

The Fifth Sunday after the Epiphany
St. John's Episcopal Church, Ithaca NY
5 February 2023 Year A
10:30 AM

* Indicates please stand

Prelude Melody from *Three Short Pieces* (1898) Samuel Coleridge-Taylor (1875–1912)

***Processional Hymn** Oh Zion, tune thy voice (*Eastview*) **Hymnal #543**

***Opening Acclamation** **BCP**

***Collect For Purity**

***Gloria** **Hymnal #S- 280**

The Collect of the Day

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 Lesson Isaiah **58:1-9a**

Shout out, do not hold back! Lift up your voice like a trumpet!

Announce to my people their rebellion, to the house of Jacob their sins.

Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God.

“Why do we fast, but you do not see? Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day, and oppress all your workers.

Look, you fast only to quarrel and to fight and to strike with a wicked fist.

Such fasting as you do today will not make your voice heard on high.

Is such the fast that I choose, a day to humble oneself?

Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes?

Will you call this a fast, a day acceptable to the Lord?

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

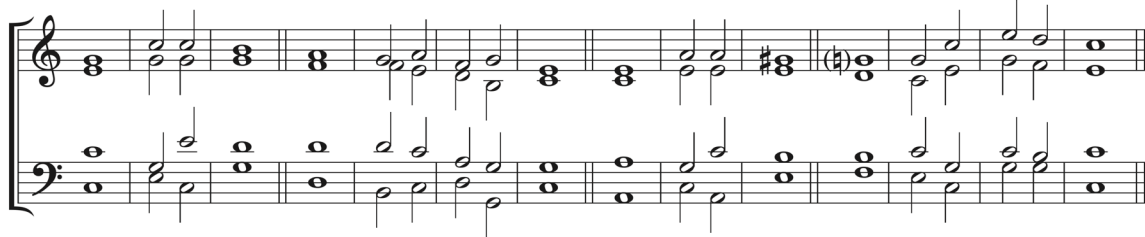
Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard.

Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

The Word of the Lord.

Thanks be to God.

T. A. Walmisley
(1814–56)



1 Hallelujah!

Happy are they who | fear the | Lord *
and have great de- | light in | his com- |
mandments!

2 Their descendants will be mighty | in the |
land; *

3 Wealth and riches will be | in their | house,
*
and their | righteousness · will | last for
| ever.

4 Light shines in the darkness | for the |
upright; *
the righteous are | merciful · and | full
of · com- | passion.

5 It is good for them to be | generous · in |
lending *
and to manage | their a- | ffairs with |
justice.

6 For they will | never · be | shaken; *
the righteous will be kept in | ever- |
lasting · re- | membrance.

7 They will not be afraid of any | evil |
rumors; *
their heart is right;
they put their | trust | in the | Lord.

8 Their heart is established and | will not |
shrink, *
until they see their de- | sire u- | pon
their | enemies.

10 The wicked will see it and be angry;
they will gnash their teeth and | pine
a- | way; *
the desires | of the | wicked · will |
perish.

The Epistle Reading

1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God’s wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is

within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

“For who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

The Word of the Lord.
Thanks be to God.

***Sequence** Spirit divine, attend our prayers (*Nun danket all und bringet Ehr*)

Hymnal #509

***The Gospel Reading**

Matthew 5:13–20

The Holy Gospel of our Lord Jesus Christ according to Matthew
Glory to you, Lord Christ.

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

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

The Sermon

Matthew Sanaker

***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**

In the offering of our prayers, let us draw upon God's holy and life-giving waters to refresh our hearts, responding, "Hear us, God of Glory."

+ For the courage to live with integrity, that what is visible in our outward actions reveals the Holy Spirit of God residing within our souls; let us pray.

Hear us, God of Glory.

+ That we may discover the light that is within us, placing it upon the lamp stands of the world, offering a way of hope for those who live under the burden of poverty, abuse, oppression, and degradation of every kind; let us pray.

Hear us, God of Glory.

+ That the commandments of God may be the pathways upon which we walk, acknowledging their wisdom and fashioning our lives after their challenges, that through them the whole community of God's people may prosper and live in mutual trust and goodness; let us pray.

Hear us, God of Glory.

+ That the leaders of the Church may be strengthened by the crosses they are called to bear, the burdens of petty concerns and the weight of serious discord, all in the Name of Christ, whose cross leads the faithful to a risen life; let us pray.

Hear us, God of Glory.

+ For those in positions of public trust, that they may have a vision of the global good over political gain, and the welfare of the whole over the special interests of the few; let us pray.

Hear us, God of Glory.

+ For Congress to renew Farm Bill programs that support funding for international food aid programs such as Food for Peace.

Hear us, God of Glory.

+ In thanksgiving for those whose lives enriched our own, and who now live in the communion of saints, in whose company we may one day reside; let us pray.

Hear us, God of Glory.

From the depths of weakness and trembling that live in every human heart, let us continue our prayers and thanksgivings.

For the special needs and concerns of this congregation, and especially for

Joan	Rebecca	Deb	Lorraine	Julianne
Richard	Strater	Allison	Edith	Faicia
Shirley	Penny	Elizabeth	Kathryn	
Wes	Peter	Katie	Ruth	
Charles	Dave	Theodore	Frank	
Dick	Cece	Carol	Jack	

For those celebrating the anniversary of their birth this week:

Mitzi Clark, Ben Norton, Muriel Everhart, Stephen Miller, Peg Coleman, Susan Dunlop,
Alexander Ciccone

Confession Of Sin

Let us confess our sins against God and our neighbor.

