



THE FIFTH SUNDAY AFTER EPIPHANY

HOLY EUCHARIST

8:00 AM February 4

*We praise and give glory to God in word and song. We worship using the Book of Common Prayer (BCP); page numbers are indicated in the bulletin. Prayers spoken together are in **bold**. Hymns can be found in the Hymnal 1982 (blue book), Renew (white book), or printed in this bulletin as indicated by page numbers.*

THE WORD OF GOD

Please stand as you are able

OPENING SENTENCES & PRAYERS

BCP p. 323

Gloria

BCP p. **324**

COLLECT OF THE DAY

The Lord be with you.

And also with you.

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; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated

OLD TESTAMENT LESSON: Isaiah 40:21-31

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? It is he 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; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. 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"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; 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 God in Scripture, for the Word of God among us, for the Word of God within us.

Thanks be to God.

Psalm 147:1-12, 21c

- 1 Hallelujah!
How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!
- 2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.
- 3 He heals the brokenhearted *
and binds up their wounds.
- 4 He counts the number of the stars *
and calls them all by their names.
- 5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.
- 6 The LORD lifts up the lowly, *
but casts the wicked to the ground.
- 7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.
- 8 He covers the heavens with clouds *
and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains *
and green plants to serve mankind.
- 10 He provides food for flocks and herds *
and for the young ravens when they cry.
- 11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;
- 12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor.
- 21 Hallelujah!

NEW TESTAMENT LESSON: 1 Corinthians 9: 16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! 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. 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. 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. 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. 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. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

For the Word of God in Scripture, for the Word of God among us, for the Word of God within us.
Thanks be to God.

Please stand as you are able; remain standing through the reading of the Gospel.

THE HOLY GOSPEL: Mark 1: 29-39

The Holy Gospel of our Lord Jesus Christ according to Mark
Glory to you, Lord Christ.

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. 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. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

The Gospel of the Lord.

Praise to you, Lord Christ.

THE SERMON

The Rev. Cynthia Espeseth

A period of silence follows the sermon.

THE NICENE CREED

Please stand as you are able

BCP p. 326

THE PRAYERS OF THE PEOPLE *Please stand or kneel as able*

Jesus went through Galilee preaching and healing and showing compassion to those in need. As God comes no less today to those for whom we pray, let us offer our prayers to God, saying: Lord, in your mercy, hear our prayer.

Creator of all, look with favor upon the peoples of the world. In your mercy, give to all people the necessities of a dignified life. Lord, in your mercy, **hear our prayer.**

Ruler of creation, instill wisdom and understanding among the leaders of nations . Guide them into ways of justice and peace. Lord, in your mercy, **hear our prayer.**

Lord of the church, gather us all into one holy communion. Give us the courage to look to you alone as the source of our unity . Lord, in your mercy, **hear our prayer.**

Great Physician, bring healing to all who suffer in body, mind, or spirit. We pray for those we know and love, and for those known only to you. Inspire us to care for your gifts of healthy bodies and minds. Lord, in your mercy, **hear our prayer.**

Spirit of the living Christ, fill us with expectation and eager longing for the coming of that day when no one will suffer, but when all will be gathered together in heavenly joy and eternal prosperity. Lord, in your mercy, **hear our prayer.**

All this we ask, O God, in the name of Christ, who died and rose for us, and whose coming in glory we await. Accept our prayers and praises, through Christ our Lord. **Amen.**

Let us pray for those involved in the search for our new bishop.

Almighty God, giver of every good gift: Look graciously on your Church, and so guide the minds of those who shall choose a bishop for this Diocese, that we may receive a faithful pastor, who will care for your people and equip us for our ministries; through Jesus Christ our Lord. Amen.

THE CONFESSION OF SIN *Please stand or kneel as able*
Silence

BCP p.331

THE PEACE

Please stand as you are able. The People greet one another with the Peace of Christ.

THE HOLY COMMUNION

The Presider prepares the table while the offertory is taken. At the conclusion, the People stand as able as the gifts of bread, wine and offerings are brought forward.

THE GREAT THANKSGIVING

BCP p. 340-343

The Lord's Prayer

BCP p. 336

THE BREAKING OF THE BREAD

The Presider breaks the consecrated bread. A period of silence is kept, then says:

Alleluia, Christ our Passover is Sacrificed for us;

Therefore let us keep the feast, Alleluia!

