

The Church of St. Paul, Cambria

Morning Prayer and Holy Eucharist

• Fifth Epiphany • February 4, 2024 •

Hymn 597

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

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.**

Penitential Rite

To this house, O God, the Teacher comes to preach and to heal. Life's emptiness is filled, its misery transformed. Lift us up from self-concern and set us free for service to others. And now as we prepare to hear your word, let us confess our sins against God and our neighbor.

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 for ever. Amen.

From the rising of the sun to its setting my Name shall be great among the nations, and in every place incense shall be offered to my Name, and a pure offering; for my Name shall be great among the nations, says the Lord of hosts. (*Malachi 1:11*)

Venite: Psalm 95:1-7

Come, let us sing to the Lord; * let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving * and raise a loud shout to him with psalms.

For the Lord is a great God, * and a great King above all gods.

In his hand are the caverns of the earth, * and the heights of the hills are his also.

The sea is his, for he made it, * and his hands have molded the dry land.

Come, let us bow down, and bend the knee, * and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand. *

Oh, that today you would hearken to his voice!

Psalm 147:1-12

1 Hallelujah! How good it is to sing praises to our God! * how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem; * he gathers the exiles of Israel.

3 He heals the brokenhearted * and binds up their wounds.

4 He counts the number of the stars * and calls them all by their names.

5 Great is our LORD and mighty in power; * there is no limit to his wisdom.

6 The LORD lifts up the lowly, * but casts the wicked to the ground.

7 Sing to the LORD with thanksgiving; * make music to our God upon the harp.

8 He covers the heavens with clouds * and prepares rain for the earth;

9 He makes grass to grow upon the mountains * and green plants to serve mankind.

10 He provides food for flocks and herds * and for the young ravens when they cry.

11 He is not impressed by the might of a horse; * he has no pleasure in the strength of a man;

12 But the LORD has pleasure in those who fear him, * in those who await his gracious favor.

Hallelujah!

The Celebrant says to the people

The Lord be with you.

And also with you.

Let us pray.

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 and the Holy Spirit, one God, for ever and ever.

Amen.

First Lesson Book of Isaiah (40:21-31)

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you

not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

This is the word of the Lord.

Thanks be to God.

Canticle H: **A Song of Hosea** *Hosea 6:1-3*

Come, let us return to our God, * who has torn us and will heal us.

God has struck us and will bind up our wounds, * after two days revive us,

On the third day restore us, * that in God's presence we may live.

Let us humble ourselves, let us strive to know the Lord, * whose justice dawns like morning light, its dawning as sure as the sunrise.

God's justice will come to us like a shower, * like spring rains that water the earth.

The **second lesson** is from the First Letter to the Corinthians (9:16-23)

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one

under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

This is the Word of the Lord.

Thanks be to God.

Canticle K: **A Song of Our Adoption** *Ephesians 1:3-10*

Blessed are you, the God and Father of our Lord Jesus Christ, * for you have blessed us in Christ with every spiritual blessing in the heavenly places.

Before the world was made, you chose us to be yours in Christ, * that we should be holy and blameless before you.

You destined us for adoption as your children through Jesus Christ, * according to the good pleasure of your will,

To the praise of your glorious grace, * that you have freely given us in the Beloved.

In you, we have redemption through the blood of Christ, * the forgiveness of our sins,

According to the riches of your grace * which you have lavished upon us.

You have made known to us, in all wisdom and insight, * the mystery of your will,

According to your good pleasure which you set forth in Christ, * as a plan for the fullness of time,

To gather together all things in Christ, * things in heaven and things on earth.

The Holy **Gospel** of our Lord according to St. Mark (1:29-39)

Glory to you, Lord Christ.

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you."

He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Gospel of the Lord.

Praise to you, Lord Christ.

The Sermon

Solo- Marylyn Villeneuve

Let us affirm our faith:

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit.
Amen.**

The Prayers of the People

Jesus went through Galilee preaching and healing and showing compassion to those in need. As God comes no less today to those for whom we pray, let us offer our prayers to God, saying: Lord, in your mercy, hear our prayer.

Creator of all, look with favor upon the peoples of the world. In your mercy, give to all people the necessities of a dignified life. (Silence) Lord, in your mercy, **hear our prayer.**

Ruler of creation, instill wisdom and understanding among the leaders of nations. Guide them into ways of justice and peace. (Silence) Lord, in your mercy, **hear our prayer.**

Lord of the church, gather us all into one holy communion. Give us the courage to look to you alone as the source of our unity. (Silence) Lord, in your mercy, **hear our prayer.**

Great Physician, bring healing to all who suffer in body, mind, or spirit. We pray for those we know and love, and for those known only to you; Inspire us to care for your gifts of healthy bodies and minds. (Silence) Lord, in your mercy, **hear our prayer.**

Spirit of the living Christ, fill us with expectation and eager longing for the coming of that day when do one will suffer, but when all will be gathered together in heavenly joy and eternal prosperity. (Silence) Lord, in your mercy, **hear our prayer.**

(Here other intercessions may be offered.)

Lord of Hosts, keep safe all who bear arms that peace may prevail. Guide them and those who lead them onto paths that lead to justice and truth. (Silence) Lord, in your mercy, **hear our prayer.**

All this we ask, O God, in the name of Christ, who died and rose for us, and whose coming in glory we await. Accept our prayers and praises, through Christ our Lord. **Amen.**

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

Offertory Hymn 789 WLP (Less well known - play through twice)

Prayer over the gifts: God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Savior. **Amen.**

The Great Thanksgiving A

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 him 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,
heaven and earth are full of your glory.**

Hosanna in the highest.

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

Hosanna in the highest.

The people stand or kneel, as they are able.

Holy and gracious Father: . . .

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, . . .

All this we ask through your Son Jesus Christ. 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 Christ has taught us, we are bold to say

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

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

Communion of the People

After Communion, the Celebrant says

Eternal God, in you we find peace beyond all telling. May we who share in this heavenly banquet be instruments of your peace on earth. Let us pray.

Almighty and ever-living 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.

God, who from the death of sin raised you to new life in Christ, keep you from falling and set you in the presence of his glory; 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.**

Announcements

Anniversary/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 800 WLP

Eager to follow Christ and to proclaim the nearness of God's kingdom, go in peace to love and serve the Lord. **Thanks be to God.**