

THE EPISCOPAL CHURCH OF THE
HEAVENLY REST

Third Sunday after the Epiphany
Holy Eucharist Rite II
Sunday, January 24th, 2021
10:30 in the morning

Welcome to the Church of the Heavenly Rest.

If this is your first time visiting with us, please fill out our digital connection card on our website heavenlyrestabilene.org/visit.

PRELUDE *Meditation, Op. 167, No. 3*

Josef Gabriel Rheinberger (1839-1901)

THE OPENING ACCLAMATION

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

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

Celebrant

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy Name; through Christ our Lord. **Amen.**

GLORIA IN EXCELSIS

Glory to God in the highest,
and peace to his people on earth.

Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
We praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. **Amen.**

THE COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

READING

Jonah 3:1-5, 10

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

The Word of the Lord.

Thanks be to God.

Read responsively by half verse.

PSALM 62:6-14 *Nonne Deo?*

6 For God alone my soul in silence waits; *
truly, my hope is in him.
7 He alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.
8 In God is my safety and my honor; *
God is my strong rock and my refuge.
9 Put your trust in him always, O people, *
pour out your hearts before him, for God is our refuge.
10 Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.
11 On the scales they are lighter than a breath, *
all of them together.
12 Put no trust in extortion;
in robbery take no empty pride; *
though wealth increase, set not your heart upon it.
13 God has spoken once, twice have I heard it, *
that power belongs to God.
14 Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

THE GOSPEL

Mark 1:14-20

✠ The Holy Gospel of our Lord Jesus Christ according to Mark.

Glory to you, Lord Christ.

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

The Gospel of the Lord.

Praise to you, Lord Christ.

THE SERMON

The Reverend Amanda Watson, Assisting Priest

Following the sermon, all stand for

THE NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father,
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made 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.
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

*During the silences, the People may offer their prayers of intercession or thanksgiving either silently, aloud,
or in the comment section of the video.*

Deacon

O God, the strength of all who put their trust in you: hear our prayers for the Church and for the world.

All kneel or stand.

Intercessor

Grant that all who are baptized into Christ's Name may keep the covenant they have made, and boldly confess him as Lord and Savior.

Silence

Lord in your mercy

Hear our prayer

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation.

Silence

Lord in your mercy

Hear our prayer

Everlasting God, who governs all things both in heaven and on earth, mercifully hear the supplications of your people, and in our time grant us your peace.

Silence

Lord in your mercy

Hear our prayer

Send your Holy Spirit and pour into our hearts the gift of love, that we may reach out in love to the people of this community and the world.

Silence

Lord in your mercy

Hear our prayer

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.

Silence

Lord in your mercy

Hear our prayer

Mercifully accept our prayers on behalf of all who suffer in body, mind, or spirit; and give them the help of your grace.

Silence

Lord in your mercy

Hear our prayer

We commend to your mercy all who have died in the communion of your saints. Lead us, who know you now by faith, to your presence, where we may see your glory face to face.

Silence

Lord in your mercy

Hear our prayer

The Celebrant adds a concluding Collect.

THE CONFESSION OF SIN

A Deacon or Priest says

Let us confess our sins against God and our neighbor.

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.

The Celebrant stands and says

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. **Amen.**

All stand for

THE PEACE

The Peace of the Lord be always with you.

And also with you.

During the organ interlude, the People may greet one another in the name of the Lord. Those who are worshipping online are encouraged to exchange the Peace with the other members of their household and greet one another in the comment section.

THE HOLY COMMUNION

OFFERTORY SENTENCE

OFFERTORY ANTHEM *Grant Us Thy Peace*

Felix Mendelssohn (1809-1847)

Grant us Thy peace, Almighty Lord, Thou Source of ev'ry blessing!
Feeble and frail, trust we Thy Word, All things in Thee possessing.
In Thee is our hope and safety.

Celebrant
People

**All things come of thee, O Lord.
And of thine own have we given thee.**

THE GREAT THANKSGIVING *Eucharistic Prayer B*

Celebrant The Lord be with you.