COMMUNION

This is the Lord's table, all are welcome to receive communion. We believe in the real presence of Christ in the Eucharist. You may either stand or kneel when receiving the Bread and Wine.

Cross your arms over your breast if you wish not to receive the Bread or the Wine.

Communion is complete in either form.

Should you desire a gluten / soy- free wafers, please tell the clergy at the communion rail.

If you desire to receive Holy Communion in your pew, notify an usher.

PRAYER AFTER COMMUNION *Please stand as able*

BCP p. 339

PASTORAL PRAYERS *Please be seated*

You are invited to come forward for birthday, anniversary, or special prayers at this time. The birthday prayer is found on the back of the bulletin.

BLESSING

Please stand as you are able

CLOSING HYMN: *Sing praise to God who reigns above*

Hymnal # 408

DISMISSAL

To which the people respond **Thanks be to God, Alleluia, Alleluia!**

POSTLUDE: Musical Selection

Presider: The Rev. Cynthia Espeseth

Reader: Donna Hammond Chalice: Byron Alcorn

Ushers: Andy and Suzanne Peterson

Greeters: Everyone

Happy Birthday! *Beverly Keefe, Micki Johnson*

Altar flowers *are given today by Marsha Rech in memory of her mother.*

Welcome! Whoever you are and wherever you are on your faith journey, you are welcome. Visitors are invited to sign the guest register on the table outside the sanctuary. If you are looking for a church home and would like to learn more about who we are, please let us know. Our phone number is 970-667-0303 and the church email is allsaintsloveland@gmail.com.

Children: A **nursery** for children up to 5 years old is available from 7:45am to 11:45am.

Sunday School is offered during the 10:15 service. The children in Sunday School rejoin their families in time for Holy Communion.

All Saints gives the **cash plate offering** to a different designated charity (Beyond Our Four Walls) each month. Our **Beyond our Four Walls** agency for February is **Respite Care, Inc.**, a nonprofit organization in Larimer County that provides short term, quality care for children with developmental disabilities, giving respite to their families, and enhancing the quality of life for the entire family. Today, Lauren Whynott, Development Director of Respite Care is scheduled to talk with us. If you wish to give a check or cash to the operating fund of the church please use the envelopes in the pew rack.

Announcements

Blood pressures will be taken after each service today by the Parish Nurses.

A new **Adult Bible Study** starts on Sunday February 4th. Donna Marie Slack will lead us in a contemplative reflection of the Sunday readings. The class will be at 9:25am and will meet in the library. And as a side note the readings for next week are listed on the back of the bulletin, so you can peruse them ahead of time.

The **Laurene Nicholl Chapter of the Daughters of the King at All Saints** is becoming a reality. All women of All Saints are invited to attend an organizational meeting on Saturday, February 10 at 10:00 a.m. We will learn more about this international group of women who dedicate themselves to a life of service and prayer.

Celebration of our new and mutual ministry! Sunday, February 11, we will celebrate the new and mutual ministry of All Saints and Mother Cynthia. There will be **one service at 9:00 a.m.**, and we will be joined by Ann Fleming who will be our preacher. In prayer and worship we will give thanks and celebrate what God is doing in our midst.

SHROVE TUESDAY pancake supper. Celebrate like we are in New Orleans on Tuesday, February 13 at 6:00pm. Help is needed for set up and cooking, and we will have all hands on deck to clean up. There is no need to RSVP, and all the food is provided. Gluten Free pancakes will also be available.

The Bishop is coming! On **Sunday April 15, Bishop Rob O'Neill** will be with us for the last time as he is retiring this year. This means that we will celebrate Confirmation, Reception and Reaffirmation of baptismal vows as part of his visit. Please plan to join us on this wonderful occasion to support those who are taking the class and as a reminder there will be one service on that day.

Our **Beyond our Four Walls** agency for February is **Respite Care, Inc.**, a nonprofit organization in Larimer County that provides short term, quality care for children with developmental disabilities, giving respite to their families, and enhancing the quality of life for the entire family. Today, Lauren Whynott, Development Director of Respite Care is scheduled to talk with us.

Lent starts on February 14, and thus we begin a time of contemplation and introspection into our faith journey. At All Saints we will offer the following opportunities for you to engage in a Holy Lent:

Ash Wednesday: begin keeping a holy lent at one or our services: Wednesday, Feb. 14, 12:10 p.m. and 7:00 p.m.

