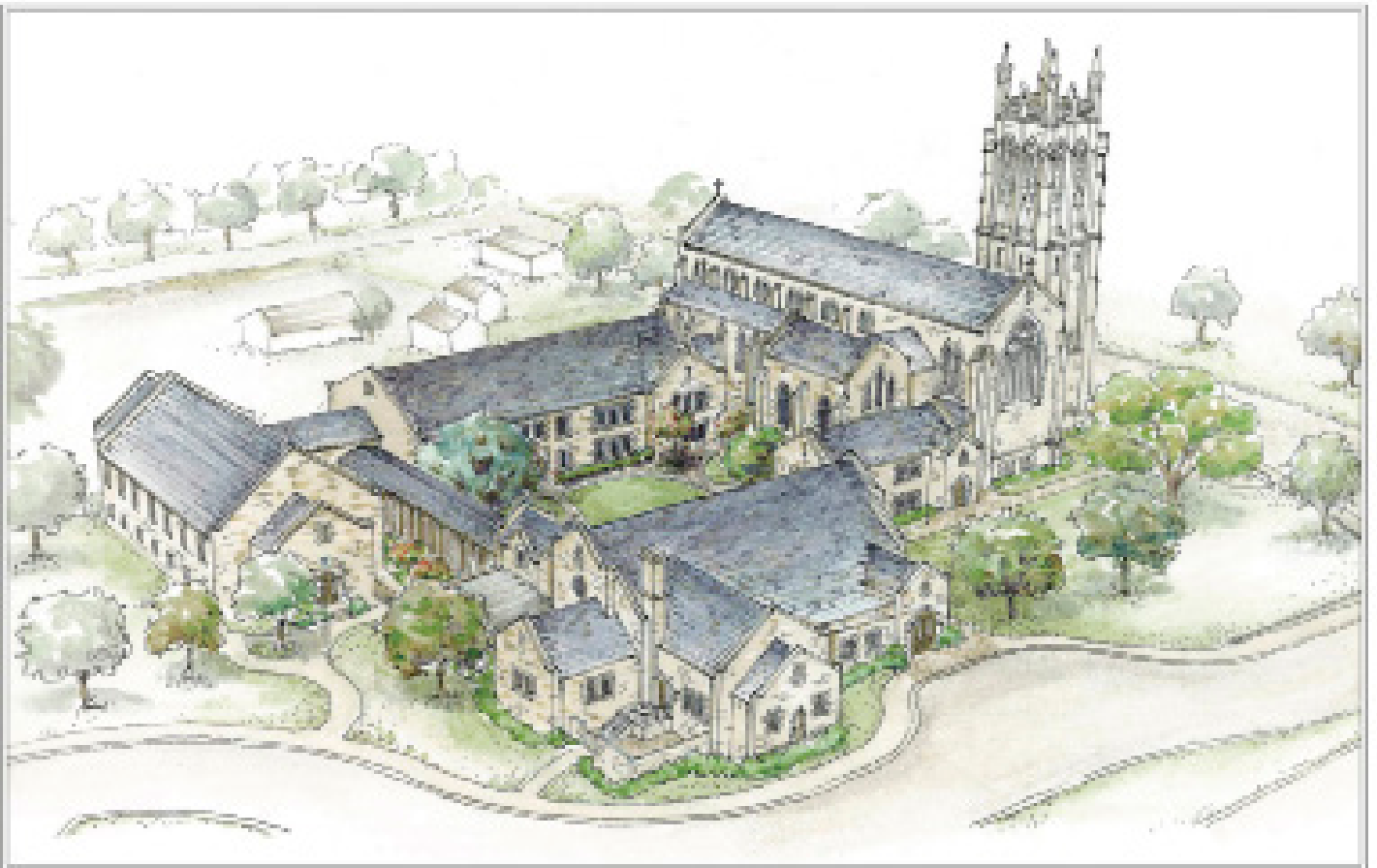


EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

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Jumapili ya Nne baada ya Onyesho  
Sala ya Asubuhi  
Jumapili, Januari 28, 2023  
Saa 1:00 jioni



The Fourth Sunday after Epiphany  
Morning Prayer in Swahili  
Sunday, January 28, 2023  
1:00 in the afternoon

## SHAIRI LA SIKU

Lakini kwa wale walioitwa na Mungu, Kristo ni uwezo wa Mungu na hekima ya Mungu.

