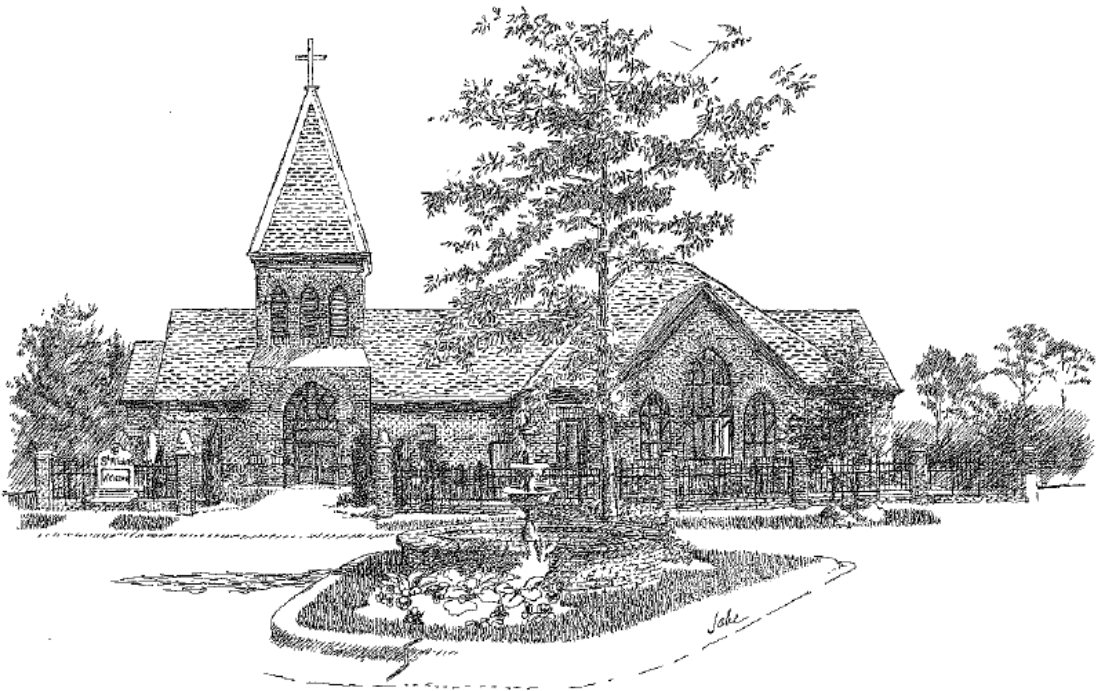


St. Alban's

EPISCOPAL CHURCH

welcomes you



The Fifth Sunday after the Epiphany

Holy Eucharist: Rite II

February 4, 2024

10:30 a.m.

Holy Eucharist: Rite Two

*Welcome to St. Alban's! Thank you for worshiping with us today. In order to allow for private prayer, we ask that you refrain from loud conversation upon entering the nave. Page numbers in the bulletin refer to The Book of Common Prayer (BCP), the book with the cross on the cover. Hymnals and Prayer Books can be found beneath the seats. If you choose to kneel for parts of the service, please use the kneeler beneath your own chair. Children of all ages are always welcome in worship. Crayons and a Bible story coloring page are available on the table just outside the doors to the nave. If desired, our nursery is available for children age three and under, and is located downstairs. Sunday School for ages four-12th grade takes place from 10:15-11:00 a.m. downstairs, with the children returning upstairs to the nave at the Exchange of the Peace. *The congregation is invited to stand as able when indicated by an asterisk.*

The Word of God

The Prelude: Deck, thyself, my soul gladness

Johann Sebastian Bach

***The Processional Hymn: 423 Immortal, Invisible, God Only Wise**

ST. DENIO

***The Opening Acclamation**

Book of Common Prayer (BCP) p. 355

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

People: **And blessed be his kingdom, now and forever. Amen.**

***The Collect for Purity**

BCP p. 355

***The Gloria: S 280**

Glory to God

Robert Powell

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - mighty God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you

take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. you a - lone are the Most
High, Je - sus Christ, with the Ho - ly Spi - rit, in the
glo - ry of God the Fa - ther. A - men.

