



ST. JOHN'S EPISCOPAL CHURCH  
ESSEX, NY

St. John's Episcopal Church  
Essex, NY

**The Rev. Glen Michaels**

**Fifth Sunday of Epiphany**

**In-Person & Zoom Worship**  
**February 4, 2024 □ 10:00 A.M.**

**Loose Plate Offering**  
**Rector's Discretionary Fund**

**Zoom Link for Sunday Worship:**  
**<https://www.stjohnsessexny.org/worshipmeet>**

Prelude

**Processional** (Please stand) "Father, we praise thee, now the night is  
over" **Hymn 1**

*Presider:*

Blessed are you, holy and living One

Blessed are you, holy and living One.

**You have come to your people to set them free.**

The Collect of 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.**

**The Gloria**

**S280**

*Presider* The Lord be with you.

**And also with you.**

Let us pray.

**The Collect of the Day – Epiphany 5**

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 First Reading: 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?*

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.

The word of the Lord

**Thanks be to God**

**Psalm 147: 1-12, 21c** *we will read it by alternating half verse.*

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!

### **The Epistle: 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.

Hear what the spirit is saying to God's people.

**Thanks be to God.**

**Gradual Hymn** "Songs of thankfulness and praise" **Hymn 135**

save last 2 verses until after Gospel

**The Gospel: Mark 1: 29-39**

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 Holy gospel of our Lord and Savior Jesus Christ according to Mark  
**Glory to you, Lord Christ.**

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

**The Homily** (Please be seated)

The Rev. Glen Michaels

**The Nicene Creed** (Please stand)  
**359**

**BCP 358-**

*The intercessor then leads* **The Prayers of the People** (*Intercessor*)

*The people stand or kneel as is their custom or take a posture of prayer as able.*

Let us pray for Bishop-Elect, Jeremiah

**Eternal God, our Shepherd and Guide,  
we bless and thank you for your servant, Jeremiah,  
Bishop-Elect of your Episcopal Diocese of Albany.**

**By the working of your Holy Spirit grant him grace and every  
spiritual gift  
as he prepares to take up his role as our chief pastor and  
teacher.**

**Make him a shepherd after your own heart,  
who will walk in your ways and watch over your people with  
loving care.**

**Strengthen and guide him to lead in vision**

**Strengthen and guide him to lead in vision.  
Fill him with courage to teach your truth.**

**Prepare our hearts to welcome Father Jeremiah, Jennifer,  
Oscar, and Isaiah  
joyfully into our Diocesan community.**

**Continue to purify our intentions, and lead us into holiness,  
that we may bear witness to your Son without shame or fear,  
in unity, humility, and mutual charity,  
devoted to your will for the good of the world.**

**This we ask in Jesus' name and for the sake of his  
love. *Amen.***

This week in the Anglican Cycle of Prayer we pray for the  
Anglican Church of South America.  
**Hear us when we pray to you.**

God of many names, God beyond all names; the beginning and  
the end of every story, the meaning of every life; infinite Mystery  
both hidden and revealed.  
**Hear us when we pray to you.**

Blessed are you who join us together in the communion of Christ's  
Body. Renew and energize your holy Church, in this parish of St.  
John's and throughout the world, that we may be a resurrection  
people, manifesting your incarnate love in our common life of  
praise and service.  
**Hear us when we pray to you.**

O perfect Wisdom, direct and rule the hearts of the leaders and  
shapers of society, raise up prophets of justice and peace, and  
empower your people for the holy vocation of repairing the world.  
May we entrust all our labors to the work of Providence.  
**Hear us when we pray to you.**

O Deliverer, you unlock every door and make a way where there  
is no way. Set free all who are afflicted or distressed in body, mind  
or spirit, with your incarnate love, grant them peace and  
refreshment, and restore their joy.  
**Hear us when we pray to you.**

O compassionate One, hold us in your mercy: heal the sick, mend the broken, protect the vulnerable, shelter the refugee, strengthen the weary, rescue the lost, and give courage to all who struggle: we pray especially for **Geoffrey, Ella, Lois, Art, Joyce, Abra, Beverly, Noa, Chris, Olivia, Larry, Steven, Tom, Karen, Sally, Lynne, Eve, Matt, Thomas, Frederick, Carolyn, Jim, Lee, Betsy, Darcey, and Ron.**  
**Hear us when we pray to you.**

O Lover of souls, when we wander far away, lead us back to you; as you led the Wise Men of old, when we refuse your embrace, do not give up on us; when we forget you, do not forget us. **Hear us when we pray to you.**

God who has come, God who does come, God who is yet to come: Make us a light filled people, ready and alert to welcome and receive you in the stranger's face, the loving act, the moment of grace, the presence of healing, the birth of possibility, the gift of wonder. Let every heart prepare you room.  
**Hear us when we pray to you.**

Dear people of God, what else, or who else, should we pray for?

