



# The Fifth Sunday after the Epiphany

## February 4, 2024

### 10:00 a.m. Holy Eucharist

Welcome to Ascension! For more information about our community, please fill out a welcome card, found at either end of the pews, or take one of our welcome packets from a member of the Welcome Team or the table in the narthex.

Please silence your electronic devices. Beginning ten minutes before the service, please help us create a contemplative space by refraining from cell phone use or loud conversation.

*The people's responses are in bold.*

#### PRELUDE

*Healer of Our Every Ill*

*arr. Keith Kolander*

*The people stand.*

#### PROCESSIONAL HYMN

*The Kingdom of God*

1. The king - dom of God is jus - tice and joy;  
2. The king - dom of God is mer - cy and grace;  
3. The king - dom of God is chal - lenge and choice:  
4. God's king - dom is come, the gift and the goal;

For Je - sus re - stores what sin would de - stroy.  
The cap - tives are freed, the sin - ners find place,  
Be - lieve the good news, re - pent and re - joice!  
In Je - sus be - gun, in heav - en made whole.

God's pow - er and glo - ry in Je - sus we know;  
The out - cast are wel - comed God's ban - quet to share;  
God's love for us sin - ners brought Christ to his cross:  
The heirs of the king - dom shall an - swer his call;

And here and here - af - ter the king - dom shall grow.  
And hope is a - wak - ened in place of de - spair.  
Our cri - sis of judg - ment for gain or for loss.  
And all things cry "Glo - ry!" to God all in all.

## WELCOME

## 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*

The Hymnal 1982 # S280

Robert Powell

1. Glo - ry to God in the high - est, and

peace to his peo - ple on earth. 2. Lord God, heaven - ly

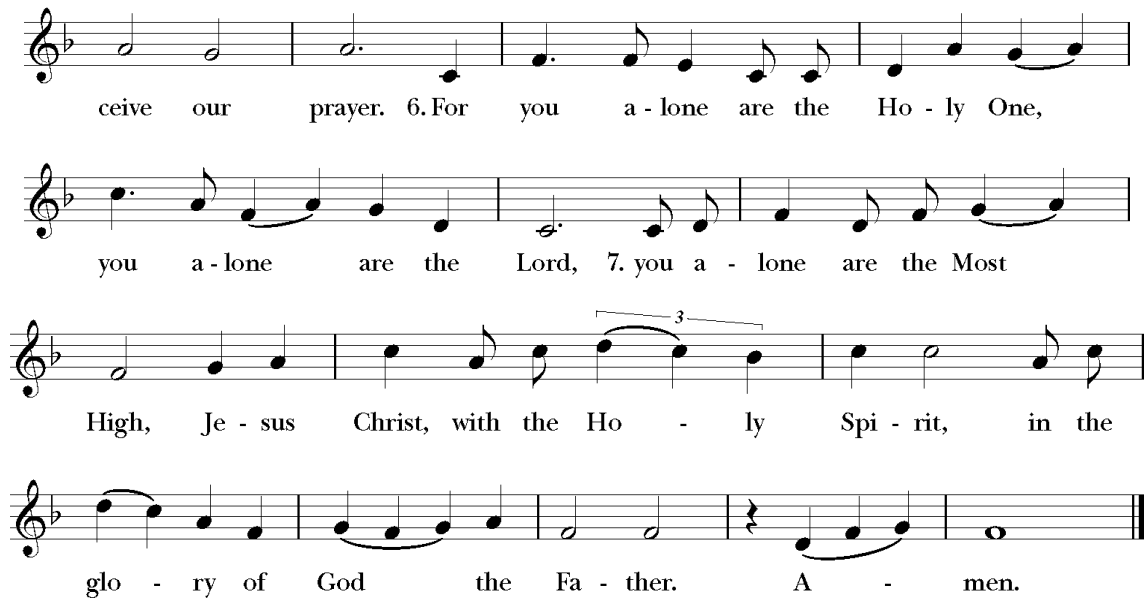
King, al - mighty God and Fa - ther, we wor - ship you, we

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 -



## THE COLLECT FOR THE DAY

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

*Priest and People*

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 people are seated.*

## THE FIRST READING

Isaiah 40:21-31

*Reader* A reading from the Book of the Prophet Isaiah.

