

St. Paul's EPISCOPAL CHURCH

FIFTH SUNDAY
AFTER THE EPIPHANY

The Rev. Alice Graham Grant, Celebrant
The Rev. George Adamik, Homilist

HOLY EUCHARIST
9:00 A.M. SERVICE
FEBRUARY 4, 2024

Prelude

Carol Yeargin, Organist

Processional

Songs of Thankfulness and Praise

Hymn 135

Liturgy of the Word

Opening Acclamation

The Celebrant says

Blessed be the one, holy, and living God.

People

Glory to God for ever and ever.

The Celebrant says

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.

The following is sung.

Gloria

Glory to God

Hymnal S 278

(Organ)

1. Glo - ry to God in the high - est, — and
 peace to his peo - ple on earth.. — 2. 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. 3. Lord Je - sus Christ, on - ly Son of the Fa - ther, — Lord God,
 Lamb of God, 4. 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.
 (Organ)

6. For you a - lone are the Ho - ly One,

you a-lone are the Lord, you a-lone are the Most High, Je - sus

(Organ)

Christ, with the Ho - ly Spi - rit, in the glo - ry of

God the Fa - ther. A - men.

Collect of the Day

Celebrant The Lord be with you.
 People *And also with you.*
 Celebrant 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, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Children's Processional

All Things Bright and Beautiful
 Verse 3

Hymn 405

Children's Chapel is for children 3 years old through 5th grade.

First Reading

Isaiah 40:21-31

A Reading from Isaiah.

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.

Reader The Word of the Lord.

People *Thanks be to God.*

The Psalm

Psalm 147:1-12, 21

- 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.
- 21 Hallelujah!

Second Reading

1 Corinthians 9:16-23

A Reading from First Corinthians.

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.

Reader The Word of the Lord.

People *Thanks be to God.*

Gradual

Father, We Praise Thee, Now the Night is Over

Hymn 1

Gospel

Mark 1:29-39

The Holy Gospel of our Lord Jesus Christ according to Mark.

People *Glory to you, Lord Christ.*

After Jesus and his disciples 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.

The Gospel of the Lord.

People *Praise to you, Lord Christ.*

Homily

The Rev. George Adamik

Nicene Creed

All who are able, stand.

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.

Prayers of the People

People's Response: *Lord, hear our prayer.*

Confession of Sin

BCP 360

The Deacon or Celebrant says

Let us confess our sins against God and our neighbor.

All who are able, kneel. Minister and People

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.

The Priest stands and says

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.*

Peace

BCP 360

Celebrant The peace of the Lord be always with you.

People *And also with you.*

Announcements

If you would like to donate online, follow the QR code found on the giving card in the back of the pews.

At the end of the announcements, you are also welcome to come forward to make a special donation to Heifer International, a non-profit organization whose mission is to end hunger and poverty, to mark an anniversary, blessing, or other event.

Liturgy of the Eucharist

Offertory

Truly the Light is Sweet
St. Paul's Choir

Carson E. Cooman

Offertory Response

All things come of Thee, O Lord, and of Thine own have we given Thee.

Eucharistic Prayer 2

Enriching Our Worship 1

The People remain standing.

Celebrant The Lord be with you.

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

People *It is right to give God thanks and praise.*

The Celebrant proceeds.

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

Celebrant and People

Sanctus

Holy, Holy, Holy Lord

Hymnal S 128

The musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of four staves. The first staff is for the organ, with the instruction '(organ)' above it. The lyrics are: 'Ho - ly, ho - ly, ho - ly Lord, God of power and might, _____ heaven and earth are full of your glo - ry. Ho-san-na in the high-est. _____ Bless - ed is he who comes in the name of the Lord. _____ Ho-san-na in the high-est. _____'. The organ accompaniment features chords and melodic lines that support the vocal parts.

The Celebrant continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

The Celebrant then continues

And now, as our Savior Christ has taught us, we are bold to say,

Lord's Prayer

BCP 364

People and Celebrant

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.

