

The 5th Sunday After The Epiphany
February 4, 2024
10:00 AM – Holy Eucharist, Rite I

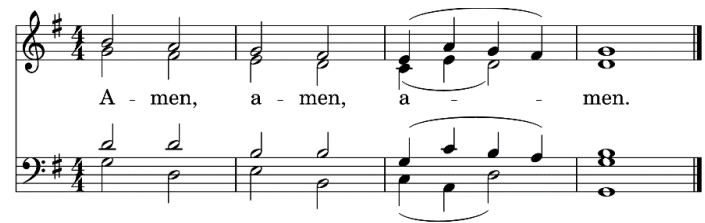
Before the service, speak to the Lord. (BCP Page 833)
During the service, let the Lord speak to you. After the service, speak to one another.

The Word of God

The Voluntary: Canzona: Liebster Jesu	Richard Purvis
The Processional Hymn #411 – O Bless The Lord My Soul	St. Thomas (Williams)
Opening Acclamation & Response	Page 323
The Collect for Purity	Page 323
The Summary of the Law	Page 324
The Gloria, S202	Page 324
The Collect for the Day	Page 164
First Lesson: Isaiah 40:21-31	
Psalm 147:1-12, 21c	Page 804
Second Lesson: 1 Corinthians 9;16-23	
The Sequence Hymn #135 – Song Of Thankfulness And Praise	Salzburg
Gospel: Mark 1:29-39	
Sermon	The Rev. Gini DiStanislao
The Nicene Creed	Page 326
The Prayers of the People	Page 328
The Confession and Absolution	Page 331
The Peace	Page 332
Announcements	

The Great Thanksgiving

Offertory Sentence	Page 343
The Offertory Anthem: Jesu, Joy Of Man’s Desiring	J. S. Bach
Presentation of Offerings	
The Doxology – Hymn #380 vs. 3	
Our Fathers’ God, To Thee – Hymn #717, vs. 4	America
Eucharistic Prayer I	Page 333
Sanctus: Holy, Holy, Holy, S114	Willan
The Amen	Danish



The Lord’s Prayer	Page 336
The Fraction Anthem: O Lamb of God, S158	
The Prayer Of Humble Access	Page 337
The Communion Hymns #339 – Deck, Thyself My Soul	Schmücke dich
#344 – Lord, Dismiss Us With Thy Blessings	Sicilian Mariners

Commissioning Prayer for Eucharistic Ministers	
Celebrant:	Receive these Holy gifts of our Lord’s Body and Blood. On behalf of the Household of Manakin, I send you and your team forth bearing these Holy gifts to our brothers and sisters at Spring Arbor so that they may experience with us the majesty and mystery of His presence through the sharing of this Blessed Sacrament. May you carry the prayers of all of us.
People:	We who are many are one body, because we share one bread, one cup. Amen.
Post Communion Prayer	Page 339
The Blessing	
The Closing Hymn #423 – Immortal, Invisible	St. Denio
Dismissal	Page 339
The Postlude: Rigaudon	Campra

Please save your conversations until you exit the church to be respectful of those listening to the Postlude.

Healing prayers will be offered at the altar railing following the service.

+ + + +

The flowers on the altar are given to the Glory of God by Angela Park and Annette Sherman in thanksgiving for their Manakin family.

- OFFICIANT** – The Rev. Gini DiStanislao
LAY READERS – Chuck Catlett & Terry Brydon
ALTAR GUILD – Diane Mahoney, Pat DuPont, Tricia & Gunnar Kohlbeck, Pat Rock
MUSIC DIRECTOR/ORGANIST – Rita Busse Gulliksen
COFFEE HOUR – in Denny Hall
NURSERY TEAM – Jenny Karluk & Marrica Hazelwood
USHER – Scott Eckmann
VIDEO STREAMING TEAM – Gunnar Kohlbeck, Katie Harrison, Brent Deekens



Receiving Holy Communion

The Holy Eucharist is the sacrament commanded by Christ for the continual remembrance of his life, death, and resurrection, until his coming again. (BCP p. 859) We are eager to share this remembrance with you. God welcomes you to receive His body and blood for forgiveness of our sins, and to be strengthened in our relationship with Christ and one another.

