

THE ORDER FOR THE ADMINISTRATION
OF

THE LORD'S SUPPER

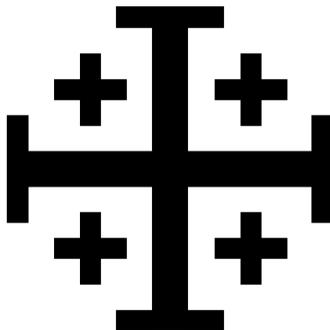
or

HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST

Anglican Standard Text

January 28, A.D. 2024

Fourth Sunday of Epiphany



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 At the Lamb's high feast we sing praise to our vic - to - rious King,
 2 Where the Pas - chal blood is poured, death's dark an - gel sheathes his sword;
 3 Might - y vic - tim from on high, hell's fierce powers be - neath thee lie;
 4 Eas - ter tri - umph, Eas - ter joy, these a - lone do sin de - stroy.

who hath washed us in the tide flow - ing from his pierc - ed side;
 Is - rael's hosts tri - um - phant go through the wave that drowns the foe.
 thou hast con - quered in the fight, thou hast brought us life and light;
 From sin's power do thou set free souls new - born, O Lord, in thee.

praise we him, whose love di - vine gives his sa - cred Blood for wine,
 Praise we Christ, whose blood was shed, Pas - chal vic - tim, Pas - chal bread;
 now no more can death ap - pall, now no more the grave en - thrall;
 Hymns of glo - ry, songs of praise, Fa - ther, un - to thee we raise:

gives his Bo - dy for the feast, Christ the vic - tim, Christ the priest.
 with sin - cer - i - ty and love eat we man - na from a - bove.
 thou hast o - pened par - a - dise, and in thee thy saints shall rise.
 ris - en Lord, all praise to thee with the Spi - rit ev - er be.

Words: Latin, 1632; tr. Robert Campbell (1814-1868), alt. Music: *Salzburg*, melody Jakob Hintze (1622-1702); harm. Johann Sebastian Bach (1685-1750).

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

1 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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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, you know that we are set in the midst of many grave dangers, and because of the frailty of our nature we cannot always stand upright: Grant that your strength and protection may support us in all dangers and carry us through every temptation; through Jesus Christ our Lord, who lives and reigns 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 Lesson

Deuteronomy 18:15-22

“The LORD your God will raise up for you a prophet like me from among you, from your brothers—it is to him you shall listen—¹⁶ just as you desired of the LORD your God at Horeb on the day of the assembly, when you said, ‘Let me not hear again the voice of the LORD my God or see this great fire any more, lest I die.’¹⁷ And the LORD said to me, ‘They are right in what they have spoken.¹⁸ I will raise up for them a prophet like you from among their brothers. And I will put my words in his mouth, and he shall speak to them all that I command him.¹⁹ And whoever will not listen to my words that he shall speak in my name, I myself will require it of him.²⁰ But the prophet who presumes to speak a word in my name that I have not commanded him to speak, or who speaks in the name of other gods, that same prophet shall die.’²¹ And if you say in your heart, ‘How may we know the word that the LORD has not spoken?’—²² when a prophet speaks in the name of the LORD, if the word does not come to pass or come true, that is a word that the LORD has not spoken; the prophet has spoken it presumptuously. You need not be afraid of him.

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

Psalm 111

¹ Praise the LORD. I will give thanks unto the LORD with my whole heart, *

in the company of the upright, and among the congregation.

² The works of the LORD are great, *
sought out by all who have pleasure in them.

³ His work is worthy to be praised and held in honor, *
and his righteousness endures for ever.

⁴ He has made his marvelous works to be had in remembrance; *
The LORD is gracious and merciful.

⁵ He has given food to those who fear him; *
he shall ever be mindful of his covenant.

⁶ He has shown his people the power of his works, *
that he may give them the heritage of the nations.

⁷ The works of his hands are faithfulness and justice; *
all his commandments are true.

⁸ They stand fast for ever and ever, *
and are done in truth and equity.

⁹ He sent redemption to his people; he has commanded his covenant for
ever; *
holy and awesome is his Name.

¹⁰ The fear of the LORD is the beginning of wisdom; *
a good understanding have all those who live accordingly; his praise
endures for ever.

**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

1 Corinthians 8:1-13

Now concerning food offered to idols: we know that “all of us possess knowledge.” This “knowledge” puffs up, but love builds up. ² If anyone imagines that he knows something, he does not yet know as he ought to know. ³ But if anyone loves God, he is known by God. ⁴ Therefore, as to the eating of food offered to idols, we know that “an idol has no real existence,” and that “there is no God but one.” ⁵ For although there may

be so-called gods in heaven or on earth—as indeed there are many “gods” and many “lords”—⁶ yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.⁷ However, not all possess this knowledge. But some, through former association with idols, eat food as really offered to an idol, and their conscience, being weak, is defiled.⁸ Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do.⁹ But take care that this right of yours does not somehow become a stumbling block to the weak.¹⁰ For if anyone sees you who have knowledge eating in an idol’s temple, will he not be encouraged, if his conscience is weak, to eat food offered to idols?¹¹ And so by your knowledge this weak person is destroyed, the brother for whom Christ died.¹² Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ.¹³ Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble.

