

# The Fifth Sunday after the Epiphany

St. John's Episcopal Church, Ithaca NY

4 February 2024 Year B

**10:30 AM**

\* Indicates please stand

**Prelude** Allegro from Concerto in D minor, BWV 596

J. S. Bach (1865–1750)

**\*Processional Hymn** Before the Lord's eternal throne (*Winchester, New*)

**Hymnal #391**

**\*Opening Acclamation**

**BCP 355**

**\*Collect For Purity**

**\*Gloria**

**Hymnal #S-279**

## 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 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?

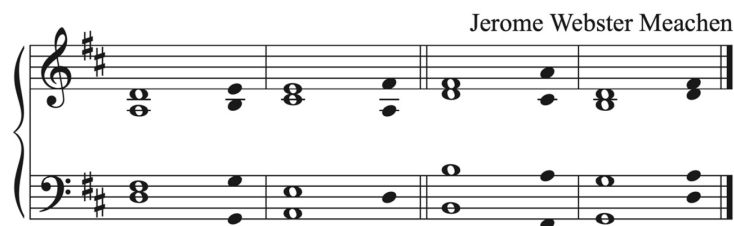
It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely 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.

The Word of the Lord.

*Thanks be to God.*



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**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.

***Laudate Dominum***

- 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 Reading**

**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.

The Word of the Lord.  
*Thanks be to God.*

**\*Sequence** Immortal, invisible, God only wise (*St. Demio*)

**Hymnal #423, vs. 1–2**

**\*The Gospel Reading**

**Mark 1:29–39**

The Holy Gospel of our Lord Jesus Christ according to Mark.

*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

The Gospel of the Lord.

*Praise to you, Lord Christ.*

**\*Sequence** Immortal, invisible, God only wise (*St. Demio*)

**Hymnal #423, vs. 3–4**

**The Sermon**

**The Rev. Kit Tobin**

**\*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 offer our prayers to God, who frees us from the bondage of sin and gives us that liberty of abundant life which is revealed to us in Christ Jesus, as we respond, “Lord, hear our prayer.”

+ That the Church may discover many ways to present the love of God, reaching people of different cultures, tongues, and understandings with the one message of Christ; let us pray.

*Lord, hear our prayer.*

+ That those who are weary may have their strength renewed, those who are hungry be given the bread of life, those who are sick healed of their illness, and those in despair awakened to hope; let us pray.

*Lord, hear our prayer.*

+ For those who are peacemakers throughout the world, that their labor be not in vain, but bear fruit that brings new life to the peoples of all nations; let us pray.

*Lord, hear our prayer.*

+ For economic development in our city and state, leading to an increase in employment and financial security; let us pray.

*Lord, hear our prayer.*

+ For family life, that through love and forgiveness relationships may prosper, and children may have the stability that builds emotional, physical, and spiritual well-being; let us pray.

*Lord, hear our prayer.*

+ For all who have died, especially children and young adults, that they may find eternal life in the arms of our all-merciful Savior; let us pray.

*Lord, hear our prayer.*

As a community of faith, called to proclaim the good news of Christ, we continue our prayers and petitions.

We pray without ceasing for justice, reconciliation, peace, and an end to hatred and war.

We also pray for God to change the hearts of all the leaders and decision-makers in our countries and around the world. For we are in dire need of hearts that love, show mercy, and are willing to live in unity with others; hearts that respect human dignity and choose life rather than death.

*God of peace and justice, hear our prayers. Amen*

God of mercy and compassion, who wept with Rachel as she lamented over her children—be with us, who lament the plague of gun violence that lies heavy over our land. Open our eyes to see the ways we might transform the shadow of strife and death into the way of love and peace. Strengthen us to tirelessly care for one another, that we may truly find our security in the boundless love you call us to, and lead us all to your promised future, where no sword will be drawn against another, and no power known but the power of love. All this we ask through the name of your Son, Jesus Christ. *Amen.*

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

Joan

Charles

Wes

Virginia

Shirley

Richard

Linda	Theodore	Sarah	Chris	Michael	Jack
Jim	Lorraine	Avery	Carole	Susan	Julianne
Gerald	Edith	Nathan	Sandy	Jeff	
Cece	Kathryn	Jane	Amelia	Mary Beth	

For those celebrating the anniversary of their birth this week:

Mitzi Clark, Ben Norton, Muriel Everhart, Stephen Miller, Peg Coleman

### 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** Precious Lord, take my hand

**LEVAS #106**

**\*Presentation Hymn** Father, we praise thee, now the night is over (*Nocte surgentes*)

**Hymnal #2**

### \*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-130**

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-161**

**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.*

*Gluten-free wafers are available upon request.*

**Communion Hymn** Shepherd of souls (*St. Agnes*)

**Hymnal #343**

## 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** Thine arm, O Lord, in days old (*St. Matthen*)

**Hymnal #567**

## Dismissal

**Postlude** *Con moto Maestoso* From Sonata No. 3 in A Major, Op. 65 Felix Mendelssohn (1809–47)

## Acolyte:

**Liturgical Ministers:** Josette Garrison, Sara VanLooy, Sally Clayton

**Virtual Vergers** Matthew Sanaker, Virginia McGhee

*The flowers on the altar are given to Glory of God in memory of Ruth Blanchard by Suzy Blanchard*

*This morning we welcome Rev. Kit Tobin as our celebrant and guest preacher.*

*This morning we welcome Elisabeth Wang as our guest organist.*

**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 BOOK OF COMMON PRAYER ARE AVAILABLE  
IN THE NARTHEX**

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## Hymns

### **Before the Lord's eternal throne (*Winchester, New*) Hymnal #391**

1 Before the Lord's eternal throne,  
ye nations, bow with sacred joy;  
know that the Lord is God alone;  
he can create, and he destroy.

