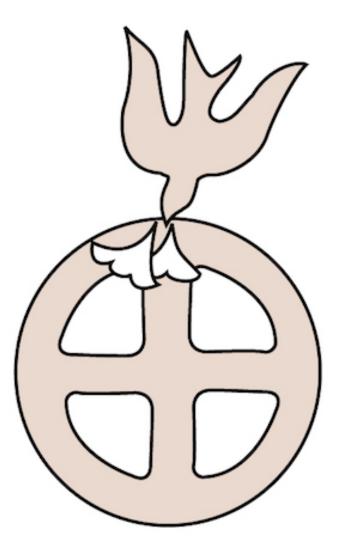
St. Gregory the Great Episcopal Church



FEBRUARY 4, 2024 Live Streamed on <u>YouTube</u>

10:30AM

SPIRITUAL COMMUNION *

What happens when you are spiritually prepared and desire to receive communion, but can't? Such a case is referenced by a paragraph in the 1979 Prayer Book:

If a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability, is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth.

A nation-wide shut down due to a pandemic fits, I'm sure we'll agree, with the words "by any other impediment" listed in the first Prayer Book. Our Lord will not cut us off from his grace. If we truly desire him, he will come to us, even if we cannot receive the Sacraments he has instituted so that we may receive his grace. This is not a new idea. St Thomas Aquinas, writing nearly 800 years ago, said:

before receiving a sacrament, the reality of the sacrament can be had through the very desire of receiving the sacrament. Accordingly, before actual reception of this sacrament, a man can obtain salvation through the desire of receiving it, just as he can before Baptism through the desire of Baptism, as stated above (Summa, III.73.iii)

Desiring to receive the spiritual grace of the Most Holy Eucharist (and being prevented from receiving it sacramentally) is known as Spiritual Communion. It is so very important to note that this gift is given to us when we cannot, for very good reason, be present at mass.

When you are watching a live-stream or recording of our liturgies, any of the following prayers may be said at the moment of communion when you would normally leave your pew and make your journey to the altar:

In Union, dear Lord, with the faithful at every altar of Your Church where Your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I believe that You are present in the Holy Sacrament. And since I cannot now receive You sacramentally, I ask You to come spiritually into my heart. I unite myself to You, and embrace You with all the affections of my soul. Let me never be separated from You. Let me live and die in Your love. Amen.

OR

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen. (from Enriching Our Worship 2)

OR

"My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever by separated from you." (by St. Alphonsus Liguori)

*Except where otherwise indicated, the whole of this article (with only very little amendment) is taken from the website of St. Timothy's Episcopal Church, Winston-Salem, North Carolina, where it was posted on April 5, 2020. No author was specified.

THE HOLY VIRTUAL EUCHARIST

The Fifth Sunday after the Epiphany

THE WORD OF GOD

WELCOME & ANNOUNCEMENTS

Prelude

Opening Hymn 381

Thy strong word did cleave the darkness

Air



The Alleluias in stanzas 1-3 may be sung antiphonally.

OPENING ACCLAMATION

Celebrant:Blessed be God: Father, Son, and Holy Spirit.People:And blessed be his kingdom, now and for ever. Amen.

COLLECT FOR PURITY

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.

BCP 351

BCP 355

G. F. Handel Ton-y-Botel I Will Rejoice



THE COLLECT OF THE DAY

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.

THE FIRST READING

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.

Hear what the Spirit is saying to God's people. Thanks be to God.

Psalm 147:1-12, 21c

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 thanks-/giving; *
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!
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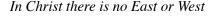
1 Corinthians 9:16-23

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, 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

Hear what the Spirit is saying to God's people. Thanks be to God.

Sequence Hymn 529

In Christ there is no East or West



Unison or harmon 2. 2 1 In Christ there East West. 9 Ioin hands. dis ci ples the faith. what of 3 both East In Christ now meet and West. in great fel him no South North, but low 01 one e'er your may be! Who serves Fa ther race mv North, Christ him South all meet and h souls are \$. earth. through out the whole wide ship of love child his kin is sure 1y to me. as one him, through the whole wide earth. out in 8:

THE GOSPEL

The Holy Gospel of our Savior, Jesus Christ, according to Mark. Celebrant: People: Glory to you, O Christ.