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.

*Reader*  
*People*

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

## **PSALM 147: 1-12, 21c**

Hallelujah! How good it is to sing praises to our God! \*  
**how pleasant it is to honor him with praise!**

The Lord rebuilds Jerusalem; \*  
**he gathers the exiles of Israel.**

He heals the brokenhearted \*  
**and binds up their wounds.**

He counts the number of the stars \*  
**and calls them all by their names.**

Great is our Lord and mighty in power; \*  
**there is no limit to his wisdom.**

The Lord lifts up the lowly, \*  
**but casts the wicked to the ground.**

Sing to the Lord with thanksgiving; \*  
**make music to our God upon the harp.**

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

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

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

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

But the Lord has pleasure in those who fear him, \*  
**in those who await his gracious favor. Hallelujah!**

## **THE SECOND READING**

1 Corinthians 9:16-23

*Reader*

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

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.

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

*People* **Thanks be to God.**

*The people stand as able, and all sing the following hymn.*

## SEQUENCE HYMN

*Thine arm, O Lord, in Days of Old*

**The Hymnal 1982 # 567**

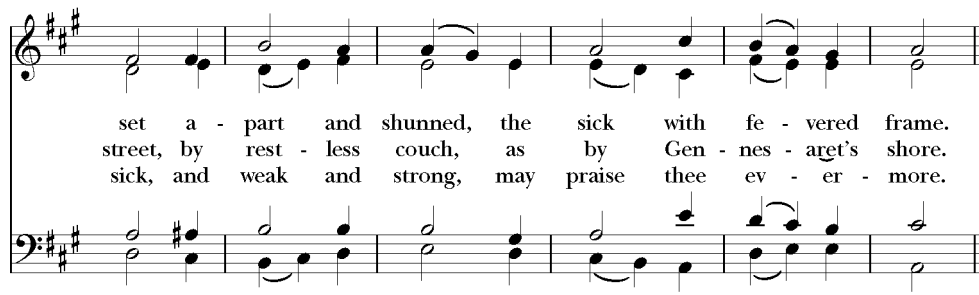
*Tune: St. Matthew*

1 Thine arm, O Lord, in days of old was strong to  
 2 And lo! thy touch brought life and health, gave hear - ing,  
 3 Be thou our great de - liv - erer still, thou Lord of

heal and save; it tri - umphed o'er dis - ease and death,  
 strength, and sight; and youth re - newed and fren - zy calmed  
 life and death; re - store and quick - en, soothe and bless,

o'er dark - ness and the grave. To thee they went, the  
 owned thee, the Lord of light: and now, O Lord, be  
 with thine al - might - y breath: to hands that work and

blind, the deaf, the pal - sied, and the lame, the lep - er  
 near to bless, al - might - y as of yore, in crowd - ed  
 eyes that see, give wis - dom's heav - en - ly lore, that whole and



*The people remain standing for the reading of the Gospel.*

## THE GOSPEL

Mark 1:29-39

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

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

## SERMON

The Rev. Javier Ocampo

*The people are seated at the invitation of the preacher.*

## 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.

*A brief silence is kept.*

We pray for comfort, healing, courage and hope for **Lucia** Valenzuela, **Nikka** Hakimi, **Angie** Ricks, **Jean** Isaac, **Crystal** Parmalee, **Jenny** Regalado, **Jeff** Kostka, **Peg** Ruppel, **Rodolfo** Rodriguez, **Yvonne** McDonald, **Delita** Rodriguez, **Judy** Conroy, **Matt** Cross, **James** Parker, **Carol** Parkerton, **Lyn** Pusey, **Mary** Waldron, **Luna** Wood, **Gloria** Nwankwo, **Samuel** Jerome Cooper, **Frances** Farrah, **Alice** Padmore and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and for the victims of war everywhere. We also pray for all who are serving our country here and abroad, especially those in harm's way, and their families.

