

Holy Trinity Anglican Church Metcalfe  
EPIPHANY 4  
January 29, 2023  
Reverend Michael Fleming

Fr. Michael: As we search for our individual and communal blessedness, we acknowledge that the places in which we live and worship lie on the unceded territory of the Algonquin Anishinaabe people.

People: **May we be blessed by one another and be a blessing to one another in a spirit of reconciliation and healing.**

Fr. Michael: Wonderful is the God of Jesus who gathers the poor of the earth.

People: **Glorious is our God who wipes away the tears of our sorrows.**

Fr. Michael: Wonderful is the God of Jesus who gives inheritance to the meek. Glorious is our God who satisfies the hunger of the righteous and who gives mercy to the merciful.

People: **Glorious is our God who gives vision to the poor in heart.**

Fr. Michael: Wonderful is the God of Jesus who adopts the peacemakers and who protects the persecuted.

People: **Glorious is the God of Jesus who finds the lost and awakens the world.**  
(Bruce Prewer re:Worship 2020)

Fr. Michael: The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

People: **and also with you.**

Fr. Michael: Children of God, it's time to take off your shoes, step out of your comfort zone and walk with trust into the stream of God's mercy. Stand still for a moment barefoot on holy ground and let the healing waters wash over your feet; take a deep breath as Love soaks into your soul and be silent, listening for God's word for us today.

Fr. Michael: And now, as community called and community gathered we pray, Almighty God

People: **to you all hearts are open, all desires known and from whom no secrets are hidden. 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**

Fr. Michael: With angels and archangels, with all the saints in heaven and those who walk among us here on this good earth, together we say, Glory to God in the highest,

People: **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.**

Fr. Michael: Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace and in the renewal of our lives make known your glory; through Jesus Christ our Lord who is alive and reigns with you and the Holy Spirit, one God now and forever.

**Amen**

Reader: A reading from the prophet Micah (Micah 6: 1-8) Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The Word of the Lord

**People: Thanks be to God**

Reader: How shall we worship our God? We have heard what the Lord requires of us. Let us leave empty talk and pride behind for we must walk the walk. Prepare to step out in faith, even in troubled waters for only God knows where we might need to go. Don't be afraid, Jesus will guide our steps along the way, teaching us to walk humbly, to love boldly and to follow where the Spirit leads.

**Amen**

Reader: Our psalm for this new day is Psalm 15 . Lord, who may dwell in your tabernacle? who may abide upon your holy hill?

Whoever leads a blameless life and does what is right, who speaks the truth from his heart.

**All: The just shall dwell on your holy mountain**

Reader: There is no guile upon his tongue; he does no evil to his friend; he does not heap contempt upon his neighbour.

In his sight the wicked is rejected, but he honours those who fear the Lord.

**All: The just shall dwell on your holy mountain**

Reader: He has sworn to do no wrong and does not take back his word.

He does not give his money in hope of gain, nor does he take a bribe against the innocent. Whoever does these things shall never be overthrown.

**All: The just shall dwell on your holy mountain**

Reader: A reading from the First letter of Paul to the Church in Corinth (1 Corinthians 1: 18-31)

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

The Word of the Lord

**People: Thanks be to God**

Reader: O God, we trust in your Power even as it is often found in weakness; we trust in your Wisdom, even as it is expressed in seeming foolishness; we trust in your Wholeness, even as it comes to us in brokenness, We do not look today for dazzling displays of strength, electric exercises of intellectual prowess or marvellous manifestations of miracles. We come simply to worship you. Teach us today how we might become your saints, your Body, your Children, your Church. For this temple of your Spirit is built not upon our own abilities, knowledge or restorative skills but only on You, in Jesus Christ alone.

**Amen** (from My Redeemer Lives website)

Fr. Michael: The Lord be with you.

People: **And also with you.**

Fr. Michael: The Holy Gospel of our Lord and Saviour Jesus Christ according to the blessed St. Matthew (Matthew 5:1-12)

People: **Glory be to you, Lord Jesus Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Fr. Michael: This is the very Gospel of Christ.

People: **Praise be to you, Lord Jesus Christ**

Fr. Michael: Faith means betting your life that something is true. This faith is the bedrock of our community which begins when we say, “Credo...I believe in God, the Father Almighty,

All: **creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

Reader: Living into the blessings and challenges of the Beatitudes requires great strength and courage. We can only reach this goal by grounding ourselves, as a community, in prayer. As we come before God together, I invite you into the Beatitudes, into their surprising blessings and their bold proclamation of the Kingdom. From the beginnings of Christianity, our mothers and fathers in the faith have relied on these seemingly simple words to guide their lives, to help them understand God's will and to direct them into prayer for and suffering with the world. I will read each phrase and invite you to repeat it. Then, I will suggest a focus for prayer and meditation. We begin in silence before the Lord...