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.

The Gospel of the Lord. Praise to you, O Christ.

The people are seated at the invitation of the preacher.

THE SERMON: The Rev. Nikki Mathis

THE NICENE CREED

(said by all, standing)

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: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. 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 and the Son. With the Father and the Son he is worshiped and glorified. He 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.

BCP 358



Mark 1:29-39

PRAYERS OF THE PEOPLE, Form III

Father, we pray for your holy catholic Church; *That we all may be one.*

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, especially Michael, Rob, and Don, and all priests and deacons, especially Nikki, Christina, Carol, Ellen, Dutton, & Lin;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world; *That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake;

That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

Give to the departed eternal rest;

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy; *May we also come to share in your heavenly kingdom.*

may we also come to share in your neavenry kingaon

Let us pray for our own needs and those of others. ...

We give special thanks for ...

The Celebrant adds a concluding Collect.

CONFESSION AND ABSOLUTION

Celebrant: Let us confess our sins against God and our neighbor.

Celebrant and People: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen**.

THE PEACE

Celebrant: The peace of Christ be always with you. People: And also with you.

THE HOLY COMMUNION

Offertory Anthem

How Great is the Goodness of God Almighty

Robert J. Greene, Jr.

Let all consider what God has given. All that we have are gifts from God above. The Lord has not forgotten us. And we should not forget this love.

> How great is the goodness of God almighty! Is there anyone who has not known such goodness? For all gifts come from God almighty. All praise and honor belong to our Lord.

Oh grant us comfort in time of trouble; Guide us, oh Lord, through joyful days, For we would not forget your goodness; With thankful hearts we sing your praise.

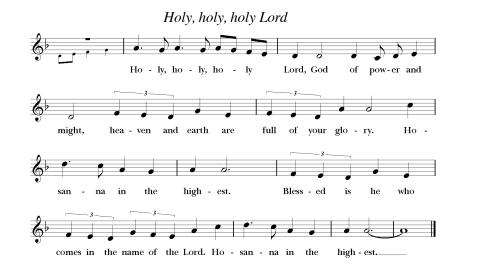
O God, let your goodness and love be boundless; Always remaining before our eyes. O strengthen us with your great power. So we may give back to you our lives. BCP 360

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER B The Lord be with you. And also with you. Lift up your hearts. We lift them to the Lord. Let us give thanks to the Lord our God. It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. (*Here a Proper Preface is said*)

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

* Sanctus S-129



We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, 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." Therefore, according to his command, O Father,

Celebrant and People: We remember his death, We proclaim his resurrection, We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen**.

Robert Powell

And now, as our Savior Christ has taught us, we are bold to say

THE LORD'S PRAYER

BCP 364

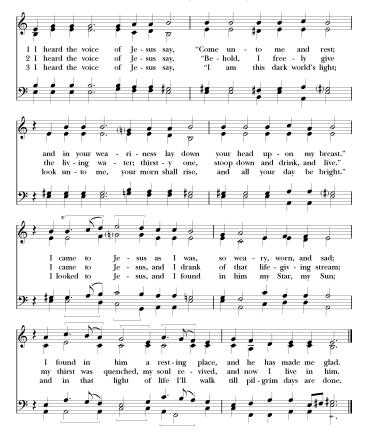
Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.



THE COMMUNION OF THE PEOPLE

I heard the voice of Jesus say

THE THIRD TUNE

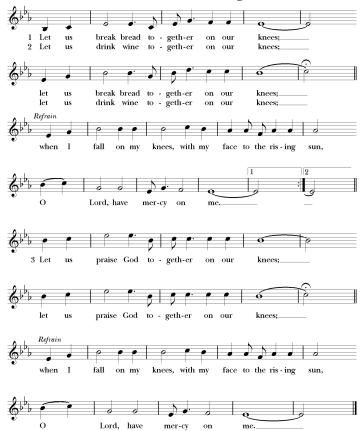


^{*}The bracketed notes are to be treated as triplet groups.