I Wakorinto 1:24

## WIMBO WA KUINGILIA

*Wote kusimama*

## WITO WA KUABUDU

Tumekusanyika pamoja kama jamaa ya Mungu mbele ya Baba yetu, tukivutwa na Roho yake, kusifu Jina lake, kusikia na kupokea Neno lake takatifu. kumwomba usamehe kwa zambi zetu, kuomba mahitaji yetu na ya dunia, kufurahi katika mapendo yake, na kutumwa katika salama yake.

## MWALIKO

Ee Bwana, ufungue midomo yetu.

**Na kinywa chetu kitaonyesha sifa yako.**

*Katika NYAKATI NYINGINE:*

Bwana, rehema zako ni mpya kila asubui.

**Uaminifu wako ni mukubwa!**

Tangu mapambazuko hata mangaribi.

**Jina la Bwana lisifiwe.**

*Wimbo wa Biblia au wimbo mwingine.*

## WIMBO

## KUUNGAMA DHAMBI

*Muhudumu aseme:*

Kama tukisema kwamba hatuna zambi, tunajidanganya wenyewe, wala kweli si ndani yetu.

Tukikiri zambi zetu, yeye ni mwaminifu na wa haki, hata atatuondolea zambi zetu, na kutusafisha na uzalimu wote.

I Yoane 1:8-9

*Muhudumu aseme:*

Tukiri zambi zetu kwa Mungu Mwenyezi.

*Wote wapige magoti na kusema*

**Mungu Mwenyezi, Baba yetu ya mbinguni, tumekosea wewe, na tumekosea jirani zetu, kwa mawazo yetu, na kwa maneno yetu, na kwa matendo yetu, na kwa maovu tuliyoyatenda, na kwa mema tusiyoyatenda, kosa letu wenyewe. Sisi tunatubu kabisa. Kwa ajili ya Bwana wetu Yesu Kristo, utusamehe yote yaliyopita; utuwezeshe tangu leo kukutumikia, katika upya wa uzima. Kwa utukufu wa Jina lako. Amina.**

*Muhudumu au mutu mwengine asiye Kasisi, akipiga magoti atumie ombi hili.*

Ee Mungu, mwenye rehema, tunakusihi, utupe sisi, watu wako waaminifu, usamehe na salama, ili tusafishwe zambi zetu zote, na tukutumikie na nia tulivu; kwa Yesu Kristo Bwana wetu.

Wote **Amina.**

## OPENING SENTENCE

But for those called by God, Christ is the power of God and the wisdom of God.

1 Corinthians 1:24

## PROCESSIONAL HYMN

*Stand for the Procession*

## CALL TO WORSHIP

We are gathered together as God's family before our Father, drawn by his Spirit, to praise his Name, to hear and receive his holy Word. to ask him to forgive us for our sins, to pray for our needs and the needs of the world, to rejoice in his love, and to be sent to his safety.

## INVITATORY

O Lord, open our lips.

**And our mouth shall proclaim your praise.**

*At OTHER TIMES:*

Lord, your mercies are new every morning.

**Great is your faithfulness!**

From the rising of the sun to its going down.

**let the Name of the LORD be praised.**

*A song from the Bible or another song is sung.*

## HYMN

## CONFESSION OF SIN

*The Minister should say:*

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

1 Yoane 1:8-9

*The Minister should say:*

Let us confess our sins to God Almighty.

*All should kneel and say:*

**Almighty God, our heavenly Father, we have sinned against you and against our neighbors, in thought and word and deed, in the evil we have done and in the good we have not done, through our own deliberate fault. We are truly sorry, and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.**

*A minister or other person who is not a priest, kneeling should use this request:*

Grant, we ask you, merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind, through Jesus Christ our Lord.