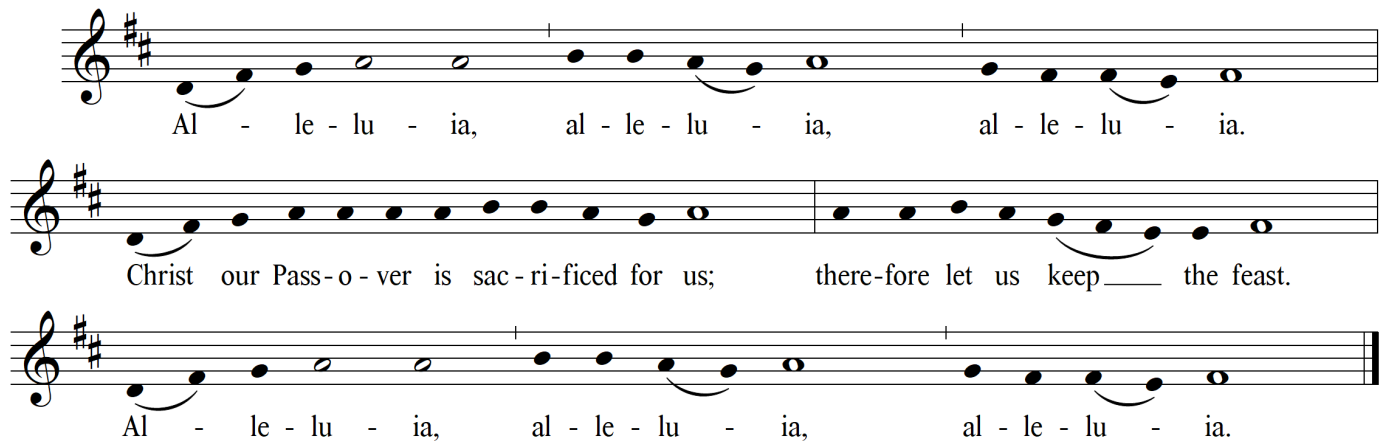
Breaking of the Bread

A period of silence is kept.

Fraction Anthem

Christ Our Passover

Hymnal S 154



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.

Holy Communion*The Celebrant says*

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All are welcome to come forward for communion, including children. Please follow the ushers' guidance as you come to the rail.

If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you.

If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps at the end of the rail. A communion server will be there with the common cup.

If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.

A priest is also available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.

The Communion Music

Surely It is God Who Saves Me
 Father, We Thank Thee Who Hast Planted

Hymn 678

Hymn 302

If you are at home or otherwise unable to take communion, you may say the following prayer.

Spiritual Communion Prayer

In union, O Lord, with your faithful people at every altar of your Church, 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 into 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.

Final Prayer*Celebrant and People*

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food as we hear your Word proclaimed and gather at your holy Table. 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.

Blessing**Recessional**

O Bless the Lord My Soul

Hymn 411

Dismissal

Deacon Let us go forth in the name of Christ. Alleluia, Alleluia.
 People Thanks be to God. Alleluia, Alleluia.

Postlude

The Altar flowers are given to the glory of God.

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MISSION STATEMENT
Worship. Serve. Grow.

Church Phone: 919-467-1477 Fax: 919-467-0152
Web Site: www.stpaulscary.org

The Rev. George Adamik, Rector
The Rev. Javier E. Almendárez-Bautista, Associate Rector
The Rev. Alice Graham Grant, Associate Rector
The Rev. Antoinette Wike, Priest Associate
The Rev. Candy Snively, Deacon
Russell McKinney, Minister of Music
Carol Yeargin, Organist

x 13 | George.Adamik@stpaulscary.org
x 12 | Javier@stpaulscary.org
x 39 | Alice@stpaulscary.org
Tony.Wike@stpaulscary.org
Candy.Snively@stpaulscary.org
x 15 | Rusty.McKinney@stpaulscary.org
Carol.Yeargin@stpaulscary.org

FEBRUARY 4, 2024

New to St. Paul's? Welcome! Please let us know you are here by filling out a visitor card in the pew. Stop by our Welcome Station in the narthex (lobby) to chat with Greeters and find materials that might help if you are new to St. Paul's or the Episcopal Church. Contact Mary Kintz, our Community Connector, at mary.kintz@stpaulscary.org to learn more.

