



Christ Episcopal Church

Service · Faith · Community · Inclusion

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The Fifth Sunday after the Epiphany

Year B

4 February 2024

10:30 am



Welcome

If you are new or visiting and would like more information,
please fill in a guest card and sign our guest book.

If the liturgy is new to you, please participate as you feel comfortable.

Restrooms are located in the Parish Hall.

Servers

Presider

Reverend Courtney Jones

Deacon

Reverend Deacon Vicki Johnson

Homilist

John Okerman

Eucharistic Minister

MJ Barrett

Readers

Tom Young,
Sharman Badgett-Young

Ushers

Don Ibsen, Marie Ibsen

Altar Guild

Mary Gronholt, Val Long

Bread Ministry

Jim Minton

Musicians

The Banjo Band

Eucharistic Visitor

Diane Guinn

Coffee Hour Host

Grace Minton

Holy Communion

*In the Anglican/Episcopal tradition, communion is received in two kinds:
in the bread and in the wine.*

*The bread is offered first and is placed in one's opened palm with the words,
"The Body of Christ, the bread of heaven." The bread may then be consumed.*

The full grace of the sacrament is received with the bread alone.

*A chalice bearer will then offer the wine with the words,
"The Blood of Christ, the cup of salvation."*

*As the cup is presented, please either take the cup from the chalice bearer
or gently take hold of the base of the chalice, helping the chalice bearer
to guide it toward your lips.*

Please sanitize your hands before receiving Communion.

Gluten-free hosts are available. Please ask if you need one.

Coffee Hour

Coffee Hour follows the service.

Please join in. All are welcome.

The Holy Eucharist: Rite II

The Word of God

Welcome & Announcements

Acknowledgement

We acknowledge that we are on the ancestral lands of the Coast Salish peoples, past and present, and we honor the land itself and the Coast Salish people today.

Prayer

The Presider begins our worship with the following prayer:

Presider O Almighty God, who pours out on all who desire it the spirit of grace and of supplication: Deliver us, when we draw near to you, from coldness of heart and wanderings of mind, that with steadfast thoughts and kindled affections we may worship you in spirit and in truth; through Jesus Christ our Lord.


People Amen.

Please allow a period of silent reflection during the playing of the Prelude.

Prelude

Processional Hymn

I Have Decided to Follow Jesus



1. I have de - cid - ed to fol - low Je - sus; I have de - cid - ed to fol - low Je - sus;
2. Though I may won - der, I still will fol - low; Though I may won - der, I still will fol - low;
3. The world be - hind me, the cross be - fore me; The world be - hind me, the cross be - fore me;
4. Though none go with me, still I will fol - low; Though none go with me, still I will fol - low;
5. Will you de - cide now to fol - low Je - sus? Will you de - cide now to fol - low Je - sus?



I have de - cid - ed to fol - low Je - sus; No turn - ing back, no turn - ing back.
Though I may won - der, I still will fol - low; No turn - ing back, no turn - ing back.
The world be - hind me, the cross be - fore me; No turn - ing back, no turn - ing back.
Though none go with me, still I will fol - low; No turn - ing back, no turn - ing back.
Will you de - cide now to fol - low Je - sus? No turn - ing back, no turn - ing back.

Opening Acclamation

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

People **And blessed be God's kingdom, now and for ever. Amen.**

Presider 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.

People **Amen.**



Gloria

Refrain

1
Glo - ri - a, glo - ri - a, 2
in ex - cel - sis De - o!

3
Glo - ri - a, glo - ri - a, 4
al - le - lu - ia, al - le - lu - ia!

Music: Jacques Berthier (1923-1994); Copyright GIA Publications, Inc.

Salutation & Collect of the Day

Presider God be with you.

People **And also with you.**

Presider Let us pray.

All **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.**

Please be seated.

First Reading

A reading from 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 Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Psalm

Psalm 147:1-12,21c

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

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

He heals the brokenhearted *
and binds up their wounds.

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

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

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



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

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

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

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

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

But the Lord has pleasure in those who fear him, *
in those who await his gracious favor.

He has not done so to any other nation; *
to them he has not revealed his judgments.
Hallelujah!