**All Amen.**

### **ZABURI III**

1 Haleluya. Nitamshukuru BWANA kwa moyo wangu wote,  
**Barazani pa wanyofu wa moyo na katika mkutano.**  
2 Matendo ya BWANA ni makuu,  
**Yafikiriwa sana na wapendenzao nayo.**  
3 Kazi yake imejaa heshima na adhama,  
**Na haki yake yadumu milele.**  
4 Amefanya ukumbusho wa matendo yake ya ajabu;  
**BWANA ni mwenye fadhili na rehema.**  
5 Amewapa wamchao chakula;  
**Atalikumbuka agano lake milele.**  
6 Amewajulisha watu wake uwezo wa matendo yake,  
**Kwa kuwapa urithi wa mataifa.**  
7 Matendo ya mikono yake ni kweli na hukumu,  
**Maagizo yake yote ni amini,**  
8 Yamethibitika milele na milele,  
**Yamefanywa kwa uaminifu na haki.**  
9 Amewapelekea watu wake ukombozi,  
**Ameamuru agano lake liwe la milele, Jina lake ni takatifu na la kuogopwa.**  
10 Kumcha BWANA ndio mwanzo wa hekima,  
**Wote wafanyao hayo wana ufahamu mzuri, Sifa zake zadumu milele.**  
Utukufu kwa Baba, na kwa Mwana, na kwa Roho Mutakatifu:  
**kama ulivyokuwa mwanzo ulivyo sasa, hata milele na milele. Amina.**

### **WIMBO**

*Kuketi. Kipande kinachotoka AGANO LA KALE kisomwe.*

### **AGANO LA KALE**

Kumbukumbu la Torati 18:15-20

*Musomaji aseme kwanza:*

Sikieni Neno la Bwana kama lilivyoandikwa katika Kitabu cha Kumbukumbu la Torati. BWANA, Mungu wako, atakupa nabii miongoni mwa ndugu zako kama nilivyo mimi; msikilizeni yeye. Kama vile ulivyotaka kwa BWANA, Mungu wako, huko Horebu, siku ya kusanyiko, ukisema, Nisisikie tena sauti ya BWANA, Mungu wangu, wala nisiuone tena moto huu mkubwa, nisije nikafa. BWANA akaniambia, Wametenda vema kusema walivyosema. Mimi niwaiwanulia nabii miongoni mwa ndugu zao mfano wako wewe, nami nitatia maneno yangu kinywani mwake, naye atawaambia yote nitakayomwamuru. Hata itakuwa, mtu asiyesikiliza maneno yangu atakayosema yule kwa jina langu, nitalitaka kwake. Lakini nabii atakayenena neno kwa kujikinai kwa jina langu, ambalo sikumwagiza kulinena, au atakayenena katika jina la miungu mingine, nabii yule atakufa.

Hilo ndilo Neno la Bwana.  
**Asante kwa Mungu.**

### **WIMBO**

*The Psalm of the Day should be read or sung. All the people read half a line after the reader.*

## PSALM 139

1 Praise the Lord! I will give thanks to the Lord with my whole heart,  
**in the company of the upright, in the congregation.**  
2 Great are the works of the Lord,  
**studied by all who delight in them.**  
3 Full of honour and majesty is his work,  
**and his righteousness endures for ever.**  
4 He has gained renown by his wonderful deeds;  
**the Lord is gracious and merciful.**  
5 He provides food for those who fear him;  
**he is ever mindful of his covenant.**  
6 He has shown his people the power of his works,  
**in giving them the heritage of the nations.**  
7 The works of his hands are faithful and just;  
**all his precepts are trustworthy.**  
8 They are established for ever and ever,  
**to be performed with faithfulness and uprightness.**  
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;  
**all those who practise it have a good understanding. 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.**

## HYMN

*All Sit. A passage from the OLD TESTAMENT should be read.*

## FIRST READING

Deuteronomy 18:15-20

*Let the reader say first:*

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

The Word of the Lord.  
**Thanks be to God.**

## HYMN

*Musomaji aseme kwanza:*

Sikieni Neno la Bwana kama lilivyoandikwa katika Ufunuo wa Yohana.

