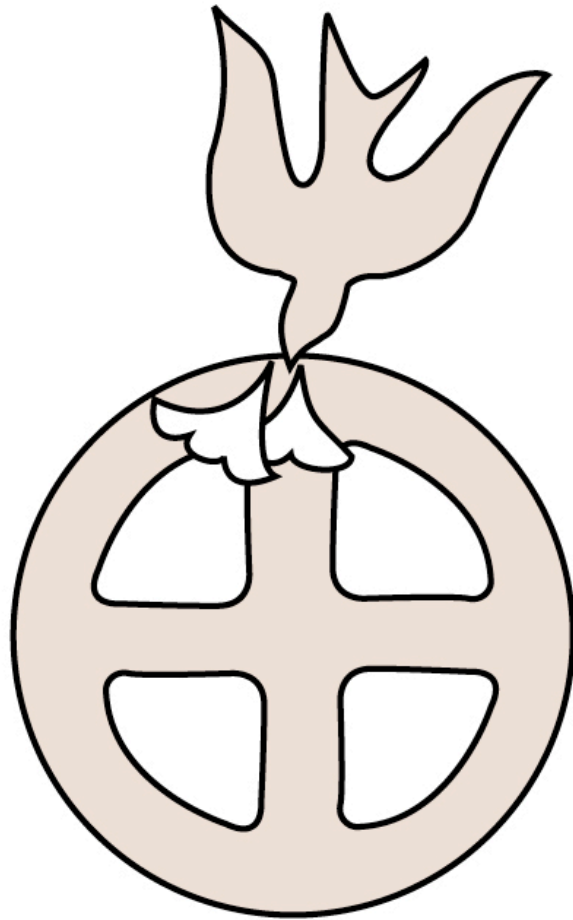


# ST. GREGORY THE GREAT EPISCOPAL CHURCH



FEBRUARY 7, 2021  
PREMIERED ON YOUTUBE

10:30AM  
W/ ONLINE COFFEE HOUR BEGINNING AT 10:15AM

# THE HOLY VIRTUAL EUCHARIST

The Fifth Sunday after the Epiphany

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## THE WORD OF GOD

### 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 be 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.*

ANNOUNCEMENTS

Opening Hymn 423

*Immortal, invisible*

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.

OPENING ACCLAMATION

BCP 355

Celebrant: *Blessed be God: Father, Son, and Holy Spirit.*

People: **And blessed be his kingdom, now and for ever. Amen.**

COLLECT FOR PURITY

BCP 355

1. Glo - ry to God in the high - est, and  
peace to his peo - ple on earth. 2. Lord God, heaven - ly  
King, al - might - y God and Fa - ther, we wor - ship you, we  
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
take a - way the sin of the world: have mer - cy  
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
ceive our prayer. 6. For you a - lone are the Ho - ly One,  
you a - lone are the Lord, 7. you a - lone are the Most  
High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
glo - ry of God the Fa - ther. A - men.

## 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

*read by Carolyn Abney*

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**

*Spoken by all*

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 SECOND READING

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.

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

***Thanks be to God.***

*Unison or harmony*

1 In Christ there is no East or West, in  
 2 Join hands, dis - ci - ples of the faith, what -  
 3 In Christ now meet both East and West, in

him no South or North, but one great fel - low -  
 e'er your race may be! Who serves my Fa - ther  
 him meet South and North, all Christ - ly souls are

ship of love through - out the whole wide earth.  
 as his child is sure - ly kin to me.  
 one in him, through - out the whole wide earth.

## THE GOSPEL

Mark 1:29-39

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

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

BCP 358

*(said by all)*

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.

## THE PRAYERS OF THE PEOPLE

In peace, we pray to you, Lord God.

For all people in their daily life and work;

**For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world;

**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;

**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;

**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;

**For all who proclaim the Gospel, and all who seek the Truth.**

For Michael, our Presiding Bishop, and Rob and Don, our Bishops;

and for all bishops and other ministers, especially Nikki, our Priest, and Christina, our Deacon;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation. (...)

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life. (...)

We will exalt you, O God our King;

**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

*The Celebrant adds a concluding Collect.*

## THE PEACE

*Celebrant:* The peace of Christ be always with you.

