



Episcopal Church of the Epiphany
Service of Wellness
January 29, 2012, 10:30 am

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

1 Corinthians 6:19-20

We worship during the season of Epiphany according to The Holy Eucharist: Rite Two, beginning on page 355 of the Episcopal Book of Common Prayer.

The Word of God

Processional Hymn (the people stand)

Thou Whose Almighty Word.....#371

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

**And blessed be his kingdom, now and for ever.
Amen.**

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 people sing (found in the Hymnal at S 280)

**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.**

The Collect of the Day

The Lord be with you.

And also with you.

Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth. Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons (the people sit)

The First Lesson – Deuteronomy 18:15-20

Moses said, The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak-- that prophet shall die."

The Word of the Lord.

Thanks be to God.

The Psalm – Psalm 111

Refrain:

The Lord is gracious and full of compassion.

Hallelujah! I will give thanks to the LORD with my whole heart, *

in the assembly of the upright, in the congregation.

Great are the deeds of the LORD! *
they are studied by all who delight in them.

His work is full of majesty and splendor, *
and his righteousness endures for ever.

He makes his marvelous works to be remembered; *
the LORD is gracious and full of compassion.

He gives food to those who fear him; *
he is ever mindful of his covenant.

He has shown his people the power of his works *
in giving them the lands of the nations.

The works of his hands are faithfulness and justice; *
all his commandments are sure.

They stand fast for ever and ever, *
because they are done in truth and equity.

He sent redemption to his people;
he commanded his covenant for ever; *

Holy and awesome is his Name.
The fear of the LORD is the beginning of wisdom; *

Those who act accordingly have a good understanding;
his praise endures for ever.

Refrain:
The Lord is gracious and full of compassion.

The Second Lesson – 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be so-called gods in heaven or on earth-- as in fact there are many gods and many lords-- yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

The Word of the Lord.

Thanks be to God.

The Gospel Sequence – Mark 1:21-28 (the people stand)

Hymn – Surely It Is God Who Saves Me

Refrain:
Surely it is God who saves me;
I will trust in Him and not be afraid,
For the Lord is my stronghold and my sure defense,
And He will be my Savior.

Therefore you shall draw water with rejoicing
From the springs of salvation.
And on that day you shall say: "Give thanks to the Lord,"
And call upon His name.

Make his deeds known among the peoples;
See that they remember that his name is exalted.
Sing the praises of the Lord, for He has done great things,
And this is known in all the world. (Refrain)

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

Glory to You, Lord Christ.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching-- with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

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

Hymn – Surely It Is God Who Saves Me (cont)

Cry aloud, inhabitants of Zion,
Ring out your joy,
For the Great One in the midst of you
Is the Holy One of Israel. (Refrain)

Sermon Time (the people sit)

Caring for God's Creation, Our Bodies
Dr. John Rand, guest speaker

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 (Form III, page 387 of the Book of Common Prayer)

Father, we pray for Saint Paul's Carlowville, for St. Wilfrid's, Marion, for our companion diocese of Haiti and its bishop, Zaché, for the Diocesan Commission on Race Relations; for the Good Samaritan Free Clinic in Cullman, for St. Michael's Clinic in Anniston, and for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for Katharine, our presiding bishop, for Kee, our bishop, for Arnold, our priest, and for all bishops, priests, and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for Barack, our President; for Robert, our governor; for George, our mayor; and for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;

That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

Give to the departed eternal rest.

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

The People may add their own petitions.

The Celebrant adds a concluding Collect.

Confession of Sin (the people stand or kneel)

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

The peace of the Lord be always with you.

And also with you.

Joys and Concerns of the Congregation

The Holy Communion

The Offertory Hymn*Take Our Bread*

Refrain:

**Take our bread, we ask You;
Take our hearts, we love You,
Take our lives, oh Father we are Yours,
We are Yours.**

**Yours as we stand at the table You set;
Yours as we eat the bread our hearts can't forget.
We are the sign of Your life with us yet,
We are Yours, we are Yours. (Refrain)**

**Your holy people standing washed in Your blood,
Spirit filled yet hungry we await Your food.
We are poor, but we've brought ourselves the best
that we could.**

We are Yours, we are Yours. (Refrain)

The Presentation

**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

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 him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator 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:

The people sing (found in the Hymnal at S 129)

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The people stand or kneel

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.

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:

Christ has died.

Christ is risen.

Christ will come again.

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.

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,

**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 Celebrant breaks the consecrated Bread. A period of silence is kept.

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

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.

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.

After Communion, the people stand or kneel and the Celebrant says

Let us pray.

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 Blessing

Recessional Hymn (the people stand)

O For a Thousand Tongues to Sing.....#493

Let us go forth into the world, rejoicing in the power of the Spirit.

Thanks be to God. Alleluia, alleluia.

Image on page one shows three centenarians. Photo by Yoshikazu Tsuno and found in the Montreal Gazette.

Join us Thursday, February 2 for First Thursday. We will meet at 6:30 pm in the Parish Hall, sharing pot luck. We will conclude with Compline and are usually leaving by 8:00 pm.

Sunday, February 5 is Souper Bowl Sunday. Our theme will be Joining God's Team to Care for the Poor. Please bring two cans of food wrapped in \$ bills to support our Beans & Rice Ministry.

Parish Prayer List: Pam Stewart, Lynda Denton, Dot Harris, Dawn James, Roxanne Zabner, Jim Cantrell, and Alexander Philip Kerr. More information is on the updated prayer list on the church web site.

Serving at Epiphany this week:

Ushers: Jere and Pam VanEtten
Altar Guild: Jean Kerr and Janet Bray
Lay Reader: Laura Williams
Chalice Bearer: Jean Kerr
Refreshments: Cathy Jones
Stewards: Maurice and Debra McCord