Na ishara kuu ilionekana mbinguni; mwanamke aliyevikwa jua, na mwezi ulikuwa chini ya miguu yake, na juu ya kichwa chake taji la nyota kumi na mbili. Naye alikuwa ana mimba, akilia, akiwa na uchungu na kuumwa katika kuzaa. Ikaonekana ishara nyingine mbinguni; na tazama, joka kubwa jekundu, lilikuwa na vichwa saba na pembe kumi, na juu ya vichwa vyake vilemba saba. Na mkia wake unakokota theluthi ya nyota za mbinguni, na kuziangusha katika nchi. Na lile joka likasimama mbele ya yule mwanamke aliye tayari kuzaa, ili azaapo, limle mtoto wake. Naye akazaa mtoto wa kiume, yeye atakayewachunga mataifa yote kwa fimbo ya chuma.

Hilo ndilo Neno la Bwana.

**Asante kwa Mungu.**

## **WIMBO**

## **HABARI NJEMA**

**Marko 1:21-28**

*Musomaji aseme kwanza:*

Sikieni Neno la Bwana kama lilivyoandikwa katika Injili ya Mtakatifu Marko.

Wakashika njia mpaka Kapernaumu, na mara siku ya sabato akaingia katika sinagogi, akafundisha. Wakashangaa mno kwa mafundisho yake; kwa maana alikuwa akiwafundisha kama mtu mwenye mamlaka, wala si kama waandishi. Na mara palikuwapo ndani ya sinagogi lao mtu mwenye pepo mchafu; akapaza sauti, akisema, Tuna nini nawe, Yesu wa Nazareti? Je! Umekuja kutuamamiza? Nakutambua u nani, Mtakatifu wa Mungu. Yesu akamkemea, akisema, Fumba kinywa, umtoke. Yule pepo mchafu akamtia kifafa, akalia kwa sauti kuu, akamtoka. Wakashangaa wote, hata wakaulizana, wakisema, Nini hii? Ni elimu mpya! Maana kwa uweza awaamuru hata pepo wachafu, nao wamtii! Habari zake zikaenea haraka kote katika nchi zote kandokando ya Galilaya.

Hilo ndilo Neno la Bwana.

**Asante kwa Mungu.**

## **WIMBO WA INJILI**

## **KUHUBIRI**

## **IMANI YA MITUME**

*Watu wasimame kuhakikisha IMANI YA MITUME*

**Ninamwamini Mungu, Baba Mwenyezi, Muumba wa mbingu na dunia; Na Yesu Kristo, Mwana wake wa pekee, Bwana wetu, aliyetwaa mwili kwa tendo la Roho Mutakatifu, akazaliwa na Bikira Maria. Akateswa zamani za Pontio Pilato, akasulibiwa, akafa, akazikwa, akashuka kuzimuni mwa wafu, akafufuka katika wafu siku ya tatu, akapanda mbinguni, anakaa kwa mukono wa kuume wa Mungu, Baba Mwenyezi, ndipo atakuja tena kuhukumu wazima na wafu. Ninamwamini Roho Mutakatifu, Kanisa katolika takatifu, ushirika wa watakatifu, on-doleo la zambi, ufufuko wa mwili, na uzima wa milele. Amina.**

SECOND READING

Revelation 12:1-5a

*Let the reader say first:*

Hear the Word of the Lord as written in the Revelation to John.

A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was pregnant and was crying out in birth pangs, in the agony of giving birth. Then another portent appeared in heaven: a great red dragon, with seven heads and ten horns, and seven diadems on his heads. His tail swept down a third of the stars of heaven and threw them to the earth. Then the dragon stood before the woman who was about to bear a child, so that he might devour her child as soon as it was born. And she gave birth to a son, a male child, who is to rule all the nations with a rod of iron.

The Word of the Lord.

**Thanks be to God.**

HYMN

GOSPEL READING

Mark 1:21-28

*Let the reader say first:*

Hear the Word of the Lord as written in the Gospel of St. Mark.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "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." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

The Word of the Lord.

