



The Fourth Sunday after the Epiphany

January 29, 2023

10:00 a.m. Holy Eucharist

The Rev. Javier García Ocampo, *Rector*

Rosa Briones, *Deacon*

Tracey Forfa, *Seminarian*

Andrew Kullberg, *Minister of Music*

Jesse Velazquez, *Spanish Service Musical Director*

The Entrance Rite

Opening Voluntary

Ye Sweet Retreat

William Boyce, arr. Virgil Fox

The people stand

Processional Hymn

Before thy throne, O God, we kneel

The Hymnal 1982 # 574

St. Petersburg

1 Be - fore thy throne, O God, we kneel: give us a con - science
2 Search out our hearts and make us true; help us to give to
3 For sins of heed - less word and deed, for pride am - bi - tious
4 Let the fierce fires which burn and try, our in - most spi - rits

quick to feel, a rea - dy mind to un - der - stand the
all their due. From love of plea - sure, lust of gold, from
to suc - ceed, for craft - y trade and sub - tle snare to
pu - ri - fy: con - sume the ill; purge out the shame; O

mean - ing of thy chas - tening hand; what - e'er the pain and
sins which make the heart grow cold, wean us and train us
catch the sim - ple un - a - ware, for lives be - reft of
God, be with us in the flame; a new - born peo - ple

shame may be, bring us, O Fa - ther, near - er thee.
with thy rod; teach us to know our faults, O God.
pur - pose high, for - give, for - give, O Lord, we cry.
may we rise, more pure, more true, more no - bly wise.

Opening Acclamation

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

Priest and people

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.

Gloria in Excelsis:
Glory to God in the highest

Lift Every Voice and Sing # 241
David Hurd



Glo-ry to God in the high-est, and peace to his peo - ple on
earth. Lord God, heav-en-ly King, - al -
might - y God ___ and Fa-ther, we wor-ship you, - we
give - you thanks, - we praise - you for ___ your glo-ry.
Lord Je - sus Christ, on - ly Son of the
Fa - ther, Lord God,
Lamb of God, you take a - way the sin of the world: have mer-cy on us;
You are seat-ed at the right hand of the Fa - ther:
re - ceive our prayer.

For you a-lone are the Ho-ly One, you a-lone are the
 Lord, 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 for the Day

Priest The Lord be with you.
People **And also with you.**
Priest Let us pray.

Priest and people

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.

The people are seated

The First Reading

Micah 6:1-8

Reader A reading from the book of the prophet Micah.

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

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

The Second Reading

1 Corinthians 1:18-31

Reader A reading from the first letter of the Apostle Saint Paul to the Corinthians.

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

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

People **Thanks be to God**

The people stand

Sequence Hymn
In the cross of Christ I glory

The Hymnal 1982 # 441
Rathbun

1 In the cross of Christ I glo - ry, tower - ing
2 When the woes of life o'er - take me, hopes de -
3 When the sun of bliss is beam - ing light and
4 Bane and bless - ing, pain and plea - sure, by the
*5 In the cross of Christ I glo - ry, tower - ing

1 o'er the wrecks of time; all the light of
2 ceive, and fears an - noy, nev - er shall the
3 love up - on my way, from the cross the
4 cross are sanc - ti - fied; peace is there that
5 o'er the wrecks of time; all the light of

1 sa - cred sto - ry gath - ers round its head sub - lime.
2 cross for - sake me: lo, it glows with peace and joy.
3 ra - diance stream - ing adds new lus - ter to the day.
4 knows no mea - sure, joys that through all time a - bide.
5 sa - cred sto - ry gath - ers round its head sub - lime.

The Gospel

Matthew 5:1-12

Deacon The Holy Gospel of our Lord Jesus Christ according to St. Matthew.
People **Glory to you, Lord Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

- “Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- “Blessed are those who mourn, for they will be comforted.
- “Blessed are the meek, for they will inherit the earth.
- “Blessed are those who hunger and thirst for righteousness, for they will be filled.
- “Blessed are the merciful, for they will receive mercy.
- “Blessed are the pure in heart, for they will see God.
- “Blessed are the peacemakers, for they will be called children of God.
- “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Deacon The Gospel of the Lord
People **Praise to you, Lord Christ.**
The people are seated

Sermon

Peg Ruppel

The people stand.

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 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. 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.

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, priests, and deacons;
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.

