

THE ORDER FOR THE ADMINISTRATION
OF

THE LORD'S SUPPER

or

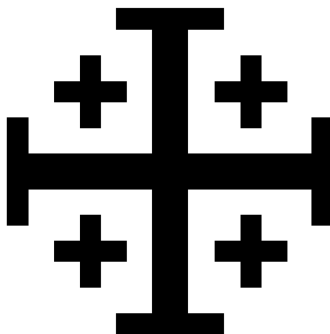
HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST

Anglican Standard Text

February 11, A.D. 2024

Last Sunday in Epiphany

Transfiguration Sunday



Welcome!

Thanks for joining us for worship today. Our name, Emmaus, is taken from a place and event near Jerusalem on the afternoon of Easter. Jesus met up with two disciples fleeing the city, dejected. They didn't recognize him, so along the way, he explained the Old Testament to them—how it pointed to him. Then, they invited him in to a house in the town of Emmaus. When he broke the bread at table, their eyes were opened and they recognized him. Thinking back, they realized their hearts burned within them as he explained the Scriptures to them. That is our hope for each Sunday as we gather for worship—that we would encounter Jesus in Scripture and the breaking of bread.

Please leave your name, phone, and email at the guest register in the entryway or narthex. We will get back to you.

For young children, age three and under, feel free to use the nursery in the rear corner. It's hooked up with sound so a parent can hear what's happening in church.

Children age four and up are welcome in Children's Church during the 10:30 service. They go to C.C. after a children's sermon and return for communion with their family.

We serve Sacred Food and Drink here...please don't bring beverages or snacks into church during worship (kids excepted).

Please turn off your cell phones.

A deacon calls the people to prepare themselves for worship.

The people kneel, and observe a time of silent prayer.

Preparatory Prayers for Individuals

Be present, be present, o Jesus, our High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign, with the Father and the Holy Spirit, now and forever. Amen.

They may be said or sung.

Celebrant Lord have mercy upon us.

People **Christ have mercy upon us.**

Celebrant Lord have mercy upon us.

1 Al - le - lu - ia! sing to Je - sus! his the
 *2 Al - le - lu - ia! not as or - phans are we
 3 Al - le - lu - ia! bread of Hea - ven, Thou on
 4 Al - le - lu - ia! King e - ter - nal, thee the
 *5 Al - le - lu - ia! sing to Je - sus! his the

1 scap - ter, his the throne; Al - le - lu - ia! his the
 2 left in sor - row now; Al - le - lu - ia! he is
 3 earth our food, our stay! Al - le - lu - ia! here the
 4 Lord of lords we own; Al - le - lu - ia! born of the
 5 scap - ter, his the throne; Al - le - lu - ia! his the

1 tri - umph, his the vic - to - ry a - lone; Hark! the
 2 near us, faith be - lieves, nor ques - tions how; though the
 3 sin - ful flee to thee from day to day: In - ter -
 4 Ma - ry, earth thy foot - stool, heaven thy throne: thou with -
 5 tri - umph, his the vic - to - ry a - lone; Hark! the

1 songs of peace - ful Zi - on thun - der like a
 2 cloud from sight re - ceived him, when the for - ty
 3 ces - sor, friend of sin - ners, earth's Re - deem - er,
 4 in the veil hast en - tered, robed in flesh, our
 5 songs of ho - ly Zi - on thun - der like a

1 might - y flood; Je - sus out of ev - ery
 2 days were o'er, shall our hearts for - get his
 3 plead for me, where the songs of all the
 4 great High Priest: thou on earth both Priest and
 5 might - y flood; Je - sus out of ev - ery

1 na - tion hath re - deemed us by his blood.
 2 prom - ise, "I am with you ev - er - more?"
 3 sin - less sweep a - cross the crys - tal sea.
 4 Vic - tim in the eu - cha - ris - tic feast.
 5 na - tion hath re - deemed us by his blood.

Words: William Chatterton Dix (1837-1898). Music: *Hymns*, Rowland Hugh Prichard (1811-1887).