Reader: The word of the Lord.

People: **Thanks be to God.**

He Is Lord

Verse 1

He is Lord

He is Lord

He is risen from the dead

And He is Lord

Ev'ry knee shall bow

Ev'ry tongue confess

That Jesus Christ is Lord

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THE HOLY GOSPEL

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

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

Mark 1:21-28

And they went into Capernaum, and immediately on the Sabbath he entered the synagogue and was teaching. ²² And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. ²³ And immediately there was in their synagogue a man with an unclean spirit. And he cried out, ²⁴ “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God.” ²⁵ But Jesus rebuked him, saying, “Be silent, and come out of him!” ²⁶ And the unclean spirit, convulsing him and crying out with a loud voice, came out of him. ²⁷ And they were all amazed, so that they questioned among themselves, saying, “What is this? A new teaching with authority! He commands even the unclean spirits, and they obey him.” ²⁸ And at once his fame spread everywhere throughout all the surrounding region of Galilee.

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

Verse 1

**He is Lord
He is Lord
He is risen from the dead
And He is Lord
Ev'ry knee shall bow
Ev'ry tongue confess
That Jesus Christ is Lord**

THE SERMON

Fr. Theron Walker

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 FOR ANNUAL MEETING SUNDAY

The Deacon or a member of the Congregation leads the Prayers of the People, saying

We praise you, almighty and eternal God, that for us and for our salvation, you sent your Son Jesus Christ to be born among us, that through him we might become your sons and daughters.

Blessed be your Name, Lord God.

We praise you for his life on earth, and for his death upon the Cross, through which he offered himself as a perfect sacrifice.

Blessed be your Name, Lord God.

We praise you for raising him from the dead, and for exalting him to be our great High Priest.

Blessed be your Name, Lord God.

We praise you for sending your Holy Spirit to make us holy, and to unite us in your holy Church.

Blessed be your Name, Lord God.

Give grace, heavenly Father, to all Bishops, Priests, and Deacons, and especially to your servant(s) Foley, our Archbishop, Bill our bishop, Fathers Theron, Charles, Jim and Adam, Deacons Erin, Joshua and Deborah etc., 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 (St. Paul's in Owasso OK & their rector Chris Waters) 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.**

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] (the people are encouraged to pray aloud for others).

Reader Lord, in your mercy:

People **Hear our prayer.**

A Warden or other representative of the Congregation continues

Lord Jesus Christ, make this a temple of your presence and a house of prayer. Be always near us when we seek you in this place. Draw us to yourself to find comfort and wisdom, to be supported and strengthened, and to rejoice and give thanks. Grant, Lord Christ, that here we may be united with you and with one another, so that our lives may be sustained and sanctified for your service.

The Rector or Minister in charge continues

Holy Spirit, open our eyes, our ears, and our hearts, that we may grow closer to you through joy and through suffering. Be with us in the fullness of your power as new members are added to God's household, as we grow in grace through the years, when we are joined in Holy Matrimony, when we turn to you in sickness or special need, and, at the last, when we are committed into the Father's hands.

A LITANY OF THANKSGIVING FOR A CHURCH

Let us thank God whom we worship here in the beauty of holiness. Eternal God, the heaven of heavens cannot contain you, much less the walls of temples made with hands. Graciously receive our thanks for this place, and accept the work of our hands, offered to your honor and glory.

For the Church universal, of which these visible buildings are a symbol,

We thank you, Lord.

For your presence whenever two or three have gathered together in your Name,

We thank you, Lord.

For this place where we may be still and know that you are God,

We thank you, Lord.

For making us your children by adoption and grace, and refreshing us day by day with the bread of life.

We thank you, Lord.

For the knowledge of your will and the grace to perform it,

We thank you, Lord.

For the fulfilling of our desires and petitions as you see best for us,

We thank you, Lord.

For the pardon of our sins, which restores us to the company of your faithful people,

We thank you, Lord.

For the blessing of our vows and the crowning of our years with your goodness,

We thank you, Lord.

For the faith of those who have gone before us and for our encouragement by their perseverance,

We thank you, Lord.

For the fellowship of [N., our patron, and of] all your saints,

We thank you, Lord.

This Litany may be used on the anniversary of the consecration or dedication of a church, or on other suitable occasions, in which case the Celebrant concludes with the following Doxology.

Celebrant Yours, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for every-thing in heaven and on earth is yours; yours is the kingdom, O Lord, and you are exalted as Head above all. All things come from you, O Lord,

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

1 CHRONICLES 29:11, 14T

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 My faith looks up to thee, thou Lamb of Cal - va - ry,
 2 May thy rich grace im - part strength to my faint - ing heart,
 3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
 my zeal in - spire; as thou hast died for me, O may my
 be thou my guide; bid dark-ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
 love to thee pure, warm, and change-less be, a liv - ing fire.
 tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1808-1887). Music: *Olivet*, Lowell Mason (1792-1872).

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.

