

Holy Trinity Anglican Church Metcalfe
EPIPHANY 5
FEBRUARY 4, 2024
Reverend Michael Fleming

Fr. Michael: As we search for a resting-place in which to be still and know God, we acknowledge that this sacred space and those we call home lie on the unceded territory of the Algonquin Anishinaabe people.

People: **May we gather together beside the still waters in a spirit of reconciliation and peace.**

Fr. Michael: Lord God, through Jesus you have opened the eyes of the blind; you have healed the sick and fed the hungry.

People: **We give you thanks and praise for your mercy and your love.**

Fr. Michael: Loving Lord, by the Spirit you restore strength to the weary and give hope to those who are in despair.

People: **We give you thanks and praise for your mercy and your love.**

Fr. Michael: You call us, Lord, to proclaim your deeds and your wonders to all peoples; you call us to worship and to serve you so that all may be made whole and offer us a new life of righteousness.

People: **We give you thanks and praise for your mercy and your love.**

Fr. Michael: Make us worthy, O Lord, to receive all your gifts. Descend on us like the light of a new day, give light to our souls and put your praise upon our lips.

People: **Alleluia.** (Richard Fairchild, from Kir-Shalom 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.

People: **And also with you**

Fr. Michael: As people gathered in the name of Jesus, we pray

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: Gathering all our thoughts and prayers together, we, with all the saints in heaven and those who surround us on this good earth proclaim,

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: Merciful God, grant to people pardon and peace, that we might be cleansed from all our sin and serve you with quiet minds; through Jesus Christ our Lord who is alive and reigns with you and the Spirit, one God now and forever.

All: **Amen**

Fr. Michael: Great is our God and abundant in power with wisdom beyond our understanding. It is God who numbers the stars and gives each of them a name, yet bends and heals the broken-hearted and binds all their wounds. For this we offer our grateful thanks and praise in Jesus' blessed name.

All: **Amen** (Bruce Prewer, from Bruce Prewer's Webpage)

Reader: A reading from the prophet Isaiah (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

People: **Thanks be to God**

Reader: O God, we are gathered here under the shelter of your wings, nurtured by your motherly care and encouraged to fly by faith on the wind of your Spirit. You have spoken to us, saying, " They that wait upon the Lord shall renew their strength and shall rise up with wings like eagles". Teach us how to wait then, so that we may learn to fly. May this nesting place we call our spiritual family be built with sturdy materials. Do not let us forget that this place was not created as a fortress behind which to hide, but as a perch from which to soar and strengthen us with the assurance that we never fly alone.

All: **Amen**

Reader: Our psalm for this new day is taken from Psalm 147 Hallelujah! How good it is to sing praises to our God! how pleasant it is to honour him with praise! The Lord rebuilds Jerusalem; he gathers the exiles of Israel.

All: **Praise the Lord who heals the brokenhearted.**

Reader: He heals the brokenhearted and binds up their wounds. He counts the number of the stars and calls them all by their names.

All: **Praise the Lord who heals the brokenhearted.**

Reader: 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.

All: **Praise the Lord who heals the brokenhearted.**

Reader: 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.

All: **Praise the Lord who heals the brokenhearted.**

Reader: 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 favour.

Hallelujah!

All: **Praise the Lord who heals the brokenhearted.** (Psalm 147: 1-11, 20)

Reader: A reading from Paul's first letter to the community at Corinth (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

People: **Thanks be to God**

Reader: God of life, God of hope, God of all – lift us on your love like eagles' wings; sustain us, guide us, heal us and then send us out into the world so that we may love as you love. All: **Amen** (Terri, from RevGalBlogPals 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: 29-39)

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

Fr. Michael: As soon as they 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 Jesus 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 neighbouring 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.

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: O God, Most Holy Friend, you have sent us Jesus to mend that which is broken, to bridge that which is alienated and to heal that which is diseased. In his blessed name our troubled hearts speak to you, the God of those many people whose needs are great and whose comforts are few. We speak to you today of our concern for places where there is conflict, violence and misery, especially in the Middle East and central Europe; wherever war is ravaging the countryside; where there is violence in homes and bullying in schools; where workplaces are breeding-grounds for intimidation; where there is terrorism roaming the streets. Loving God, hear our prayer:

People: **Holy Friend, save your children.**

Reader: We speak to you today of our concern for displaced persons throughout the world; those in refugee camps and those who wander in desert places. We pray for all those escaping from genocide or persecution; those who find themselves in prison camps and for all families who suffer separation from their traumatized children. Loving God, hear our prayers.