THE ACCLAMATION

Celebrant I will make you as a light for the nations.

People **That my salvation may reach to the end of the earth.**

Isaiah 49:6

THE COLLECT FOR PURITY

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.

THE SUMMARY OF THE LAW

Hear what our Lord Jesus Christ says:

You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.

MATTHEW 22:37-40

THE GLORIA

Frederick Richardson
Dale Richardson

C C/E F(add2) G C C/E F(add2) G
Glo— ry to God in the high-est and

5 C/E C/A G(sus4) G C C/E F(add2) G(sus4)
peace to his peo-ple on earth. Lord— God, hea-ven-ly King,

9 C/E C/A G(sus4) G C/F C/E
Al-might-y God- and Fa-ther, We wor-ship you, we give you thanks, we

13 G/A Am F(add2) G(sus4) G C C/E F(add2) G
praise you for your glo-ry. Lord Je - sus Christ, on-ly Son of the Fa-ther,

17 C/E C/A G(sus4) G C C/E F(add2) G(sus4) G
Lord God, Lamb. of God, You take a-way the sin of the world.

21 C/E C/A G(sus4) G C/F C/E
Have mer-cy on us. You are seat-ed at the right hand. of the Fa-ther,

25 Am F G(sus4) G A(sus4) A D D/F# G(add2) A(sus4) A
re-ceive our prayer. For you a-lone are the Ho - ly One,

29 D/F# Bm7 A(sus4) A D D/F# G(add2) A(sus4) A
you a-lone are the Lord. You a-lone are the Most High,

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2

33 G(add2) D/F# A/B Bm G A^(sus4) A

Je - sus Christ, with the Ho - ly Spi - rit, in the glo - ry of God the Fa - ther.

37 D D/F# G A D

A - men. A - men. A - men.

THE COLLECT OF THE DAY

The Celebrant says to the People

The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and eigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

CHILDREN'S BLESSING

Children are invited forward for a blessing. Children age three through fourth grade are invited to children's church. They return at the peace to join their families for communion.

“Fruit Of The Spirit”

**The fruit of the Spirit is love, joy, peace,
 Patience, kindness, (*snaf*), goodness,
 Faithfulness, gentleness and self control
 Galatians 5:22**

Old Testament Reading

1 Kings 19:9-18

There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” ¹⁰ He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” ¹¹ And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. ¹³ And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?” ¹⁴ He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” ¹⁵ And the LORD said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. ¹⁶ And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abelmeholah you shall anoint to be prophet in your place. ¹⁷ And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death. ¹⁸ Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.”

Reader: The word of the Lord. *People:* **Thanks be to God.**

Psalm 27

¹ The LORD is my light and my salvation; whom then shall I fear? *
The LORD is the strength of my life; of whom then shall I be afraid?

² When the wicked, even my enemies and my foes, came upon me to eat up my flesh, *
they stumbled and fell.

³ Though a host were encamped against me, yet my heart would not be afraid, *
and though war rose up against me, yet would I put my trust in him.

⁴ One thing have I desired of the LORD; one thing I seek: *
that I may dwell in the house of the LORD all the days of my life,

⁵ To behold the fair beauty of the LORD, *
and to seek him in his temple.

⁶ For in the time of trouble he shall hide me in his tabernacle; *
indeed, in the secret place of his dwelling he shall hide me, and set me high upon a rock of stone.

⁷ And now he shall lift up my head *
above my enemies round about me.

⁸ Therefore I will offer in his dwelling an oblation with great gladness; *
I will sing and speak praises unto the LORD.

⁹ Hearken to my voice, O LORD, when I cry unto you; *
have mercy upon me and hear me.

¹⁰ You speak to my heart and say, "Seek my face." *
Your face, O LORD, will I seek.

¹¹ O hide not your face from me, *
nor cast your servant away in displeasure.

¹² You have been my helper; *
leave me not, neither forsake me, O God of my salvation.

¹³ When my father and my mother forsake me, *
the LORD takes me in.

¹⁴ Teach me your way, O LORD, *
and lead me in the right way, because of my enemies.