2 His sovereign power without our aid  
formed us of clay and gave us breath;  
and when like wandering sheep we strayed,  
he saved us from the power of death.

3 We are his people, we his care,  
our souls, and all our mortal frame:  
what lasting honors shall we rear,  
almighty Maker, to thy Name?

4 We'll crowd thy gates with thankful songs,  
high as the heavens our voices raise;  
and earth, with her ten thousand tongues,  
shall fill thy courts with sounding praise.

5 Wide as the world is thy command,  
vast as eternity thy love;  
firm as a rock thy truth must stand,  
when rolling years shall cease to move.

### **Immortal, invisible, God only wise (*St. Denio*) Hymnal #423**

1 Immortal, invisible, God only wise,  
in light inaccessible hid from our eyes,  
most blessed, most glorious, the Ancient of  
Days,  
almighty, victorious, thy great Name we  
praise.

2 Unresting, unchanging, and silent as light,  
nor wanting, nor wasting, thou rulest in might;  
thy justice like mountains high soaring above  
thy clouds, which are fountains of goodness  
and love.

3 To all life thou givest, to both great and  
small;  
in all life thou livest, the true life of all;

we blossom and flourish, like leaves on the  
tree,  
then wither and perish; but nought changeth  
thee.

4 Thou reignest in glory, thou rulest in light,  
thine angels adore thee, all veiling their sight;  
all laud we would render: O help us to see  
'tis only the splendor of light hideth thee.

### **Father, we praise thee, now the night is over (*Nocte surgentes*) Hymnal #2**

1 Father, we praise thee, now the night is over,  
active and watchful, standing now before thee;  
singing, we offer prayer and meditation:  
thus we adore thee.

2 Monarch of all things, fit us for thy  
mansions;  
banish our weakness, health and wholeness  
sending;  
bring us to heaven, where thy saints united  
joy without ending.

3 All-holy Father, Son, and equal Spirit,  
Trinity blessed, send us your salvation;  
thine is the glory, gleaming and resounding  
through all creation.

Words: By permission of Oxford University  
Press

### **Shepherd of Souls (*St. Agnes*) Hymnal #343**

1 Shepherd of souls, refresh and bless  
thy chosen pilgrim flock  
with manna in the wilderness,  
with water from the rock.

2 We would not live by bread alone,  
but by thy word of grace,  
in strength of which we travel on  
to our abiding-place.



3 Be known to us in breaking bread,  
and do not then depart;  
Saviour, abide with us, and spread  
thy table in our heart.

4 Lord, sup with us in love divine,  
thy Body and thy Blood,  
that living bread, that heavenly wine,  
be our immortal food.

**Thine arm, O Lord, in days of old (*St. Matthew*)**

**Hymnal #567**

1 Thine arm, O Lord, in days of old  
was strong to heal and save;  
it triumphed o'er disease and death,  
o'er darkness and the grave.  
To thee they went, the blind, the deaf,  
the palsied, and the lame,

the leper set apart and shunned,  
the sick with fevered frame.

2 And lo! thy touch brought life and health,  
gave hearing, strength, and sight;  
and youth renewed and frenzy calmed  
owned thee, the Lord of light:  
and now, O Lord, be near to bless,  
almighty as of yore,  
in crowded street, by restless couch,  
as by Gennesaret's shore.

3 Be thou our great deliverer still,  
thou Lord of life and death;  
restore and quicken, soothe and bless,  
with thine almighty breath:  
to hands that work and eyes that see,  
give wisdom's heavenly lore,  
that whole and sick, and weak and strong,  
may praise thee evermore.



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

[www.stjohnsithaca.org](http://www.stjohnsithaca.org)

Office email: [office@stjohnsithaca.org](mailto:office@stjohnsithaca.org)

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**Office Hours** Monday thru Thursday 10–3

### **Rector**

Beverly Way, Senior Warden  
Parish Administrator  
Director of Music/Organist

Pamela Talbott, Junior Warden  
Chuck Merrill, Weekday Sexton

If you need pastoral assistance, please call or text the Senior Warden at 607-232-4465.

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. Masks are optional when you are not actively eating or drinking.

*Forward Day by Day* for **February**, **March**, and **April** is available on the table in the rear of the church.

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

### **Our Soup Suppers for Lent are back!**

**SAVE THE DATE!** Beginning Friday, February 16, 2024, St. John's will offer food for the body and food for the spirit. Come join us for soup supper, community gathering, and a program for spiritual reflection from 6:00 to 7:30 Friday nights during Lent. More information to follow.