

SAINT PAUL'S EPISCOPAL CHURCH

*We believe that God is healing and restoring the world,
and that we are recipients of and participants in that healing and restoration.*



SUNDAY, FEBRUARY 4, 2024
THE FIFTH SUNDAY AFTER THE EPIPHANY
415 SOUTH 18TH ST., MOUNT VERNON WA 98274-4658

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The Holy Eucharist - Rite II

WELCOMED to St. Paul's! We are grateful for your prayers and presence on this day in the life of the parish community. We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. Everyone is welcome to receive Holy Communion at the Lord's table. The majority of the liturgy is printed in the bulletin; however, you will find the hymns in the Blue 1982 Hymnals in the back of the pews. Hymns that start with "S" are found at the beginning of the hymnal.

Our worship service takes place here and online; it is also being recorded for later viewing. Feel free to greet one another as is your custom as you gather. When we are ready to start, our Angels Aloft will sound an opening bell. This signals those gathered that our service is now being recorded. Please maintain quiet and turn your attention to our opening activities at this time.

Opening Bell

Welcome

Celebrant

Announcements

Member of Vestry

Prelude

Land Acknowledgement

Celebrant

We acknowledge that we are on the traditional lands of the Coast Salish peoples who have reserve treaty rights to this land, especially the Skagit Tribe who has stewarded this land throughout the generations.

We thank these caretakers of this land, who have lived, and continue to live, here since time immemorial.

Mission Statement

¹ *Presider and People:*

We believe that God is healing and restoring the world, and that we are recipients of and participants in that healing and restoration.

Please stand as able.

Opening

Immortal, Invisible God Only Wise

Hymn 423

Presider: Blessed be God, Creator, Redeemer, and Sanctifier.

People: And blessed be God's kingdom, now and for ever. Amen.

The Collect for Purity

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.

Gloria

Hymn S280

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.

The Collect

Presider: God be with you.

People: **And also with you.**

Presider: 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.

The Liturgy of the Word

Please be seated.

A reading from 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.

Lector: Hear what the Spirit is saying to God's people.

People: With your help, O God, we will listen and live.

Psalm 147:1-12, 21c

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!

A Reading from 1 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.

Lector: Hear what the Spirit is saying to God's people.

People: With your help, O God, we will listen and live.

Please stand as able.

Gradual

My Faith Looks Up to Thee

Hymn 691

Presider: The Holy Gospel of Our Lord Jesus Christ According to Mark 1:29-39.

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.

Presider: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Please be seated.

The Sermon

The Rev. Paul Moore

Please stand as able.

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:
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.

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,
who with the Father and the Son is worshiped and glorified,
who 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 Prayers of the People

Eucharistic Minister: In peace, we pray to you, Lord God.

Silence.

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, and Melissa our Bishop and for all bishops and other ministers;
For all who serve God in his Church.

Almighty God, giver of every good gift: Look graciously on your Church, and so guide the minds of those who shall choose a bishop for this Diocese, that we may receive a faithful pastor, who will care for your people and equip us for our ministries; through Jesus Christ our Lord.

For the special needs and concerns of this congregation.

Silence.

The People may add their own petitions.

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence.

The People may add their own thanksgivings.

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence.

The People may add their own petitions.

Lord, let your loving-kindness be upon them;
Who put their trust in you.

Confession and Absolution

Deacon or Presider: Let us confess our sins to God.

Silence may be kept.

Presider and People:

God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love

and serve only your will. Amen.

Presider speaks an Absolution.

The Peace / La Paz

Presider: The peace of the Lord be always with you. / La paz del Señor sea siempre con ustedes.

People: And also with you. / **Y con tu espíritu.**

If you are worshiping with us virtually, use the chat function to “say” peace to your fellow parishioners, or text/email someone with whom you would like to share the peace of Christ.

Celebrations and Thanksgiving of Life

Your gifts are much appreciated.

If you are joining this live stream, you may mail your offering/pledge to 415 S. 18th Street, Mount Vernon, WA 98274. You can also make payments online at www.stpaulsmv.org

Offertory

“Lift Every Voice and Sing”

The St. Paul’s Choir

Doxology

Praise God from whom all blessings flow
Praise God all creatures here below
Praise God above ye heavenly hosts
Creator, Christ, and Holy Ghost. Amen.

Please stand as able.

Presider: God be with you..

People: **And also with you.**

Presider: Lift up your hearts.

People: **We lift them to God.**

Presider: Let us give thanks to the One who created us.

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

Presider: It is right, and a good and joyful thing, always and everywhere to give thanks to you, God Almighty, Creator of heaven and earth. For you are the source of light and life, you made us in your image, and called us to new life in 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:

Presider and People:

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

The musical score consists of two staves: a treble clef staff for the vocal line and a bass clef staff for the accompaniment. The key signature is one flat (B-flat) and the time signature is 4/4. The melody is simple and hymn-like, with lyrics written below the notes. The accompaniment provides a steady harmonic support with chords and single notes.

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
 heart is glad to say the words: you are ho - ly, Lord.

Presider: O God, you are holy and gracious: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, our Rock and our Foundation.

Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, Jesus 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, Jesus 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, we proclaim the mystery of faith:

Presider and People:

**Christ has died,
 Christ is risen,
 Christ will come again.**

Presider: We celebrate the memorial of our redemption, Most Holy God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal Reign.

All this we ask through your Son Jesus Christ: By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory are yours, Most Blessed One, now and forever. ever. AMEN.

Presider: As our Savior Christ has taught us, we now pray:

Our Fa - ther in hea - ven, hal - lowed be your Name,
your king - dom come, your will be done, on earth as in
hea - ven. Give us to - day our dai - ly bread.
For - give us our sins as we for - give those who
sin a - gainst us. Save us from the time of trial,
and de - liv - er us from e - vil. For the king - dom the pow - er,
and the glo - ry are yours, now and for ev - er. A - men.

