

Holy Trinity Anglican Church, Metcalfe  
EPIPHANY 4  
JANUARY 28, 2024  
Reverend Michael Fleming

Fr. Michael: As we continue to walk in the light of the Incarnation, we acknowledge that this sacred space in which we find hope and joy lies on the unceded territory of the Algonquin Anishinaabe people.

People: **Together, may we walk in the light of peace and true reconciliation.**

Fr. Michael: God comes into a world filled with uncertainties and darkness;

People: **God seeks out the voids of belief and conviction.**

Fr. Michael: God embraces the wounded and the broken;

People: **God knocks down the walls of division and strife.**

Fr. Michael: God is the candle shining in the darkness of our days;

People: **God is the light of our lives.**

Fr. Michael: God is the one who makes all things new;

People: **Praise be to God now and forevermore.**

(from Peter K. Perry from Richard Fairchild's Kirkshalom website)

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

Fr. Michael: Come and praise the Lord in the company of the people of God, giving thanks to the Lord our God. Great are the works of the Lord, full of glory and majesty. Our God is gracious and compassionate, merciful and forgiving. Our God is faithful and trustworthy, just and good. So come, let us worship together as we say,

People: **Almighty God, to you all hearts are open, all desires known, and from you 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: And now, with all the saints in heaven and all the saints gathered around us on this good earth, we celebrate and say,

People: **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.**

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 for ever. **Amen**

Fr. Michael: God of power and might, you sent prophets to your people, calling us back to your covenant and teaching us your ways. In the fullness of time, you sent us your Son Jesus, teaching with such authority that our eyes were opened to see your ways in new ways. Open our hearts and minds so that we may understand and proclaim your teachings for all to hear. This we pray in Jesus' name. **Amen.**

Reader: A reading from the book of Deuteronomy

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."

(Deuteronomy 18: 15-20)

The Word of the Lord

People: **Thanks be to God**

Reader: As a people, as a community we gather in this place to listen, to speak, to worship, and out of God's love to be with God. We do this because we know it is out of God's authority and out of God's love that we live and move and find our meaning.

All: **Amen** (Richard Bott, Sharing Liturgy, adapted by RMF)

Reader: Our psalm for this new day is Psalm 111

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.

All: **The fear of the Lord is the beginning of wisdom.**

Reader: His work is full of majesty and splendour, and his righteousness endures for ever. He makes his marvellous works to be remembered; the Lord is gracious and full of compassion.

All: **The fear of the Lord is the beginning of wisdom.**

Reader: 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.

All: **The fear of the Lord is the beginning of wisdom.**

Reader: 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.

All: **The fear of the Lord is the beginning of wisdom.**

Reader: 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.

All: **The fear of the Lord is the beginning of wisdom.**

Reader: A reading from the first letter of Paul to the Church at Corinth (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

People: **Thanks be to God**

Reader: Lord God, the source of all good things, we pause in your presence and hold our day before you. Still us, calm us and guide us as we enter and celebrate this day in your presence.

All: **Amen** (from ThirdSpace website)

Celebrant: 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. Mark (St. Mark 1: 21-28)

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

Fr. Michael: They went to Capernaum; and when the sabbath came, Jesus 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.

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

People: **Thanks be to you Lord Jesus Christ.**

Homily

Fr. Michael: Gathered under the blessing of the Holy Trinity, we affirm our faith as we say,

All: **I believe in God, the Father almighty, 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: Most Holy Friend, Saviour of those who call out to you, give us more of the compassion of Jesus. Embolden us to heal the multitude of diseases and woes that inflict humankind and drive out the evil that affects our contemporary world. Send your servants to lands that lie under darkness and oppression; where government is weak, justice is rare, abuse is endemic and the weak and the poor have nowhere to turn. Watch over our world beset with conflict, remembering especially the Middle East, Ukraine, Somalia and all nations in which people try to resolve their differences from the barrel of a gun. Watch over those institutions devoted to the nurturing of all, remembering especially The International Red Cross, Medecins Sans Frontieres, and the various agencies of the United Nations as they seek to heal broken bodies and spirits. Loving God,

People: **in your abundant grace, hear our prayers.**

Reader: Send your messengers to places where disease runs rampant, remembering especially where the spread of disease is in much part the result of poverty and the neglect of governments. Open the ears, eyes and hearts of the international community to provide what is needed for restoring wholeness to all God's children regardless of race, creed, colour, orientation or political stripe. Be present to all who go with the sole intent of offering hope and love to the broken. Loving God,

People: **in your abundant grace, hear our prayers.**

Reader: Send your human angels of mercy into situations both here and abroad where there is neglect, illness, sorrow, frustration and anger. Give your compassion to those

who serve as chaplains in our justice system, to our frontline workers, to physicians and surgeons, social workers and foster parents who seek to heal broken bodies and wounded minds. Loving God,