Through Jesus Christ our Lord, who took on our mortal flesh to reveal his glory; that he might bring us out of darkness and into his own glorious light. 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.

J = 68
 D/F# E/G# A E7/B A/C# D A/C#

1. Oh to see the dawn of the dark - est day. Christ on the road to
 2. Oh to see the pain writ - ten on Your face, bear - ing the awe - some
 3. Now the day - light flees, now the ground be - neath quakes as its Mak - er
 4. Oh to see my name writ - ten in the wounds, for through Your suf - f'ring

Bm7 Dmaj7 Esus E D/F# E/G# A E7/B A/C#

Cal - va - ry. Tried by sin - ful men, torn and beat - en then
 weight of sin. Ev - 'ry bit - ter thought, ev - 'ry e - vil deed
 bows His head. Cur - tain torn in two, dead are raised to life.
 I am free. Death is crushed to death, life is mine to live

CHORUS

D A/C# Dmaj7 Esus E/D A/C# D E/G# A A/C# D E/G#

nailed to a cross of wood. 1. This the pow'r of the cross. Christ be - came sin for
 crown - ing Your blood - stained brow. 4. This the pow'r of the cross Son of God slain for
 "Fin - ished!" the vic - t'ry cry.
 won through Your self - less love!

INSTRUMENTAL

A A/C# D B/D# E E/D A/C# D Esus E D/F# E/G# A

1, 2, 3

us. Took the blame, bore the wrath. We stand for - giv - en at the cross.
 us. What a love, what a cost. We stand for - giv - en at the

(1, 2, 3) | 4 **ENDING**

Dmaj7 Bm7 Esus E Esus E D/F# E/G# A A E/G# A/C# Dmaj7 Bm7 D/E

at the cross.

A

CCLI Song #4490766 © 2005 Thankyou Music CCLI License #11021826

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

♩ = 76

A E F#m E D

My Je - sus, my Sav - iour, Lord, there is none like You; All of my days

5 A/C# D A/E F#m G D/F# Esus E D/E A

I want to praise the won - ders of Your might - y love. My com - fort,

10 E F#m E D A/C# D A/E

my shel - ter, tow - er of ref - uge and strength; Let ev - 'ry breath, all that I am,

CHORUS

14 F#m G D/F# Esus E A F#m

nev - er cease to wor - ship You. Shout to the Lord, all the earth,

18 D D/E E A F#m D Esus E

let us sing. Pow - er and maj - es - ty, praise to the King.

21 F#m D E F#m E/G#

Moun - tains bow down and the seas will roar at the sound of Your name.

25 A F#m D D/E E A F#m D Esus E

I sing for joy at the work of Your hands, for - ev - er I'll love You, for - ev - er I'll stand,

29 F#m D D/E E A

noth - ing com - pares to the prom - ise I have in You.

SERVING TODAY

Lector	8:00 Dave N.	10:30 Jim V.
Acolyte	Kelsey	Marsha
Chalice		Holly
Jr Acolyte		Iain & Kimberlyn
Ushers	Levy	Van Keuren
Prayer team	Candi	Hampton
Children's Church		Louise
Flowers		Open
Hospitality		Open

THIS WEEK

Sunday	8:00 Eucharist; 9:30-10:15 Annual Meeting
	10:30 Eucharist; 5:00 Youth Group
Wednesday	9:00 Holy Eucharist; 10:00 Class;
	11:00 Finance Meeting; 11:30 Staff Meeting
Thursday	2:30 Prayer Group
Friday	7:00 MESS

LOOKING AHEAD

February 4	9:30 Acolyte Training
February 11	9:30 Acolyte Training
February 13	6:00 Shrove Sunday Pancake Supper & Variety Show
February 14	Ash Wednesday 9:00 am and 7:00 pm
February 19	2:00 Joe Procopio Funeral in DC Fairgrounds

2024 Liturgical Calendars are Here! Take one!

Annual Meeting **January 28, 9:30-10:15**

All are invited to join us for the Annual Business Meeting of the Parish. The Sunday Sermon is the Rector's Annual State of the Parish Address. At the Meeting, we honor and thank outgoing Parish Council Members, Scott Gough Senior Warden, and Marti Gordon at large. We elect the nominees, Mike Maloney, and Lindsay Van Keuren. We review vital attendance and service statistics for the year, state of the facilities, and the treasurer's report.

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>
- Attend their Annual Gathering February 5-7 at Wellspring Englewood.
Feb. 5: 6:30 pm – 8:30 pm — Opening Eucharist and Consecration Service of DRM Suffragan Bishop Elect (FREE).
To Attend the Entire Assembly includes meals, workshops, daily worship. \$100 (Register online).
- 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.

Shrove Tuesday Pancake Supper and Variety Show

February 13, 6:00-7:30

Since the National Football League changed the night of the Super Bowl without our approval, rather than forcing our people to choose between us and the big game, we decided to move our event to the traditional evening, on the eve of Lent, Shrove, or Fat Tuesday. 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).

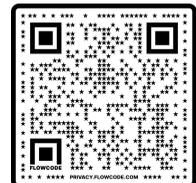
Lent Book Study **The Cross of Christ**

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

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