

**Fifth Sunday
after the**



Epiphany

**February 4, 2024
9:00 a.m. & 11:00 a.m.**

*Before the service, speak to the Lord;
During the service, let the Lord speak to you;
After the service, speak to one another.*

Prelude MaryAnn Hubbard

Hymn 423 "Immortal, invisible, God only wise"

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
2 Un - rest - ing, un - hast - ing, and si - lent as light,
3 To all life thou giv - est, to both great and small;
4 Thou reign - est in glo - ry, thou rul - est in light,
in light in - ac - ces - si - ble hid from our eyes,
nor want - ing, nor wast - ing, thou rul - est in might;
in all life thou liv - est, the true life of all;
thine an - gels a - dore thee, all veil - ing their sight;
most bless - ed, most glo - rious, the An - cient of Days,
thy jus - tice like moun - tains high soar - ing a - bove
we blos - som and flour - ish, like leaves on the tree,
all laud we would ren - der: O help us to see
al - might - y, vic - tor - ious, thy great Name we praise.
thy clouds, which are foun - tains of good - ness and love.
then with - er and per - ish; but nought chan - geth thee.
'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter C. Smith; Music: adapt John Roberts. Public domain.

The complete text begins on page 355 of The Book of Common Prayer.

Priest Blessed be God: Father, Son and Holy Spirit.

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

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.**

All say this Hymn of Praise (9 a.m.)

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.

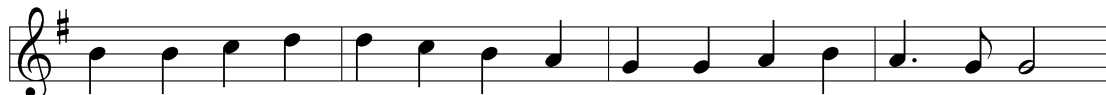
Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father: receive our prayer.

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.

All sing this Hymn of Praise (11 a.m.)



1 Glo-ry be to God in heav - en; peace, good-will to all the earth.



Might-y God of all cre - a - tion, Fa - ther of sur - pass - ing worth:



we ex - alt you, we a - dore you, we lift high our thanks and praise.



Saints and an - gels bow be - fore you; here on earth our songs we raise.

Text: Martin A. Seltz, b. 1951, based on "Gloria in excelsis Deo"

Music: HYMN TO JOY, Ludwig van Beethoven, 1770–1827, adapt.

Text © 1998 Augsburg Fortress

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The Collect of the Day

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

Priest 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 Lessons

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 The Word of the Lord.

People **Thanks be to God.**

Gradual Psalm 147:1-12, 21c

¹Hallelujah!

How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!

²The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.

³He heals the brokenhearted *
and binds up their wounds.

⁴He counts the number of the stars *
and calls them all by their names.

⁵Great is our LORD and mighty in power; *
there is no limit to his wisdom.

⁶The LORD lifts up the lowly, *
but casts the wicked to the ground.

⁷Sing to the LORD with thanksgiving; *
make music to our God upon the harp.

⁸He covers the heavens with clouds *
and prepares rain for the earth;

⁹He makes grass to grow upon the mountains *
and green plants to serve mankind.

¹⁰He provides food for flocks and herds *
and for the young ravens when they cry.

¹¹He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;

¹²But the LORD has pleasure in those who fear him, *
in those who await his gracious favor. ^{21c} Hallelujah!

Sequence "In Christ there is no east or west"



- 1 In Christ there is no east or west, in him no south or north,
- 2 In Christ shall true hearts ev-'ry-where their high com-mu-nion find;
- 3 Join hands, dis-ci-ples of the faith, what-e'er your race may be.
- 4 In Christ now meet both east and west, in him meet south and north;



but one com-mu-ni-ty of love through-out the whole wide earth.
his ser-vice is the gold-en cord close bind-ing hu-man-kind.
All chil-dren of the liv-ing God are sure-ly kin to me.
all Christ-ly souls are one in him through-out the whole wide earth.

Text: John Oxenham, 1852–1941, alt.

Music: MCKEE, African American spiritual; adapt. Harry T. Burleigh, 1866–1949

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 The Word of the Lord.

People **Thanks be to God.**

Gospel Acclamation



Al - le - lu - ia! Lord and Sav - ior: o - pen now your sav - ing Word.