*The Collect of the Day

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: 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 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.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 147:1-12, 21c *Read responsively by half verse.*

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!

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.

Reader: The Word of the Lord.

People: Thanks be to God.

*The Sequence Hymn: Lord, Speak to Me, That I May Speak

CANONBURY

Stanzas 1 & 2 are sung before the Gospel, stanza 3 is sung after.



1 Lord, speak to me, that I may speak in
2 O lead me, Lord, that I may lead the
3 O teach me, Lord, that I may teach the



liv - ing ech - oes of thy tone; thou has sought, so
wand - ering and the wav - ering feet; O feed me, Lord, that
pre - cious things thou dost im - part; and wing my words, that



let me seek thy err - ing child - ren lost and lone.
I may feed thy hun - gry ones with man - na sweet.
they may reach the hid - den depths of many a heart.

*The Gospel

Mark 1:29-39

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

People: 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.

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

The Sermon

The Rev. Carmen Germino

*The Nicene Creed

BCP p. 358

Celebrant and People

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

BCP p. 387

The congregation is invited to stand or kneel as able.

Deacon

Let us pray for the church and for the world.

Intervenor

Father, we pray 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 all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray 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.

We pray for peace in the Holy Land, Ukraine, and everywhere affected by war. Now, let us pray for our own needs and those of others. Together we pray for... Are there others?

The Celebrant will add a concluding Collect.

The Confession & Absolution

BCP p. 360

The congregation is invited to kneel as able.

Deacon

Let us confess our sins against God and our neighbor. *Silence is kept.*

Celebrant and People

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.

***The Exchange of the Peace**

BCP p. 360

The people greet one another in the name of the Lord.

The Greeting and Announcements

The Holy Communion

The Offertory Anthem: Praise the One Who Breaks the Darkness

Text: Rusty Edwards

Music: J. Wyeth

Praise the One who breaks the darkness with a liberating light;
praise the One who frees the prisoners, turning blindness into sight.
Praise the One who preached the gospel, healing every dread disease,
calming storms and feeding thousands with the very bread of peace.

Praise the One who blessed the children with a strong yet gentle word;
praise the One who drove out demons with a piercing, two-edged sword.
Praise the One who brings cool water to the desert's burning sand;
from this well comes living water quenching thirst in every land.

Praise the One true love incarnate: Christ, who suffered in our place;
Jesus died and rose for many that we may know God by grace.

Let us sing for joy and gladness, seeing what our God has done.

Praise the one redeeming glory; praise the One who makes us one.

Let us with gladness present the offerings and oblations of our life and labor to the Lord. To utilize our text-to-give option, simply text "ALBANS" to 73256.

***The Presentation of Gifts**

***The Doxology**

OLD 100TH

**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, Prayer A**

BCP p. 361

***The Sursum Corda**

Celebrant
 The Lord be with you. And al - so with you.

Celebrant
People
 Lift up your hearts. We lift them to the Lord.

Celebrant
 Let us give thanks to the Lord our God.

People
 It is right to give him thanks and praise.

The Celebrant continues.

***The Sanctus: S 124**

Holy, Holy, Holy

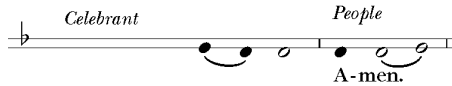
David Hurd

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
 earth are full of your glo - ry. Ho - san - na in the high - est.
 Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The Celebrant continues. The congregation is invited to stand or kneel as able.

Celebrant: Therefore we proclaim the mystery of faith:
 People: **Christ has died. Christ is risen. Christ will come again.**

The Celebrant continues.