Second Reading

A reading from 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.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Gospel Acclamation

Your Word

Echo on repeat

Your word, (your word,) your word (your word,) is a
lamp to my feet. Your word, (your word,) your
word (your word,) is a lamp to my feet, and a light to my
path. (and a light to my path.) Your word, (your word,) your
word (your word,) is a lamp to my feet.

Music: Frank Hernandez; Copyright 1990 Birdwing Music

Please stand.

Gospel

Deacon The Holy Gospel of our Lord Jesus Christ according to Mark.
People **Glory to you, Lord Christ.**

Mark 1:29-39

Jesus left the synagogue at Capernaum and 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.

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

Please be seated.

Homily

Mr. John Okerman

Please observe a period of silence.

Please stand.

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

The Deacon invites the Prayers of the People:

Deacon In peace, let us offer our prayers through the Son of God who comes with power and great glory.”

Prayers are offered responsively; you are invited to offer the following intercessions as the Spirit moves you.

Leader For the church in the world and the faithful in every place;
People **May we be a people who prepare the way for you.**

Leader For all who serve Christ in the midst of conflict, and especially for the people of Emmanuel Church, Ramleh, of the Episcopal Diocese of Jerusalem;
People **May the peace that passes all understand fill the hearts of all your people.**

Leader For Michael, our Presiding Bishop, Melissa, our Bishop, for all bishops and other ministers;
People **For all who serve God in his church.**

Leader Bless Mayor Miller and all those appointed to govern in every land;
People **May your Spirit be with them so that they may serve the common good.**

Leader We thank you for the diversity of this earth and all the living things of the Salish Sea;
People **Grant us wisdom in our stewardship of all creatures great and small.**

Leader For those who have no homes; for the broken and the forgotten, the overlooked and the downtrodden;
People **Bless our efforts to create a more just and caring society.**

Leader For those on our Prayer List;
People **For our families, friends and neighbors, and for those who are alone.**

Leader For all who have died in the communion of your Church, and those whose faith is known to you alone. Lord, let your loving kindness be upon them.
People **Who put their trust in you.**

Leader For our deliverance from all affliction, strife, and need;
People **And in thanksgiving for the gifts you have given us.**

Please add your own intercessions, supplications, and thanksgivings.

Deacon Joining our voices with all the saints, let us commend ourselves and one another and all our life to Christ our God.

People **To you, O Lord our God.**

Silence

Presider God of faithful surprises: mercifully accept the prayers of your people and strengthen us to do your will, through Jesus Christ our Savior.

People **Amen.**

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

People **Amen.**

Confession & Absolution

Deacon Let us confess our sins to God.

Silence

People **God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People **Amen.**

The Peace

Presider The peace of the Lord be always with you.

People **And also with you.**

Birthdays, Anniversaries, & Other Celebrations

The Holy Communion

Presider Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. (*Ephesians 5:2*)

Please rise as the bread and wine we offer to God for our nourishment and the life of the world are brought forward and presented at the altar.

Offertory Hymn

Everywhere I Go



1 Ev - ery - where I go, the Lord is near me.
 2 In the dark of night should things a - larm me,
 3 In the com - ing days of joy or sad - ness,
 4 Ev - ery - where I go, the Lord is near me.



If I call up - on him, he will hear me.
 ev - er in his sight, no ill may harm me.
 I will praise his name with songs of glad - ness.
 If I call up - on him, he will hear me.



Nev - er will I fear, for the Lord is near, ev - ery-where I
 I will be of cheer, for the Lord is near, ev - ery-where I
 For to me it's clear that the Lord is near, ev - ery-where I
 Nev - er will I fear, for the Lord is near, ev - ery-where I



go. _____ go.

Words & Music: Natalie Sleeth, arr. Charlotte Larson; Copyright Choristers Guild

Great Thanksgiving

Inclusive Liturgies Eucharistic Prayer B

Presider May God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift our hearts to God.**

Presider Let us give thanks to the One who created us.

People **It is right to give God thanks and praise.**



Presider:

It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. 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:

Sanctus

"Ho-ly, ho-ly, ho-ly," an-gel hosts are sing-ing. "Ho-ly, ho-ly,
"San-to, san-to, san-to," can-tan se-ra-fi-nes. "San-to, san-to,
ho-ly is the Lord our God. Ho-ly, ho-ly, ho-ly is God, the Lord of
san-to, Dios es el Se-ñor. San-to, san-to, san-to es fuer-te nue-stro
might. Your glo-ry fills the heav-ens, your glo-ry fills the
Dios. Tu glo-ria lle-na los cie-los, la tie-rra lle-na es -
earth." Ho-san-na in the high-est, ho-san-na is our song.
tá." Ho-sa-na en las al-tu-ras, ho-sa-na la can-ción.