Communion Hymn 325

Let us break bread together

LET US BREAK BREAD



SPIRITUAL COMMUNION PRAYER

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen.

POSTCOMMUNION PRAYER

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE BLESSING

Closing Hymn 493

O for a thousand tongues to sing

Azmon

BCP 366

Enriching Our Worship 2



THE DISMISSAL

Deacon:Let us go forth into the world rejoicing in the power of the Spirit.People:Thanks be to God.

Postlude

Pleine conscience

by saints below and saints above, the Church in earth and heaven.

Jean-Philipe Rameau



About today's music...

The hymn "O for a thousand tongues to sing" (493) has been quite active in hymnals (and their revision committees) over the last 200 years. Its text was written on May 21, 1739 by Charles Wesley on the first anniversary of his evangelical conversion. The present opening line probably recalls Peter Bohler's remark to Wesley of a year earlier: "Had I a thousand tongues, I would praise Him (Christ) with them all". The hymn could also echo the writings of Johann Mentzer's otherwise different hymn of 1704 "O dass ich tausend Zungen hatte". Regardless, the original text was 18 verses long and entered the Hymnal in 1871; was deleted in 1874, reentered it in 1892, but soon deleted in the Hymnal 1916 and later restored in the Hymnal 1940 using only three verses of the original. It was here in the Hymnal 1940 where it became matched with the tune Azmon. In the 1982 Hymnal, three more verses were restored (vs. 1, 8, & 12 of the original) to complete the version known today. A busy hymn over the ages indeed!

Prayers of the People

In our Parish we pray for Janet Wright, Billy Hale, Kyra Madden, Eddie Bennett, Mary Burkett, Jim Klippel, Jackie Dorsey, Denise Glynn, Mike Fowler, Cecil Hudson, Jean Estes, Elmer Clark, Shelby Welch, Nancy Carter, Randy Harrelson, Teri Bouknecht, Kara Russe, Ellen Kappel, David Kirshenblatt, Cayden Mitchell, Bill Alworth, Stephen Morris, Barbara Johnson, Sue Bush, Janice Rusk, Jennifer Polzin, Susan Williams, Pat MacKinnon, Don Downie, Angie Defalco, Ken Packer, Donna, Michael, Rachel, Christy, Rosina, Eliot, Patricia, Ben, Scott, and Lynn.

In thanksgiving for those celebrating their birthdays this week: Charlie Carabello, Madison Cape, Charley Laing, and Logan Camoston; and for those celebrating anniversaries: Stephen & Linda Morris.

The people listed here are prayed for by name at each Sunday service. To request prayer for yourself or someone else, please call the office (706-546-7553). If at the beginning of the next month the person needs to remain on the list, please call and give the office an update.

Don't forget to turn in your vote on which physical improvements to our church are most important to you! The ballot box and blank voting forms are in the narthex; or mail them to the church office

TODAY

PASTORAL CARE COMMITTEE MEETING

Pastoral Care Committee will meet in the library right after the 10:30AM service. All are welcome to join!

THIS WEEK

THREADS OF PRAYER | TUES., FEB 6

All knitters and crocheters are welcome to join Threads of Prayer, meeting on the first Tuesday of each month at 1PM in the library. If you want to learn how to knit or crochet, someone will teach you. For questions, contact Annette Bates, 706-255-5839, <u>bateskannette@gmail.com</u>.

NEXT WEEK

BISHOP'S VISIT | SUNDAY, FEB. 11

On Sunday, February 11, Bishop Rob Wright will be visiting St. Gregory's. On that Sunday we will have only one service w/ Confirmations/Receptions at 10AM, followed by a reception for the newly confirmed. The loose plate offering that day will go to the Bishop's Discretionary Fund.

