1-9

1 Corinthians 2:1-12

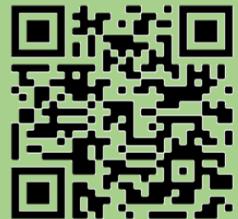
Matthew 5:13-20



### DONATING TO SEA CHURCH

Using your Smartphone scan this QR Code to make a digital offering to SEA Episcopal Church. Your donation will be processed through SEA Episcopal Church's Tithe.ly account, [https://tithe.ly/give\\_new/www/#/tithe.ly/give-one-time/1380430](https://tithe.ly/give_new/www/#/tithe.ly/give-one-time/1380430), connecting you directly to Online Giving and presenting you with options for pledging as well as one-time general donations. You will have the option of covering the small service fee. *Thank you for your gift.*

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## LOOKING AHEAD...



**Feb 05 – Annual Meeting and Sandwich Sunday**

**Feb 12 – SEA Church Founding Sunday**

**Feb 22 -- Ash Wednesday: Lent Begins**

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## OUR PRAYER LIST

*We refresh our Prayer List every 30 days or so. If your petition has come off and you'd like us to put it back in, please let us know. Thank you.*

### **In our Diocesan Cycle of Prayer we pray for:**

St. Timothy's Church in Danville.

### **In our SEA Church Cycle we pray for:**

Our Lectors, Ushers, Intercessors and Eucharistic Ministers in their ministry of worship leadership.

### **For Healing & Wellness:**

Dennis Murphy, husband of our St. Andrew's Preschool teacher Ms. MaryJo; Jeanne McLaughlin; The Rev. Cn. Debbie Low-Skinner; Nancy Rauch; Melissa Wheeler; Hawk, Teresa, and the Scism Family; Karen Queally; Kusum Lata & Prem Chand; Margie's cousin, Paula, and her brother, Buzz; Diane's cousin, Paul; Jack Rauch; Marc Santoro; Lauren Eason, Jim & Barbara Eason, Lauren's parents; Becky's friend, Jim; Arletta Abernathy; Melissa's mother, Kimberly; Bob & Alison Wilson; Dorothy McAfee; Karen Queally's friend, Karen; Alison & Arturo's friend, Crissy; Anne Becker; and all who live with mental illness and those who care for them.

### **For those who are in danger:**

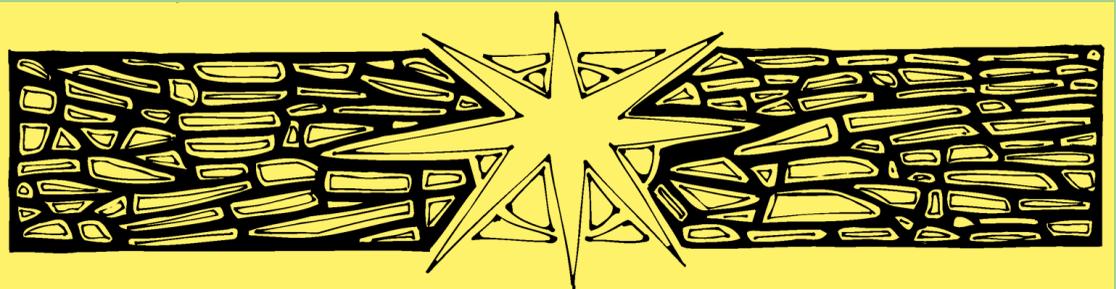
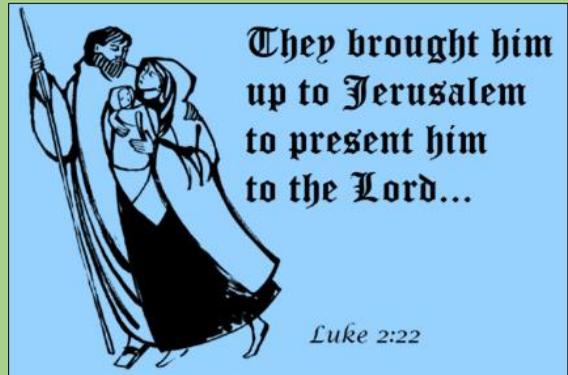
For everyone with Covid-19; for the people of Ukraine, Syria, and any place with the violence of war; for all Refugees and Immigrants; for those deployed and facing military deployment.

### **For those who have died:**

All those who died in the recent mass shootings in our nation, including our neighboring community of Half Moon Bay.

**The Collect for the Feast of the  
Presentation of Our Lord in the Temple  
February 2<sup>nd</sup> - See Luke 2:22-40**

Almighty and everliving God, we humbly pray that, as your only-begotten Son was this day presented in the temple, so we may be presented to you with pure and clean hearts by Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



**SEA Church South Campus Office is open  
Monday - Thursday 1:00 pm to 4:00 pm.**

Please feel free to stop in to pray in the sanctuary. You may also pick up a Sunday bulletin or *Forward Day by Day* during those hours.

**For Pastoral Emergencies:**

- During office hours, call: (650) 583-6678.
- During non-office hours, call (315) 521-8850

**SEA EPISCOPAL CHURCH**  
*One Congregation in two locations*

**The Rev. David Grant Smith, Vicar**

**North Campus**

280 Country Club Drive,  
So. San Francisco, CA 94080

**South Campus**

1600 Santa Lucia Avenue,  
San Bruno, CA 94066

[seaepiscopal@gmail.com](mailto:seaepiscopal@gmail.com)

(650) 583-6678

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*God driven.      Community focused.*  
*Come grow with us.      All are welcome.*