

EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

---

Fourth Sunday after the Epiphany  
Holy Eucharist Rite II  
Sunday, January 29th, 2023  
10:30 in the morning

**PRELUDE** *Chimings of Great Joy*

Dan Edwards  
Canterbury Bells

*The People stand for the Procession.*

**HYMN IN PROCESSION** *Tell Out My Soul*

Hymn 438

**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.**

**HYMN OF PRAISE** *Arise, Shine*

Voices Found

1. A - rise\_ and shine, the pro - phet sang; your light has come, the mes - sage rang.  
2. God's ris - ing sun will light the way, as peo - ple stream to dawn - ing's ray.  
3. You will not need the sun\_ by day nor moon by night, to light your way;

9  
The shroud of dark - ness stripped a - way, God's glo - ry brings a bright new day.  
Your o - pen gates will ne - ver close, in\_ bus' ling day\_ or night's re - pose.  
God's glo - ry and e - ter - nal might will\_ be\_ your ev - er - last - ing light.

**THE COLLECT OF THE DAY**

The Lord be with you.  
**And also with you.**  
Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*All sit.*

**FIRST READING**

Micah 6:1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high?

Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The Word of the Lord.  
Thanks be to God.

*The Parish Choir sings the verses*

**PSALM 15** *Domine, quis habitabit?*

The right - eous shall a - bide up - on God's ho - ly hill.

The image shows a musical score for Psalm 15. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature has one flat (B-flat). The melody is written on the treble staff, and the bass line is on the bass staff. The lyrics are written below the treble staff. The music is in a simple, hymn-like style with a steady rhythm.

1 Lord, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?  
2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart. **Refrain.**  
3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
he does not heap contempt upon his neighbor.  
4 In his sight the wicked is rejected, \*  
but he honors those who fear the Lord. **Refrain.**  
5 He has sworn to do no wrong \*  
and does not take back his word.  
6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent.  
7 Whoever does these things \*  
shall never be overthrown. **Refrain.**

**SECOND READING**

I Corinthians 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

The Word of the Lord  
Thanks be to God.

*The People stand and sing*

**SEQUENCE HYMN** *We Sing the Praise of Him Who Died*

Hymn 471

*Turn and face the Gospeller.*

## THE GOSPEL

Matthew 5:1-12

The Holy Gospel of our Lord Jesus Christ according to Matthew.

**Glory to you, Lord Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of the Lord.

**Praise to you, Lord Christ.**

## THE SERMON

The Reverend David Romanik, *Rector*

*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

*A Deacon or Priest says*

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

*Leader* 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

*People* **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, and those whose faith is known to you alone. 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

*The Deacon or Celebrant 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.**

## THE PEACE

The Peace of the Lord be always with you.

**And also with you.**

## THE HOLY COMMUNION

### OFFERTORY SENTENCE

### OFFERTORY HYMN *Be Thou My Vision*

arr. Hal Hopson (b. 1930)

Be thou my vision, O Lord of my heart; Naught be all else to me, save that thou art.  
Thou my best thought, by day or by night, Waking or sleeping, thy presence my light.  
Be thou my wisdom, and thou my true word; I ever with thee and thou with me Lord;  
Thou and thou only, first in my heart, Great God of heaven, my treasure thou art.  
Great God of heaven, my victory won, may I reach heaven's joy, O bright heaven's Sun!  
Heart of my own heart, whatever befall, still be my vision, O Ruler of all.

1. What star is this, with beams so bright, more beau - teous than the noon - day light?  
 2. Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;

5  
 It shines to her - ald forth the King, and Gen - tiles to his crib to bring.  
 praise him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

*Celebrant* All things come of thee, O Lord.  
*People* **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 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:

THE SANCTUS

Ho - ly, ho - ly, ho - ly Lord,  
 6  
 God of power and might, — Heaven and earth are full of your glo - ry. Ho-san-na in the high - est. —  
 12  
 Bless - ed is he who comes in the name of the Lord. Ho-san-na in the high - est.

*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.**

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

S 155

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

7  
Christ our Pass - o - ver is sac - ri - ficed for us; there - fore let us keep the feast.

14  
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

*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.

## DISTRIBUTION OF COMMUNION

All baptized Christians are welcome to receive Communion. If you are not baptized, you may come forward to receive a blessing by folding your arms over your chest. If you are interested in being baptized, please speak to one of the clergy after the service.

Communion will be distributed at two stations: at the altar rail and in front of the pulpit. If you do not wish to receive wine, please cross your arms over your chest when the chalice comes by. Please follow the instructions of the ushers and maintain physical distance as you wait to receive Communion.

## COMMUNION VOLUNTARY

COMMUNION HYMN *In the Cross of Christ I Glory*

Hymn 441

COMMUNION HYMN *Blessed Are The Pure In Heart*

Hymn 656

*After Communion, the Celebrant says*

Let us pray.

**God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

*The Celebrant blesses the People*

*All stand and sing*

HYMN IN PROCESSION *Hail To the Lord's Anointed*

Hymn 616

## THE DISMISSAL

Let us go forth in the name of Christ.

**Thanks be to God.**

POSTLUDE *Prelude in G, BWV 568*

J.S. Bach (1785-1750)

## MINISTERS OF THE LITURGY

*Preacher - The Rev. David Romanik, Rector*

*Celebrant - The Rev. Corrie Cabes, Assistant Rector*

*Deacon - The Rev. Dr. Russell Dickerson, Deacon*

*Organist - Jesse Ratcliffe*

*Verger - Nolan Kelley*

*Acolytes - Mya Haskins, William Messer, Rylee Messer, Kolby Anderson*

*Lay Ministers - David Christianson, Connie Collier, Jan Morrison*

*Livestream - Blaine Beyer, Bill Young*

*Sound - Robert Peterson*

*Altar Guild - Connie Collier, Katherine Chalon, Norene Mansell, Jennifer Nichols, Mary Reyes*

*Greeters & Ushers - Michael Christie, Molly Christie, Courtney Messer, Robert Peterson*




---

602 Meander Street Phone: (325) 677-2091  
 Abilene, Texas 79602 Email: [info@heavenlyrestabilene.org](mailto:info@heavenlyrestabilene.org)  
 Website: [heavenlyrestabilene.org](http://heavenlyrestabilene.org) Social media: [@heavenlyrestabilene](https://www.facebook.com/heavenlyrestabilene)

**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>Assistant Rector</i>	Blaine Beyer, <i>Director of Communications</i>
The Reverend Amanda Watson, <i>Assisting Priest</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>	Nolan Kelley, <i>Vergar</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Sharon Kelley, <i>Hospitality and Kitchen Coordinator</i>
The Reverend Dr. Susan Pigott, <i>Deacon and Pastoral Assistant</i>	Robert Becerra, <i>Sexton</i>
Bikole Mulanda, <i>Swahili Minister</i>	Adrian Smith, <i>Assistant Sexton</i>
Jesse Ratcliffe, <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**

Judy Godfrey, *Senior Warden*; Rick Willis, *Junior Warden*; Debbie Sherman, *Secretary*; Connie Collier, Sarah Ferguson, Lisa Goolsby, Annabel House, Harry Hurt, Mike Langford, Robert Peterson, Darryl Tippens, John Walton Steve Suttle, *Chancellor*; and Sam Cutbirth, *Treasurer*