

ST. MICHAEL & ALL ANGELS

11:00 AM HOLY EUCHARIST



Christ Speaking With the Disciples, Georg Pencz, 1534–35

THE FIFTH SUNDAY AFTER THE EPIPHANY
FEBRUARY 4, 2024

WELCOME TO ST. MICHAEL'S

We manifest joy through vibrant worship, beautiful music, and the active participation and nurturing of our children and youth.

We embrace resilience by learning each other's stories, proclaiming the Good News of God's unconditional love, and strengthening our capacity to hope.

We seek justice by advocating for political change, continuing our work as an Immigrant Welcoming Congregation, and striving to understand our role in social, economic, and racial inequality.

We live in love through our Baptismal Promises to welcome and respect the dignity of every human being, care for God's creation, and engage in the ministry of Jesus to bring light, healing, and grace to our world.

We are rooted as an Episcopal Church, honoring our traditions from the creative perspective of our community, learning how to engage the bilingual and multicultural makeup of our congregation, and seeking silence and stillness to glean insight from the Holy Spirit among us.

Episcopal worship gathers the hearts and prayers of everyone present and involves call and response between the leader and the assembly. You'll find the responses of the community here, in bold type, marked "People."

Children are welcome here, voices and wiggles and all! The very young (infants to five years) are invited to play in our childcare room on the lower level, though some children prefer to remain in worship with their families. Early in the service, school-age children (generally, grades K-5) will be invited downstairs for their Liturgy of the Word, and they return to the gathered community before communion. Coloring and reading books for children are located at the back of the church.

We'd love to know more about you. Please sign the guest book by the door or fill out a pew card, and we'll be in touch with you for further conversation. You may also email us using the addresses listed below.

Thank you for coming together!

St. Michael & All Angels, located in Multnomah County, rests on the traditional homelands of the Multnomah, Kathlamet, Clackamas, Molalla, Tumwater, Watalala bands of the Chinook, the Tualatin Kalapuya, and many other indigenous nations of the Columbia River. We acknowledge the ancestors of this place and understand that we are here because of the sacrifices forced upon them. By recognizing these communities, we honor their legacy, their lives, and their descendants.

St Michael & All Angels Episcopal Church acknowledges the gifts of sacred music written by African Americans, indigenous peoples and all people of color. This music enriches our liturgies, and we are grateful for these musicians. Music of oppressed cultures has been appropriated by the dominant culture without an appreciation of the pain and suffering experienced by its creators. We repent and commit to the work of racial justice and ending racism.

Cover: Pencz, Georg. Christ Speaking With the Disciples, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=56411> [retrieved January 29, 2024]. Original source: https://commons.wikimedia.org/wiki/File:Christ_Speaking_to_the_Disciples,_from_The_Story_of_Christ_MET_DP855491.jpg.

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For a web page with today's bulletin scan the image on the right. The bulletin can also be downloaded to your device. You can also use this link: <https://bit.ly/3O13z36>



THE COMMUNITY GATHERS FOR WORSHIP

PRELUDE

Nocturne in B flat Major

Maria Szymanowska (1789-1831)

A WORD OF WELCOME

A PRAYER FOR BIRTHDAYS AND MILESTONES

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

HYMN 567

all stand

Thine arm, O Lord, in days of old

St. Matthew

1 Thine arm, O Lord, in days of old was strong to
2 And lo! thy touch brought life and health, gave hear - ing,
3 Be thou our great de - liv - erer still, thou Lord of

heal and save; it tri - umphed o'er dis - ease and death,
strength, and sight; and youth re - newed and fren - zy calmed
life and death; re - store and quick - en, soothe and bless,

o'er dark - ness and the grave. To thee they went, the
owned thee, the Lord of light: and now, O Lord, be
with thine al - might - y breath: to hands that work and

blind, the deaf, the pal - sied, and the lame, the lep - er
near to bless, al - might - y as of yore, in crowd - ed
eyes that see, give wis - dom's heaven - ly lore, that whole and

Continued on next page

set a - part and shunned, the sick with fe - vered frame.
 street, by rest - less couch, as by Gen - nes - aret's shore.
 sick, and weak and strong, may praise thee ev - er - more.

Words: Edward Hayes Plumptre (1821-1891), alt.
 Music: *St. Matthew*, from *Supplement to the New Version of Psalms* by Dr. Brady and Mr. Tate, 1708

ACCLAMATION *remain standing*

Presider Blessed be the one, holy, and living God.

People **Glory to God for ever and ever. Amen**

SONG OF PRAISE VS 1&4

Al - le - lu - ia, song of glad - ness, voice of joy that can - not die;
 In our hymns we pray with long - ing: Grant us, bless - ed Trin - it - y,

al - le - lu - ia is the an - them ev - er dear to choirs on high; in the house of
 at the last to keep glad Eas - ter with the faith - ful saints on high; there to you for -

God a - bid - ing thus they sing e - ter - nal - ly.
 ev - er sing - ing al - le - lu - ia joy - ful - ly.