¹⁵ Deliver me not over to the will of my adversaries, *
for there are false witnesses who have risen up against me, and those
who speak wrong.

¹⁶ I would utterly have fainted, *
had I not believed that I would see the goodness of the LORD in the
land of the living.

¹⁷ O wait for the Lord; be strong, and he shall comfort your heart. *
O put your trust in the LORD.

**Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen**

Epistle Reading

2 Peter 1:13-21

I think it right, as long as I am in this body, to stir you up by way of reminder, ¹⁴ since I know that the putting off of my body will be soon, as our Lord Jesus Christ made clear to me. ¹⁵ And I will make every effort so that after my departure you may be able at any time to recall these things. ¹⁶ For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty. ¹⁷ For when he received honor and glory from God the Father, and the voice was borne to him by the Majestic Glory, “This is my beloved Son, with whom I am well pleased,” ¹⁸ we ourselves heard this very voice borne from heaven, for we were with him on the holy mountain. ¹⁹ And we have the prophetic word more fully confirmed, to which you will do well to pay attention as to a

lamp shining in a dark place, until the day dawns and the morning star rises in your hearts, ²⁰ knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. ²¹ For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

Reader: The word of the Lord.

People: **Thanks be to God.**

We'll sing verse 1.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Pvd. ↑

1 The strife is o'er, the bat - tle done, the vic - to -

2 The powers of death have done their worst, but Christ their

3 The three sad days are quick - ly sped, he ris - es

4 He closed the yaw - ing gates of hell, the bars from

5 Lord! by the stripes which wound - ed thee, from death's dread

1 ry of life is won; the song of tri - umph

2 le - gions hath dis - persed: let shout of ho - ly

3 glo - rious from the dead: all glo - ry to our

4 heaven's high por - tals fell; let hymns of praise his

5 sting thy serv - ants free, that we may live and

1 has be - gun. Al - le - lu - ia!
 2 joy out - burst. Al - le - lu - ia!
 3 ris - en Head! Al - le - lu - ia!
 4 tri - umphs tell! Al - le - lu - ia!
 5 sing to thee. Al - le - lu - ia! [Ant.]

Antiphon (at the end)

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Ped. ↓

Words: Latin, 1695; tr. Francis Pott (1832-1909), alt. Music: Victory, Giovanni Pierluigi da Palestrina (1525-1594), adapt. and arr. William Henry Monk (1823-1889).

THE HOLY GOSPEL

Deacon: The Holy Gospel of Our Lord Jesus Christ, according to St. Mark

People: **Glory to you, Lord Christ**

Mark 9:2-9

And after six days Jesus took with him Peter and James and John, and led them up a high mountain by themselves. And he was transfigured before them, ³ and his clothes became radiant, intensely white, as no one on earth could bleach them. ⁴ And there appeared to them Elijah with Moses, and they were talking with Jesus. ⁵ And Peter said to Jesus, “Rabbi, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah.” ⁶ For he did not know what to say, for they were terrified. ⁷ And a cloud overshadowed them, and a voice came out of the cloud, “This is my beloved Son; listen to him.” ⁸ And suddenly, looking around, they no longer saw anyone with them but Jesus only. ⁹ And as they were coming down the mountain, he charged them to tell no one what they had seen, until the Son of Man had risen from the dead.

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

We'll sing verse 2 on pages 11 and 12.

Testimony - Kelsey Nakhjovani

THE SERMON

Fr. Charles Johnsen

THE NICENE CREED

Let us confess our faith in the words of the Nicene Creed:

Celebrant and People

We believe in one God,

**the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.**

We believe in one Lord, Jesus Christ,

**the only-begotten 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,
was incarnate from the Holy Spirit and 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],
who with the Father and the Son is worshiped and glorified,
who 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

The deacon says,

Let us pray for the Church and for the world.