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

Silence

We pray for comfort, healing, courage and hope for **Judy** Conroy, **Steve** Heinig, **Lucia** Valenzuela, **Robert** Taylor, **Nikka** Hakimi, **Ruth** Harrison, **Lowell** Smith, **Kathy** Johnson, **The Osorio Family**, **Fe** Wlotzko, **Angie** Ricks, **Jack** Rouse and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

We pray for peace in the world and for the victims of war everywhere. We pray especially for the people of Ukraine, those who are defending them, and those who are sheltering the refugees, caring for the wounded, and feeding the hungry. We also pray for all who are serving our country here and abroad, especially those in harm's way, and their families.

We give thanks for the recent birthdays of **Neil** Blanc, **Wendy** Fitch, **Wendy** Quijada, **Chris** Watson, **Elise** Johnson, **Semera** Fahnbulleh, and **Ruth** Achard.

Celebrant

O God, who wonderfully created the dignity of human nature and still more wonderfully restored it; grant that we may share in the divinity of Christ, who loved us so much that He decided to share our humanity. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

The Peace

Celebrant The peace of the Lord be always with you.
People **And also with you.**

Offertory Sentence

Let us with gladness present the offerings and oblations of our life and labor to the Lord.

The altar is prepared for Holy Communion and an offering is received to support Ascension's ministry of sharing God's love with the world.

- *Text ASCENSIONMD + Amount to 73256 to give a donation using your text messaging
Or scan the QR code*



Offertory Anthem (Sung by the Choir):

Walk Humbly With Your God

Robert J. Powell

He has shown you what is good;
and what does the Lord require of you,
but to do justly, and to love mercy,
and to walk humbly with your God.

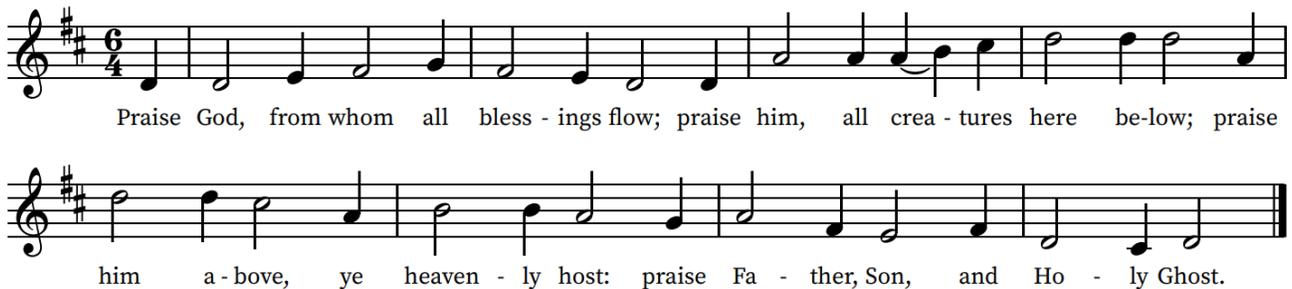
The people stand.

Doxology:

What star is this with beams so bright

The Hymnal 1982 # 124 Verse 5

Puer nobis



Praise God, from whom all bless - ings flow; praise him, all crea - tures here be-low; praise
him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

The Holy Communion

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

Celebrant

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son 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:

Sanctus
Holy, Holy, Holy

Lift Every Voice and Sing # 255
Grayson Warren Brown

Ho-ly, ho - ly, — ho - ly, ho - ly, — ho - ly Lord God — of
hosts. — Heav-en and earth are — filled with your glo - ry. Ho - san - na
in — the — high - est. — Bless-ed is — he who — comes in the name —
— of the Lord, — of the Lord. — Ho - san - na —
— in the high - est, ho - san - na in — the — high - est. —

The people kneel or remain standing. 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.

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

Celebrant and People

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, forever and ever. Amen.

The Celebrant breaks the consecrated bread and a brief silence is kept. Afterwards, all sing the Fraction Anthem.

Fraction Anthem

One bread, one body

Lift Every Voice and Sing # 151

John B. Foley

One bread, — one bod-y, ————— one Lord of all,
one cup of bless - ing which we bless. ——— And we, — though man-y, —————
— through-out the earth, we are one bod - y in this one Lord.

Invitation to Communion

Celebrant: The gifts of God for the people of God.

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

Prayer for Spiritual Communion

Lord Jesus, we believe that you are truly present in the Blessed Sacrament of the Altar. We offer you praise and thanksgiving as we proclaim your resurrection. We love you above all, and long for you in our souls. Since we cannot receive you in the Sacrament of your Body and Blood, come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

All are welcome to receive Holy Communion at Church of the Ascension. Please follow the directions of the Priest. In addition to using a communion kit or receiving bread only, you may now receive in both parts. Intincting (“dipping”) is not yet permitted; only receiving the wine by drinking from the cup is allowed.