*People:* **And also with you.**

## THE HOLY COMMUNION

### Offertory Anthem

### *I Am Bound for the Kingdom*

Lloyd Larson

Sing the wondrous love of Jesus, sing His mercy and His grace;  
in the mansions bright and blessed He'll prepare for us a place.

I am bound for the kingdom, will you go to glory with me?

Hallelujah, praise the Lord!

While we walk the pilgrim pathway clouds will overspread the sky,  
but when trav'ling days are over, not a shadow, not a sigh.

I am bound for the kingdom, will you go to glory with me?

Hallelujah, praise the Lord!

Let us then be true and faithful, trusting, serving ev'ry day;  
just one glimpse of Him in glory will the toils of life repay.

I am bound for the kingdom, will you go to glory with me?

Hallelujah, praise the Lord!

Onward to the prize before us! Soon His beauty we'll behold;  
soon the pearly gates will open, we shall tread the streets of gold.

I am bound for the kingdom, will you go to glory with me?

Hallelujah, praise the Lord!

## THE GREAT THANKSGIVING, EUCHARISTIC PRAYER B

BCP 367

*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:



Ho - ly, ho - ly, ho - ly Lord, God of power and  
might, Ho - ly, ho - ly, ho - ly Lord,  
God of power and might, hea - ven and earth are  
full, full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na  
in the high - est. Bless - ed is he who comes  
in the name of the Lord. Ho - san - na  
in the high - est. Ho - san - na in the high - est.

*Celebrant continues*

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;***

*The Celebrant continues*

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 Mary, St. Gregory the Great, and 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.**

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.**

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

THE COMMUNION OF THE PEOPLE

SPIRITUAL COMMUNION PRAYER

Enriching Our Worship 2

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

BCP 365

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

THE BLESSING

1 From thee all skill and sci-ence flow, all pi - ty, care, and love,  
 2 And has-ten, Lord, that per-fect day when pain and death shall cease,

all calm and cour-age, faith and hope: O pour them from a - bove!  
 and thy just rule shall fill the earth with health and light and peace;

Im - part them, Lord, to each and all, as each and all shall need,  
 when ev - er - blue the sky shall gleam, and ev - er-green the sod,

to rise, like in - cense, each to thee, in no - ble thought and deed.  
 and our rude work de - face no more the hand - i - work of God.

## THE DISMISSAL

Deacon: Let us go forth into the world rejoicing in the power of the Spirit.

People: **Thanks be to God.**

## Fellowship Postlude

*The Power of Your Love*

Lloyd Larsen

*The altar flowers are dedicated by Alice Mohor  
 to the honor and glory of God  
 and in memory of Nancy Channel Hobart.*

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## Prayers of the People

**In our Parish** we pray for Joel Hunt, Bishop Rob Wright, Carl Hoveland, Carol Jones, Rainsly Vogt, Mark Goodwin, Jane Bowen, Mack Thurmond, Marge Massey, Dot Cooper, Sheryl King, Allena Armour, Doug Welch, Pat Irby, Pat Titus, Stephanie Gamble, Rose Ann Pace, Aaron Muckin, Glen Jedlicka, Stephen Morris, George Watson, Conoly Hester, Deborah Freeman, Catherine Hartley, Mary Parkman, Gayle Duncan, Jimmy Simons, Gene Watson, Bill Walker, Sandy Elhenicky, Shelby Welch, Sarah Gordon, Roger Swagler, Stanley Armour, Martha Beach, Jack Beach, Tammy Bishop, Cecil Miller, Bill Beagle, Sally Stuckey, Kim Rider, Patrick Dean, Diane Holcomb, Stephen Corn, Ken Packer, Pete, Sophia, Samantha, Jennifer, Chip, and Buddy.

**In sympathy for** Jo Benton, on the death of her husband, Terrell.

**In thanksgiving for those celebrating their birthdays this week:** Charley Laing, Logan Camoston, Lane Norton, Claudia Cook, Shelby Welch, Jude Red Bear, and AJ Preston; **and for those celebrating anniversaries:** Stephen & Linda Morris, and David & Judith DeJoy.

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*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.*

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## Clergy and Staff

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**Vestry Person of the Day/Week:**