Reader Almighty and everliving God, we are taught by your holy Word to offer prayers and supplications and to give thanks for all people. We humbly ask you mercifully to receive our prayers. Inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We pray that you will lead the nations of the world in the way of righteousness; and so guide and direct their leaders, especially (_____), that your people may enjoy the blessings of freedom and peace. Grant that our leaders may impartially administer justice, uphold integrity and truth, restrain wickedness and vice, and protect true religion and virtue.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Give grace, heavenly Father, to all Bishops, Priests, and Deacons, *and especially to your servant(s)* _____ that by their life and teaching, they may proclaim your true and life-giving Word, and rightly and duly administer your holy Sacraments. And to all your people give your heavenly grace, especially to this Congregation, (_____), those celebrating birthdays (_____), anniversaries (_____), in our diocese (_____) and in our community (____); that with reverent and obedient hearts we may hear and receive your holy Word, and serve you in holiness and righteousness all the days of our lives.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Prosper, we pray, all those who proclaim the Gospel of your kingdom throughout the world, *especially* _____, and strengthen us to fulfill your great commission, making disciples of all nations, baptizing them and teaching them to obey all that you have commanded.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For our brothers and sisters in Christ who are persecuted for their faith, especially in _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For soldiers of this nation deployed to fight for the sake of righteousness and freedom, and for those who bear the wounds of combat: _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We ask you in your goodness, O Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [especially _____].

Reader Lord, in your mercy: *People* **Hear our prayer.**

Almighty and Holy God, the author and sustainer of all life, in sorrow and repentance for the scourge of abortion and any practices which promote or hasten unnatural death, we appeal to Your mercy and love for the lives of all people and families; the born and unborn, wanted and unwanted, capable or limited, healthy or suffering; that Your perfect will be fulfilled and life ever be cherished as a gift from You, to the Glory of God, our Master, Redeemer, and Friend.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We remember before you all your servants who have departed this life in your faith and fear, [especially _____,] that your will for them may be fulfilled; and we ask you to give us grace to follow the good examples of [_____, and] all your saints, that we may share with them in your heavenly kingdom.

Reader Lord, in your mercy: *People* **Hear our prayer.**

The Deacon concludes with this or some other appropriate Collect.

Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE CONFESSION AND ABSOLUTION OF SIN

The Deacon or other person appointed says the following

All who truly and earnestly repent of your sins, and seek to live in love and charity with your neighbors, and intend to lead the new life, following the commandments of God, and walking in his holy ways: draw near with faith and make your humble confession to Almighty God.

Silence

The Deacon and People kneel as able and pray

**Almighty God, Father of our Lord Jesus Christ,
maker and judge of us all:**

**We acknowledge and lament our many sins and offenses,
which we have committed by thought, word, and deed
against your divine majesty,
provoking most justly your righteous anger against us.**

**We are deeply sorry for these our transgressions;
the burden of them is more than we can bear.**

Have mercy upon us,

**Have mercy upon us, most merciful Father;
for your Son our Lord Jesus Christ's sake,
forgive us all that is past;**

**and grant that we may evermore serve
and please you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

The Bishop or Priest stands and says

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

The Deacon may then say one or more of the following sentences, first saying

Hear the Word of God to all who truly turn to him.

Come to me, all who labor and are heavy laden, and I will give you rest.

MATTHEW 11:28

God so loved the world, that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

JOHN 3:16

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners.

1 TIMOTHY 1:15

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.

1 JOHN 2:1-2

THE PEACE

The peace of the Lord be always with you.

And with your spirit.

Then the Ministers and People may greet one another in the Name of the Lord.

THE OFFERTORY

The deacon says a fitting passage of Scripture.

The ushers present the bread and wine to the deacon. The ushers will pass the offertory baskets.

