

Saint Monica & Saint James
CAPITOL HILL
WASHINGTON DC



Fifth Sunday after Epiphany

The Sung Mass

February 4, 2024

at 11:00 am

A very warm welcome to Saint Monica and Saint James

Our Celebrant and Preacher today is The Rev. John McDuffie

We sing from two Hymnals: *The Hymnal 1982* and *Lift Every Voice & Sing II*. Our Mass is taken from the 1979 *Book of Common Prayer*, abbreviated *H, LEV, BCP*.

Restrooms are found through the doors at the rear of the church on the far side of the Frances Perkins Parish Hall.

Please join us in Frances Perkins Hall for coffee after Mass.

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VOLUNTARY How Bright Appears the Morning Star David Bednall

THE GATHERING *If you are able, please stand when the bell chimes.*

Choir The Lord be with you.

All **And also with you.**

Choir Almighty God, grant that we may enter your house with reverence and love,
there to offer a service acceptable in your sight, through Jesus Christ our Lord.

All **Amen.**

INTROIT HYMN H 381 Thy Strong Word Did Cleave the Darkness

After the Altar has been censed, the Mass continues **BCP p. 355**

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

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

The Celebrant introduces today's Mass ending with the following prayer

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.

All **Amen.**

GLORIA IN EXCELSIS

Setting: William Mathias

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

Celebrant The Lord be with you.

All **And also with you.**

Celebrant Let us pray

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.

All **Amen.**

Please sit for the lessons.

THE FIRST LESSON – Isaiah 40:21-31

Read by Anne Tomkinson

Reader A reading from 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 The Word of the Lord.

All **Thanks be to God.**

THE PSALM - Psalm 147:1-12, 21c *Laudate Dominum*

All repeat the Antiphon below after the Choir.

The musical score is written on two staves, treble and bass clef, in the key of D major (two sharps). The melody is primarily in the treble clef, with some accompaniment in the bass clef. The lyrics are: "Sing to the LORD with thanks - giv - - - ing." The word "LORD" is written in all caps and has a long horizontal line underneath it. The word "giving" is split across three notes with hyphens: "giv - - - ing."

The Choir sings the verses below.

All repeat the Antiphon above as marked.

- 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.

Antiphon

Antiphon

Antiphon

Antiphon

- 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!

Antiphon

THE EPISTLE – 1 Corinthians 9:16-23

Read by John Van De Weert

Reader A reading from Paul's First Letter 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 The Word of the Lord.

All Thanks be to God.

If you are able, please stand for the Gospel procession.

THE ALLELUIA *All repeat the Alleluia after the Choir.*



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Choir The LORD's loving-kindness toward us is great,
and the faithfulness of the LORD endures for ever.

All repeat the Alleluia.

THE HOLY GOSPEL – Mark 1:29-39

Celebrant The Holy Gospel ✝ of our Lord Jesus Christ according to Mark
All **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.

Celebrant The Gospel of the Lord.
All **Praise to you, Lord Christ.**

All repeat the Alleluia.

THE SERMON

The Rev. John McDuffie

THE NICENE CREED

If you are able, please stand.

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: *(You are invited to bow your head)*

by the power of the Holy Spirit

he became incarnate from the Virgin Mary,

and was made man. *(We raise our heads again)*

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 *Please kneel or sit.*

The Intercessor leads the prayers. All respond as below.

Intercessor We pray to you O Lord.
All **Lord, Hear our prayer.**

The Celebrant adds a concluding prayer.

THE CONFESSION OF SIN

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

We pause for a moment.

All 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.

All **Amen.**

THE PEACE *If you are able, please stand. The Celebrant introduces the Peace*

Celebrant The peace of the Lord be always with you.

All **And also with you.**

We greet each other in the name of the Lord.

ANNOUNCEMENTS

Please be seated as the Celebrant makes a few announcements.

Please stand to sing the Offertory Hymn. A collection will be taken.

To give online, please scan one of the following QR codes:



Representatives of the Congregation bring the people's offering of bread, wine, water, and the collection to the Celebrant. The Element Bearers stand at the Altar rail while the gifts are offered and placed on the altar. Please bow when the Congregation is censed by the Thurifer.