- † At the appropriate time, people in your pew will come forward to the altar railing. We will begin on the left side facing the altar with the first pew. Please proceed forward on the right side of the aisle, returning on the left side.
- † Please fill the altar railing in from the right side to the left.
- † Once you have arrived at the altar, you may stand or kneel to receive. Both hands, with one hand supporting the other are put forth.
- † The sacramental bread (wafer) will be placed in your hands with words such as “The Body of Christ, the bread of heaven.” A response is not necessary, but some may say “Amen”.
- † The chalice will be offered to those who have consumed the bread. Please help the Chalicist by placing your hand on the base of the cup to take a sip of the wine.
- † If you wish to intinct the bread, please hold it up and the Chalicist will pass you and a bowl for intinction will be offered. Please do not intinct in the common chalice from which others drink.
- † After you have received, it is customary to wait until the person next to you has received before returning to your seat. You do not need to wait for all at the railing to receive before returning.
- † When you return to your seat, you may kneel or sit in prayer and reflection of the wonderful gift that you have just received. Please join in singing of the communion hymns.

If for any reason you do not wish to receive the sacrament, you are welcome to come forward for a blessing. At the altar railing cross your arms over your chest signifying that you are there to receive a blessing only.

Happy birthday to the following:

Kate Hott	2/5	Abby Gates	2/9
Libby Hott	2/5	Ronnie Rice	2/9
Pat duPont	2/6	Bennett Goodwyn	2/10
Behr Nicola	2/7		

Happy anniversary to the following:

Meredith & Bruce Bass	2/7	Beth & Jack Norton	2/8
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When you pray, please remember the following church members:

Susan Seaver, Sue Parsons, Ben Durrant, Nancy & Tom Dawson, Lee & Janet Showalter, Lucy & John Goode, Wally Groom, Sally & Jay Fiedler, Larry Rock, Les Fillgrove, Annette Sherman, Jamie Owens, Peter Plourd, Birdie Lighthiser, Rita Gulliksen, Connie Aasen and Roy McLeod.

When you pray, please remember the following family & friends:

Graham Lighthiser, Peggy Lighthiser, Anne Dull, Sue Stroson, Harry Bowen, Jr., Nick Hanak, Michael Foreman, Kaitlin DeCesare, Phil Frank, Verity Jones, Jane Gerring, Parker Ann Martin, Jake Anderson, Amanda Looney, Robert Johnston, Eddie Oliver, June Stertz, Michelle Fisher, Tom Walker, Sharon Hoyle, Connie Rosenbaum, Alan Rosenbaum, Barbara Akers, Christy Darlington, Bentley Wetzel, Brad Rose, Goldie Groom, Carol Perenzin, Mickey Stokes, Elizabeth Felicetti, Don Akers, Carolyn Burns, Grady Hebert, Brent Hodges, Judy Jones, Ed Mulreany, Peggy Loeper, Christy Allen, Dennis McArdle, Guy Ross, Tommy Collins, Barry Akers, Hersch Goldberg-Polin, Susan & Dave Woods, Polly Akers, David Wilson, Carol Migacz, Travis Scarborough, Karl Grotos, Katie McFadden, Lindsay Rodrigues, Davis Spain, Glenn Webster, Norma Easter, Scott Kirby and Wayne Dudley.

Announcements

- ❖ **Sunday Morning Children’s Time at 9:45 AM:** The children will meet in Denny Hall.
- ❖ **Worship Committee meeting: Today at 11:15 AM** in the Parlor.
- ❖ **Sit, Stitch and Craft Night: Monday, February 5, at 5 PM.** Bring any type of needlework, drawing, beading or handcraft to enjoy while socializing. Participants are welcome to bring snacks to share but it is not essential. We welcome visitors too. Bring a friend and enjoy the fellowship.
- ❖ **Tuesday Bible Study** will meet **Tuesday, February 6, at 9:30 AM.** Join Zoom meeting: <https://zoom.us/j/97704697365?pwd=TkhIMUtQbXhVMS9TeHVQazl5L0piZz09>; Meeting ID: 977 0469 7365; Password: 371567.
- ❖ **Men’s Bible Study – Wednesday, February 7, at 9:15 AM:** Please join us for coffee, doughnuts and lively conversation. Each week we will look at the lectionary readings for the following Sunday. This study will be for all levels of learners. We hope that you will join us.