1 When morn - ing gilds the skies, my heart, a - wak - ing, cries,
 2 When mirth for mu - sic longs, this is my song of songs:
 3 No love - lier an - ti - phon in all high heaven is known
 4 Ye na - tions of man - kind, in this your con - cord find:
 5 Sing, suns and stars of space, sing, ye that see his face,

1 may Je - sus Christ be praised! When eve - ning sha - dows fall,
 2 may Je - sus Christ be praised! God's ho - ly house of prayer
 3 than, Je - sus Christ be praised! There to the e - ter - nal Word
 4 may Je - sus Christ be praised! Let all the earth a - round
 5 sing, Je - sus Christ be praised! God's whole cre - a - tion o'er,

1 this rings my cur - few call, may Je - sus Christ be praised!
 2 hath none that can com - pare with: Je - sus Christ be praised!
 3 the e - ter - nal psalm is heard: may Je - sus Christ be praised!
 4 ring joy - ous with the sound: may Je - sus Christ be praised!
 5 both now and ev - er - more shall Je - sus Christ be praised!

Words: German, ca. 1800; tr. Robert Seymour Bridges (1844-1930), alt. Music: *Laudes Domini*, Joseph Barnby (1838-1896).

When the altar is prepared, the ushers present the people's offering of money, with the children at 10:30, and we sing...

Priest. All things come from you O Lord.

People: **And of your own, have we given you.**

Gloria Patri

Glory be to the Father, and to the Son, and to the Ho-ly Ghost; as it was in the be-

The first system of musical notation for 'Gloria Patri' consists of two staves. The top staff is in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The bottom staff is in bass clef with the same key signature and time signature. The lyrics 'Glory be to the Father, and to the Son, and to the Ho-ly Ghost; as it was in the be-' are written below the top staff.

ginning, is now, and ev-er shall be, world without end. A - men, a - men.

The second system of musical notation continues the piece. It also consists of two staves in the same key signature and time signature. The lyrics 'ginning, is now, and ev-er shall be, world without end. A - men, a - men.' are written below the top staff.

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THE SURSUM CORDA

The People remain standing. The Celebrant faces them and sings or says

The Lord be with you.

People **And with your spirit.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise**

The Celebrant continues

It is right, our duty and our joy, 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:

THE SANCTUS

Frederick Richardson
Dale Richardson

Bm G/E A/F# Bm Bm Bm/A Bm/G A/F# Bm F#(sus4) F#

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

7 G G/E F#m G(sus4) G# A(sus4) A Bm G/E A(sus4) A

Hea-ven and earth are full of your glo - ry, Ho - san-na in the high-est.

12 G G/E F#m G A(sus4) A Bm G/E A/F# B

Bles-sed is He who comes in the name of the Lord! Ho - san-na in the high-est!

THE PRAYER OF CONSECRATION

The People kneel or stand. The Celebrant continues

All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the Cross for our redemption. He made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

So now, O merciful Father, in your great goodness, we ask you to bless and sanctify, † with your Word and Holy Spirit, these gifts of bread and wine, that we, receiving them according to your Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me." †

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for 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 in remembrance of me." †

Therefore, O Lord and heavenly Father, according to the institution of your dearly beloved Son our Savior Jesus Christ, we your humble servants celebrate and make here before your divine Majesty, with these holy gifts, the memorial your Son commanded us to make; remembering his blessed passion and precious death, his mighty resurrection and glorious ascension, and his promise to come again.

And we earnestly desire your fatherly goodness mercifully to accept this, our sacrifice of praise and thanksgiving; asking you to grant that, by the merits and death of your Son Jesus Christ, and through faith in his Blood, we and your whole Church may obtain forgiveness of our sins, and all other benefits of his passion.

And here we offer and present to you, † O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, because of our many sins, to offer you any sacrifice, yet we ask you to accept this duty and service we owe, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord.

By him, and with him, and in him, in the unity of the Holy Spirit, in the unity of the Holy Spirit, all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

And now as our savior Christ has taught us, we are bold to pray:

Officiant 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,
for ever and ever. Amen.**

THE FRACTION

If the consecrated Bread was not broken earlier, the Celebrant breaks it now.

A period of silence is kept.

Celebrant Alleluia! The disciples knew the Lord Jesus!