The Breaking of the Bread

The Fraction Song:



Se - ñor y Je - su - cris - to, Hi - jo del Dios vi - vo. Se - ñor y Je - su - cris - to, Hi -
Lord Je - sus Christ, Son of the li - ving God, Lord Je - sus Christ, Son

jo del Dios vi - vo. O - ten mi - se - ri - cor - dia de no - so - tros pe - ca - do - res. O -
of the li - ving God; O have mer - cy on us sin - ners, O

ten mi - se - ri - cor - ida de no - so - tros pe - ca - do - res.
have mer - cy on us sin - ners.

Presider: Alleluia. Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast. Alleluia.

Presider: The Gifts of God for the People of God.

Please be seated.

Those present, are invited to receive Holy Communion.

*Those with us online, during these next moments of meditation,
wherever you are, receive God's gifts to you. We share spiritual communion today.*

Communion

There Is a Balm in Gilead

Hymn 676

Sending out of Eucharistic Visitors:

The Presider sends forth the Eucharistic Minister with a blessing:

Presider: We who are many are one body

People: Because we all share one bread, one cup.

Presider: In the name of God and of this congregation we send you forth, bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

People: As you have been fed, now feed others in the name of Christ.

Presider: Our prayers go with you, go in peace. **Amen.**

Post Communion Prayer

Presider: Let us pray.

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Blessing

Closing

Sing Praise to God Who Reigns Above

Hymn 408

Dismissal

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

People: Thanks be to God. Alleluia, Alleluia.

Flowers are given today by the Boss family in memory of Velma Qualls and Flo Boss, and in celebration of the birthday of Christopher Boss and the anniversary of Christopher and Alana Boss.

Serving Today: 9:30 a.m. Holy Eucharist

Presider:	The Rev. Paul Moore
Deacon:	Rev. Vicki Johnson
Eucharistic Minister:	Dan Niven
Greeters:	Melissa Dean and Jeffrey Bird
Lector(s):	Carol Treston and Debby Bloom
Eucharistic Visitors:	Sherri/Dan
Counters:	Sharon Johnson and Bonnie Schuh

Your Vestry members request your prayers for this congregation and their leadership. They want to be in conversation with you. Speak with them so they know the needs of the congregation: Maggie Bird, Tony Smith, Joe Thomas, Carol Boss, Margie Lauer, Sue Shepherd.

St. Paul's Prayer Team prays daily for those on the prayer list.
Please email Penny Worrell at penny.worrell@gmail.com.

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Announcements for February 4, 2024

Welcome to our guests: We are so glad that you are worshipping with us today! Please put your name and contact information in our guest book so that we may get to know you better.

2024 Lenten Devotional Book

If you would like to receive the Lenten devotional book by email **and have not received it that way before**, please go to http://eepurl.com/hi9_lb to sign up.

Shrove Tuesday Pancake Supper

We will be having a Shrove Tuesday pancake supper on February 13th, serving from 6:00-7:30 with an optional free-will donation. There is a sign-up sheet for it in the Parish Hall.

Ash Wednesday

Ash Wednesday falls on February 14th this year. We will have Imposition of Ashes at 6:30 a.m. and 12 p.m. with no Communion. A bilingual Communion service with Imposition of Ashes will take place at 6:00 p.m.

Paths to Understanding

Pastor Terry Kylo, formerly of this parish, has written a book called, *Go and Do Likewise*, and there are several interesting Zoom conversations in honor of the book's launch. Details on the conversations and how to register are in your email newsletter.

Cathedral Day

Please save April 27th for Cathedral Day. At it, people who would like to officially join St. Paul's can do so. The rest of us can go along to support them. We will coordinate transportation. A number of people from Resurrección will also be going. If you are one of those who would like to join us, please speak with Fr. Paul.

February marks Black History Month as well as entrance into the Lenten season, calling us into deep reflection, remembrance, and reconciliation for our past, current and future world. While there are many ways to honor Black History Month, music is a tangible living history illustrating the foundational influence the African Diaspora had and continues to have on tenets of American culture. The forms, rhythms, instrumentations, and harmonies of music genres in the United States are extensively attributed to the generations of enslaved Africans which brought the musical influences of their homes to the Americas.

This Sunday, we mindfully remember the current and past injustices of inequality, violence, and prejudice, while joyfully celebrating the promise of hope with the anthem “Lift Every Voice and Sing.”

This anthem, originally written as a poem in 1900 and later accepted by the NAACP as the “Black National Anthem”, reminds us that it is each of our responsibility to continue to work for social justice and breaking the bonds of structural racism. It also speaks as a call to hope and resilience to all marginalized communities in the world who suffer at the hand of racism, inequality, violence, and injustice.

Each Sunday in February, the choir will be sharing music honoring the centuries enduring influence of the African Diaspora on American religious music and how it has evolved with generations of Black Americans throughout history until now. I invite you to join in the reflection with openness as we honor and recommit to creating a more inclusive, peaceful world for all.

Welcome to Saint Paul's!

We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. The prayer book gives directions as to when we stand, sit, or occasionally kneel; these are guidelines. What is more important is that you bring your complete self to worship God.

Everyone is welcome to receive Holy Communion at the Lord's table. We use real wine in the cup. If you wish to receive only a blessing, simply cross your arms in front of you as the priest approaches. If you do not want to drink from the chalice, please cross your arms across your chest. Non-gluten bread is also available. Please inform us if this is your preference. We ask that those worshipping with us online reverently pray and meditate on God's grace and blessing whenever you observe the Eucharist being taken.



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