COMING UP ...

ASH WEDNESDAY SERVICES

Ash Wednesday is on Wednesday, February 14. We will have 2 services: 12 noon and 6PM. Childcare will be provided at the 6PM service.

LENTEN PROGRAM | FEB. 21 - MARCH 20

Adult Spiritual Formation will be offering a Wednesday evening program for Lent. The wonderful Matt Rogers will once again be leading us in Bibliodrama, this time in an exploration of the Psalms. Wednesday evenings 2/21-3/20, 6:30PM for a simple supper with the program to follow at 7PM.

ONGOING

HOLY EUCHARIST & HEALING SERVICE | WEDNESDAYS

Please join us on Wednesday evenings at 6PM in the sanctuary for eucharist and prayers for healing.

NOTES

SEEKING VOLUNTEERS

We are currently seeking volunteers to work at the Athens Area Emergency FoodBank, 640 Barber St. on 3rd Mondays from 9AM-1PM. 2-3 volunteers are needed each month. A signup sheet will be in the narthex.

FREE BOOKS

The newly formed Library Committee has begun to sort through generations of books with the intention of making the offerings of the St. Gregory Library more accessible and useful to everyone. Those volumes that have seen better days and times will be placed for a week or so on the long white tables in the main area of the Education Building and made available for the taking with one rule—no bringing them back! Though you never know what might speak to you! Those books left there over a week or two will be donated to the public library. Hopefully by making some space the many hidden treasures that remain in St. Gregory's Library will be more easily seen, accessed and appreciated.

REMINDER: ACOLYTES SCHEDULING

We have been low on acolytes lately. Please be aware that we use Sign-Up Genius as a way to schedule acolytes. Please sign up when Ron Balthazor sends out reminders and the link! The link can also be found in every Friday newsletter (link has been fixed!)

THE LITTLE RED WAGON

The Athens Area Emergency Food Bank needs snacks (sweet & salty), cold cereals, and dried pasta! Please help us fill the Little Red Wagon!

Those Who Serve

Vestry: Gail Eilers Readers: Roger Schwenke (8AM) June Ball (10:30AM) EMs: Lin Kromhout & Beth Thornton Crucifers: Grayson Krause Torches: Flowers: Rhonda Packer Altar Guild: Jane Sheridan, Jenifer Marquardt Ushers: Anthony & Deb Garner Counters: Jane Hudson & Michael Castengera Livestream: Anthony Barkdoll

Clergy and Staff

The Rev. Nikki Mathis Rector rector@stgregoryathens.org | 706-546-7553 x2

The Rev. Christina Dondero Deacon christinadondero@gmail.com | 404-918-7248

Kendall M. Kookogey Parish Administrator/Bookkeeper office@stgregoryathens.org | 706-546-7553 x1

Jonathan Klein Music Director/Organist jonathanfk@gmail.com | 706-296-8102

Wade McGlamery Youth Minister wwmcglamery@gmail.com | 770-624-4837

Jude Red-Bear Nursery Director *juderedbear@icloud.com* | 706-614-0008

Mark Hein Buildings/Grounds markehein@gmail.com | 706-549-3239

Terri Tillman WebMaster *ttillman@gmail.com*

Danielle Vogt Coffee Host *danielle1784@gmail.com*

Anthony Barkdoll Livestream Coordinator anthonybarkdoll@gmail.com

Peachy Green Clean Co-op Sexton

Nursery Attendants: Missy Hamlin, Jude Red Bear, Willem Swindler, Stephanie Swindler, Berkeley Boone

Vestry Members: Kate Avinger, John Barrett; John Bray; Stacie Court; Gail Eilers; Anna Hiers; LeeAnne Krause, Sr. Warden; Lane Norton; Maggie Reinberger; Mark Richardson, Jr. Warden; Shelby Welch; Anna Thornton, Clerk; Les House, Treasurer

Vestry Person of the Day/Week: Gail Eilers eilersgail@gmail.com