After receiving communion, the people are seated for the hymn.

Communion Hymn

You shall cross the barren desert

Wonder, Love, and Praise # 811

Bob Dufford, SJ

Verse 1

1. You shall cross the bar-ren des-ert, but you shall not die of thirst. You shall wan-der far in safe-ty though you do not know the way. You shall speak your words in for-eign lands and all will un-der-stand. You shall see the face of God and live.

Refrain

Be not a - fraid. I go be - fore you al-ways. Come, fol - low me, and I will give you

Verse 2

rest. 2. If you pass through rag - ing wa-ters in the sea, you shall not

drown, If you walk a - mid the burn - ing flames, you shall not be
 harmed. If you stand be - fore the pow'r of hell and
 death is at your side, know that I am with you — through it
To refrain Verse 3
 all. 3. Bless - ed are your poor, for the
 king - dom shall be theirs. Blest are you that
 weep and mourn, for one day you shall laugh. And if
 wick - ed men in - sult and hate you all be - cause of me,
 bless - ed, bless - ed are you!
Final Refrain
 Be not a - fraid. I go be - fore you al - ways.
 Come, fol - low me, and I will give you
 rest.

Prayer after Communion

Let us pray.

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. We thank you for the Body of Christ, the bread of heaven, and for the offering of Christ's holy presence, the gift of spiritual communion, which feeds us when we must be apart. By the power of the Holy Spirit, may we become One Body in the sacrament of Christ's Body. Transform our lives with your life, for the love we share becomes bread for the world. AMEN.

The people are seated for the announcements.

Announcements

Blessing

All stand as able and the Celebrant blesses the people.

Celebrant

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, and all your loved ones this day and always. **Amen.**

The people stand

Recessional Hymn

Rejoice ye pure in heart

The Hymnal 1982 # 556

Marion

1 Re - joice, ye pure in heart! Re - joice, give thanks, and sing! Your
2 With all the an - gel choirs, with all the saints of earth, pour
3 Your clear ho - san - nas raise, and al - le - lu - ias loud; while
4 Yes, on through life's long path, still chant - ing as ye go, from
5 Still lift your stand - ard high, still march in firm ar - ray, as

1 glo - rious ban - ner wave on high, the cross of Christ your King.
2 out the strains of joy and bliss, true rap - ture, no - blest mirth.
3 an - swering ech - oes up - ward float, like wreaths of in - cense cloud.
4 youth to age, by night and day, in glad - ness and in woe.
5 war - riors through the dark - ness toil, till dawns the gold - en day.

Refrain

Re - joice, re - joice, re - joice, give thanks, and sing.
re - joice, re - joice,

*6 At last the march shall end;
the wearied ones shall rest;
the pilgrims find their Father's house,
Jerusalem the blest.

Refrain

*7 Then on, ye pure in heart!
Rejoice, give thanks, and sing!
Your glorious banner wave on high
the cross of Christ your King.

Refrain

Dismissal

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

Closing Voluntary

Prelude and Fugue in B flat BWV 560

Johann Sebastian Bach

PERMISSIONS

Section: Jesus Christ our Lord Words: John Bowring (1792–1872) Music: Rathbun, Ithamar Conkey (1815–1867) Meter: 87. 87 Section: Christian Vocation and Pilgrimage Words: Edward Hayes Plumptre (1821–1891) Music: arion, Arthur Henry Messiter (1834–1916) Meter: S M with Refrain Section: Christian Responsibility Words: William Boyd Carpenter (1841–1918), alt. Music: St. Petersburg, Dimitri S. Bortniansky (1751–1825) Meter: 88. 88. 88 Section: Spiritual Songs Title: You shall cross the barren desert Words: Bob Dufford, SJ Music: Bob Dufford, SJ Copyright: © 1975, 1978 Robert J. Dufford, SJ and New Dawn Music, 5536 NE Hassalo, Portland, OR 97213. All rights reserved. Used by permission. Section: Service Music: Gloria Title: Glory to God Music: David Hurd (b. 1950), Intercession Mass Copyright: © 1979, 1983, G.I.A. Publications, Inc., Chicago, IL. All Rights Reserved The Holy Eucharist: Rite Two is from the Book of Common Prayer © 1979 Church Publishing, Inc. Scripture readings are from the New Revised Standard Version of The Bible, copyright © 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.