Children's Chapel: Children ages 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service and return to their families during announcements.

Coffee Hour (Parish Hall): Hosted this week by the Appalachia Service Project (ASP) Support Team. Join us after the 9 a.m. service for coffee and conversation.

Adult Formation (Chapel, 10:15-11 a.m.): Our series *The Gospel According to Mark* continues today with "Into Jerusalem (Chapters 11-13)" presented by Fr. Javier.

Children's Communion Class (Education Building): Class meets today from 10:15-11 a.m. in Room 133.

Children's Sunday School (Education Building): Classes are meeting from 10:15-11 a.m.

Youth Sunday School (Youth Wing): Classes are meeting from 10:15-11 a.m.

Episcopal Youth Community (EYC): Meets this evening for fun and fellowship, 5-7 p.m. in the Youth Wing.

PARISH ANNOUNCEMENTS

Ash Wednesday Services - February 14

7 a.m.	Imposition of Ashes
Noon	Holy Eucharist with Imposition of Ashes
5:30 p.m.	Imposition of Ashes, Family service

Newcomer Tour: Those new or newly returned to St. Paul's who wish to know more can join a tour of our campus the third Sunday of the month at 10:15 a.m. No sign up is necessary; meet at the welcome area in the narthex (lobby).

Blood Drive at St. Paul's: Give the ultimate gift of love as a valentine and donate blood! St. Paul's is sponsoring a blood drive on Saturday, February 10, 2024 from 9 a.m.-1 p.m. in our parking lot. Find the link to sign up on our website— it's very easy to find a time that works for your schedule. Don't wait; sign up now and help save a life.

Pancake Supper: Join us on Tuesday, February 13 from 5-7 p.m. for our annual Shrove Tuesday Pancake Supper prepared by the Men's Group. All you can eat pancakes and sausage, \$8 for adults/youth over 14, \$3 for ages 5-14, free for children under age 5. Children's Ministries will have Mardi Gras craft activities for children as well. Come for the fun!

Acolyte Training: New and existing acolytes, including adults, youth, and children (4th grade and older): please join us on Sunday, February 25th, 10:15-11 a.m. in the Sanctuary for acolyte training. Spread the word! Contact Ramsey McIntire at dingervb@gmail.com for more information.

Appalachia Service Project (ASP) Registration: Registration is open now for our summer service trip to Appalachia, making homes warmer, safer and drier while forming supportive communities. This year's trip is June 23-29, 2024 and is open to adult chaperones as well as rising freshmen through graduating seniors. Registration links are available online; sign up by February 28 to secure your spot. Contact Kevin Swann at swann.kev@gmail.com for more information.

Women's Beach Week: Spend a few days or all week with other women from St. Paul's relaxing, playing and laughing at Emerald Isle, NC, April 28-May 5. Registration info and details can be found on the website under Adult Ministries, on our printed information in the narthex, or by contacting us at wbw@stpaulscary.org. Estimated cost is \$75 per night (includes some meals); final cost depends on number of participants. Deadline to reserve your spot is March 24; newcomers are welcome!

Prayer List: Dave, Walt, Bob, Peggy, Ann, Vickie, Ann, Lynn, Laura, Margaret, Mary Jo, Bob, Thomas, Mary, Virginia, Des, Mary, Christine, Kathy, Russell, Doug, Guy, Katie, Michael, Cathy, Alan, Jessica, Nancy, Sherry, John, Mary, Alison, Lynette, Susan, Michael, Randall, Joyce, Clarence, Susan, Mary Marsh, Steve, Mila, Florence.

If you have a name you would like to include on the prayer list, or a ministry event that you would like to announce in this printed bulletin, please send information to announcements@stpaulscary.org. Please note that there is a 2-week lead time on printed announcements.



St. Paul's Website