Text: Latin Hymn, 11th Cen.; tra. John Mason Neale; Music: John Goss, 1800-1880

COLLECT OF THE DAY

Presider God be with you.

People **And also with you.**

Presider Let us pray together.

Evangelical Lutheran Worship

People **Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, so that your good news may be made known to the ends of your creation, through Jesus Christ, our Saviour and Lord. Amen.**

*School-age children are invited to the Children's Liturgy of the Word
to hear stories about the Good News of God's love.
Children return to their families at the Peace.*

THE WORD OF GOD

Please be seated

THE READING **Isaiah 40:21-31 (CEB)**

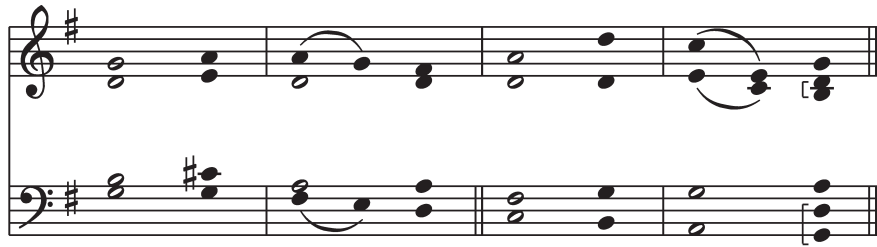
A reading from the prophet Isaiah

Don't you know? Haven't you heard? Wasn't it announced to you from the beginning? Haven't you understood since the earth was founded? God inhabits the earth's horizon— its inhabitants are like locusts— stretches out the skies like a curtain and spreads it out like a tent for dwelling. God makes dignitaries useless and the earth's judges into nothing. Scarcely are they planted, scarcely sown, scarcely is their shoot rooted in the earth when God breathes on them, and they dry up; the windstorm carries them off like straw. So to whom will you compare me, and who is my equal? says the holy one.

Look up at the sky and consider: Who created these? The one who brings out their attendants one by one, summoning each of them by name. Because of God's great strength and mighty power, not one is missing. Why do you say, Jacob, and declare, Israel, "My way is hidden from the Lord, my God ignores my predicament"? Don't you know? Haven't you heard? The Lord is the everlasting God, the creator of the ends of the earth. He doesn't grow tired or weary. His understanding is beyond human reach, giving power to the tired and reviving the exhausted. Youths will become tired and weary, young men will certainly stumble; but those who hope in the Lord will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary.

The reader concludes Hear what the Spirit is saying to God's people.

People **Thanks be to God.**



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1. Hallelujah! How good it is to sing praises to our / **God!** *
how pleasant it is to honor the Lord with / **praise!**
2. The Lord rebuilds Je-/-**rusalem;** *
and gathers the exiles of / **Israel.**
3. The Lord heals the broken-/-**hearted** *
and binds up their / **wounds.**
4. God counts the number of the / **stars** *
and calls them all by their / **names.**
9. God makes grass to grow upon the / **mountains** *
and green plants to serve human-/-**kind.**
10. The Lord provides food for flocks and / **herds** *
and for the young ravens when they / **cry.**
11. God is not impressed by the might of a / **horse;** *
and has no pleasure in the strength of a / **man;**
12. But the Lord has pleasure in those who / **fear God,** *
in those who await the Lord's gracious favor. Halle-/-**lujah!**

THE GOSPEL: **Mark 1:29-39 (CEB)**

All remain standing

The Deacon or Priest says

The Holy Gospel of our Savior Jesus Christ, according to Mark.

People **Glory to you Lord Christ.**

After leaving the synagogue, Jesus, James, and John went home with Simon and Andrew. Simon's mother-in-law was in bed, sick with a fever, and they told Jesus about her at once. He went to her, took her by the hand, and raised her up. The fever left her, and she served them.

That evening, at sunset, people brought to Jesus those who were sick or demon-possessed. The whole town gathered near the door. He healed many who were sick with all kinds of diseases, and he threw out many demons. But he didn't let the demons speak, because they recognized him.

Early in the morning, well before sunrise, Jesus rose and went to a deserted place where he could be alone in prayer. Simon and those with him tracked him down. When they found him, they told him, "Everyone's looking for you!"

He replied, "Let's head in the other direction, to the nearby villages, so that I can preach there too.

That's why I've come." He traveled throughout Galilee, preaching in their synagogues and throwing out demons.

The reader concludes The Gospel of our Savior.

People **Praise to you Lord Christ.**

SERMON *please be seated*

Quiet for reflection

AN AFFIRMATION OF FAITH *all stand*

Daily Prayers for all Seasons

We are not alone; we live in God's world. We believe in God: who has created and is creating, who has come in Jesus, the Word made flesh, to reconcile and make new, who works in us and others by the Spirit.