We pray for all those affected by, suffering from, and killed by gun violence throughout our country.

We give thanks for the flowers on the altar today, given by Elizabeth Quinn, Rowan and Niall Shmueli, in loving memory of their mother and grandmother, Nancy E. Quinn.

We give thanks for the recent birthdays of **Ruth** Achard, **Robert** Brown, **Aaron** Toee, **Sarah** Gallagher, **Percy** Chipunza, **Msangwa** Ogada, **Wadai** Dennis, **Aaron** Lalmansingh, and **Amy** Nwankwo.

*Celebrant* Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. Amen.

## THE PEACE

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

*The people greet one another with a sign of God's peace and are seated.*

## OFFERTORY SENTENCE

*Celebrant* 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. To donate electronically, text ASCENSIONMD + donation amount to 73256 or scan the QR Code with your phone or mobile device.*



## OFFERTORY ANTHEM (Sung by the Choir):

*Bless the Lord, O My Soul – Ivanov-Ippolitov*

*Bless thou the Lord, O my soul.  
Blessed are thou, O Lord.  
Bless thou the Lord, O my soul.  
Bless the Lord and forget not all his benefits:  
Bless thou the Lord, O my soul,  
and all that is within me, bless his holy name.  
He is full of compassion and mercy,  
long-suffering and great in goodness.  
He will not always be chiding,  
nor keepeth he his wrath forever.  
Bless thou the Lord, O my soul,  
and all that is within me, bless his holy name.  
O blessed art thou, O Lord.  
- Psalm 103:1-2, 8-9*

*The people stand as able, and all sing the Doxology as the gifts are brought forward.*

## DOXOLOGY

Tune: *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 truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

### 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.*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah, you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all 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*

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and 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. After a brief silence, all sing the Fraction Anthem.*

## FRACTION ANTHEM

*Taste and see*

## Lift Every Voice and Sing # 154

James E. Moore, Jr.

Taste and see. Taste and see the good - ness

of the Lord. O Taste and see. Taste and

see the good - ness of the Lord, of the Lord.

**Fine**

### *Celebrant:*

God's Holy gifts for God's holy people. Come, when you are fearful, to be made new in love. Come, when you are doubtful, to be made strong in faith. Come, when you are regretful, and be made whole in Christ. Come to Christ's table, there is room for all.

*All are welcome to receive the Sacrament of Holy Communion at Church of the Ascension. Please follow the directions of the Priest. Receive the bread in your hands. You may receive the wine by drinking from the chalice or by taking one of the small cups, drinking from it and dropping it into the receptacle. If you wish to receive a blessing, join in the movement to the front of the nave and cross your arms over the front of your chest. After receiving Holy Communion or a blessing, the people are seated.*

## 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.

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

## COMMUNION HYMN

*Healer of Our Every Ill*



Heal - er of our ev - 'ry ill, Light of each to - mor - row,



Give us peace be - yond our fear And hope be - yond our sor - row.

1. You who know our fears and sadness,  
Grace us with your peace and gladness,  
Spirit of all comfort: fill our hearts.
2. In the pain and joy beholding,  
How your grace is still unfolding,  
Give us all your wisdom: God of love.
3. Give us strength to love each other,  
Ev'ry sister, ev'ry brother,  
Spirit of all kindness: be our guide.
4. You who know each thought and feeling,  
Teach us all your way of healing,  
Spirit of compassion: fill each heart.

## 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.**

## BLESSING

*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 this day and always. Amen.

