

ST. MICHAEL & ALL ANGELS

9:00 AM HOLY EUCHARIST



Christ Healing Peter's Mother-in-Law, Rembrandt van Rijn, 17th century

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, Watlala 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: Rembrandt Harmenszoon van Rijn, 1606-1669. Christ Healing Peter's Mother-in-Law, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=57481> [retrieved January 29, 2024]. Original source: https://commons.wikimedia.org/wiki/File:Rembrandt_Heilung_der_Schwiegermutter_des_Petrus.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/3OI3z36>



THE COMMUNITY GATHERS FOR WORSHIP

PRELUDE

Nocturne in B flat Major

Maria Szymanowska (1789-1831)

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 heav - en - 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.**

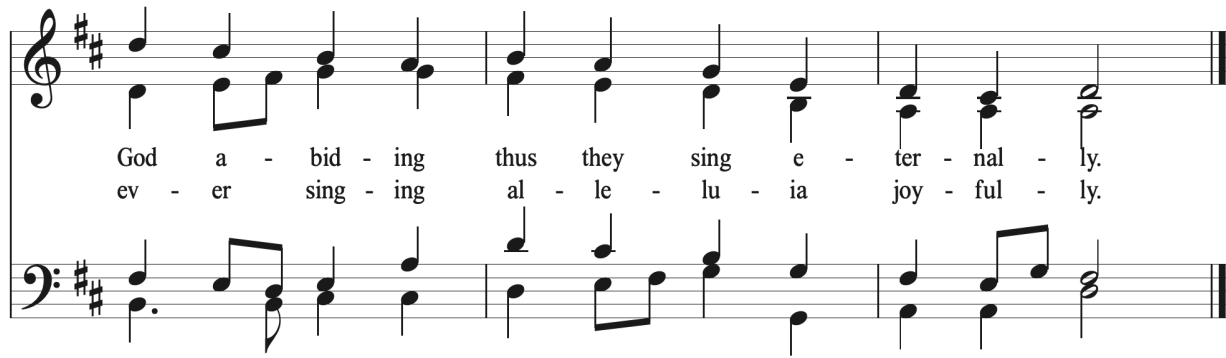
COLLECT FOR PURITY

All **Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.**

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 -



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.

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.**

*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.*

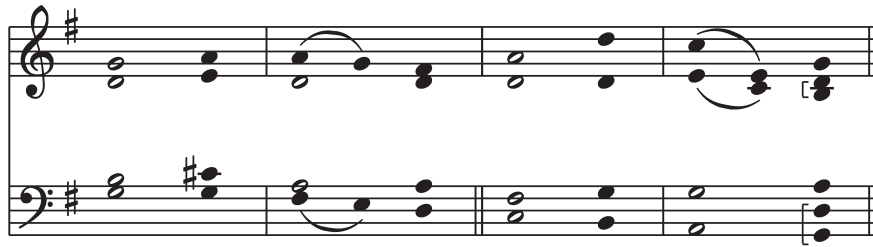
Please be seated

THE FIRST READING **Isaiah 40:21-31**

The prophet Isaiah summons the people to renew their trust and confidence in God.

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

People **Thanks be to God.**



© 1984, Jeffrey Rickard. Used by permission.

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 SECOND READING 1 Corinthians 9:16-23

Paul seeks to become all things to all people in order that he may freely and without hindrance share the gospel with them.

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

People **Thanks be to God.**

1. O Christ, the heal - er, we have come to pray for
 2. From ev - ery ail - ment flesh en - dures our bod - ies
 3. How strong, O Lord, are our de - sires, how weak our
 4. In con - flicts that de - stroy our health we rec - og -
 5. Grant that we all, made in one faith, in your com -

health, to plead for friends. How can we fail to
 clam - or to be freed; yet in our hearts we
 know - ledge of our - selves! Re - lease in us those
 nize the world's dis - ease; our com - mon life de -
 mu - ni - ty may find the whole - ness that, en -

be re - stored, when reached by love that nev - er ends?
 would con - fess that whole - ness is our deep - est need.
 heal - ing truths un - con - scious pride re - sists our selves.
 clares our ills: is there no cure, O Christ, for these?
 rich - ing us, shall reach the whole of hu - man - kind.

Words: Fred Pratt Green (b. 1903). Music: *Kedron*, melody att. Elkanah Kelsay Dare (1782-1826); harm. *The Southern Harmony*, 1835; adapt. *Hymnal 1982*.

GOSPEL: Mark 1:29-39

Healing events that took place toward the beginning of Jesus' ministry.

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.**

The reader concludes The Gospel of our Savior.

People **Praise to you Lord Christ.**

SERMON *please be seated*

Quiet for reflection

NICENE CREED *all stand as able*

**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,
was incarnate of the Holy Spirit and the Virgin Mary and became truly human. 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, who with the
Father and the Son is worshiped and glorified, who 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 *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.**

A WORD OF WELCOME *Please be seated*

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.

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.

Bless - ed is the one who comes in the name of the Lord.

Ho-san-na, Ho-san-na, Ho-san-na in the high - est.

Setting: Arnatt

The Presider continues

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 our Savior Christ has taught us, we are bold to say:

All **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 BREAKING OF THE 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.

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.

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

COMMUNION MOTET:

O taste and see

Ralph Vaughan Williams (1872-1958)

O taste and see how gracious the Lord is:
blest is the one that trusteth in him.

—*Psalm 34:8*

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.

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!

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

SENDING OUT OF EUCHARISTIC VISITORS

all standing

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.

PROCESSION HYMN 423

Immortal, invisible, God only wise

St. Denio

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
2 Un - rest - ing, un - hast - ing, and si - lent as light,
3 To all life thou giv - est, to both great and small;
4 Thou reign - est in glo - ry, thou rul - est in light,
in light in - ac - ces - si - ble hid from our eyes,
nor want - ing, nor wast - ing, thou rul - est in might;
in all life thou liv - est, the true life of all;
thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish, like leaves on the tree,
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.
 thy clouds, which are foun - tains of good - ness and love.
 then with - er and per - ish; but nought chan - geth thee.
 'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt.

Music: *St. Denio*, Welsh hymn, from *Caniadau y Cyssegr*, 1839; adapt. John Roberts (1822-1877); harm. *The English Hymnal*, 1906, alt.

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 | St. Michael's Singers Hannah Brewer, Music director/Organist Brian Fairbanks, Choir Director |
| Crucifer | Gayle Morris |
| Acolytes | Benji Lighthart-Faletra |
| Eucharistic ministers | Gary Davis, Becky Tooley |
| Prayer Leader | Becky Tooley |
| Lectors | Marie Bagwell, Josh English |
| Ushers | Karen Oglesby, Elizabeth Rouffy |
| Altar Guild | Sundance Henry, Debra Portugal Barb Mason, Kelly Zander |
| Bread | Ann Wetherell |
| Coffee Hosts | Christine Wilkes and Ann Hargraves |
| Eucharistic visitor | Charlene Sabin to Kate Skelton and Caroline Litzenberger/Jan Plog Sue Harper to Janet McAuliffe Gayle Morris to Mary Louise Lamb |
| Vestry Greeters | Beth Ilem, Lindsay Gutiérrez |

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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