THE OFFERTORY HYMN H 497

How Bright Appears the Morning Star

Celebrant Pray, dear friends in Christ, that this my sacrifice and yours
may be acceptable to God, the Almighty Father.

All **May the Lord accept this sacrifice at your hands,
for the praise and glory of his name,
for our good and the good of all his Church.**

THE GREAT THANKSGIVING

Celebrant The Lord be with you.

All **And also with you.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

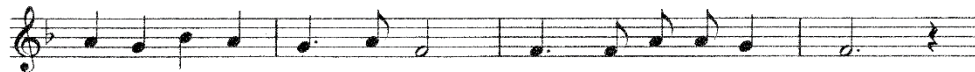
All **It is right to give him thanks and praise.**

The Celebrant continues with Eucharistic Prayer D, BCP p. 372, ending

*Joining with them, and giving voice to every creature under heaven, we acclaim you,
and glorify your name, as we sing,*

SANCTUS

Setting: Richard Proulx



Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,



heaven and earth are full of your glo-ry. Ho -



san - na in the high - est. Ho - san - na in the high - est.



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



san - na in the high - est. Ho - san - na in the high - est.

Please kneel or sit as the Celebrant continues, reaching this point in the Eucharistic Prayer

Celebrant We praise you and we bless you.

All We praise you, we bless you, we give thanks to you,
and we pray to you, Lord our God.

The Celebrant continues with the Eucharistic Prayer, ending

Through Christ, and with Christ, and in Christ, all honor and glory are yours,
Almighty God and Father, in the unity of the Holy Spirit, for ever and ever.

All Amen.

We keep a time of silence.

THE LORD'S PRAYER

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

Celebrant Alleluia, Christ our Passover is sacrificed for us;
All Therefore let us keep the feast, Alleluia.

FRACTION ANTHEM Agnus Dei

Setting: Robert Powell

Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God, you
take a - way the sins of the world: have mer - cy on us.
Lamb of God, you take a - way the sins of the world: grant us peace.

THE GIVING OF COMMUNION

The Celebrant says this invitation

Celebrant Behold the Lamb of God

Behold him who takes away the sins of the world.

All **Lord, I am not worthy that you should come under my roof,
But speak the word only, and my soul shall be healed.**

Please make your way to the Altar rail as directed by an usher. Kneel or stand.

Both the Host and Chalice will be offered. Should you wish to receive the Chalice, please remain kneeling or standing at the altar rail after receiving the Host.

The Host and the Chalice are given with these words

The Body (Blood) of our Lord Jesus Christ keep you in everlasting life. **Amen.**

ANTHEM Jesus, the Light of the World arr. Christopher J. Hoh

Hark! The herald angels sing, Jesus, the light of the world.

Glory to the newborn King, Jesus, the light of the world.

Chorus

We'll walk in the light, beautiful light; Come where the dewdrops of mercy are bright.
Shine all around us by day and by night, Jesus, the light of the world.

Joyful, all ye nations, rise, Jesus, the light of the world.

Join the triumph of the skies. *Chorus*

Christ, by highest heav'n adored, Jesus, the light of the world.

Christ, the everlasting Lord. Jesus, the light of the world. *Chorus*

Hail, the heav'n-born Prince of Peace, Jesus, the light of the world.

Hail, the Son of Righteousness. Jesus, the light of the world. *Chorus*

Words: Charles Wesley, George D. Elderkin.

Music: G.D. Elderkin, arr. Christopher J. Hoh

COMMUNION HYMN *See Insert*

Heal Me, Hands of Jesus

PRAYER OF THANKSGIVING BCP p. 366

Please kneel or sit.

Celebrant Let us pray.

All 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 forever.
Amen.

THE BLESSING AND DISMISSAL

If you are able, please stand.

Celebrant The Lord be with you.

All And also with you.

The Celebrant blesses the Congregation, to which all reply

All Amen.

Celebrant Go in peace to love and serve the Lord.

All Thanks be to God.

RECESSIONAL HYMN LEV 62

In Christ There Is No East or West

VOLUNTARY How Bright Appears the Morning Star

Dieterich Buxtehude

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Saint Monica and Saint James is a part of the Diocese of Washington



Daughters of the King, Martha Chapter



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