



The Fourth Sunday after the Epiphany

29 January A.D. 2017

7:45 a.m. Holy Eucharist

(The Rev.) Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*
Jason Cutshall, *Seminarian*
Jerrold Tidwell, *Minister of Music*

Welcome to Ascension!

For more information about our community, fill out a welcome card, found at either end of the pews, or take one of our welcome packets from one of the members of the Welcome Team or the table next to the Church Office door.

We meet for coffee, tea, and snacks in the Narthex after each service.

The Nursery in Room 2 is open from 8:30 a.m. to 12:30 p.m.

Within the bulletin, the people read the parts in bold print

♦ Please silence your audible devices ♦

THE WORD OF GOD

Blessed be God; Father, Son, and Holy Spirit.
And blessed be God's kingdom, now and for ever. Amen.

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.

Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.

The Lord be with you.
And also with you.
Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

1 Corinthians 1:18-31

The message of the cross is foolishness to those who are being destroyed. But it is the power of God for those of us who are being saved. It is written in scripture: I will destroy the wisdom of the wise, and I will reject the intelligence of the intelligent. Where are the wise? Where are the legal experts? Where are today's debaters? Hasn't God made the wisdom of the world foolish? In God's wisdom, he determined that the world wouldn't come to know him through its wisdom. Instead, God was pleased to save those who believe through the foolishness of preaching. Jews ask for signs, and Greeks look for wisdom, but we preach Christ crucified, which is a scandal to Jews and foolishness to Gentiles. But to those who are called—both Jews and Greeks—Christ is God's power and God's wisdom. This is because the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

Look at your situation when you were called, brothers and sisters! By ordinary human standards not many were wise, not many were powerful, not many were from the upper class. But God chose what the world considers foolish to shame the wise. God chose what the world considers weak to shame the strong. And God chose what the world considers low-class and low-life—what is considered to be nothing—to reduce what is considered to be

something to nothing. So no human being can brag in God's presence. 30 It is because of God that you are in Christ Jesus. He became wisdom from God for us. This means that he made us righteous and holy, and he delivered us. This is consistent with what was written: The one who brags should brag in the Lord!

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

Psalm 15

Lord, who may dwell in your tabernacle?
who may abide upon your holy hill?

Whoever leads a blameless life and does what is right,
who speaks the truth from his heart.

There is no guile upon his tongue;
he does no evil to his friend;
he does not heap contempt upon his neighbor.

In his sight the wicked is rejected,
but he honors those who fear the Lord.

He has sworn to do no wrong
and does not take back his word.

He does not give his money in hope of gain,
nor does he take a bribe against the innocent.

Whoever does these things
shall never be overthrown.

someone who doesn't lend money with interest,
who won't accept a bribe against any innocent person.
Whoever does these things will never stumble.

The Holy Gospel of our Lord Jesus Christ according to Matthew [5:1-12]
Glory To You, Lord Christ.

Now when Jesus saw the crowds, he went up a mountain. He sat down and his disciples came to him. He taught them, saying:

"Happy are people who are hopeless, because the kingdom of heaven is theirs.

"Happy are people who grieve, because they will be made glad.

"Happy are people who are humble, because they will inherit the earth.

"Happy are people who are hungry and thirsty for righteousness, because they will be fed until they are full.

"Happy are people who show mercy, because they will receive mercy.

"Happy are people who have pure hearts, because they will see God.

"Happy are people who make peace, because they will be called God's children.

"Happy are people whose lives are harassed because they are righteous, because the kingdom of heaven is theirs.

"Happy are you when people insult you and harass you and speak all kinds of bad and false things about you, all because of me. Be full of joy and be glad, because you have a great reward in heaven. In the same way, people harassed the prophets who came before you.

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

The Nicene Creed

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.

Prayers of the People: Form VI

The Leader and People pray responsively

In peace, we pray to you, Lord God.

Silence

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, Mariann our Bishop, Randy and Javier, our clergy, Jason, our seminarian, and all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation. You may add your own prayers at this time silently or aloud.

We pray for all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, especially Sandy Boynton, Debbie Capo, John Carman, Margaret Joseph, Donna Keating, Peggy Longo, Angela and Rachel Lord, Sarah Rubin, and Roz Silver-Marcotte.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way,

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.
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.

and their families.

Equip us and empower us to be witnesses to your love – as advocates and as servants, as ministers of welcome and of hope for refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life. You may offer your own prayers of thanksgiving at this time.

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.

Silence

The People may add their own petitions

Lord, let your loving-kindness be upon them;

Who put their trust in you.

We pray to you also for the forgiveness of our sins.

All kneel. Silence may be kept.

Leader 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.