- ❖ **Men’s Breakfast – Saturday, February 10, at 8 AM.** Our guest speaker will be Mr. Robert Smet, Director of the Outreach Division of the Virginia Department of Wildlife Resources. Mr. Smet’s presentation on the Virginia Department of Wildlife Resources will provide an overview of the Department, including a brief history of game management in the Commonwealth. Please plan to attend this very informative presentation, and of course enjoy a great breakfast!

- ❖ **Adult Forum:** Please join us on **Sunday, February 11, at 9 AM in** Denny Hall to hear from Chanco on the James, Executive Director, Gareth Kalfas, about the many offerings of our Diocesan Camp and Conference Center. As you may know, Gini+ currently serves as Vice President on the Board of Directors of Chanco. We have more than a summer camp for children!

- ❖ **Souper Bowl Sunday, February 11:** Join us in Denny Hall for Souper Bowl of Deliciousness! Celebrated nationwide as Souper Bowl of Caring Sunday. Please bring a can or two of soup for the Powhatan Food Pantry. You may also make a monetary contribution if you wish. Come over to Denny Hall after the 10 AM worship service for fellowship and your choice of eight delicious soups. Crackers, cornbread, cheese, desserts and beverages will also be provided.

- ❖ **Ladies Lunch Out: Wednesday, February 7, at 11:30 AM** at Napa Kitchen and Wine in Westchester Commons.

- ❖ **Shrove Tuesday Pancake Supper: Tuesday, February 13, at 5:30 PM.** As in years past, the Men of the Church will prepare a wonderful pancake supper for the congregation and money raised will go to support Manakin’s youth activities and outreach efforts. Our youth will participate by setting up, greeting guests, collecting donations and cleaning up. Help make this year’s supper as successful as it has been in the past.

- ❖ **Ash Wednesday Service: Wednesday, February 14, at Noon and 7 PM.**

- ❖ **Manakin Book Club: Tuesday, March 16, at 5:30 PM** at Manakin. We will be discussing The House Is On Fire by Rachel Beanland. It is a historical fiction book about Richmond’s theater fire of 1811. Fascinating! All are welcome ... please join us!

- ❖ **Choir Practice:** The **Chancel Choir (adults)** rehearsals **Thursday, at 7:30 PM.** If you would like to join the choir, call Rita Gulliksen (804) 272-0505.

- ❖ **Backpacks Of Love:** We will be helping Backpacks of Love by collecting snacks such as individual bags of chips and Pop Tarts and proteins (pop-top cans of beefaroni/ravioli are especially welcome). Please place these items in the marked bin in Denny Hall. **Join us on the first Friday of the month.** You can meet us at Manakin at **9 AM** or at the site at **9:30 AM**, 3035 Lower Hill Road, Powhatan. If you have any questions, contact Penny Sawyer at 804-794-5609.

- ❖ **Food Donations:** We continue to accept donations for the Powhatan Food Pantry. The collection bins are in the Denny Hall entrance. They appreciate all donations of nonperishable food items and current needs beef, chicken and vegetable soups and pop tarts. Thank you for all your help.

- ❖ **Powhatan Animal Shelter** gladly accepts donations of dog food (wet/dry Pedigree or Purina Adult & puppy), laundry items (detergent/softener/dryer sheets/bleach), towels, blankets, toys (such as “Kongs”), treats, medium collars/harnesses/leashes and peanut butter. Please put these items in the marked bin in Denny Hall. You can also support them with a monetary donation to their medical fund at Claws and Paws by phone at 804-598-8030 or send your donation to Claws and Paws with the note “Powhatan Animal Control Medical Fund” to 4313 Anderson Highway, Powhatan, VA 23139. Thank you!

5th Epiphany

The Collect

Set us free, O God, from the bondage of our sins and give us, we beseech thee, the liberty of that abundant life which thou hast manifested to us in thy Son our Savior Jesus Christ; who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Old Testament: 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 Psalm

Psalm 147:1-12, 21c

Laudate Dominum

- 1 Hallelujah!
How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!
- 2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.
- 3 He heals the brokenhearted *
and binds up their wounds.
- 4 He counts the number of the stars *
and calls them all by their names.
- 5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.

