

Celebrating 150 Years



1874 - 2024

Trinity Episcopal Church
Lime Rock, CT

TRINITY EPISCOPAL CHURCH

Offering Companionship along the Way

THE FIFTH SUNDAY AFTER THE EPIPHANY

FEBRUARY 4, 2024

Prelude Organ improvisation on tune *Carlisle*

Opening Hymn 138 All praise to you, O Lord

Carlisle

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

People **And blessed be his kingdom, now and for ever. Amen.**

Pastor 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 Gloria: Hymnal S 280 Gloria in excelsis

Powell

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.

A Reading from 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 147:1-7, 21

Gevert-1

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.

21 Hallelujah!

A reading from 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 537 Christ for the world we sing

Moscow

Gospel Acclamation “Alleluia”

Plainsong, arr. Gevert



Pastor The Holy Gospel of our Lord according to Mark 1:21-28
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.**

The Sermon

The Rev. Heidi Truax

Moment of silence for reflection

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.**

Prayers of the People

I ask your prayers for God's people throughout the world; for our Presiding Bishop Michael, our Diocesan Bishops Jeffrey and Laura; for this gathering and for all ministers and people. Pray for the Church.

I ask your prayers for justice and peace; for an end to the conflict among nations of the world; and for the well-being of all people. Pray for justice and peace.

I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison. (*We read from the book and leave time for names to be added*). Pray for those in any need or trouble.

I ask your prayers for all who seek God, or a deeper knowledge of the Holy. Pray that they may find and be found by God.

I ask your prayers for the departed (*we read from the book and leave time for names to be added*) Pray for those who have died.

On our parish cycle of prayer, I ask your prayers Jeremy Dakin, for Dee Dee and Callie Davis, for Richard Dawson, and their families.

I ask you to lift up in prayer all those things for which you are thankful today...(*we leave time for thanksgivings to be added*).

Praise God for those in every generation in whom Christ has been honored Pray that we may have grace to glorify Christ in our own day.

The 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.

The 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.

Pastor The peace of the Lord be always with you.
People **And also with you.**

Announcements

Offertory Hymn 137 O wondrous type! O vision fair

Wareham

THE GREAT THANKSGIVING

Priest The Lord be with you.

People **And also with you.**

Priest Lift up your hearts.

People **We lift them 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: Hymnal S 125 Sanctus

Proulx

**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.

Fraction Anthem: Hymnal S 164 Agnus Dei

Schubert

Here at Trinity we welcome you to take communion with us if you seek a relationship with Jesus. You may drink from the chalice, or you may intinct your wafer. Or, if you prefer, you may receive communion in one kind only, the wafer. We offer wheat and gluten free wafers, wine and grape juice. If you do not care to take communion but would like a blessing, please also come forward and ask Pastor Heidi for a blessing.

Communion Hymn 383 Fairest Lord Jesus

St. Elisabeth

Postcommunion Prayer

Triune God, in the transformation of bread and wine, let the Incarnate Christ be not only revealed to us, but in us, so that we may be transformed evermore-so into the Body of Christ. Lord Jesus, make my hands your Hands, my feet your Feet, my heart your Heart. Let me see with your eyes, listen with your ears, speak with your lips, love with your heart, understand with your mind and serve with your Will. By the power of the Spirit, make me your other Self. Amen.

Celtic Liturgy

Blessing

God, the Holy and Strong One, who gives power to the powerless, who restores the weary, and gives new life to the faithful, give you peace. And the blessing of God Almighty, Father, Son and Holy Spirit be upon you and remain with you always. **Amen.**

Closing Hymn 556, verses 1-4 Rejoice, ye pure in heart

Marion

The Dismissal

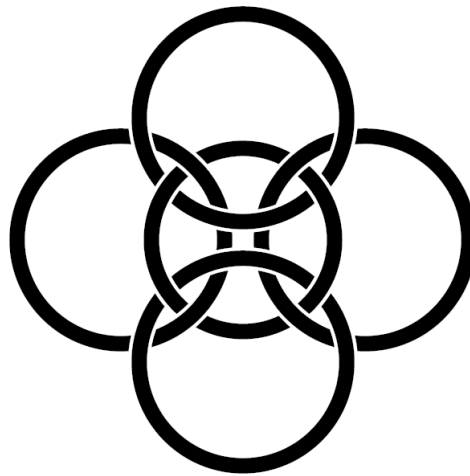
Pastor Go in peace to love and serve the Lord.
People **Thanks be to God.**

Postlude Organ improvisation on tune *Marion*

*The altar flowers this morning are given to the glory of God
and in loving memory of Roy Bickley, Sr. by the Bickley family,
and in loving memory of Laura Keefe by her mother, Terri Young..*

Serving Today

*Rector: The Rev. Heidi Truax
Music Director: Christine Gevert
Minister of Communion: Mary Anne Carley
Lector: Emma Sisk
Epistoler: Michelle Sisk
Intercessor: Diane Walters
Altar Guild: Mike Cuoco
Flowers: Michelle Sisk
Counter: Bev Becker
Greeter/Usher: Mike Cuoco/Brennan Sisk
Verger: Geoff Brown*



Trinity Vestry

Linda Lloyd, Sr. Warden
Theresa Kenny, Jr. Warden
M. E. Freeman, Treasurer
Jim Conzo, Clerk
Stephanie Barrett, Marian Beers, Al Dorf,
Emily DiMartino, Jarrod Sisk, Alan Swide

Announcements

- Sunday, Feb. 11** 9:30 AM Burning of last year's blessed palms for ashes on Wednesday the 14th
- Wed., Feb. 14** 12 Noon—Short Ash Wednesday service
6:00 PM Ash Wednesday service with music
- Saturday, Feb. 17** 11:00 AM Burial Service and reception for Kitty Benedict
- Sunday, Feb. 18** Noon—Vestry Meeting in the Guild Room (and on zoom)
- Saturday, Feb 24** Noon—Misa en Español
- Sunday, Feb. 25** The Rev. Felix Rivera, Deacon, preacher at both 8 and 10:30 services

Weekly Schedule

- Mondays** 6:30 PM Crescendo rehearsal in Walker Hall
- Tuesdays** 9:00 AM to 12 Noon Taichi Chuan with Christopher Kiely in Walker Hall
- Wednesdays** Services at Noble Horizons, Geer Nursing, Geer Lodge
6:00 PM on first and last Wednesday of the month, Women's AA in Walker Hall
- Thursdays** 1:00 PM Bible Explorers: The Book of Nehemiah (last week)
- Saturdays** 9:00 AM till Noon—Bookkeeper, Nancy Hiller is in the office every other Sat.

*Please remember that we are filming this service
and wait to have private conversations until after you have left the nave.*

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TRINITY EPISCOPAL CHURCH
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THE REV. FELIX RIVERA, DEACON AND HISPANIC MISSIONER
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