



Episcopal Church of the Epiphany  
 Fifth Sunday after the Epiphany  
 Souper Bowl Sunday  
 February 5, 2012, 10:30 am

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

*Psalm 147:1*

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)  
*The First Song of Isaiah* .....SH-18

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.**

*Gloria in Excelsis (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.

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 (the people sit)**

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.**

The Psalm – Psalm 147:1-12, 21c

Refrain:

**Hallelujah! How good it is to sing praises to our God!**

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.**

**Hallelujah!**

Refrain:

**Hallelujah! How good it is to sing praises to our God!**

The Second Lesson – 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.**

The Gospel Sequence – Mark 1:29-39 (the people stand)

Hymn – *How Firm a Foundation* .....#636  
Verses 1-3

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

**Glory to You, Lord Christ.**

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.

The Gospel of the Lord.

**Praise to You, Lord Christ.**

Hymn – *How Firm a Foundation* (cont) .....#636  
Verses 4-5

Sermon

*Time Outs Can Make Us Better Team Players*

## 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 Trinity Church, Demopolis; for St. John's Deaf Church, Birmingham; for our companion diocese of Haiti and its bishop, Zaché; for the Diocesan Commission on Ministry; for the Department of Christian Formation; for all youth ministers and EYC advisors, 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)

*Immortal, Invisible, God Only Wise* .....#423

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 Jere and Pam VanEtten preparing bags for Beans and Rice last fall.

**Please mark your calendars!** We will be changing our Sunday morning schedule beginning February 19:

- 9:30 am – Worship in the Nave
- 10:40 am – Refreshments in the Parish Hall
- 10:40 am – Church school in the Parish Hall

Also on February 19, Lee and Amanda Borden will lead us as we begin together a 6-week hands-on, interactive Church School study -- "Discovering Your Spiritual Gifts and Putting Them To Work." Make sure you sign up now so we can order your copy of the text. The book costs \$9 and is designed for each participant to write responses in it, so we encourage each participant to buy a copy.

### **Parish Prayer List**

#### **Members:**

- Pam Stewart
- Lynda Denton
- Dot Harris

#### **Friends and Relatives**

- Dawn Jones (Jere and Pam VanEtten)
- Roxie Zabner (Amanda Borden)
- Jim Cantrell (Al Cantrell)
- Alexander Philip (Zander) Kerr, infant son of Kelly and Dan Kerr (Jean Kerr)
- Amber and Dexsel Jared (Kathy Haynie)
- Troy Warlick (Kathy Haynie)
- Mary Alice Merith (Shea Boland)

#### **Serving at Epiphany this week:**

Ushers: Lee and Amanda Borden  
 Altar Guild: Betty Weldon and Pam VanEtten  
 Lay Reader: Jean Kerr  
 Chalice Bearer: Tom Bray  
 Refreshments: Kathy Haynie  
 Stewards: Jere and Pam VanEtten