6 The LORD lifts up the lowly, *
but casts the wicked to the ground.

7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.

8 He covers the heavens with clouds *
and prepares rain for the earth;

9 He makes grass to grow upon the mountains *
and green plants to serve mankind.

10 He provides food for flocks and herds *
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;

12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor.

21 Hallelujah!


The Epistle: 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 Gospel: Mark 1:29-39

After Jesus and his disciples 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 him 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 neighboring 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.

Processional Hymn #411 – O Bless The Lord, My Soul



1 O bless the Lord, my soul! His grace to thee pro - claim!
2 O bless the Lord, my soul! His mer - cies bear in mind!
3 He will not al - ways chide; he will with pa - tience wait;
4 He par - dons all thy sins, pro - longs thy fee - ble breath;
5 He clothes thee with his love, up - holds thee with his truth;

1 And all that is with - in me join to bless his ho - ly Name!
2 For - get not all his ben - e - fits! The Lord to thee is kind.
3 his wrath is ev - er slow to rise and rea - dy to a - bate.
4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.
5 and like the ea - gle he re - news the vi - gor of thy youth.

Sequence Hymn #135 – Songs Of Thankfulness And Praise



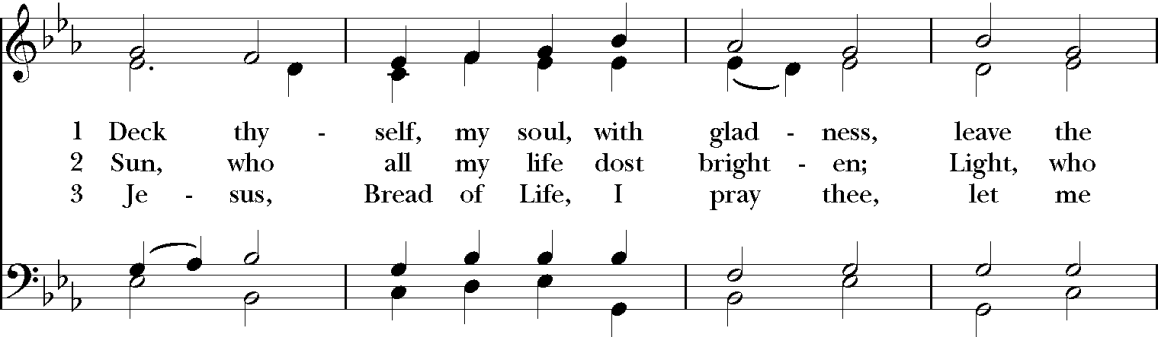
1 Songs of thank - ful - ness and praise, Jes - us, Lord, to thee we raise,
2 Man - i - fest at Jor - dan's stream, Pro - phet, Priest, and King su - preme;
3 Man - i - fest in mak - ing whole pal - sied limbs and faint - ing soul;
4 Man - i - fest on moun - tain height, shin - ing in re - splen - dent light,

man - i - fest - ed by the star to the sa - ges from a - far;
and at Ca - na, wed - ding - guest, in thy God - head man - i - fest;
man - i - fest in val - iant fight, quell - ing all the dev - il's might;
where dis - ci - ples filled with awe thy trans - fi - gured glo - ry saw.

branch of roy - al Da - vid's stem in thy birth at Beth - le - hem;
man - i - fest in power di - vine, chang - ing wa - ter in - to wine;
man - i - fest in gra - cious will, ev - er bring - ing good from ill;
When from there thou led - dest them stead - fast to Je - ru - sa - lem,

an - thems be to thee ad - dressed, God in man made man - i - fest.
an - thems be to thee ad - dressed, God in man made man - i - fest.
an - thems be to thee ad - dressed, God in man made man - i - fest.
cross and Eas - ter Day at - test God in man made man - i - fest.