We trust in God. We are called to be the Church: to celebrate God's presence, to live with respect in creation, to love and serve others, to seek justice and resist evil, to proclaim Jesus, crucified and risen, our judge and our hope.

In life, in death, in life beyond death, God is with us. We are not alone. Thanks be to God.

THE PRAYERS OF THE PEOPLE *remain standing*

The Deacon or Priest says

God of heaven and earth, you promise to hear us when we come to you in faith; and so we pray to you with thankful hearts.

Leader We lift up one another, through whom we learn to love and to be loved. Thank you for all who care for others in body, mind and spirit. Give grace to serve Christ by serving our neighbors and our community, loving others as we love ourselves.

God of grace,

People **Hear our prayer.**

Leader We thank you for the unbounded love you offer everyone in Jesus Christ. Comfort and heal all in sorrow, need, sickness or any other trouble; encourage and strengthen all in the midst of trouble. Bless those who minister to the hurting.

We pray for those on our prayer list and those we name silently or aloud.

(A moment of silence is kept for those offering their prayers)

God of grace,

People **Hear our prayer.**

Leader We honor with gratitude the many gifts of creation. Help us and people everywhere to care for the earth and share resources with justice and peace. Give wisdom to those in authority among us and to all leaders of the nations.

God of grace,

People **Hear our prayer.**

Leader We pray for the Church, as we hold before you those who serve Christ and bring forth God's good in the world. By your Spirit, support your people in their work and witness. Unite us in truth and love, that we who confess your name may also reflect your glory.

God of grace,

People **Hear our prayer.**

Leader We remember with thanksgiving all who have died, especially those we name silently or aloud.
A moment of silence is kept for those offering their prayers.
We rejoice at the faithful witness of your saints in every age,
that we may enter with them into the unending joy of your eternal reign.

The Presider says

Holy God, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of this life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

THE PEACE

Presider The peace of Christ be always with you.

People **And also with you.**

Please be seated

BLESSING OF ST. BRIGID'S GUILD CROSSES

**Father of all creation and Lord of Light,
you have given us life and entrusted your creation to us to use it and to care for it.**

We ask you to bless these crosses made of green rushes in memory of holy Brigid, who used the cross to recall and to teach your Son's life, death and resurrection.

May these crosses be a sign of our sharing in the Paschal Mystery of your Son and a sign of your protection of our lives, our land and its creatures through Brigid's intercession during the coming year and always. We ask this through Christ our Lord.

May the blessing of God, Father, Son and Holy Spirit be on these crosses and on the places where they hang and on everyone who looks at them. Amen.

THE HOLY COMMUNION

OFFERTORY ANTHEM

Teach me, Lord, to wait

Stuart Hamblen (1908-1989),
arr. Gerald Moore

*"They that wait upon 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."
Teach me, Lord, to wait.*

Teach me, Lord, to wait right down on my knees,
Till in Your own good time You answer my pleas;
Teach me not to rely on what others do,
But to wait in prayer for an answer from You.

"They that wait upon the Lord..."

Teach me, Lord, to wait while hearts are aflame,
Let me humble my pride and call on Your name.
Keep my faith renewed, my eyes on Thee,
Let me be on this earth what you want me to be.

"They that wait upon the Lord..."

Presider Glory and honor are yours, Creator of all. Your Word continues to speak. You called a people to yourself, as a light to the nations. You delivered them from bondage and led them to a land of promise.

Of your grace, you became fully human in Jesus Christ, who liberates the captive, proclaims your reign, and gives his whole life, a fragrant offering.

Through Christ you free us from sin, bring us into your life, reconcile all creation with you, and restore us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it and gave it to his friends, saying: "Take, eat, this is my Body, given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, blessed it, and gave it to his friends, saying: "Drink this, all of you: this is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

Remembering all that has been done for us—Jesus' incarnation, life, death on the cross, tomb, resurrection, and ascension—we long for Christ's coming in glory, and present to you these gifts your earth has formed and human hands have made. We acclaim you, O Christ:

Presider and People

Dying, you destroy our death. Rising, you restore our life. Christ Jesus, come in glory!

The Presider continues

Send your Holy Spirit upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ.

Send your Holy Spirit upon us and grant that we, burning with your Spirit's power, may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our eternal home.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, we worship you, God of steadfast love, in voices of unending praise.

Presider and People

Blessed are you now and for ever. AMEN

THE LORD'S PRAYER

Presider As Christ teaches us, we pray:

All **Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

THE BREAKING OF THE BREAD

The Presider breaks the consecrated Bread. A period of silence is kept.

FRACTION ANTHEM

Christ our Passover

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.

