

Trinity Episcopal Church

Lime Rock, CT

Offering Companionship Along The Way

THE FIFTH SUNDAY AFTER THE EPIPHANY

FEBRUARY 7, 2021

Prelude Exurge, quare obdormis – Motet for Sexagesima by Jacobus de Kerle (1531/32-1591)
sung by Crescendo Vocal Ensemble

Latin

Exurge; quare obdormis Domine? exurge, et ne repellas in finem.
Quare faciem tuam avertis? Oblivisceris tribulationem nostram?
Exurge, Domine, adjuva nos, et libera[redime] nos [propter nomen tuum].

English

Up, Lord, why sleepest thou: awake, and be not absent from us for ever.
Wherefore hidest thou thy face: and forgettest our trouble?
Arise, Lord, and help us: and deliver us for thy name's sake.
[Psalm 44: 23-24, 26]

“Jesus said, ‘I am the light of the world; those who follow me will not walk in darkness, but will have the light of life.’” John 8:12

Pastor Blessed be God; Father, Son and Holy Spirit.

People **And blessed be God’s kingdom, now and forever. Amen.**

The Kyrie

Pastor Lord, have mercy.

People **Christ, have mercy**

Pastor Lord, have mercy.

Collect of the Day

Pastor The Lord be with you.

People **And also with you.**

Pastor Let us pray together our collect.

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 Prophecy 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.

Reader The Word of the Lord.

People **Thanks be to God.**

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!

Paul's 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.

Reader The Word of the Lord.

People **Thanks be to God.**

Gradual Hymn "O Christ, the Healer"

Canonbury

Pastor 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.

Pastor The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Sermon

Pastor Heidi Truax

Sermon Response “Amen” from *Messiah* HWV 56 Part III by George Frideric Handel
(1685-1759)

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 Prayers of the People

Let us pray for the Church and for the world. Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.
Lord, in your mercy: **Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy: **Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy: **Hear our prayer.**

We give thanks to you, Lord God, for all your blessings. We pray in gratitude for the celebrations of our lives (*we lift up in prayer all those things for which we are thankful*).

Lord in your goodness: **Hear our prayer.**

Bless all whose lives are closely linked with ours. On our parish cycle of prayer we pray today for Betsy Howie and Callie Carter, Bill, Shirley, Helen and Eleanore Jenks, for Keith Johnson, and for their families. Grant that we may serve Christ in them, and love one another as God loves us.

Lord, in your mercy: **Hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit (*we read from the book and leave time for names to be added*). Give them courage and hope in their troubles and bring them the joy of your salvation.

Lord, in your mercy: **Hear our prayer.**

We commend to your mercy all who have died (*we read from the book and leave time for names to be added*). And we remember especially Virginia Sturges Ferranti in whose memory the altar flowers are given today. We pray that your will for them may be fulfilled, and that we may share with all your saints in your eternal kingdom.

Lord, in your mercy: **Hear our prayer.**

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. **Amen.**

The Prayer List

SICK

Jerry

Tom and Susanna Schindler

Betsy H.

Roberto

Alice Tweed

Brianna

Danielle L.

Dimitri

All cancer patients as they continue their recovery

All caregivers

And all those suffering with COVID-19

REST IN PEACE

Leslie C.

Judy Maldarelli

Ed Kirby

John Taylor
Betsy Smith
Mr. and Mrs. James Boltrom
Caroline Lovejoy
Patsie Sturges
Thomas Mullen
Henry Carley
Katie Sherwood
All who have died from COVID-19

Confession

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.

Absolution

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.**

The Peace

Priest The Peace of the Lord be always with you.
People **And also with you.**

The Doxology

**Praise God, from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.**

Eucharistic Prayer

Priest The Lord be with you.
People **And also with you.**

Priest Lift up your hearts.
People **We lift them up to the Lord.**

Priest Let us give thanks to the Lord our God.
People **It is right to give God thanks and praise.**

God of all power, Ruler of the Universe, you are worthy of glory and praise.
Glory to you for ever and ever.

At your command all things came to be; the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Holy, holy, holy

Gevert 2021

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

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

Hosanna in the highest.

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,
**We celebrate his death and resurrection,
as we await the day of his coming.**

Lord God of our Ancestors; God of Abraham, Isaac, and Jacob, God of Sarah, Rebecca, Leah and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

And now as our savior Christ has taught us, we are bold to pray:

**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.**

The Breaking of the Bread

Priest Alleluia! Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast. Alleluia!**

Fraction Anthem

Gevert 2021

Prayer for Spiritual Reception

God of love and grace, of justice and peace, we give you thanks that in the Sacrament of the altar you assure us of your presence within us and within the body of Christ, the faithful through all the generations; grant that we who have witnessed anew these holy mysteries, though unable to receive the physical elements of the Sacrament, may be moved by your indwelling Spirit ever more fully to embody your holy and life-giving presence, reshaping in your likeness the world around us, until we are gathered at last into the fullness of your glorious and eternal presence; through Christ our Risen Lord. **Amen.**

By the Rev. Ben Brockman

Postcommunion Prayer

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

BCP pg. 365

The Blessing

May the Sun of Righteousness shine on you, and scatter the darkness from before your path and the blessing of God Almighty, Father, Son and Holy Spirit be with you now and always. **Amen.**

Final Hymn “There is a balm in Gilead”

Balm of Gilead

Dismissal

Priest Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude Organ Improvisation

*The Altar flowers this morning are given to the Glory of God
and in loving memory of Virginia Sturges Ferranti
by her daughter, Beverly Becker.*

Serving Today

Rector: The Rev. Heidi Truax

Music Director and Video Editor: Christine Gevert

Lector: Arete Warren

Psalmist: Jim Conzo

Epistoler: Oliver Truax

Intercessor: Roy Bickley

Flowers: Judith Sherman

Counter: John Lloyd

Verger: Geoff Brown

Announcements

Today 11:30 AM Coffee Hour

Sundays 10:30 AM Our own Trinity Spiritual Communion on YouTube
11:30 AM Coffee Hour

Thursdays 12:30 PM Bible Study – The Gospel of Luke

Trinity Episcopal Church

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