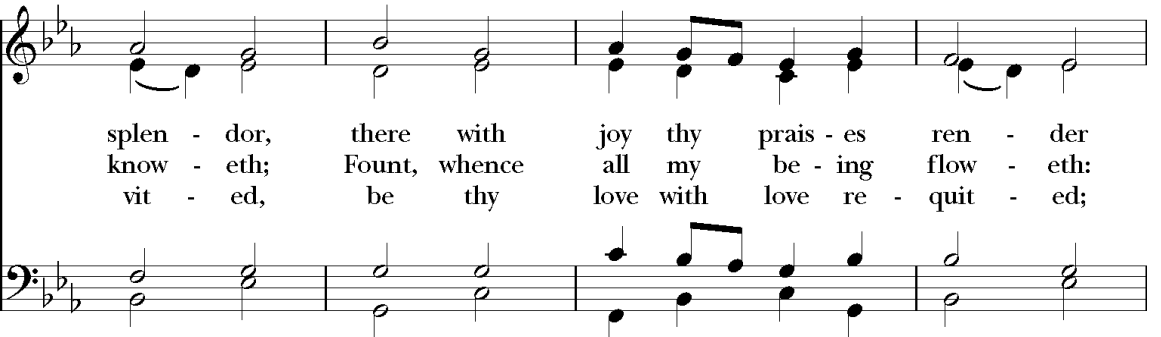
Communion Hymn #339 – Deck Thysel My Soul



1 Deck thy - self, my soul, with glad - ness, leave the
2 Sun, who all my life dost bright - en; Light, who
3 Je - sus, Bread of Life, I pray thee, let me



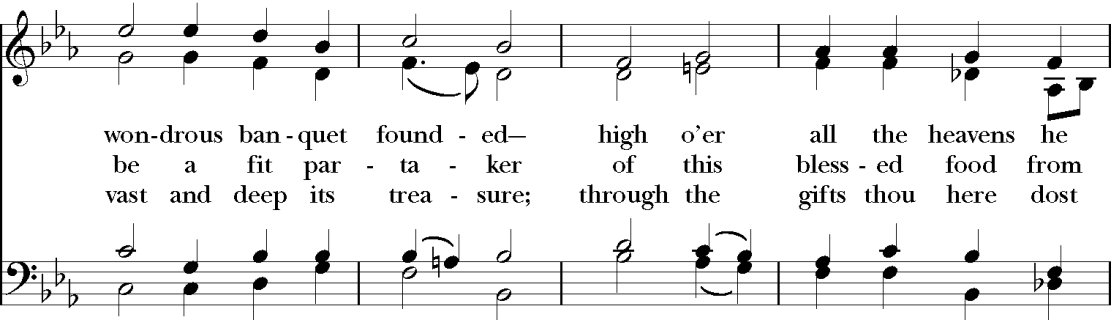
gloom - y haunts of sad - ness, come in - to the day - light's
dost my soul en - light - en; Joy, the best that an - y
glad - ly here o - bey thee; nev - er to my hurt in -



splen - dor, there with joy thy prais - es ren - der
know - eth; Fount, whence all my be - ing flow - eth;
vit - ed, be thy love with love re - quit - ed;



un - to him whose grace un - bound - ed hath this
at thy feet I cry, my Ma - ker, let me
from this ban - quet let me mea - sure, Lord, how



won-drous ban - quet found - ed— high o'er all the heavens he
be a fit par - ta - ker of this bless - ed food from
vast and deep its trea - sure; through the gifts thou here dost



reign - eth, yet to dwell with thee he deign - eth.
hea - ven, for our good, thy glo - ry, giv - en.
give me, as thy guest in heaven re - ceive me.

Communion Hymn #344 – Lord, Dismiss Us With Blessing



1 Lord, dis - miss us with thy bless - ing; fill our hearts with
 2 Thanks we give and a - dor - a - tion for thy Gos - pel's
 3 so that when thy love shall call us, Sa - vior, from the

joy and peace; let us each, thy love pos - sess - ing,
 joy - ful sound: may the fruits of thy sal - va - tion
 world a - way, fear of death shall not ap - pall us,

tri - umph in re - deem - ing grace: O re - fresh us,
 in our hearts and lives a - bound: ev - er faith - ful,
 glad thy sum - mons to o - bey. May we ev - er,

O re - fresh us, trav - eling through this wil - der - ness.
 ev - er faith - ful to thy truth may we be found;
 may we ev - er reign with thee in end - less day.

Recessional Hymn #423 – Immortal, Invisible



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.