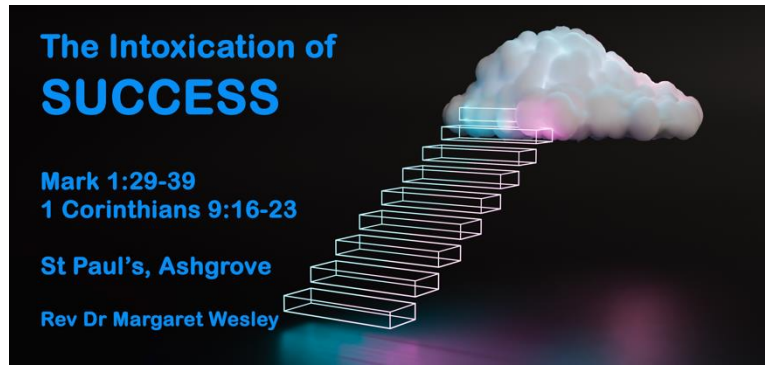


Holy Communion at St Paul's, Ashgrove Epiphany 5, 2024



Song: Morning Has Broken (TiS 156)

Blessed be God: Creator, Redeemer and Sanctifier.
Blessed be God's kingdom, now and for ever.

The Lord be with you.
And also with you

Acknowledgement of Country

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.
Isaiah 40: 31

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
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.**

**Glory to God in the highest,
and peace to God's 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.**

Lord of fierce compassion,
you name the forces of death
in our hearts and institutions
and even in the holy places:
lift from us the canopy of fear

that feeds on repression
and pushes away
what it cannot abide;
go with us
to dark and lonely places
where we can learn again
who we are called to be;
through Jesus Christ, the healer of creation. **Amen.**

Isaiah 40: 21-31

- ²¹ Have you not known? Have you not heard?
Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?
- ²² It is the Lord who sits above the circle of the earth,
and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
and spreads them like a tent to live in;
- ²³ who brings princes to naught,
and makes the rulers of the earth as nothing.
- ²⁴ Scarcely are they planted, scarcely sown,
scarcely has their stem taken root in the earth,
when the Lord blows upon them, and they wither,
and the tempest carries them off like stubble.
- ²⁵ To whom then will you compare me,
or who is my equal? says the Holy One.
- ²⁶ Lift up your eyes on high and see:
Who created these?
The one who brings out their host and numbers them,
calling them all by name;
because that one is great in strength,
mighty in power,
not one is missing.
- ²⁷ Why do you say, O Jacob,
and speak, O Israel,
'My way is hidden from the LORD ,
and my right is disregarded by my God'?
- ²⁸ Have you not known? Have you not heard?
The LORD who is the everlasting God,
the Creator of the ends of the earth.
does not faint or grow weary.
God's understanding is unsearchable.
- ²⁹ The Lord gives power to the faint,
and strengthens the powerless.
- ³⁰ Even youths will faint and become weary,
and the young will fall exhausted;
- ³¹ but those who wait for the LORD shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

For the word of the Lord, **Thanks be to God.**

Psalm 147: 1-11

¹ O praise the Lord,

- for it is good to sing praises to our God:
and to give praise is joyful and right.
- ² The Lord is rebuilding Jerusalem:
gathering together the scattered outcasts of Israel.
- ³ God heals the broken in spirit:
and binds up their wounds.
- ⁴ God counts the number of the stars:
and calls them all by name.
- ⁵ Great is our Lord, and great in power:
there is no measuring God's understanding.
- ⁶ The Lord restores the humble:
but brings down the wicked to the dust.
- ⁷ O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.
- ⁸ God covers the heavens with cloud,
and prepares rain for the earth:
and makes the grass to sprout upon the mountains.
- ⁹ God gives the cattle their food:
and feeds the young ravens that call to the Lord.
- ¹⁰ God takes no pleasure in the strength of a horse:
And does not delight in physical strength,
- ¹¹ But the Lord's delight is in those that fear God:
who wait in hope for God's mercy.

1 Corinthians 9: 16-23

¹⁶ If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! ¹⁷ For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸ What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. ¹⁹ For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹ To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²² To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. ²³ I do it all for the sake of the gospel, so that I may share in its blessings.

For the word of the Lord, **thanks be to God.**

Song: Make me a channel of Your Peace (TiS 607)

The Lord be with you. **And also with you.**

The Gospel of our Lord Jesus Christ according to Mark chapter 1 beginning at verse 29.
Glory to you Lord Jesus Christ.

Mark 1: 29-39

²⁹ As soon as Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. ³² That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³ And the whole city was gathered around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not

permit the demons to speak, because they knew him. ³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, 'Everyone is searching for you.' ³⁸ He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

For the Gospel of the Lord, **praise to you Lord Jesus Christ.**

Sermon - www.stpaulsashgrove.org.au/sermons/

Silence

Nicene Creed

Let us together affirm the faith of the Church

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,

was incarnate of the Holy Spirit and the virgin Mary

and became truly human.

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 worshipped 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

Let us pray for the world and for the Church.

**God of the nations,
whose sovereign rule brings justice and peace,
have mercy on our broken and divided world.
Shed abroad your peace in the hearts of all
and banish from them the spirit that makes for war,
that all races and peoples may learn to live
as members of one family and in obedience to your law,
through your Son, Jesus Christ our Lord. Amen**

**God who made our home,
And made your home with us,
Yet often had no place to lay your head,
Have mercy today on all who have no home.
Provide shelter and protection,
A future and a hope,
To all whose beds tonight will be unsafe, unstable or exposed.
Grant wisdom and compassion,
To everyone with power or resources
To provide housing solutions,
So that all may live in peace
And share with equity and thanksgiving
The good things you provide
Through Jesus Christ our Lord. Amen**

Accept our prayers through Jesus Christ our Lord, who taught us to 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.**

Lord, have mercy
Christ, have mercy
Lord, have mercy

Christ the Son of God has been revealed as a light to the nations.