Music: Harm. AnnaMae Meyer Bush 1985; Copyright 1987 CRC Publications

Presider:

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. Through Mary's Holy Child, you have delivered us from evil and made us worthy to stand before you. You have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus 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."

Presider:

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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Presider Therefore, according to his command, O God,

**All We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;**

Presider:

And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where with all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ, the firstborn of all creation, the head of the Church, and the author of our salvation.

By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory is yours, Most Blessed One, now and forever.

All AMEN.

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

**All 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.**

Breaking of the Bread

A period of silence is kept as the bread is broken.

Presider Christ our Passover is sacrificed for us.

People Therefore let us keep the feast.

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.

All are welcome at this Table.

Please be seated.

Communion Hymn

Leaning on the Everlasting Arms




1. What a fel - low - ship, what a joy di - vine,
2. O how sweet to walk in this pil - grim way,
3. What have I to dread, what have I to fear,



1. Lean - ing on the ev - er - last - ing arms; What a bless - ed - ness,
2. Lean - ing on the ev - er - last - ing arms; O how bright the path
3. Lean - ing on the ev - er - last - ing arms; I have bless - ed peace

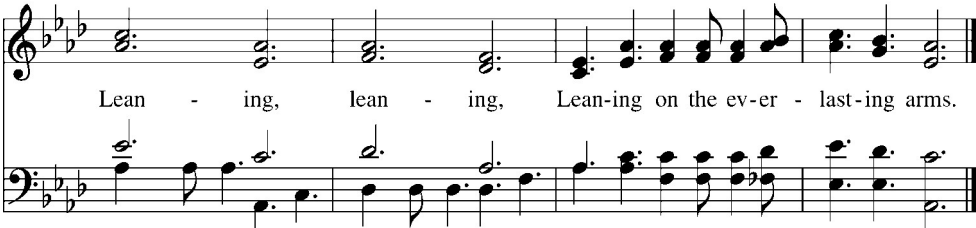


1. what a peace is mine, Lean - ing on the ev - er - last - ing arms.
2. grows from day to day, Lean - ing on the ev - er - last - ing arms.
3. with my Lord so near, Lean - ing on the ev - er - last - ing arms.



Lean - ing, lean - ing, safe and se - cure from all a - larms;

Lean - ing on Je - sus, lean - ing on Je - sus,



Lean - ing, lean - ing, Lean - ing on the ev - er - last - ing arms.

Lean - ing on Je - sus, lean - ing on Je - sus,

Words: Elisha A. Hoffman (1829-1929), Music: Anthony J. Showalter (1858-1924); Arr. & 1992 Copyright Carl Haywood (b. 1949)

If Eucharistic Visitors are sent out to share Communion with homebound members of our congregation, the following prayer is used.

Sending of Eucharistic Visitors

Presider In the name of this congregation we send you forth bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's body and blood. We, who are many, are one body, because we all share one bread, one cup.

People **Amen.**



Please stand.

Post Communion Prayer

Presider Let us pray.
All **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 Hymn

Bring Forth the Kingdom



- 1 You are salt for the earth, O peo-ple: salt for the king-dom of God!
2 You are a light on the hill, O peo-ple: light for the cit - y of God!
3 You are a seed of the word, O peo-ple: bring forth the king-dom of God!
4 We are a blest and a pil-grim peo-ple: bound for the king-dom of God!



Share the fla - vor of life, O peo - ple: life in the king - dom of God!
Shine so ho - ly and bright, O peo - ple: shine for the king - dom of God!
Seeds of mer - cy and seeds of jus - tice, grow in the king - dom of God!
Love our jour - ney and love our home - land: love is the king - dom of God!



Bring forth the king - dom of mer - cy, bring forth the



king - dom of peace; bring forth the king - dom of jus - tice,



bring forth the cit - y of God!

Words & Music: Marty Haugen; Copyright 1986 GIA Publications, Inc.

Dismissal

Deacon

Let us go forth in the name of Christ.

People

Thanks be to God.

Postlude