



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

•6<sup>th</sup> Sunday after the Epiphany • February 12, 2023 •

### Opening Hymn 448

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

Holy God, you call us to a life of holiness, and an obedience to a high standard of relationships. Help us daily to choose the right path and the right actions. For all the times we chose incorrectly, let us confess our shortcomings and ask your forgiveness:

**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 Lord has shown forth his glory:  
**Come let us adore him.**

### Psalm 63:1-8 *Deus, Deus meus*

O God, you are my God; eagerly I seek you;  
my soul thirsts for you, my flesh faints for  
you, as in a barren and dry land where  
there is no water.

Therefore I have gazed upon you in your  
holy place, that I might behold your  
power and your glory.

For your loving-kindness is better than life  
itself; my lips shall give you praise.

So will I bless you as long as I live and lift up  
my hands in your Name.

My soul is content, as with marrow and  
fatness, and my mouth praises you with  
joyful lips, When I remember you upon  
my bed, and meditate on you in the night

watches.

For you have been my helper, and under  
the shadow of your wings I will rejoice.  
My soul clings to you; your right hand holds  
me fast.

### Psalm 119:1-8

1 Happy are they whose way is blameless, \*  
who walk in the law of the Lord!

2 Happy are they who observe his decrees \*  
and seek him with all their hearts!

3 Who never do any wrong, \*  
but always walk in his ways.

4 You laid down your commandments, \*  
that we should fully keep them.

5 Oh, that my ways were made so direct \*  
that I might keep your statutes!

6 Then I should not be put to shame, \*  
when I regard all your commandments.

7 I will thank you with an unfeigned heart, \*  
when I have learned your righteous judgments.

8 I will keep your statutes; \*  
do not utterly forsake me.

### First Lesson Sirach 15:15-20

If you choose, you can keep the commandments,  
and to act faithfully is a matter of your own choice.

He has placed before you fire and water;  
stretch out your hand for whichever you choose.

Before each person are life and death,  
and whichever one chooses will be given.

For great is the wisdom of the Lord;  
he is mighty in power and sees everything;

his eyes are on those who fear him,  
and he knows every human action.

He has not commanded anyone to be wicked,  
and he has not given anyone permission to sin.

Hear what the Spirit is saying to the Church  
**Thanks be to God.**

### Canticle A: A Song of Wisdom 10:15-19, 20b-21

Wisdom freed from a nation of oppressors \* a holy  
people and a blameless race.

She entered the soul of a servant of the Lord, \*  
withstood dread rulers with wonders and signs.

To the saints she gave the reward of their labors, \*  
and led them by a marvelous way;

She was their shelter by day \* and a blaze of stars  
by night.

She brought them across the Red Sea, \* she led them through mighty waters;  
But their enemies she swallowed in the waves \* and spewed them out from the depths of the abyss.  
And then, Lord, the righteous sang hymns to your Name, \* and praised with one voice your protecting hand;  
For Wisdom opened the mouths of the mute, \* and gave speech to the tongues of a new-born people.

### **Second Lesson 1 Corinthians 3:1-9**

Brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely human?

What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building.

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 5:21-37**

Jesus said, "You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to you that if you are angry with a brother or

sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

"It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

"Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one."

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:** O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

O God, who wonderfully created, and yet more wonderfully restored, the dignity of human nature: Grant that we may share the divine life of him who humbled himself to share our humanity, your Son Jesus Christ; who lives and reigns with you, in the unity of 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 that the light of Christ may shine upon the Church, the world, and all people according to their need.

Dear Father, you set a high bar before us! You want us to look, act, and be like Jesus. Thank you for promising us that, in our Baptism, we are joined to him. By your Spirit, grant that all that Jesus has done *for* us is made manifest *in* us, to your glory and for the benefit of your people.

Lord, in your mercy, **hear our prayer.**

Build the Church into a holy temple, filled with your Spirit, with Christ as the cornerstone. Give it faithful pastors, bishops, theologians, teachers, and other leaders. Help them plant and water the seed of faith, to which you alone give growth.

Lord, in your mercy, **hear our prayer.**

Cause quarrels, angry words, and hurt feelings to cease. Unite us in a common purpose: planting and tending the seed of faith in one another, in our children and grandchildren, and in our friends, neighbors, and community.

Lord, in your mercy, **hear our prayer.**

Help us take them to heart that which Jesus taught. Bring your forgiveness and healing to those wounded by hurtful words and deeds. Give each of us wisdom and grace to comfort, challenge, and encourage each other.

Lord, in your mercy, **hear our prayer.**

We pray for our sisters and brothers in the faith who suffer persecution and death on account of Jesus.

Lord, in your mercy, **hear our prayer.**

Set before the rulers of nations the path of life and of death; and give them the desire and the strength to choose life for themselves and for the people in their care.

Lord, in your mercy, **hear our prayer.**

We lift before you the needs of everyone who is afflicted by suffering, sin, or sorrow, especially: We offer Prayers for Ann, Susie, Jennifer and Ramsay. Deliver them from evil; grant them refreshment, hope and healing; and restore them to fellowship with all who love them.

Lord, in your mercy, **hear our prayer.**

Dear Father, keep in your tender care all who have died trusting in your promises, especially those whose loss we grieve most deeply.

Lord, in your mercy, **hear our prayer.**

All these things, and whatever else you see that we need, grant to us, dear Father, for the sake of your Son, our Savior Jesus Christ. **Amen.**

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

### **Offertory Hymn 711**

### **Prayer over the gifts**

Living God, you have revealed your Son as the Messiah. May we hear his word and follow it, and live as children of light. 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**

We break this bread to share in the body of Christ.

**We who are many are one body, for we all share in the one bread.**

Jesus, Lamb of God, **have mercy on us.**

Jesus, bearer of our sins, **have mercy on us.**

Jesus, redeemer of the world, **give us your peace.**

*Then the celebrant and people pray together.*

*Facing the people, the Celebrant says the following*

*Invitation or other suitable words.*

The holy gifts of God for the holy people of God: Draw near with awe and faith, with praise and thanksgiving.

## **Communion of the People**

*After Communion, the Celebrant says*

God of mercy and patience, each Sunday you feed us with your body and blood, may this nourish to bravely follow you. 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.**