

THE EPISCOPAL CHURCH OF THE
HEAVENLY REST

Sixth Sunday after Epiphany

The Holy Eucharist: Rite I
Sunday, February 16th, 2020

8:00 in the morning

The Episcopal Church of the Heavenly Rest is a Christian community of faith rooted in the Anglican tradition. Empowered by the Holy Spirit through Word and Sacrament, we seek to know the reconciling love of God and to share that love with others.

THE HOLY EUCHARIST: RITE I
THE ENTRANCE RITE

PRELUDE

After the Prelude, all stand for the Procession, followed by

THE OPENING ACCLAMATION

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

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

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

THE SUMMARY OF THE LAW

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

THE TRISAGION

Holy God, Holy and Mighty, Holy Immortal One, **Have mercy upon us.**

repeated three times

THE COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

The people kneel or stand

O God, the strength of all who put their trust in thee: Mercifully accept our prayers; and because through the weakness of our mortal nature, we can do no good thing without thee, give us the help of thy grace, that in keeping thy commandments we may please thee both in will and deed; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

All sit

THE WORD OF GOD

THE FIRST LESSON

Deuteronomy 30:15-20

Moses said, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

The Word of the Lord

Thanks be to God.

The Lector and People pray responsively by half verse

PSALM 119:1-8 *Beati immaculati*

- 1 Happy are they whose way is blameless, *
who walk in the law of the Lord!
- 2 Happy are they who observe his decrees *
and seek him with all their hearts!
- 3 Who never do any wrong, *
but always walk in his ways.
- 4 You laid down your commandments, *
that we should fully keep them.
- 5 Oh, that my ways were made so direct *
that I might keep your statutes!
- 6 Then I should not be put to shame, *
when I regard all your commandments.
- 7 I will thank you with an unfeigned heart, *
when I have learned your righteous judgments.
- 8 I will keep your statutes; *
do not utterly forsake me.

THE SECOND LESSON

1 Corinthians 3:1-9

Brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely human? What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building.

The Word of the Lord. Thanks be to God.

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

Glory be to thee, O Lord.

Jesus said, "You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny. "You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery. "Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one."

The Gospel of the Lord.

Praise be to thee, O Christ.

THE SERMON

The Reverend Dr. Doug Thomas, *Assisting Priest*

Following the sermon, all stand and say

THE NICENE CREED

I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;
And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us men and for our salvation

came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried;
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.
And I believe in the Holy Ghost the Lord, and Giver of Life,
who proceedeth from the Father and the Son;
who with the Father and the Son together is worshiped
and glorified;
who spake by the Prophets.
And I believe one holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I 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.

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 humbly confess our sins unto Almighty God.

Silence.

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

After the Absolution, all stand for

THE PEACE

The peace of the Lord be always with you.

And with thy spirit.

ANNOUNCEMENTS & CHILDREN'S BLESSING

THE HOLY COMMUNION

All stand as alms and oblations are presented at the Altar

THE GREAT THANKSGIVING *Eucharistic Prayer II*

The Lord be with you.

And with thy spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

The Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Here a Proper Preface is said

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

THE SANCTUS *Holy, holy, holy*

Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy Glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

The People stand or kneel as they are able

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, 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, he 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 remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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 FRACTION ANTHEM

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

After the ministrations of Communion, the Celebrant says

Let us pray.

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Commissioning of Eucharistic Visitors may be said

In the name of this congregation, we send you forth, bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's Body and Blood. We who are many are one Body because we all share one bread and one cup.

The Celebrant blesses the People

All stand for the procession.

THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

*Please join us in Gerhart Hall for coffee
following the service.*

THE EPISCOPAL CHURCH OF THE
HEAVENLY REST

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CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Shelly Reed, <i>Children's Music Assistant</i>
The Reverend Amanda Watson, <i>Assisting Priest</i>	Nolan Kelley, <i>Verger</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>
April Powers, <i>Manager of Operations</i>	Robert Becerra, <i>Sexton</i>
Steve Gibbs, <i>Parish Manager</i>	Emery Jones, <i>Asst. Sexton</i>
Blaine Beyer, <i>Director of Communications</i>	Dorothy Guerra, <i>Housekeeper</i>
Susetta Rockett, <i>Music Assistant</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, Gay Ann Walts, Mike Young,
Scott Bishop, *Chancellor*; and Sam Cutbirth, *Treasurer*