



Saint Benedict's Episcopal Church
The Fifth Sunday after the Epiphany
February 3 and 4, 2024 | 6pm, 8am, and 10am

Welcome to Saint Benedict's Episcopal Church, a church that feels like family!

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. For our worship this month, we will be using many hymns from LEVAS (*Lift Every Voice and Sing – An African American Hymnal of The Episcopal Church*).

Voluntary: Avant-Propos

Richard Lloyd (1933-2021)

Processional: Praise to the Lord, the Almighty

Hymn 390

***(6pm - Cursillo): Come! Now is the Time to Worship**

The people standing, the Celebrant says

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

People *And blessed be his kingdom, now and forever.*

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.**

Gloria:

Melodic Gloria

James J. Cheppanis



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***(8am - Rite I)** Glory be to God on high, and on earth peace, good will towards men.

We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takes away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. **Amen.**

THE WORD OF GOD

The Collect for the Day

The Lord be with you.

And also with you.

***(8 am)** And with thy spirit.

Celebrant: 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.*

A Reading from the Book of the Prophet Isaiah

Isaiah 40:21-31

Have you not understood 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.

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

Psalm 147:1-12, 21c

S 229 R. Goodson
(1655-1719)

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.

Hallelujah!

A Reading from the First Letter of Paul to the Corinthians

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

Sequence Hymn: Thine arm, O Lord, in days of old
*** (6pm Cursillo) He is Exalted**

Hymn 567

+The Holy Gospel of our Lord Jesus Christ according to Mark

Mark 1:29-39

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. *People:* **Praise to you Lord Christ!**

Sermon

The Reverend Albert R. Cutié, Rector

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 (Form VI)

In peace, we pray to you, Lord God.

For all people in their daily life and work;

For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;

For all who work for justice, freedom, and peace.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;

For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;

For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, Peter our Bishop, Father Albert our Rector, Deacon Deb, our retired clergy, and for all bishops and other ministers; ***For all who serve God in his Church.***

For the special needs and concerns of this congregation.

Silence (The People may add their own petitions)

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence (The People may add their own thanksgivings)

We will exalt you, O God our King;

And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence (The People may add their own petitions)

Lord, let your loving-kindness be upon them;

Who put their trust in you.

Today, in the Anglican Cycle of Prayer we remember the Church of South America.

We pray for those celebrating Birthdays and Anniversaries this week (Feel free to add names silently or aloud)

Confession of Sin

Deacon: Let us confess our sins against God and our neighbor.

All: **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 Peace

The Peace of the Lord be always with you. **And also with you. *(8 am): And with thy spirit.**

Announcements by the Rector

*An offering is now taken for the work of the parish. Please be generous – We count on your support all year!
Feel free to make a secure donation ONLINE www.saintbenedicts.org and go to “Online giving “or give by clicking on
the QR CODE below... God bless you for your generous support!*



Offertory Hymn: How Great Thou Art

***(6pm Cursillo):** Freely, Freely

LEVAS 60

Offertory Anthem (10 am): Look at the World

*Look at the world, everything all around us
Look at the world and marvel every day
Look at the world, so many joys and wonders
So many miracles along our way*

*Praise to thee O Lord for all creation, give us thankful hearts
that we may see
All the gifts we share and every blessing, all things come of thee.*

*Look at the earth bringing forth fruit and flowers
Look at the sky, the sunshine and the rain
Look at the hills, look at the trees and mountains
Valley and flowing river, field and plain*

*Think of the spring, think of the warmth of summer
Bringing the harvest before the winter's cold
Everything grows, everything has a season
'Til it is gathered to the fathers fold*

*Every good gift, all that we need and cherish
Comes from the Lord in token of his love
We are his hands, stewards of all his bounty
His is the earth and his the heavens above*

Doxology

Praise God from whom all blessings flow

Old Hundredth

Praise God from whom all blessings flow, Praise Him all creatures here below: Praise Him above ye heavenly hosts, Praise Father, Son, and Holy Ghost. Amen!

THE HOLY COMMUNION

The Great Thanksgiving

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: Lift up your hearts.

All: We lift them up to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give him thanks and praise.

***(8am):** And with thy spirit.

***(8am):** We lift them up unto the Lord.

***(8am):** It is meet and right so to do.

Preface

Sanctus

The Lord's Prayer

Albert Hay Malotte (1895-1964)

Fraction Anthem at the Breaking of the Bread

Douglas Major (b. 1953)

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

Agnus Dei

David Hurd

Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us Thy peace.

***(8am): Prayer of Humble Access**

All: We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Communion Hymn: Have thine own way, Lord!

LEVAS 145

***(6pm Cursillo): Here I am, Lord**

The Post Communion Prayer: Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

***(8am Rite I):**

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.

Blessing:

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

Recessional Hymn: Blessed assurance

LEVAS 184

***(6pm): Pass it on**

The Dismissal

Go in peace to love and serve the Lord! Alleluia Alleluia!

Thanks be to God. Alleluia! Alleluia!

Voluntary: **Sortie**

Dom Andrew Moore (b. 1954)

NEWS AND ANNOUNCEMENTS



The Clarendon College Alumni Association of South Florida will be joining us in worship at the Sunday, 10 am service. Welcome!



ECW Sunday is Sunday, February 4th. We are asking all women to wear red or red/beige during that Sunday service as we celebrate the Episcopal Church Women of St. Benedict's.



Mother's Union, St. Benedict's Chapter - Sunday, February 4: Monthly Meeting in the Deshaies Hall after the 10 am service.

Sunday, March 3 | 10 am Service: 20th Anniversary: Induction of Officers and celebration in the Deshaies Hall after the service.

The 2023 Contribution Statements are available in the Narthex.



*Lent begins on Wednesday February 14, 2024 — also known as **Ash Wednesday***

Wednesday, February 14, 2024

7:00 AM - Short (30 minute) Service of the Word and Imposition of Ashes

Noon - Holy Eucharist Rite II and Imposition of Ashes (Quiet Service)

7:00 PM - Holy Eucharist Rite II and Imposition of Ashes (With Choir and Music)

Ashes to Go on NW 5th Street

Sunday School Volunteers Needed! We are looking for Sunday School Teachers to join our vibrant community and ignite young hearts with the love of Christ. Please contact Joanne Dussau at joanne.lynn.michael@gmail.com.



LAST WEEK'S OFFERING TO GOD – IN PERSON AND ONLINE

Operating: \$6,099.00

Building - Maintenance: \$1,529.51

Total: \$7,628.51

Thank you for your dedication to your parish, and may God bless you for your generosity.



SAINT BENEDICT'S EPISCOPAL CHURCH

DIOCESE OF SOUTHEAST FLORIDA – ANGLICAN COMMUNION

Our mission is to know Christ's love, and to make it known

Nuestra misión es conocer el amor de Cristo y darlo a conocer

Weekly Worship Schedule

SATURDAYS

6:00 PM Holy Eucharist Rite II (*"Dog-friendly" Service*)

SUNDAYS

8:00 AM (*Rite I*), **10:00 AM** (*Rite II*), **12:00 PM** (*Misa en español*) **Holy Eucharist**

TUESDAYS

Holy Eucharist 8:30 AM

WEDNESDAYS

Healing Mass and Litany 7:00 PM

THURSDAYS

Holy Eucharist 8:30 AM

FRIDAYS

Bible Study 9:30 AM (Church Conference Room)

The Reverend Albert R. Cutié, Rector

The Reverend Debra McLaughlin, Deacon

Ms. Linda Schlepp-Gray, Parish Administrator

Dr. Daniel Copher, Organist and Choirmaster

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