People **In the breaking of the bread. Alleluia!**

THE PRAYER OF HUMBLE ACCESS

Celebrant and People together may say

**We do not presume to come to this your table, O merciful Lord,
trusting in our own righteousness,
but in your abundant and great mercies.**

**Apart from your grace,
we are not worthy so much as to gather up
the crumbs under your table;
but you are the same Lord
whose character is always to have mercy.**

**Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us. Amen.**

THE AGNUS DEI

Frederick Richardson
Dale Richardson

G/C A(sus4) A D D A/C# Bm D/A

Oh, Lamb of God, you

5 Em7 G/C A(sus4) A Bm F#m7 Em7

take a - way the sin of the world. Oh, Lamb of God, have

9 G/C A(sus4) A D D A/C# Bm D/A

mer - cy on us. Oh, Lamb of God, you

13 Em7 G/C A(sus4) A Bm F#m7 Em7

take a - way the sin of the world. Oh, Lamb of God, have

17 G/C A(sus4) A D B E B/D# C#m E/B

mer - cy on us. Oh, Lamb of God, you

21 F#m7 A/D B(sus4) B C#m G#m7 F#m7

take a - way the sin of the world. Oh, Lamb of God,

25 A/D B(sus4) B C#m(sus4) C#m B6 F#m7 B(sus4) B E

grant us your peace, grant us your peace.

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THE MINISTRATION OF COMMUNION

Facing the People, the Celebrant may say the following invitation

The gifts of God for the people of God. [Take them in remembrance that Christ died for you and feed on him in your hearts by faith, with thanksgiving.]

Please come forward by row up the center to receive the Sacrament. All baptized Christians are welcome. Take and eat the bread, then take and drink the wine. You may drink from the COMMON CUP, dip your bread in the common cup, or drink from a single serving cup. If you are not baptized, it would be our pleasure to bless in the Lord's Name. Please come forward, cross your arms over your chest, and the priest will offer up a special prayer for you. If you need gluten free bread, let the priest know.

1. God sent His Son, — they called Him Je - sus; — He came to love, —
2. How sweet to hold — a new-born ba - by, — And feel the pride, —
3. And then one day — I'll cross the riv - er; — I'll fight life's fi -

1. — heal, and for - give; — He lived and died — to buy my
2. — and joy he gives; — But great - er still — the calm as -
3. - nal war with pain; — And then as death — gives way to

1. par-don, — An emp - ty grave is there to prove my Sav - ior lives. —
 2. sur - ance, — This child can face un - cer - tain days be - cause He lives. —
 3. vic - t'ry, — I'll see the lights of glo - ry and I'll know He lives. —

Be - cause He lives — I can face to - mor - row; — Be - cause He lives —

— all fear is gone; — Be - cause I know — He holds the

fu - ture, — And life is worth the liv - ing just be - cause He lives. —

Words: Gloria Gaither (b. 1942) and William Gaither (b. 1936). Music: William Gaither (b. 1936). Copyright © 1971 William J. Gaither. All Rights Reserved. Used by permission.

THE POST COMMUNION PRAYER

After Communion, the Celebrant says

Let us pray.

Celebrant and People together say the following,

Almighty and everliving God,

**we thank you for feeding us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us, through this Sacrament, of your favor and
goodness towards us:**

**that we are true members of the mystical body of your Son,
the blessed company of all faithful people;
and are also heirs, through hope, of your everlasting kingdom.**

And we humbly ask you, heavenly Father,

**to assist us with your grace,
that we may continue in that holy fellowship,
and do all the good works that you have prepared for us to walk
in; through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honor and glory, now and for ever. Amen.**

People accompany their first three responses with a sweep of the arm towards the cross above the holy table, and their final response with a sweep towards heaven. From the Book of Common Prayer of Kenya.