*Silence is kept, during which time all are invited to offer  
their own intercessions either silently or aloud.*

**Dear Lord, grant us your wisdom and guidance as we embark upon our search process. Help us to humbly discern and accomplish your will for St. John's. We know this will be a challenging journey for all of us, but we pray that it will strengthen our faith, and our respect and love for each other. Help us to share more deeply our faith in you as we learn to listen to each other with open hearts and minds and to hear your voice in all that we say and do. In Jesus' name we pray. Amen.**

*Presider says:*

Let us confess our sins against God and our neighbor.



**God of all mercy,  
we confess that we have sinned against you,  
resisting your will in our lives.  
We have not honored you in ourselves, in each other,  
And in the world which you have made.  
Reach out your saving arm  
And rescue us from our sin.  
Forgive, restore, and strengthen us  
through our Savior Jesus Christ,  
that we may abide in your love  
and serve only your will  
for your people and all creation. Amen**

*The Presider, 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.**

## **The Peace**

Prayer for Birthdays and Anniversaries

Birthdays this week: Lawson Allen, Marilyn Cole, Katie Krier, Butch Wardell

**Watch over our sisters and brothers, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes all understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.**

Announcements (Please be seated)

**Offertory** “Immortal, invisible, God only wise”  
**523**

**Hymn**

**Doxology**

**Hymn 380, v. 3**

**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.**

## **THE GREAT THANKSGIVING**

Eucharistic Prayer 3

*Presider:*

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 our thanks and praise.**

*Presider:*

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises, we join the heavenly beings and all creation as we shout with joy:

### **Sanctus S114**

*The Presider continues:*

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering

reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

*Presider and People:*

**Dying, you destroyed our death. Rising, you restored our life.  
Christ Jesus, come in glory!**

*The Presider continues:*

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with [blessed St John, and all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

*Presider and People:*

**Blessed are you now and for ever. Amen.**

*Presider:*

As our Savior Christ has taught us, we now 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.***

*Presider:*

Christ, our Passover is sacrificed for us.  
**Therefore, let us keep the feast.**

**Fraction  
Anthem**

**S158**

*Presider:*

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

*Congregation comes forward at this time to receive communion.*

**Communion** From the Oxford Book of Flexible Anthems: “Alleluia” by William Boyce (p.2)

*For those worshipping on Zoom, the following prayer is suggested to deepen your spiritual communion:*

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, O 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 pray you to 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

**The Post Communion Prayer**

*Presider:* Let us Pray

**Creator of all, you have fed us with the bread of life and cup of salvation; you have united us with Christ to 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.**

The Blessing

May Christ, the Son of God, be manifest in you, that your lives may be a light to the world, and band the blessing of God who created you, Jesus Christ who was born for you and the Holy Spirit who broods over the world like a mother hen over her chicks be with you and those you love this day and always.

**Closing Hymn**      “In Christ there is no East or West”.    **Hymn 529**

Dismissal

*Presider:*

Let us go forth in the name of Christ.

**Thanks be to God.**

Postlude

*The ringing of the bell signals the end of the service.  
Please join us for coffee in Persell Hall*

### **Ministers of the Service**

Usher Greeters: Linda Rockefeller & Mo Ecclesine

Altar Guild: Bobbi Perez

Altar Flowers: Bobbi Perez

Lector: Kevin O'Neill

Intercessor: Jim Guinness

Crucifer: Edward O'Neill

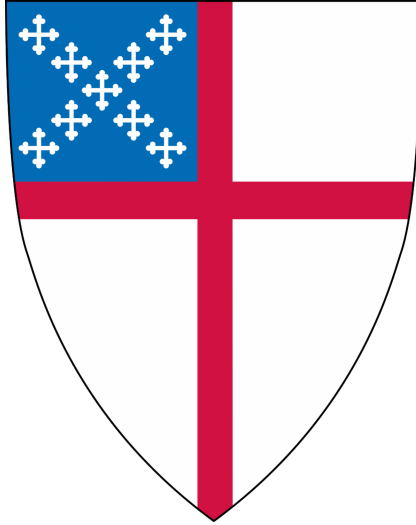
Lay Eucharistic Minister: Dick Perez

Acolytes: Darcey Hale & Carole Harsh

Zoom host: Diana Lawrence

Coffee Hour Hosts: Dick & Bobbi Perez

Organist & Music Director: Jennifer Moore  
Cantor: Michael Bergman



St. John's Episcopal Church | 4 Church Street, Essex, NY 12936



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