**Thanks be to God.**

HYMN OF THE GOSPEL

SERMON

THE APOSTLES' CREED

*All People should stand and say the APOSTLES' CREED:*

**I believe in God, the Father almighty, creator of heaven and earth; I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins the resurrection of the body, and the life everlasting. Amen.**

## MAOMBI

*Kupiga magoti*

*Muhudumu* Bwana utuhurumie.

*Wote* **Kristo utuhurumie.**

*Muhudumu* Bwana utuhurumie.

## SALA YA BWANA

*Wote*

**Baba yetu, uliye mbinguni, jina lako litukuzwe, ufalme wako uje, mapenzi yako yatimizwe, duniani kama mbinguni. Utupe leo chakula chetu cha kila siku; utusamehe makosa yetu, kama tunavyowasamehe waliotukosea. Usitulete katika majaribu, lakini utuokoe katika uovu. Kwani kwako ufalme, uwezo na utukufu, milele na milele, Amina.**

*Muhudumu* Ee Bwana utuonyeshe rehema yako;

*Wote* **Utupe sisi wokovu wako.**

*Muhudumu* Ee Bwana uwabariki watawala wetu;

*Wote* **Utusikie kwa rehema yako tukikuomba.**

*Muhudumu* Uwavike haki wahudumu wako;

*Wote* **Uwafurahishe wachaguliwa wako.**

*Muhudumu* Ee Bwana uwaokoe watu wako;

*Wote* **Uubariki uriti wako.**

*Muhudumu* Ee Bwana utupe salama kwa siku zetu;

*Wote* **Na utukufu wako uwe popote duniani.**

*Muhudumu* Ee Mungu, utusafishe mioyo yetu;

*Wote* **Na ututegemeze na Roho yako Mutakatifu.**

## SALA YA SIKU

Utupe sisi, Bwana, tunakuomba, roho kufikili na kutenda yaliyo haki siku zote, ili sisi, tusioweza kufanya pasipo wewe lolote lililo jema, tuweze kuishi kufuatana na mapenzi yako matakatifu, kwa Yesu Kristo Bwana wetu. **Amina.**

## SALA KWA SALAMA

Baba Mungu, uliye mkuu wa salama na mupenda wa upatano, kukujua wewe ni uzima wa milele, kukutumikia wewe ni uhuru wa kweli. Utulinde sisi watumishi wako katika mashambulio yote ya adui zetu; ili sisi tukitumainia ulinzi wako, tusiogope nguvu ya adui wo wote; kwa uwezo wa Yesu Kristo, Bwana wetu. **Amina.**

## SALA KWA NEEMA

*Muhudumu na watu wanaweza kusema pamoja.*

**Ee Bwana, Baba yetu ya mbinguni, Mungu Mwenyezi unayeishi milele, uliyetusaidia tuione siku hii salama; utulinde leo kwa uwezo wako mkuu, tusianguke katika zambi, wala tusiingie katika hatari yo yote, lakini matendo yetu yote yaongozwe nawe, ili tuyatende siku zote yaliyo ya haki mbele yako, kwa Yesu Kristo, Bwana wetu. Amina.**



## THE PRAYERS

*All that are able to should kneel:*

*Minister* Lord, have mercy upon us.

*All* **Christ, have mercy upon us.**

*Minister* Lord, have mercy upon us.

## THE LORD'S PRAYER

*All pray.*

**Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

*Minister* Show us your mercy, O Lord;

*All* **And grant us your salvation.**

*Minister* O Lord, save the State;

*All* **And mercifully hear us when we call upon you.**

*Minister* Endue your ministers with righteousness;

*All* **And make you chosen people joyful.**

*Minister* O Lord, save your people;

*All* **And bless your inheritance.**

*Minister* Give peace in our time, O Lord.