Minister All our problems,
People **We send to the cross of Christ.**
Minister All our sins.
People **We send to the cross of Christ.**
Minister All the devil's works.
People **We send to the cross of Christ.**
Minister All our hopes,
People **We set on the risen Christ!**

THE BLESSING

1 Lead on, O King e - ter - nal, the day of march has come;
 2 Lead on, O King e - ter - nal, till sin's fierce war shall cease,
 3 Lead on, O King e - ter - nal: we fol - low, not with fears;

hence - forth in fields of con - quest thy tents shall be our home:
 and ho - li - ness shall whis - per the sweet a - men of peace;
 for glad - ness breaks like morn - ing wher - e'er thy face ap - pears.

through days of prep - a - ra - tion thy grace has made us strong,
 for not with swords loud clash - ing, nor roll of stir - ring drums,
 Thy cross is lift - ed o'er us; we jour - ney in its light:

and now, O King e - ter - nal, we lift our bat - te song.
 but deeds of love and mer - cy, the heaven - ly king - dom comes.
 the crown a - waits the con - quest; lead on, O God of might!

Words: Ernest Warburton Shurtleff (1862-1917). Music: Loucasöve, Henry Thomas Smart (1813-1879).

SERVING TODAY

	8:00	10:30
Lector	Rory	Mike M
Acolyte	Jim H	Art
Chalice		Patricia
Jr Acolyte		Bella & Iain
Ushers	Thompson	Wood
Prayer team	Cheryl	Hampton
Children's Church		Candi
Flowers		Open
Hospitality		Open

Ash Wednesday

	9:00 a.m.	7:00 p.m.
Lector	Rip	Denise
Acolyte	Holly	

THIS WEEK

Sunday	8:00	Eucharist; 9:30-10:15 Acolyte Training, Choir
	10:30	Eucharist
Tuesday	6:00	Shrove Tuesday Pancake Supper
Wednesday	9:00 a.m. and 7:00 p.m.	Ash Wednesday
Friday	7:00	MESS
Saturday	9:00	Women's Lenten Quiet Day

LOOKING AHEAD

February 19	2:00	Joe Procopio Funeral at DC Fairgrounds
February 20	5:00	Parish Council

Future Diocesan Home--Discernment

Diocese of the Southwest: Most of your clergy attended their Diocesan Synod, and we have held a Saturday retreat and had a Sunday visit from Bishop Stephen Tighe.

Diocese of the Rocky Mountains: There are a great options to learn about DRM:

- Check out their Website: <https://rockymountainanglican.org>
- Watch this Recording of their Bishop summarizing their history, mission, and values. <https://youtu.be/Y4nQHTkmQ04>
- Their Bishop, Ken Ross, will visit Emmaus on Saturday March 9 (Parish Council & Clergy), and Sunday March 10 at 8:00 and 10:30, with a Q&A at 9:30-10:15.

Share Your Feedback: The Parish Council will distribute a short survey to get your feedback. We'll use the same format for reviewing the Diocese of the Rocky Mountains.

Decision: The Parish Council and Clergy will meet for worship and discernment to make our final decision on Saturday April 13, 9:00-12:00.

Lent Book Study The Cross of Christ

by John R.W. Stott

Stott's book is a modern classic on the meaning of the cross. At the cross Stott finds the majesty and love of God disclosed, the sin and bondage of the world exposed. More than a study of the atonement, this book brings Scripture into living dialog with Christian theology. What emerges is a pattern for Christian life and worship, hope and mission. Stott was one of the great Evangelical Anglican authors, statesmen, scholar, and pastor of the 20th Century. This study will feed your heart and your mind. The book is widely available, including audio versions.

Sundays 9:30-10:15 with Fr. Adam, February 18, 25, & March 3, 17, & 24
Wednesdays 10:00-11:00 with Fr. Theron, February 14-May 22

Women's Lenten Quiet Day

Fasting and Feasting

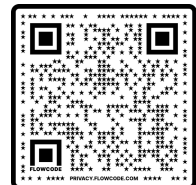
Women's Saturday February 17, 2024

9:00 - Noon

Emmaus Anglican Church

Fasting is a prominent discipline in the season of Lent, and an important one. But what if Fasting was coupled with Feasting? Sundays are technically fast-free days; little Easters. For me, Sundays in Lent have always felt a bit like cheating - the sweet treats feeling more like temptations, and I'd have some trouble getting started again each week with a proper Lenten attitude. So, this season, let us focus on the disciplines fasting and feasting with a sense of rhythm, to balance our bodies and souls as we endeavor to achieve a Holy Lent. Join your sisters-in-Christ for a morning of teaching, reflection, and fellowship as we fast from the cares of the world outside the doors of Emmaus and feast on the Word of God. Guests are most welcome! Please RSVP to Deacon Erin Cook at eec031257@live.com or 720-217-9013.