Let it burn like fire with - in us; speak un - til our hearts are stirred.



Al - le - lu - ia! Lord, we sing for the good news that you bring.

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Text: Gracia Grindal, b. 1943

Music: UNSER HERRSCHER, Joachim Neander, 1650–1680

Text © 1998 Augsburg Fortress

Priest The holy Gospel of our Lord Jesus Christ according to Mark.

People **Glory to you, Lord Christ.**

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.

Priest The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon The Rev. Mark Rutenbar

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

The Leader and People pray responsively

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

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, Skip, our Assisting Bishop, and for all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation. We pray especially for Audrey, Lotte, Patti, Debbie, Carol, Betty, Lee, Ginny, Bruce, Maggie, Matthew, Bob, Daryl, Jim, Mike, Andrew, Joyce, Carol, Phil, Jim, Jane, and Bishop Curry.

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.

We pray to you also for the forgiveness of our sins.

Silence may be kept.

Leader and People

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

The Celebrant concludes with an absolution or a suitable Collect.

The Peace

Priest The peace of the Lord be always with you.

People **And also with you.**

The People may then greet one another with a sign of peace.

Offertory

Doxology (*Old Hundredth, Hymn 380 v. 3*) *Words: Thomas Ken. Public domain.*

*3 Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heaven-ly host: praise Fa-ther, Son, and Ho-ly Ghost.

The Great Thanksgiving

The complete text begins on p. 361, BCP

Eucharistic Prayer A

Priest The Lord be with you.

People **And also with you.**

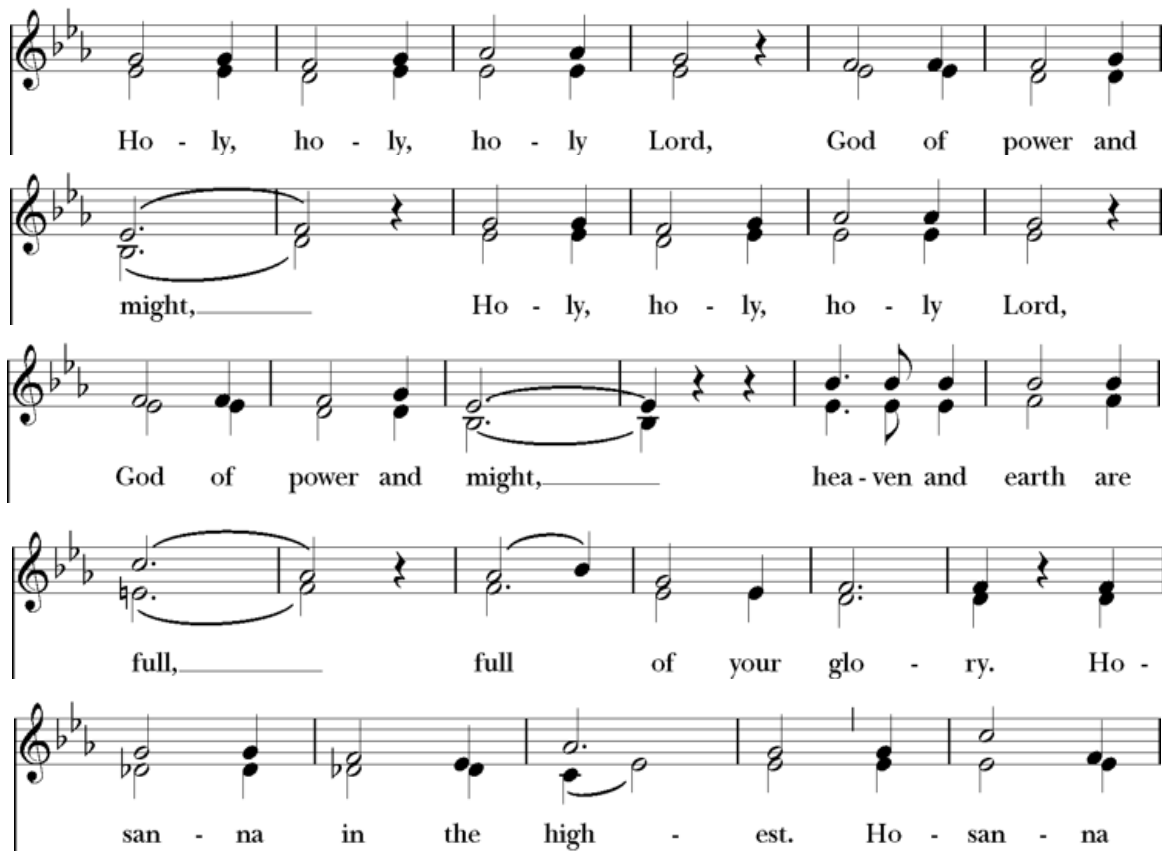
Priest Lift up your hearts.