*All* **May your glory be everywhere in the world .**

*Minister* O God, make clean our hearts within us;

*All* **And take not your Holy Spirit from us.**

## THE COLLECT OF THE DAY

Give us, Lord, we ask you, the spirit to reach and do what is right always, so that we, who cannot do anything good without you, can live according to your holy will, through Jesus Christ our Lord. **Amen.**

## THE COLLECT FOR PEACE

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

## THE COLLECT FOR GRACE

*The Minister and the people say this prayer together.*

**O Lord, our heavenly Father, almighty and everlasting God, who has safely brought us to the beginning of this day; defend us in the same with your mighty power; and grant that this day we fall into no sin, neither run into any kind of danger, but that all our doings may be ordered by your governance, to do always that is righteous in your sight; through Jesus Christ our Lord. Amen.**

## MAOMBI YA KANISA

*Muhudumu Tuombee Kanisa na dunia na tumushukuru Mungu kwa wema wake wote.*

*Mwombezi huomba kwa ajili ya mahitaji ya kanisa na ya ulimwengu pasipo kuona. Muombezi anamaliza sala kwa maneno haya:*

Na tunalisifu jina lako takatifu kwa watumishi wako wote wanaotoka katika uzima huu, wanaokuamini na wanaokuogopa. Tunakusihi utupe neema tufuate desturi zao nzuri, tukutane nao katika ufalme wako wa mbinguni. Utupe sisi hivi, Ee Bwana, kama tunavyoyiomba kwa Yesu Kristo Mwana wako, Mwokozi wetu. **Amina.**

*Maombi mengine yanaweza kusemiwa.*

## MATANGAZO NA SADAKA

*Wimbo na kupokea sadaka.*

## NEEMA

*Watu Wote.*

**Neema ya Bwana wetu Yesu Kristo, na mapendo ya Mungu Baba, na ushirika wa Roho Mutakatifu, ukae nasi sote, milele na milele. Amina.**

## WIMBO YA KUTOKA

## PRAYERS OF THE CHURCH

*Minister* Let us pray for the Church and the world and let us thank God for all his goodness.

*The intercessor prays for the needs of the church and the world extemporaneously. The intercessor ends the prayer with these words:*

And we praise your holy name for all your servants who have departed this life, who believe in you and who fear you. We ask you to give us the grace to follow their good example, to meet them in your heavenly kingdom. Grant this, O Lord, as we ask for it from Jesus Christ your Son, our Savior. **Amina.**

*Other prayers may be said.*

## ANNOUNCEMENTS AND OFFERING

*A song is sung during the offering.*

## THE GRACE

*All Say*

**The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.**

## RECESSIONAL HYMN

## WAHUDUMU WA LITURUJIA

*Muhubiri/Preacher - Bikole Mulanda, Swahili Minister*

*Kwaga/Choir - Alleluia Choir*

*Wasindikizi/Acolytes - Bijoux Estella, Batumike Fatuma Ruth*

*Teknolojia/Sound - Bill Young*

*Washemasi/Greeters & Ushers - Baya Lushiawe*



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### CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Carol Ann Weston, <i>Director of Family Ministries</i>
The Reverend Corrie Cabes, <i>Associate Rector</i>	Luke Mendez, <i>Coordinator for Youth and Young Adult Ministries</i>
The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i>	Steve Gibbs, <i>Parish Coordinator</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	LeighAnna Morris, <i>Parish Accountant</i>
The Reverend Karen Boyd, <i>Deacon</i>	Austin Hackel, <i>Communications Coordinator</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Robert Becerra, <i>Sexton</i>
Bikole Mulanda, <i>Swahili Minister</i>	Adrian Smith, <i>Assistant Sexton</i>
Thomas Pavlechko, <i>Organist and Director of Music</i>	Dorothy Guerra, <i>Housekeeper</i>
Shelly Reed, <i>Children's Music Assistant</i>	Anne Jones, <i>Nursery Manager</i>

### VESTRY AND APPOINTED OFFICERS

Annabel House, *Senior Warden*; Harry Hurt, *Junior Warden*; Debbie Sherman, *Secretary*; Connie Collier, Sarah Ferguson, Lisa Goolsby, Kate Haney, Jay Hardaway, Norene Mansell, John Nichols, Robert Peterson, Darryl Tippens, Elizabeth Niblo Wallace, *Chancellor*; and Sam Cutbirth, *Treasurer*