People: **in your abundant grace, hear our prayer.**

Reader: Send your gifts of comfort and joy to the many congregations of your Church. Be present with all parishes of our diocese, remembering especially today Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as Staff at Ascension House. We pray for Christ Church, Bells Corners and The Venerable Monique Stone. In our own parish of Holy Trinity, we remember Liesa, Marjorie, Beth, Randy, Howard, Irene, Richard, Deb, Leonard, Louise, Sarah, Jeanette, Cheryl, Zachariah and those who are known to you alone. Empower each and every member of our church with the wisdom and compassion of Jesus to enlarge the ministry of all, laity and clergy alike. By the grace of Christ, may our deeds more accurately reflect what we say we believe and may our love expand to embrace all those whom we deem to be unlovable. Loving God,

People: **in your abundant grace, hear our prayer.**

Reader: O Lord, our most loving friend, in your mercy may we go from strength to strength in the things of the Spirit and become more and more the agents of that holy awe which is the beginning of wisdom.

All: **Amen** (Bruce Prewer, Bruce Prewer's Homepage)

Fr. Michael: Holy God,

People: **we confess that we are an arrogant people – so full of “knowledge” that we have hardly any room for love. We confess that too often we judge rather than listen; we push people away when you call us to welcome them into our community. Too often. We think only of protecting ourselves when we are challenged to risk everything for others. Lord, forgive us for being more concerned with being right and we are in showing love. Forgive us for demanding uniformity when we are called to celebrate diversity. Guide us, Great God, to live according to your unconditional love. Teach us to see one another as sisters and brothers so that we may learn again how to live as one family.**

(Amy Loving, The Worship Closet: The Place of Creative Worship Ideas)

Fr. Michael: Brothers and Sisters, hear and believe these words of God's grace: God did not send His Son into the world to condemn the world but so that the world might be saved through him. And so I am able to declare to you that we are forgiven in the name of the Blessed Trinity – Father, Son and Spirit.

All: **Amen** (Moiria Laidlaw, Liturgies Online)

And the peace of the Lord be always with you.

People: **And also with you.**

**WE SHARE THE SHALOM OF GOD WITH OUR SISTERS AND BROTHERS**

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 Christ.

All: **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: It is indeed right to thank you and praise you, holy and gracious God, creator of all things, ruler of heaven and earth, sustainer of life, for you are the source of all goodness, rich in mercy and abounding in love; you are faithful to your people in every generation, and your word endures for ever. Therefore with angels and archangels, with the fellowship of saints and the company of heaven, we glorify your holy name, evermore praising you and saying,

All: **Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is the One who comes in the name of the Lord. Hosanna in the highest.**

Fr. Michael: We praise you, merciful Father, not as we ought, but as we are able, because in your tender love you gave the world your only Son, in order that the world might be saved through him. He made you known by taking the form of a servant, healing the sick, liberating the oppressed, reaching out to the lost. Betrayed, reviled, and nailed to the cross, he confronted the power of sin and disarmed it for ever. In his offering of himself, he became the perfect and sufficient sacrifice for the sins of the whole world. Redeemed by Christ, we have been adopted as your children; by your pardon you have made us worthy to praise you. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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." In obedience to him and with grateful hearts we approach your holy table, remembering our Saviour's sacrifice, and rejoicing in his victory. Confident in his sovereign purpose, we declare our faith.

All: **Christ has died, Christ is risen, Christ will come again.**

Fr. Michael: Send your Holy Spirit on us that as we receive this bread and this cup we may partake of the body and blood of our Lord Jesus Christ, and feed on him in our hearts by faith with thanksgiving. May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives, we pray, a pure and holy sacrifice, acceptable to you, knitting us together as one in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, now and forever.

All: **Amen**

Fr. Michael: Called into service and blessed and loved into ministry, we share with all followers of Jesus throughout time and space as we pray,

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 love.**

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

People: **Thanks be to God.**

**WE SHARE THE GIFTS OF LIFE WITH ONE ANOTHER**

Fr. Michael: Source of all goodness, in this Eucharist we are nourished with the bread of heaven and invigorated with the new wine of the kingdom. May these gifts renew us in our service for you in the name of Jesus Christ our Lord. **Amen**

Fr. Michael: Christ of the East; Christ of the West; Christ of the South; Christ of the North – we turn our hearts to you, hoping and praying for peace and life to dispel the shadows of war and death. We turn our faces to you, trusting and believing for love and grace to shine upon us and to radiate from us to all. We turn our lives to you. Even if we know only in part what we will one day know fully even as we are fully known. And now, may faith, hope and love, with love most of all, abide in us as we journey together. (Suzanne Fageol from Weekly Worship)

**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: So, now go forth replenished by the grace and mercy of God the Father, blessed by the healing of God's Only Son Jesus, and energized by the limitless power of the Holy Spirit.

All: **Amen**

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