Let us bring our darkness to his light, confessing our sins in penitence and faith.

**Merciful God,
our maker and our judge,
we have sinned against you in thought, word, and deed,**

**and in what we have failed to do:
we have not loved you with our whole heart;
we have not loved our neighbours as ourselves;
we repent, and are sorry for all our sins.
Father, forgive us.
Strengthen us to love and obey you in newness of life;
through Jesus Christ our Lord. Amen.**

Almighty God,
who has promised forgiveness
to all who return in faith:
pardon you and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. Amen.

We are the body of Christ. **His Spirit is with us.**

The peace of the Lord be always with you. **And also with you.**

*The collection bowl will be passed around during this song to support the ministry of St Paul's.
Most members give electronically through their bank, instead. St Paul's bank details are Name:
Ithaca-Ashgrove Anglican Parish BSB: 704901 Acc No: 00004420*

Song: Seek Ye First the Kingdom of God (TiS 745)

Blessed are you, Lord, God of all creation.
Through your goodness we have these gifts to share.
Accept all we have, all we give, and all we are,
As we dedicate it all to your glory
and for the service of your kingdom.
Blessed be God for ever

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

...and joined us in the eternal song:

**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.**

...Do this, as often as you drink it, in remembrance of me.'

**Christ has died.
Christ is risen.
Christ will come again.**

...in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

We break this bread to share in the body of Christ.
We who are many are one body,
for we all share in the one bread.

**Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, grant us your peace.**

*Please come forward to receive the bread and wine. Gluten free wafers are available (please ask).
If you prefer not to receive communion, please come forward for a blessing (keep your hands
behind your back). You are welcome to kneel at the communion rail. If you prefer to stand, please
stand in the middle section. For the safety of all in the community we ask you to:*

- *Use hand sanitiser before receiving the bread and wine*
- *NOT intinct (dip the bread in the wine)*
- *Take wine only if you are free from symptoms and from anxiety about drinking from the
common cup. Be assured that Christ is present in you and for you as you receive the bread
alone.*

God of the nations,
we thank you for nourishing us with this holy sacrament.
Guide us by your presence,
that we may bring your light to those who dwell in darkness,
and establish your justice in the earth.
**Most loving God,
you send us into the world you love.
Give us grace to go thankfully and with courage
in the power of your Spirit**

Announcements

Song: Lord, Your Almighty Word (TiS 447)

Please stand and turn to face the back for the blessing

Blessing

Go in peace to love and serve the Lord: **In the name of Christ. Amen**

ACKNOWLEDGEMENTS

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ST PAUL'S NOTICEBOARD

Join us for morning tea after the service!

We hope to re-introduce a **Bible Study group** that meets outside of business hours. Please let Rev Margaret know your availability so we can decide on a day and time.

ABM Studies for Lent, *God's Own Country*, are available at the back of the Church. They are based on the Seven Days of Creation and include stunningly beautiful paintings by Rev Aunty Robyn Davis. Put **\$15** in an envelope in the Everything Box or make a bank transfer with *Lent Study* as the description.

Upcoming events

- Thu 8 Feb Romola Squire's funeral will be at 11am at St Paul's.
- Mon 12 Feb **Book Club**, 7.30pm in the Crypt - If you would like to join you are very welcome. The chosen book is *The House of Fortune* by *Jessie Burton*
- Wed 14 Feb **Ash Wednesday Service**, All Saints Chermside, 10am
Ash Wednesday Service, St Paul's Ashgrove, 7pm
- Sun 18 Feb St Paul's Parish **AGM**. Please consider who you will nominate for Parish Council roles.
- Fri 1 March **Taize** (6pm in the church) followed by **Fish & Chips** - please contact Rev Pam or John Hynd if you are interested in joining.

Jubilee Terrace Playgroup - weekly on a Friday from 9.30-11.30am during school terms. \$4 per week to cover cost. Registered Playgroup with Play Matters.

Bible Study and Morning Prayer every Wednesday morning during school terms. **Prayer** from 9:05am and **Bible Study** from 9.45. Everyone welcome!

For your prayers

Damien, Sylvia, Baskaran, Liam and Mark (and their parents, Desley and Bob), Ofa, Rebekah, Clinton, Sue J, Angela. Those recovering from surgery – Sherilee, Elizabeth T.
We give thanks for the continuing restored health of Rev Jack, Rev Kathy and Sam.

We also give thanks for Rev Jack and Rev Kathy in their ministry to several parishes, especially the Everton Park Congregation, Rev Sue and the Goonaneman Parish and the LAMB Medical Ministry in Bangladesh. We hold in our prayers Wayne, Noel, Joy who are at home or in a nursing home.

We give thanks for the life of Romola Squire and pray for her family as they grieve her passing.

PILGRIMAGE - Sat 4th - Mon 6th May 2024 The Cursillo team is planning a pilgrimage, starting at the Anglican Parish of Grovely in Arana Hills, going via Esk and Warwick, and ending in the Boonah/Harrisville area on the Sunday night. This is open to everyone, not just those who have been to a Cursillo weekend. For further information, contact the parish office and your question will be forwarded to the organiser.

Contact: Rev Dr Margaret Wesley, priest@stpaulsashgrove.org.au, 0424 214 924. Rev Margaret's day off is Thursday. Parish Office, parish.office@stpaulsashgrove.org.au, 07 3366 2320 (open Wed and Fri mornings).