The Celebrant alone stands and says

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

The peace of the Lord be always with you.

And also with you.

Announcements

Please stand at the presentation of the money and food offerings.

HOLY COMMUNION

Eucharistic Prayer A

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 God 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.

For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

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:

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

You may stand or kneel during the Eucharistic Prayer.

The Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: 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.**

The Lord's Prayer

*As our Savior Christ
has taught us,
we now pray,*

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

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

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

Alleluia. Christ our Passover is sacrificed for us.
Therefore let us keep the feast. Alleluia.

***Administration of the Sacrament:** All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station at the direction of the Welcome Team. Receive the bread in the palm of your hand. Eat the bread and then drink from the cup when it is offered to you, or you may hold the bread and dip it into the wine when the cup is offered to you. Gluten-free wafers are also available. Make your need known to the Clergy by holding up three fingers. If you wish to receive a blessing rather than receive communion, please join in the movement to the communion station and cross your arms over the front of your chest - this will alert the Clergy of your desire to be blessed. If you need communion brought to you please let a member of the Welcome Team know.*

***Healing Prayers:** If you would like to receive the laying on of hands for healing for yourself or another, go to the prayer annex beside the pulpit after receiving communion. A healing minister will be there to pray with you.*

When there is a Eucharistic Visitor present

We send you forth bearing these holy gifts that those whom you visit may share with us in the communion of Christ's body and blood.

People: **We who are many are one body because we all share one bread and one cup.**

Let us pray.

Prayer after Communion

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

Life is short, and we do not have too much time
to gladden the hearts of those who travel the way with us.
So be swift to love, and make haste to be kind.
And may the blessing of the one who made us,
who journeys with us,
who breathes us into life moment by moment,
Creator, Christ, and Holy Spirit,
be upon you
this day and always.
Amen.

Go in peace to love and serve the Lord.
Thanks be to God.

WORSHIP LEADERS

		This Week	Next Week
Reader:	7:45 a.m.	Jason Cutshall	Leslie Sanya
	9:00 a.m.	Susan McLaughlin Gary McLaughlin	Andrew Greene Chris Ruggeri
	11:15 a.m.	Tunde Ayinde	Jason Cutshall
Prayers:	7:45 a.m.	Jason Cutshall	Leslie Sanya
	9:00 a.m.	Gordon Donnelly	John Pruessner
Chalicians:	7:45 a.m.	David Burton Sharon Hayden	Enid Cole Jason Cutshall
	9:00 a.m.	Jason Cutshall Margaret Tellu	Jake Yalley-Ogunru Winsome Palmer
	11:15 a.m.	Rimie Sicard Peg Ruppel	Laura Shay Jason Cutshall
Healing Prayer Ministers:			
	7:45 a.m.	Jason Cutshall	Janet King
	9:00 a.m.	Major Clemens	Randy Lord-Wilkinson
	11:15 a.m.	Jason Cutshall	Sarah Rubin
Acolytes:	7:45 a.m.	Raymond Chin Aidan Douglas	Ron Hayden Aidan Douglas
	9:00 a.m.	Kofi Kwamena-Poh Richard McFarland Gary McLaughlin	Paul Whitmore Bob Waters Lisa Dickson
Welcome Team:			
	7:45 a.m.	Enid Cole Wadai Dennis	Herald Douglas Lisa Murdock
	9:00 a.m.	Swithin Kwamena-Poh Kevin Blanc Algernon Thomas	Esther Allotey-Taylor Bev Stennett Christine Kroma Josephine Clarke
	11:15 a.m.	Avin Lalmansingh Karl Didavi Clark Didavi	Alex Langley Alice Padmore Kendall Anderson
Flower Delivery:		Eliane Dunn-Johnson Alice Padmore	Esther Sawyer Adoma Baffoe
Altar Guild:	7:45 a.m.	Leslie Sanya Wadai Dennis	Georgette Dennis
	9:00 a.m.	Ophelia Yalley-Ogunro Joyce Bvumbe	Dorett Sutherland Dotty Pfadenhauer
	11:15 a.m.	Laura Shay	AnikaLalmansingh Avin Lalmansingh
Weekly Altar Guild Team:		9:00 a.m. Team	7:45 a.m. Team
Eucharistic Visitors:		Pamela Irons-Forth Barb Mansfield	Randy Lord-Wilkinson Enid Cole
Song Leader	11:15 a.m.	Alice Benson	Betsy Hasegawa
Hospitality Angels	7:45 a.m.	Wadai Dennis	Hawa Clemens
	9:00 a.m.	Ron & Jan Hauber	Dorett Sutherland
	11:15 a.m.	Pamela Novel	Aaron & Emma Boyce