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.**

Priest It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. 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:



Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. 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. Ho - san - na in the high - est.

Then the Priest continues

Holy and gracious Father: 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, the God and Father of all.

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

At the following words concerning the bread, the Priest is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night he was handed over to suffering and death, our Lord Jesus Christ 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 he 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:

Celebrant and People

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

The Priest continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his 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 him. 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 kingdom.

The Priest continues through the Invocation, then says

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

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

Priest and People

**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

The Bread is broken and silence is kept. Then may be said

Priest Alleluia. Christ our Passover is sacrificed for us;

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

Invitation to Communion

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

Optional Prayer for those who cannot receive

Beloved Jesus, I believe that you are present in the Blessed Sacrament of the Altar. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you in the Sacrament of your Body and Blood, come spiritually into my heart. I embrace you and unite myself entirely to you. Let me never be separated from you in this life or in the life to come. Amen.

Hymns During Communion

Hymn "You have come down to the lakeshore"



1 You have come down to the lake - shore seek - ing
2 You know full well what I have, Lord: nei - ther
3 You need my hands, my ex - haus - tion, work - ing
4 You who have fished oth - er wa - ters; you, the



nei - ther the wise nor the wealth - y, but on - ly
trea - sure nor wea - pons for con - quest, just these my
love for the rest of the wea - ry— a love that's
long - ing of souls that are yearn - ing: O lov - ing



ask - ing for me to fol - low.
fish nets and will for work - ing.
will - ing to go on lov - ing.
Friend, you have come to call me.

Refrain / Estribillo



Sweet Lord, you have looked in - to my eyes; kind - ly smil - ing,



you've called out my name. . . . On the sand I have a - ban - doned my



small boat; now with you, I will seek oth-er seas.

Text: Cesáreo Gabaráin, 1936–1991; tr. Madeleine Forell Marshall, b. 1946

Music: PESCADOR DE HOMBRES, Cesáreo Gabaráin

Spanish and English text and music © 1979 Cesáreo Gabaráin, OCP Publications, 5536 NE Hassalo, Portland, OR 97213.

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Hymn “What a friend we have in Jesus”



- 1 What a friend we have in Je - sus, all our sins and griefs to bear!
- 2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?
- 3 Are we weak and heav - y - lad - en, cum - bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!
We should nev - er be dis - cour - aged—take it to the Lord in prayer.
Pre - cious Sav - ior, still our ref - uge—take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—
Can we find a friend so faith - ful who will all our sor - row share?
Do your friends de - spise, for - sake you? Take it to the Lord in prayer.



all be - cause we do not car - ry ev - 'ry - thing to God in prayer!
Je - sus knows our ev - 'ry weak - ness—take it to the Lord in prayer.
In his arms he'll take and shield you; you will find a so - lace there.

Text: Joseph Scriven, 1820–1886

Music: CONVERSE, Charles C. Converse, 1832–1918

After Communion, all say


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.

The Priest bestows the blessing

The Peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.


Closing “We are one in the Spirit”



1 We are one in the Spir - it; we are one in the Lord.
2 We will walk with each oth - er; we will walk hand in hand.
3 We will work with each oth - er; we will work side by side.
4 All praise to the Fa - ther, from whom all things come.



We are one in the Spir - it; we are one in the Lord.
We will walk with each oth - er; we will walk hand in hand.
We will work with each oth - er, we will work side by side.
And all praise to Christ Je - sus, his on - ly Son.



And we pray that all u - ni - ty may one day be re - stored.
And to - geth - er we'll spread the news that God is in our land.
And we'll guard each one's dig - ni - ty and save each one's pride.
And all praise to the Spir - it, who makes us one.