People: **Holy Friend, save your children.**

Reader: We speak to you today of our concern for our neighbours, fellow workers or those in our own families who are living on the rough edges; for the unemployed and the disabled in our midst; for the terminally ill and for their families who are suffering from "living grief"; for those in despair over broken relationships and for the many who are caught in situations where resolutions seem impossible. Loving God, hear our prayer.

People: **Holy Friend, save your children.**

Reader: We speak to you this day of your concern for your Church: we pray for all members of our diocese, remembering especially Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as The Diocese of Jerusalem and Archbishop Hosam Naoum. We pray for The Evangelical Lutheran Church in Canada and Bishop Susan Johnson and Bishop Michael Pryse. We pray for The Parish of Kanata North and The Reverend Dr. Jon Martin. We pray for our own parish here at Holy Trinity remembering especially Marilyn, Liesa, Louise, Randy, Leonard, Marjorie, Beth, Howard, Irene, Richard, Deb,, Jeanette, Cheryl, Zachariah and those who are known to you alone. We pray for flourishing and weak congregations and faith communities; for your Church in persecution and those burdened by overconfidence that they

have all the answers; for communities in which there is conflict among the sisters and brothers. Loving God, hear our prayer.

People: **Holy Friend, save your children.**

Reader: We speak to you this day of ourselves. Help us in our own small ways to be more and more like the Compassionate Christ. Shape our thoughts, sift our feelings, supervise our efforts, bless our abilities so that we may get the best out of each day and give our best to those around us. We ask all this through the grace of our Redeemer Lord, Jesus.

All: **Amen** (Bruce Prewer, from Bruce Prewer's Webpage)

Reader: Living God, as we listen for your divine sparks in our midst, strengthen us for your service by your grace. Help us remember that we are like trees planted by your life-giving water and keep our hearts and minds open to hear your desires for our diocesan church, our parish, and our community. Give us your wisdom so that we might bear fruit worthy of your kingdom. In Jesus' name we pray.

All: **Amen**

Fr. Michael: Let us come before our Creator God with penitent hearts, praying,

People: **How can we look at your world and not sing your praises Lord? The beauty and majesty of the world is overwhelming. Yet we have a tendency to take all that for granted; we treat the world with callous indifference, using and abusing its resources with callous indifference with little regard for the future. We insist that war is the solution to problems we face rather than striving for peace. We turn our backs on people in need, the weak and the downtrodden, those unnoticed as we pass them by. We always think that someone else will care for them. How foolish we are, God! How ignorant we have become! You have given to us all that we need and you have blessed us with the witness and example of Jesus Christ who came so that we might learn how you would have us live in honour and in peace. Forgive us, Lord; heal our hearts and spirits. Make us more fully aware of all our blessings and our responsibilities. Give us again that spirit of joy we have when we serve you through reaching out to others. Help us to be agents of your peace and hope to others. We offer this prayer in Jesus' name.**

Fr. Michael: Know this: Jesus has come to heal our souls and our spirits. The demons of arrogance, indifference and apathy are being cast out and new life is offered to us in Jesus Christ! Rejoice and be glad for God's love is poured out over you this day in the name of God: Father, Son and Spirit.

All: **Amen** (Nancy C Townley from Ministry Matters)

Fr. Michael: And may the shalom of God be always with you and yours.

People: **And also with you.**

WE SHARE THE GIFT OF PEACE WITH ONE ANOTHER

Fr. Michael: God of compassion and forgiveness, receive our offering this day and make us one with him who is our peace – our Redeemer, Friend and Brother Jesus.

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: 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.

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: 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." 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.

All: **Amen**

Fr. Michael: Gathering our thoughts and prayers into one, we pray the gift of Jesus to 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.**

WE SHARE THE GIFTS OF GOD WITH OUR SISTERS AND BROTHERS

Fr. Michael: Eternal God, in you we find peace beyond all telling. May we who share in this eternal banquet be instruments of your peace on earth in the blessed name of Jesus.

All: **Amen**

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: Thanks to you my Lord Jesus Christ for all the benefits you have given us; for all the pain and insults you have borne for us. Most merciful Redeemer, Friend and Brother – may we know you more clearly, love you more dearly and follow you more nearly, day by day now and for evermore.

(Prayer of Richard of Chichester)

Fr. Michael: Go now and trust in God's mercy to be your strength. Proclaim the Good News wherever God calls you and do not set yourselves apart from others but be all things to all people for the sake of the Gospel. And may God give you the strength and the freedom of eagles; may Christ be the bread that nourishes and renews you; may the Holy Spirit be the rising wind beneath your wings. Go now in peace to love and serve the Lord. Alleluia.

People: **Alleluia!**

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