To give, cash and checks are always welcome. Another option is this code that will take you to the Emmaus website to a secure giving portal.



Fasting Club for Lent

From Scott Gough

For centuries Christians have taken on acts of commission and omission during Lent to remind themselves of our Lord's Passion and Crucifixion. Fasting is interesting since it is both an act of commission (taking on a discipline) and omission (putting off the temptation of the body). Fasting helps us focus on the sacrifice our Lord made on our behalf.

Fasting for spiritual purposes can be a very lonely experience, which can be good in and of itself, but it doesn't have to be for the fast to be effective. Many of us fast infrequently, if ever. We can support each other if we fast communally or in unison, which in turn helps us maintain our commitment to our Lenten discipline.

I'd like to start an Emmaus Fasting Club for those who may want to take on fasting for Lent, and who may like the help and support of similarly minded people. We will begin the fasting modestly, starting at two hours per week right after Ash Wednesday and slowly increasing the fast to 8 hours per week during Holy Week. The hours you pick during the day are at your discretion. We will have an email check-in every Friday, with whatever comments you might like to share with the group. Before you begin the fast, you must get the approval of your health care provider.

There's is no shame in modifying your fast, or even leaving the Club. If you or your health care provider ever feels the fast is jeopardizing your health, or if the fast becomes more of a hindrance than help in remembering our Lord's sacrifice, then that's what you should do.

As I said, the fast will begin on Ash Wednesday and will run thusly:

14 Feb - 1 Mar	Two hours of fasting
2 Mar - 8 Mar	Two hours of fasting
9 Mar - 15 Mar	Four hours of fasting
16 Mar - 22 Mar	Six hours of fasting
23 Mar - 30 Mar	Eight hours of fasting

You can take the entire period all at once to fast, or you can break up the fast so that by then end of the week your fasting time will equal the goal for that week. As I said, we'll have weekly check-ins on Fridays, if you like, to share your fasting experiences.

Please remember the fast is never the goal in and of itself. Its purpose is always to help us keep our eyes on Jesus. If you decide to add this discipline, I encourage you to keep this in mind.

Please let me know if you'd like to join the Emmaus Fasting Club for Lent (my email address is sgough33@aol.com), and I'll add you to our email list.

Warm regards,
Scott

Women's Lenten Quiet Day

Fasting and Feasting

Saturday February 17, 2024

9:00 - Noon

Emmaus Anglican Church

Fasting is a prominent discipline in the season of Lent, and an important one. But what if Fasting was coupled with Feasting? Sundays are technically fast-free days; little Easters. For me, Sundays in Lent have always felt a bit like cheating - the sweet treats feeling more like temptations, and I'd have some trouble getting started again each week with a proper Lenten attitude. So, this season, let us focus on the disciplines fasting and feasting with a sense of rhythm, to balance our bodies and souls as we endeavor to achieve a Holy Lent. Join your sisters-in-Christ for a morning of teaching, reflection, and fellowship as we fast from the cares of the world outside the doors of Emmaus and feast on the Word of God. Guests are most welcome!

Please RSVP to Deacon Erin Cook at eec031257@live.com or 720-217-9013

Shrove Tuesday Pancake Supper and Variety Show

February 13, 6:00-7:30

All are invited to this wonderful, fun evening with Pancakes cooked and served by our Youth Group and their families, the Pancake Races, and Variety Show. Sign Up today if you have an act to share (2-4 minutes).

Joe Procopio Funeral Help

Emmaus will be providing dessert type treats and drinks for the reception. We're estimating a pretty big crowd, maybe 300. Please sign up to help at church or contact Patricia Suro at (303) 888-3753.