People **And also with you.**

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 proceeds

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

Here a Proper Preface is said.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever say this hymn to proclaim the glory of your Name:

Holy, holy, holy Lord, God of power and might,
 heaven and earth are full of your glory.
 Hosanna in the highest.
 Blessed is he who comes in the name of the Lord.
 Hosanna in the highest.

The People stand or kneel as they are able

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;**

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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

THE LORD'S PRAYER

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

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven, Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

The Celebrant breaks the consecrated bread

THE FRACTION ANTHEM

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

The Celebrant proceeds

The Gifts of God for the People of God.

and may add Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Celebrant

Lord Jesus Christ, who in a wonderful Sacrament has left to us a memorial of your passion: Grant us, we pray, so to participate in the sacred mysteries of your Body and Blood, that we may ever perceive within ourselves the fruit of your redemption; who lives and reigns with the Father and the Holy Spirit, one God, for ever and ever. **Amen.**

The Book of Common Prayer indicates that "if a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability, is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth." Our efforts to stem the effects of a global pandemic seem to fall within the parameters of "extreme sickness." Thus, it seems appropriate to assure those watching remotely that the benefits of Communion are received by those who partake via live stream.

During the singing of the hymn, we invite your spiritual participation in the Eucharist. If you find it helpful, you may use the prayer below to aid your Eucharistic devotion.

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

COMMUNION VOLUNTARY

After Communion, the Celebrant says

Let us pray.

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 for ever. Amen.

The Celebrant blesses the People

All stand and sing

HYMN AT THE DISMISSAL *Spread, O spread, thou mighty word*

Hymn 530



1. Spread, O spread, thou might - y word, spread the king - dom of the Lord,
2. word of how the Fa - ther's will made the world, and keeps it, still;
3. word of how the Sa - vior's love earth's sore bur - den doth re - move;
4. word of how the Spi - rit came bring - ing peace in Je - sus' name;
5. Word of life, most pure and strong, word for which the na - tions long,



that to earth's re - mot - est bound all may heed the joy - ful sound;
how his on - ly Son he gave, earth from sin and death to save;
how for - ev - er, in its need, through his death the world is freed;
how his nev - er - fail - ing love guides us on to heaven a - bove.
spread a - broad, un - til from night all the world a - wakes to light.

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Let us bless the Lord.

Thanks be to God.

POSTLUDE *Toccatà on "I Want to Walk as a Child of the Light"*

John Behnke (b. 1953)

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CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Susetta Rockett, <i>Music Assistant</i>
The Reverend Corrie Cabes, <i>Assistant Rector</i>	Shelly Reed, <i>Children's Music Assistant</i>
The Reverend Amanda Watson, <i>Assisting Priest</i>	Nolan Kelley, <i>Vergar</i>
The Reverend Dr. Doug Thomas, <i>Assisting Priest</i>	Dr. Mitsi Willard, <i>Director of Children's Ministry</i>
The Reverend Karen Boyd, <i>Deacon</i>	Anne Jones, <i>Nursery Manager</i>
Bikole Mulanda, <i>Swahili Minister</i>	Sharon Kelley, <i>Hospitality and Kitchen Coordinator</i>
Steve Gibbs, <i>Parish Coordinator</i>	Robert Becerra, <i>Sexton</i>
Blaine Beyer, <i>Director of Communications</i>	Gage McGowen, <i>Assistant Sexton</i>
Jesse Ratcliffe, <i>Organist and Director of Music</i>	Dorothy Guerra, <i>Housekeeper</i>

VESTRY AND APPOINTED OFFICERS

Judy Godfrey, *Senior Warden*; Rick Willis, *Junior Warden*; Terry Young, *Secretary*; Kathy Balch, Erica Hall, Annabel House, Mike Langford, Sue McWilliams, Candy Scarborough, John Walton, Gay Ann Walts, Mike Young, Steve Suttle, *Chancellor*; and Sam Cutbirth, *Treasurer*