Lent Soup Suppers: Evening prayer followed by a light dinner and exploring the topic of Jesus and the business of the Church: Mission and Ministry. Wednesdays 6-8:00p.m., Feb. 21, 28, March 7, 14, 21

Stations of the Cross: These will be self-guided this Lent. Using one of several different versions, you are invited to walk the stations in the church on your time. Or join with one or two others and walk them together. There will be several different booklets of the stations that will be on a table in the narthex, as well as a series of questions for you to use for reflection. The church is open 9-4, Monday - Thursday.

Meeting Jesus in the Gospel of John: Join us for an Online Lent study that is available at www.meetingjesusinjohn.org. This a six-week study leading each participant into a deeper intimacy with God by praying with the words of John the Evangelist and journaling in the available prayer journal. Created by the Society of St. John the Evangelist (SSJE) a religious order for men in the Episcopal church. Their Lenten online offerings are popular. This includes the option for small group study.

Lent Madness: learn about various saints and then vote each day in the saintly matchup. A lighter side of lent, but one that invites you to consider the lives of the saints and their influence on your life. www.lentmadness.org. We will keep track of the saintly brackets on a poster in Ford Hall

More information about these offerings will be forthcoming!

CALENDAR FOR THE WEEK February 5—11

Monday (5)	9:00am Snack-n-Chat 10:00am CPR Class-Basement Meeting Area 6:00pm NA-Basement Meeting Area
Tuesday (6)	10:00am CPR Class-Basement Meeting Area 12:00pm Bridge-Ford Hall 7:00PM Choir 7:00pm Boy Scouts
Wednesday (7)	9:00am Bridge Class 9:00am Holy Eucharist 12:00pm Bridge-Ford Hall 7:00pm Boy Socuts-BMA
Thursday (8)	7:30am Holy Eucharist 8:00am Breakfast 10:00am CPR Class-Basement Meeting Area 7:00pm NA-Basement Meeting Area
Friday (9)	8:00am Bridge Class (9-5) 9:00am CPR Class-Basement Meeting Area
Saturday (10)	10:00am CPR Class-Basement Meeting Area 10:00am Daughters of the King Meeting
Sunday (11)	8:15am Choir 8:50am Children's Songs 9:00am Sunday School-Children's Chapel/Library 9:00am Holy Eucharist –Celebration of New and Mutual Ministry 4:00pm Confirmation Class 7:00pm NA -Basement Meeting Area

Prayers of the People for those in need:

Russ, Laura, Marilyn, Anne, Jim, Dave, Lesley, Ernie, Jane, Frank, Janet, Chuck, Drue, Malcolm, Lucy, Saul, Will, Anne, Madeline, Kimberly, Stephen, Ginny, Bett, Paula, Kathryn

Please add your own prayers either aloud or silently.

Birthday Prayer

Watch over thy child, O Lord, as *their* days increase; bless and guide *them* wherever *they* may be. Strengthen *them* when *they* stand; comfort *them* when discouraged or sorrowful; raise *them* up if *they* fall; and in *their* heart may thy peace which passeth understanding abide all the days of *their* life; through Jesus Christ our Lord. **Amen.**

Prayers for the people will remain on the list for one month, For further confidential prayers contact Donna Hammond or Nancy Riddell to have names

One Service	9:00am	February 11
Servers		Readings
9:00	Reader: Scott Halsey	2 Kings 2:1-12
9:00	Acolyte/Psalmist: Jacob Crisman	2 Corinthians 4:3-6
9:00	Chalice: Barbara Robson	Mark 9:2-9
9:00	Chalice: Susie Halsey	Psalm 50:1-6

All Saints Episcopal Church
3448 North Taft Ave. Loveland, Colorado 80538
970-667-0303 Emergency number—970-667-0304
Website: www.allsaintsloveland.org
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Office Hours: Monday to Thursday 9:00 -4:00 pm. Closed on Fridays

Staff

Rector: The Rev. Cynthia Espeseth	Email: rectorallsaintsloveland@gmail.com
Parish Administrator: Carl Peterson	Email: allsaintsloveland@gmail.com
Financial Secretary: Marsha Rech	Email: financeallsaintsloveland@gmail.com
Music Director: Danielle Crisman	Email: musicallsaintsloveland@gmail.com
Organist/Pianist: Andrew Crisman	
Nursery: KB Benstock	

All Saints' Sunday bulletins are online. Bring your phone, iPad or other favorite screen and follow along at www.allsaintsloveland.org using the link on bottom of the welcome page. Use the All Saints guest network.