Reader: Blessed are the poor in spirit for theirs is the Kingdom of heaven

People: **Blessed are the poor in spirit, for theirs is the Kingdom of heaven.**

Reader: let us remember the poor of our world, for whom the Kingdom of God often seems distant and unattainable. We remember the homeless and those whose beds are the mean streets, remembering those who minister to them and who seek to be advocates for the needy, the lost, the disenfranchised, those who have been forced to the margins. We pray for the faith communities which reach out in compassionate love for all, remembering especially at this time Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as Christ Church Cathedral, Ottawa and The Very Reverend Beth Bretzlaff, and The Reverend Canon Douglas Richards. We also remember all Archdeacons in our diocese and St. Peter's Lutheran Church and their pastor Joel Crouse.

People: **Blessed are the poor in spirit; to them belongs the Kingdom.**

Reader: Blessed are those who mourn, for they will be comforted.

People: **Blessed are those who mourn, for they shall be comforted.**

Reader: We pray for all who live lives of despair and hopelessness, who mourn and grieve for what once was in their lives, who weep for lost family and friends, for those who are suffering in mind, body or spirit and for those who minister to their needs, remembering especially those of our own parish family and our neighbours: Myra, Louise, Marjorie, Richard and Deb L., Howard, Irene, Beth, Roy, Zachariah, Sarah, Jeanette, and Cheryl.

People: **Blessed are those who mourn, for they shall be comforted.**

Reader: Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy.

People: **Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they will be shown mercy.**

Reader: We pray for all those who speak to power, who stand against injustice and intolerance with open hands and hearts and we encourage those who seek change through acts of non-violence and care.

People: **Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they will be shown mercy.**

Reader: Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called children of God.

People: **Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called children of God.**

Reader: We pray for and remember all who are committed to justice and equity among all God's children, regardless of race, colour, creed, economic status or relationship choices. We pray for all who have undertaken the ministry of reconciliation and education so that all God's children shall be free.

People: **Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called children of God.**

Reader: Blessed are those who are persecuted because of righteousness, theirs is the Kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, for great is your reward in heaven; for in the same way they persecuted the prophets who were before you.

People: **Blessed are those who are persecuted because of righteousness, theirs is the Kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, for great is your reward in heaven; for in the same way they persecuted the prophets who were before you.**

Reader: As we move towards our parish Vestry meeting, we pray that we may face the future with hope, love and charity to all, May we refrain from hurting one another, but rather expend our energies towards being servants of the Lord of lords and the Prince of peace, Jesus the Christ.

People: **Amen and Amen.**

Fr. Michael: Let us now stand before the Creating One and confess where and when we have fallen short of the Divine Will.

People: **Awesome God, when we catch sight of the totality of your claim on our lives, our believing wavers. When we hear the absurdity of your unbreakable covenant with us, like Sarah and Abraham, we laugh. When we face the foolish wisdom of the cross, like Peter we look for an alternative that is safe. Meet us in our disbelieving, loving God and move us gently into the deep waters of faith in you. Amen**

(adapted by RMF from Katherine Hawker at re:Worship)

Fr. Michael: Know this – God is love and has created ALL creation in the Divine Image. You are loved and cherished and so utterly forgivable if you turn to the Lord and simply say, “I’m sorry Lord.” God is love and rules over all. And the peace of God be always with you and among us.

People: **And also with you**

Fr. Michael: God of steadfast love, may our offering this day, by the power of your Holy Spirit, renew us for your service. We ask this in the name of Jesus the Lord.

**Amen**

Fr. Michael: The Lord be with you.

People: **And also with you.**

Fr. Michael: Lift up your hearts.

People: **We lift them to the Lord.**

Fr. Michael: Let us give thanks to the Lord our God.

People: **It is right to give our thanks and praise.**

Fr. Michael: We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation we raise our voices to proclaim the glory of your name.

People: **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.**

Fr. Michael: Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, “Take, and eat: this is my body which is broken for you.”

Fr. Michael: In the same way he took the cup, saying, “This is my blood which is shed for you. When you do this, you do it in memory of me.” Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send

your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

Fr. Michael: And now, because Jesus gifted this to the Church, we pray as his church,  
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, the power, and the glory, for ever and ever. Amen.**

Fr. Michael: We break the bread of life, and that life is the light of the world.

People: **God here among us, Light in the midst of us, bring us to light and life.**

Fr. Michael: The gifts of God for the children of God.

People: **Thanks be to God.**

Fr. Michael: Source of all goodness, in this eucharist we are nourished by the bread of life and invigorated with new wine. May these gifts renew our lives so that we may show your glory in all the world. We pray this in the name of Jesus.

**Amen**

Fr. Michael: Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not seek so much to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned and it is in dying that we are born to eternal life.

**Amen** (Prayer of St. Francis of Assisi)

All: **Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

Fr. Michael: And that peace of God which passes all our understanding, keep our hearts and minds in the knowledge and love of the Lord. And the blessing of God Almighty, Father, Son and Spirit be with us this day and always. **Amen**

**Worship follows the Holy Eucharist in the Book of Alternative Services.**

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