



Morning Prayer and Holy Eucharist at the Church of St. Paul, Cambria

•5th Sunday after the Epiphany • February 5, 2023 •

Opening Hymn 690

Blessed be God, Father, Son and Holy Spirit.
And blessed be his kingdom, now and forever.
Amen.

We are salt and light. We are called to give flavor to our world and lighten dark places. Give us the ability to be spicy and not bland, bright and not drab. And, for all the time we have failed, let us confess our sins against you, our God, and our neighbors. **Amen.**

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.

Lord, open our lips

And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

The Earth is the Lord's for he made it.

Come let us adore him.

Jubilate: Psalm 100

1 Be joyful in the LORD, all you lands; serve the LORD with gladness and come before his presence with a song.

2 Know this: The LORD himself is God; he himself has made us, and we are his; we are his people and the sheep of his pasture.

3 Enter his gates with thanksgiving: go into his courts with praise; give thanks to him and call upon his Name.

4 For the LORD is good; his mercy is everlasting; and his faithfulness endures from age to age.

Psalm 112:1-9, [10]

1 Hallelujah! Happy are they who fear the Lord *

and have great delight in his commandments!
2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
3 Wealth and riches will be in their house, *
and their righteousness will last for ever.
4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
5 It is good for them to be generous in lending *
and to manage their affairs with justice.
6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.

7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.

8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.

9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.

[10 The wicked will see it and be angry;
they will gnash their teeth and pine away; *
the desires of the wicked will perish.]

First Lesson Isaiah 58:1-9a, [9b-12]

Shout out, do not hold back! Lift up your voice like a trumpet!

Announce to my people their rebellion, to the house of Jacob their sins.

Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God.

"Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?"

Look, you serve your own interest on your fast day, and oppress all your workers.

Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high.

Is such the fast that I choose, a day to humble oneself?

Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord?

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard.

Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

[If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.

Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.]

Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle 13: A Song of Praise

Glory to you, Lord God of our fathers: * you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name; * we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; * on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim; * we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; * in the high vault of heaven, glory to you.

Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is now, and will be for ever. **Amen.**

Second Lesson 1 Corinthians 2:1-12, [13-16]

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers

of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

"What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

"For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.]

Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle G: A Song of Ezekiel Ezekiel 36:24-28

I will take you from among all nations; * and gather you from all lands to bring you home.

I will sprinkle clean water upon you; * and purify you from false gods and uncleanness.

A new heart I will give you * and a new spirit put within you.

I will take the stone heart from your chest * and give you a heart of flesh.

I will help you walk in my laws * and cherish my commandments and do them.

You shall be my people, * and I will be your God.

A reading from the **Gospel** according to

Matthew 5:13-20

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand,

and it gives light to all in the house. 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.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Here ends the Gospel reading

Here follows 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: 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 Lord be with you.

And also with you.

Let us pray.

Collects: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Sermon
Sermon Music

Canon Mark Hall

The Prayers of the People

Let us pray for all people, for all nations, and for the church, offering silent prayer as we are bidden.

I ask your prayers for God's church, for [N. and] all who serve it, for this assembly, and for all God's people everywhere. **Pray for the church.**

I ask your prayers for the good earth, that all people may respect its resources, preserve its future, and enjoy its fruits in their season. **Pray for the soil and the sea.**

I ask your prayers for the leaders of the nations, that they may act deliberately and dispassionately, and for the good of all. **Pray for those who govern.**

I ask your prayers for peace, that the peoples of the world may live in safety and without fear. **Pray for peace.**

I ask your prayers for the wealthy, the free, and the healthy, that they may use their possessions to aid those in need. **Pray for compassion among people.**

I ask your prayers for the sick, the sorrowing, and those who are alone. **Pray for those in any need or trouble.**

We offer Prayers for Ann, Susie, Jennifer and Ramsay.

[Here other intercessions may be offered.]

I ask your prayers for the faithful departed, that God give them eternal rest. Pray for those who have died.

God of all the living, hear the prayers of your faithful people, and grant our requests. Strengthen us for the tasks you give us, and bring us at last to praise you forever with your saints, through Christ our Lord.

Offertory: Walk in love as Christ loved us and offered himself for us, an offering and sacrifice to God. (*Ephesians 5:2*)

Offertory Hymn 416 v 1-3

Prayer over the gifts

Loving God, before the world began you called us. Make holy all we offer you this day, and strengthen us in that calling. We ask this in the name of Jesus Christ the Lord. **Amen.**

The Great Thanksgiving - EP B

The Lord be with you. **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 God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, 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:

Holy, holy, holy Lord, God of power and might
(Repeat) **Heaven and earth are full, full of your glory.**
Hosanna in the highest *(Repeat)* **Blest is he who comes in the name of the Lord. Hosanna in the highest** *(Repeat)*.

(The People stand or kneel.)

We give thanks to you, O God, for the goodness and love which you have made known to us in creation;

On the night before he died for us, our Lord Jesus Christ took bread;

We remember his death, We proclaim his resurrection, We await his coming in glory;

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all;

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.**

And now as our Savior taught us, we are bold to pray *(sung)*:

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

The Breaking of the Bread

Alleluia. Christ our Passover is sacrificed for us;

Therefore let us keep the feast. Alleluia.

Behold the lamb of God, who takes away the sins of the world. Blessed are those who are called to the banquet of the Lamb.

Communion of the People

After Communion, the Celebrant says

God of glory, you lighten our hearts with this Holy Eucharist. Fill us with your Holy Spirit, that through us your light may shine in all the world. Let us pray.

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

Knowing that all of our community cannot share the Eucharist in person, we affirm that the true mystical communion of Christ and His Church is a bond of spirit and heart, grounded in faith. Therefore, we commit ourselves to this deep bond of the Spirit in union with Christ our Lord. **Amen.**

Blessing:

May Christ the Son be manifest in you, that your life may be a light to the world, and the blessing of God almighty, Father, Son and Holy Spirit be with you and remain with you for ever. **Amen.**

The Peace

The peace of the Lord be always with you. **And also with you.**

Greet one another in the Lord's name.

Announcements

Thanksgiving Prayer: We give you thanks, O God, for your many blessings: for our days of celebration, for the love that surrounds us, for your healing presence in our lives. Keep us in your care, we pray, and help us to live as truly thankful people. Amen.

Closing Hymn 460

Dismissal:

Let us go forth into the world, rejoicing in the presence of the Son incarnate.

Thanks be to God.