*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.*

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**

Please remain in your pew. Wave!

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

Announcements & Welcome

Offertory Sentence

Anthem O Holy Spirit, Lord of grace

Christopher Tye (c. 1505–before 1543))

O Holy Spirit, Lord of grace,
Eternal source of love,
Inflame, we pray, our inmost hearts
with fire from heav'n above.

As thou dost join with holiest bonds
The Father and the Son,
So fill us all with mutual love
and knit our hearts in one.

***Presentation Hymn** I want to walk as a child of light (*Houston*)

Hymnal #409

***The Great Thanksgiving**

Expanded Language Prayer A

Celebrant: The Lord be with you.

People: And also with you

Celebrant: Lift up your hearts

People: We lift them to the Lord

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Celebrant: *continuing:* Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Holy, holy, holy (*Sanctus*)

Hymnal #S-125

Holy and gracious God: In your infinite love you made us for yourself; and when we had fallen into sin and became 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 maker of all.

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, our Savior 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, 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:

Christ has died

Christ is risen

Christ will come again.

We celebrate the memorial of our redemption, Almighty 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 kingdom.

All this we ask through Jesus Christ our Savior. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and forever. **Amen.**

The Lord's Prayer

Fraction Anthem **Lamb of God** (*Agnus Dei*)

Hymnal #S-163

The Communion of the People

All people are invited to the Lord's Table.

Eucharist will be distributed in the center aisle. Please come forward in a single line to receive.

You may either intinct your wafer in the small chalice, or you may drink from the larger common chalice after consuming the wafer.

Please replace your mask after receiving the sacrament.

Gluten-free wafers are available upon request.

Post Communion 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.*

Blessing

***Recessional** Be thou my vision (*Sloane*)

Hymnal #488

Dismissal

Postlude Impromptu Op 78, No. 1

Samuel Coleridge-Taylor

Liturgical Ministers: Boaboa Zhang, Jerome Fung, Michael Roman

Acolyte: Alyssa Green

Virtual Vergers: Matthew Sanaker, Virginia McGhee

The flowers on the altar are given to the glory of God in memory of Ruth H. Blanchard by Suzy Blanchard.

St. John's extends a warm welcome to visitors!

May you experience the Lord's presence during worship. Please fill out a visitor card and place it in the offering plate and stay for coffee in the parish hall after the service.

LARGE PRINT EDITIONS OF THE SERVICE ARE AVAILABLE IN THE NARTHEX

Permission to podcast/stream the music in this service obtained from **One License** with license # **A – 724223**

Organ Music for Black History Month

I am taking this February as an excuse to highlight some of the wonderful – and often underplayed - repertoire written for the organ by Black composers in our preludes and postludes throughout the month. Composers include my own compatriot from England, Samuel Coleridge-Taylor; Pulitzer-prize winning American composer George Walker; composer of the Harlem renaissance William Grant Still; and the incomparable Florence Price (whose bravura music charmed some of you last week... she is a favorite of mine!). This has been an inspiring project for me, and I am keen to share this beautiful music with you over the next few weeks-- please do come and talk to me over coffee if you want to find out more!

SACRED GROUND IS RETURNING TO ST. JOHN'S!

SACRED GROUND is a film-and-readings-based dialogue series on race and racism, grounded in faith. All are invited to experience this foundational small group experience, walking the labyrinth of America's history of race and racism that we did not learn as kids, while weaving in threads of family stories, economic class, and political and regional identity.

The 11-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latinx and Asian/Pacific American histories as they intersect with European American histories.

The total cost for the program is <\$40 for two books you will want in your library: *Jesus and the Disinherited* by Howard Thurman (approx. \$15); and *Waking Up White* by Debbie Irving (approx. \$18). Sacred Ground is underwritten so that videos and articles will be provided free of charge.

Please notify the office (office@stjohnsithaca.org; 607 273-6532) of your wish for more information or to register for the new Circle group not later than Monday February 27th at 5:00 p.m. EDT. More details will be provided each week in the bulletin and in the Fledgling.



St. John's Church
210 North Cayuga Street
Ithaca, NY
(607)-273-6532
www.stjohnsithaca.org

Office email: office@stjohnsithaca.org
"Like" us on facebook @ Saint John's Episcopal Church
Office Hours Monday thru Thursday 10–3

The Rev. Megan Castellan, Rector

Gwen Freeman, Senior Warden
Parish Administrator, Cathy Wagner
Director of Music/Organist, Dr. Anna Stepler

Beverly Way, Junior Warden
Chuck Merrill, Weekday Sexton

If you need pastoral assistance, or just want to reach out to Mtr. Megan, please call her at 315-757-0251, or e-mail mtrmegan@stjohnsithaca.org.

If you would like to contribute to our ministries, you may make a secure donation at <https://stjohnsithaca.org/donate/>. Thank you!

Sign up for our weekly newsletter [The Fledgling](#) by contacting the church office.

Please Join Us:

Coffee Hour has resumed in the Parish Hall following the service. Please continue to wear your mask when you are not actively eating or drinking.

Morning Prayer Monday – Thursday at 9:30 on Facebook and YouTube.

Flowers: If you wish to give candles or Sunday flowers in memory of a loved one, please call the church office (607-273-6532).

Saint John's Episcopal Church presents,
"The Diary of Adam and Eve"
Written by Mark Twain, adapted by Gerald P. Murphy
Starring: Gwen Freeman and Lloyd Hall

Friday, February 10, 2023, 7:00 PM,
St. John's Church
\$10 at the door