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff begins with a whole rest, followed by a melody for the words 'Al - le - lu - ia. Christ our Pass - o - ver is sac - ri - ficed for us;'. The second staff continues the melody for 'there - fore let us keep the feast. Al - le - lu - ia.' and ends with a double bar line.

Music: Thaddeus P. Cavuoti (b. 1955) from *Mass of St. Columbia*. Copyright © 1995 Thaddeus P. Cavuoti.

Presider The gifts of God for the people of God.

THE INVITATION

From the Iona Community

Presider Come to this table, all who have much faith and all who would like to have more; all who have been here often and all who have not been for a long time; all who have tried to follow Jesus, and all who have failed; come. It is Christ who invites us to meet him here.

All are welcome to share in Holy Communion. After singing the Fraction Anthem please be seated until invited by the ushers to move forward to stand or kneel at the altar.

To receive only a blessing, place arms in an "x" across your chest as the priest approaches.

To share the bread, extend hands open, palms up, one on top of the other.

To share the cup, take hold of the base and guide it to your mouth. If not desiring to receive the wine, fold arms in an "x" over your chest as the cup passes by.

THE COMMUNION OF GOD'S PEOPLE

TAIZÉ

Lord Jesus Christ, your light shines within us

Lord Je - sus Christ, your light shines with - in us.

Let not my doubts nor my dark - ness speak to me.

Lord Je - sus Christ, your light shines with - in us.

Let my heart al - ways wel - come your love.

Words and Music: Taizé Community.



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!

Words: Michael Perry; Music: *Sharpe*, Carl Haywood (b. 1949), from *Tunes for Grace*

GOING FORTH

SENDING OUT OF EUCHARISTIC VISITORS

Presider In the name of this congregation we send you forth to share this Eucharist with *N*.

All **You carry the prayers of us all as you take this Sacrament of Christ's presence. May those who receive it be strengthened and encouraged in the life we find together in our Lord Jesus Christ. Amen.**

BLESSING OF PRAYER SHAWLS

PRESIDER *Let us pray.*

All **May God's grace be upon these shawls, created with prayers for comfort, healing and well-being. May each mantle be a safe haven, a sacred place. May those embraced by these shawls feel upheld by unseen hands, be strengthened on their way and encircled with God's love in all things. Amen.**

PRAYER AFTER COMMUNION

Presider Let us pray.

All **God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

BLESSING

The Presider blesses the people

The Wisdom of God the Love of God and the Grace of God bless you and strengthen you to be Christ's hands and heart in this world, in the name of the Holy Trinity. Amen.

1. In Christ there is no East or West, In
 2. In Him shall true hearts ev - ery - where Their
 3. Join hands, dis - ci - ples of the faith, What
 4. In Christ now meet both East and West, In

1. Him no South or North; But one great fel - low -
 2. high com - mu - nion find; His ser - vice is the
 3. e'er your race may be! Who serves my Fa - ther
 4. Him meet South and North; All Christ - ly souls are

1. ship of love Through - out the whole wide earth.
 2. gold - en cord Close - bind - ing hu - man kind.
 3. as a son Is sure - ly kin to me.
 4. one in him Through - out the whole wide earth.

Words: John Oxenham, alt. Music: Traditional spiritual, adapted by Harry T. Burleigh.

THE DISMISSAL

Deacon Go in peace to love and serve the Lord.

People **Thanks be to God.**

POSTLUDE

Marche

Arthur Foote (1853-1937)

SERVING TODAY

Presider	The Rev. R. Scott Painter
Deacon & Preacher	The Rev. SuEllen Pommier
Music	Saints & Singers Choir Hannah Brewer, Music director/Organist Brian Fairbanks, Choir Director
Crucifer	Sheri O'Brien
Eucharistic ministers	Becky Tooley
Lector	Jan Clark
Prayer Leader	Dave Reilly
Ushers	Amy Valentine, Alice Hardesty
Altar Guild	Sundance Henry, Debra Portugal Barb Mason, Kelly Zander
Bread	Ann Wetherell
Coffee Hosts	Christine Wilkes and Ann Hargraves
Eucharistic Visitor	Terrie Ingram to Jon & Sue Acord

VESTRY

Senior Warden	Helen Crandell
Junior Warden for the People	Sheri O'Brien
Junior Warden for Facilities	Carl Braginsky
Parish Clerk	Becky Tooley
Treasurer	Dave Reilly
First Year	Lindsay Gutierrez, Ann Hargraves Patrick McLaughlin, Susie Silva-Strommer
Second Year	Carl Braginsky, Beth Ilem Sheri O'Brien, Thrina Parent
Third Year	Helen Crandell Sundance Henry (one-year term) Nicolas Meneses, Ruby Welch
Diocesan Convention Delegates	Cheryl Braginsky Gillian Butler, Barbara Mason Karen Oglesby, Lynda Moses (Alternate)

STAFF

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