## ANNOUNCEMENTS

*All are seated for the announcements. For more information about activities and events coming up at Ascension, please refer to the bulletin insert.*

*At the direction of the Celebrant, the people stand as able, and all sing the hymn.*

## RECESSIONAL HYMN

*Thou, Whose Almighty Word*

The Hymnal 1982 # 371

Tune: *Moscow*

1 Thou, whose al - might - y word cha - os and dark - ness heard,  
2 Thou who didst come to bring on thy re - deem - ing wing  
3 Spi - rit of truth and love, life - giv - ing, ho - ly Dove,  
4 Ho - ly and bless - ed Three, glo - ri - ous Trin - i - ty,

and took their flight; hear us, we hum - bly pray, and, where the  
heal - ing and sight, health to the sick in mind, sight to the  
speed forth thy flight! Move on the wa - ters' face bear - ing the  
wis - dom, love, might; bound - less as o - cean's tide, roll - ing in

Gos - pel day sheds not its glo - rious ray, let there be light!  
in - ly blind, now to all hu - man - kind, let there be light!  
gifts of grace, and, in earth's dark - est place, let there be light!  
full - est pride, through the world, far and wide, let there be light!

## DISMISSAL

*Celebrant*  
*People*

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

## POSTLUDE

*Trumpet Tune*

*Michael McCabe*

### ***Service Participants:***

The Rev. Javier García Ocampo – *Rector*

The Rev. Rosa Briones – *Deacon*

J. Michael McMahon- *Guest Organist/Director*

Ray Valido – *Pianist*

Tracey Forfa – *Lay Eucharistic Minister*

Jesse Velazquez – *Spanish Service Music Director*

*The Ascension Choir*

*The Ascension Tech Team*

### ***PERMISSIONS:***

*Section: The Holy Trinity Words: John Marriott (1780–1825), alt. Music: Moscow, Felice de Giardini (1716–1796); harm. The New Hymnal, 1916, based on Hymns Ancient and Modern, 1875, and Lowell Mason (1792–1872) Meter: 664. 6664*  
*Section: Christian Responsibility Words: Edward Hayes Plumptre (1821–1891), alt. Music: St. Matthew, from Supplement to the New Version of Psalms by Dr. Brady and Mr. Tate, 1708 Meter: CMD Section: Canticles Title: Canticle 20, Glory to God: Gloria in excelsis Music: Robert Powell (b. 1932), rev. Section: Holy Days and Various Occasions Words: John Ellerton (1826–1893), alt. Music: Munich, melody from Neu-vermehrtes und zu Übung Christl. Gottseligkeit eingerichtetes Meiningisches Gesangbuch, 1693; adapt. And harm. Felix Mendelssohn (1809–1847) Meter: 76. 76. D Section: The Liturgy of the Palms: Processional Words: Theodulph of Orleans (d. 821); tr. John Mason Neale (1818–1866), alt. Music: Valet will ich dir geben, melody Melchior Teschner (1584–1635), alt.; harm. William Henry Monk (1823–1889) Meter: 76. 76 D Section: Holy Eucharist Words: Brian A. Wren (b. 1936), alt. Music: Land of Rest, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889–1983) Copyright: Words: © 1971 by Hope Publishing Company, Carol Stream, IL 60188, All Rights Reserved. Used by permission. Music: Copyright © 1938 by J. Fischer & Bro., a division of Belwin-Mills Publishing Corp. Copyright renewed. Used by permission. All rights reserved. Meter: CM Section: Jesus Christ our Lord Words: Timothy Dudley-Smith (b. 1926); based on The Song of Mary Music: Woodlands, Walter Grotz (1877–1949), alt. Copyright: © 1962 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: Both settings by permission of Oxford University Press. Meter: 10 10. 10 10 Section: Jesus Christ our Lord Words: Charles Wesley (1707–1788), alt. Music: Azmon, Carl Gotthilf Gläser (1784–1829); adapt. and arr. Lowell Mason (1792–1872) Meter: CM Text: Rusty Edwards, b. 1987. © 1955, Hope Publishing Company. 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.*