Refrain



And they'll know we are Chris-tians by our love, by our love.



The Deacon (or if no Deacon, the Priest) dismisses the People.

Let us go forth in the name of Christ.

People **Thanks be to God.**

Postlude

In Our Prayers

LARCC: Samaritas at Grace Lutheran Church

For Healing & Convalescing: Audrey Himes, Lotte Rosenberg, Patti Rockwell, Debbie Sanborn, Carol Hart, Betty Bartley, Lee Harris, Ginny French, Bruce Connon, Maggie Lamb, Matthew Van Zetten, Bob Hanna, Daryl Hebert, Jim Tanner, Mike Tanner, Andrew, Joyce, Carol Putkamer, Phil, Jim Gilmet, Jane McClain and The Most Rev. Michael Curry.

Birthdays: Patti Rockwell (6), Caden Lakin (8), Brandon Peterson (9)

Military: Ashley Alexander, Tyler Ferrier, Joshua Gapske, Isaac Graham, John Hartman

Cycles of Prayer: Diocesan: Camp Chickagami/EYC & Plainsong Farm, for all staff, campers & volunteers and St. John's, Otter Lake; Anglican: the Anglican Church of South America (England)



Future Worship Schedule

Sunday, February 11

9 am - Holy Eucharist/Rev. LaRae Rutenbar
11 am - Holy Eucharist/Rev. LaRae Rutenbar

Sunday, February 18

9 am - Holy Eucharist/Rev. Mark Rutenbar
11 am - Holy Eucharist/Rev. Mark Rutenbar

Sunday, February 25

9 am - Holy Eucharist/Rev. LaRae Rutenbar
11 am - Holy Eucharist/Rev. LaRae Rutenbar

Sunday, March 3

9 am - Holy Eucharist/Rev. Mark Rutenbar
11 am - Holy Eucharist/Rev. Mark Rutenbar

Sunday, March 10

9 am - Holy Eucharist/Rev. LaRae Rutenbar
11 am - Holy Eucharist/Rev. LaRae Rutenbar

Sunday, March 17

9 am - Holy Eucharist/Rev. Mark Rutenbar
11 am - Holy Eucharist/Rev. Mark Rutenbar

Wednesdays, February 7, 14, 21, 28 and March 6, 13, 20, 27

12:05 pm - Holy Eucharist/Rev. Bruce Michaud
1:00 pm - Bible Study/Rev. Bruce Michaud



Chocolate Extravaganza

Trinity Episcopal Church
124 E Washington Ave, Alpena

Saturday, February 10, 2024
2:00 to 4:00 p.m.

\$20 Donation/Adults ~ \$10 Donation/Children
Under 10 yrs - free

Call 989.356.0576 for Reservations

Treat your Valentine to two hours of sampling the most decadent chocolate desserts that you can imagine accompanied by live easy-listening music provided by Carole Cadarette and chocolate-themed door prizes!

Can you bake a chocolate item for the event, donate a Door prize, or help work at the event? Please call Ellen Eagan (989.464.9938) if you are able to lend a hand.

All proceeds benefit the Parish Scholarship Fund.

This Week's Calendar		
Today	9 & 11 AM 4 PM	Holy Eucharist Sunday Supper
Tuesday	1:30 PM 5:30 PM 7 PM	Prayer Group Tuesday Night Activities AA
Wednesday	12:05 PM 1:05 PM 5:15 PM 7 PM	Holy Eucharist The Good Book (Bible) Study Choir Practice AA
Friday	All Day 1:30 PM 5:30 PM	All Saints Hall Reserved Lower Level Reserved AA
Saturday	2PM-4PM	Chocolate Extravaganza

In "Eucharistic hospitality," we invite all persons to the Lord's Table. Please join us there, and then, next door after the Service for refreshment and fellowship. We are delighted that you are here, and would be delighted to meet you.

Trinity Episcopal Church

124 E. Washington Avenue

Alpena, MI 49707

The Rev. Dr. Daniel Maxwell, Deacon

Mobile: (248) 568-7115

✕

Kat Tomaszewski, Music Director

Peggy Tomaszewski, Office Manager

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Office Hours: Closed Mondays,

Tuesday - Thursday - 1pm to 5pm, Friday - 1pm to 3pm