*The Lord's Prayer

BCP p. 364

Celebrant and People

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 Fraction Anthem: S 154

Christ Our Passover

David Hurd

Musical notation for the Fraction Anthem. It consists of four staves of music in G major (one sharp). The lyrics are: Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia. Christ our Pass - o - ver is sac - ri - ficed for us; there - fore let us keep the feast. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

The Ministration of Communion

BCP p. 365

All are welcome to gather at the Lord's table. At the appropriate time, you may come forward to the altar rail, filling in from right to left. Kneeling is optional. Gluten-free wafers are available; please make your need known to the clergy. Wine is available either by sipping from the common cup (silver chalice) or by intinction (dipping the wafer into the pottery chalice). If you choose to intinct, please hold your wafer visibly to indicate that is your preference. Please take utmost care to keep your fingers from touching the wine as you dip. You may choose to receive only the bread or the wine, as either one alone is a full Communion. Please tell an usher if you need Communion brought to you. In the Episcopal Church, it is customary that those receiving Communion have been baptized in any Christian tradition, and no one who comes to the altar in faith is turned away. If you would like to learn more about Baptism at St. Alban's, please be in touch with the clergy. If you are not receiving Communion, we hope you will come forward and cross your arms over your chest, so that we might share a blessing with you.

The Communion Hymn: Heal Me, Hands of Jesus

SHARPE

1. Heal me, hands of Je-sus, and search out all my pain: re -
 2. Cleanse me, blood of Je-sus, take bit - ter-ness a - way; let
 3. Know me, mind of Je-sus, and show me all my sin; dis -
 4. Fill me, joy of Je-sus: anx - i - e - ty shall cease and

store my hope, re - move my fear and bring me peace a - gain.
 me for - give as one for-given and bring me peace to - day.
 pel the mem - o - ries of guilt, and bring me peace with - in.
 heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

***The Communion Hymn: 304 I Come with Joy to Meet My Lord**

LAND OF REST

***The Post Communion Prayer**

BCP p. 365

The congregation is invited to stand or kneel as able.

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**

***The Recessional Hymn: 567 Thine Arm, O Lord, in Days of Old**

ST. MATTHEW

***The Dismissal**

BCP p. 366

Deacon: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

The Postlude: Prelude on *St. Denio*

Percy Whitlock

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Welcome to St. Alban's!



St. Alban's is a friendly, inclusive, and growing congregation that seeks to honor the Lord Jesus Christ through worship, fellowship, and outreach. We pray that your worship with us will bring you the grace, peace, and joy of Christ. If you are new to our faith community, we would love to connect with you. Please fill out a purple sheet located on the Welcome Center table in the narthex or scan the QR code to the left with the camera on your smart phone which will direct you to an online newcomer form.

St. Alban's is a Parish in the Episcopal Diocese of North Carolina

The Right Reverend Samuel Sewall Rodman, III, Bishop of North Carolina

The Right Reverend Jennifer Brooke-Davidson, Assistant Bishop

The Clergy and Staff

The Reverend Carmen Germino, Rector

The Reverend Kevin Lloyd, Associate Rector

Davidson College Campus Minister

The Reverend Leslie Nuñez Steffensen, Priest Associate

The Reverend Valerie Davis, Deacon

John Bailey, Organist and Choirmaster

Jessica Ewell, Parish Administrator and Communications Director

Courtney Fossett, Director of Children, Youth, and Family Ministry

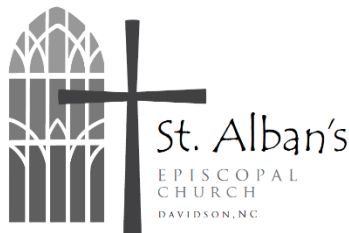
Erin Garrett, Director of Finance

Matt Presson, Director of Children's Choir and Stream Team

Patti Rossini, Preschool Director

The Vestry of St. Alban's

Jean Bonnyman, Connor Fulton, Matthew Goodson, James Kennedy, Annamarie Klemm, Allison Kratt, Jennifer Loher, Cheryl Nealy, Mike Sass, Joseph Torok, Leslie Urban, Danny Wiles.



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