



THE FIFTH SUNDAY AFTER THE EPIPHANY

SUNDAY 4 FEBRUARY 2024
THE HOLY EUCHARIST, RITE I

8:00 A.M.

THE WORD OF GOD

Opening Acclamation

The Book of Common Prayer, p. 323

The Collect for Purity

p. 323

Kyrie

p. 324

The Collect of the Day

p. 163

Set us free, O God, from the bondage of our sins and give us, we beseech thee, the liberty of that abundant life which thou hast manifested to us in thy Son our Savior Jesus Christ; who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The First Lesson: Isaiah 40:21–31

The Holy Bible; NRSV, p. 654

Commentary: Isaiah's emphasis in these verses is God as the ruler of all creation. God has given to human beings both the objective revelation of Himself and the ability to understand its implications. The same God who created the world presides over its affairs. All decision makers in the world are really under God's authority; He is sovereign. The Jewish people thought God had forgotten them, but Isaiah encouraged them to open their eyes and ears to what they knew about their God. He is eternal, the covenant-keeper, the untiring Creator; He is beyond human comprehension. Circumstances may overcome the most vigorous young people, but those who wait on the Lord will receive divine strength to face all obstacles.

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.

The Word of the Lord.

People

Thanks be to God.

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!

The Holy Gospel: Mark 1:29–39

NRSV, p.913

People The Holy Gospel of our Lord Jesus Christ according to Mark.
Glory be to thee, O Lord.

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.

People The Gospel of the Lord.
Praise be to thee, O Christ.

The Sermon

The Reverend C. Phillip Craig, Jr.

The Nicene Creed

p. 327

The Prayers of the People

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Confession of Sin

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The Peace

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Welcome and Announcements

THE HOLY COMMUNION

Eucharistic Prayer II

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Sanctus

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The Lord's Prayer

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The Breaking of the Bread

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Prayer of Humble Access

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The Communion of the People

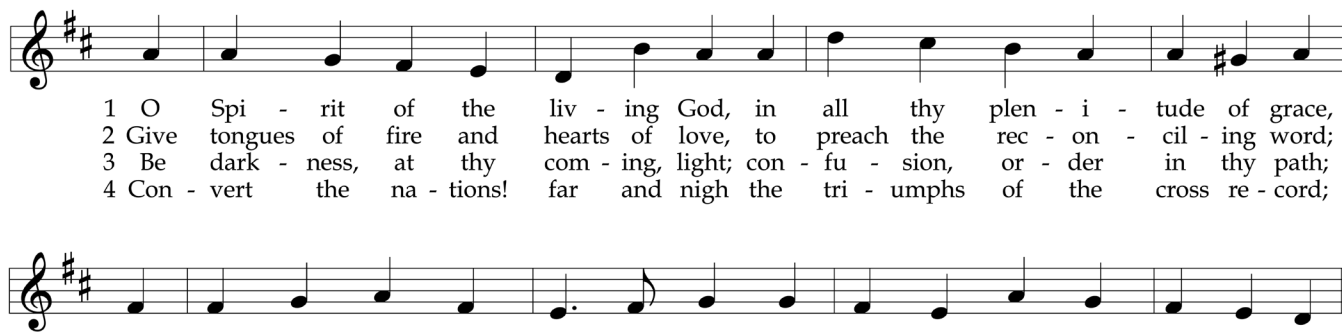
Gluten-free wafers available upon request

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The Blessing

Closing Hymn 531

"O Spirit of the living God"

Melcombe


1 O Spi - rit of the liv - ing God, in all thy plen - i - tude of grace,
 2 Give tongues of fire and hearts of love, to preach the rec - on - cil - ing word;
 3 Be dark - ness, at thy com - ing, light; con - fu - sion, or - der in thy path;
 4 Con - vert the na - tions! far and nigh the tri - umphs of the cross re - cord;

wher - e'er the foot of man hath trod, de - scend on our a - pos - tate race.
 give power and unc - tion from a - bove, when e'er the joy - ful sound is heard.
 souls with - out strength in - spire with might, bid mer - cy tri - umph o - ver wrath.
 the Name of Je - sus glo - ri - fy, till ev - ery peo - ple call him Lord.

The Dismissal

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Celebrant: The Reverend Cheryl Brainard
Preacher: The Reverend C. Phillip Craig, Jr.
Organist: John Sullivan

THIS WEEK AT ST. JAMES

MON.- FRI., FEBRUARY 5-9

• MORNING PRAYER

8:00-8:30 AM | Zoom

MONDAY, FEBRUARY 5

• BRUNSWICK STEW PICK UP

All Day | Call ahead

• LIVING WELL IN MIDST OF GRIEF

5:00 PM | Graham Parlor or Zoom

• ST. JAMES SPEAKER SERIES: AN

EVENING WITH WESTMINSTER ABBEY

7:00 PM | St. James Parish & Livestream

*Reception to follow in the Great Hall***TUESDAY, FEBRUARY 6**

• EDUCATION FOR MINISTRY

9:00-11:30 a.m. - Registration Required

WEDNESDAY, FEBRUARY 7

• YOUTH BIBLE STUDY

7:00 AM | 16th St. Starbucks

• CREATIVE CONNECTIONS

8:30 - 11:00 AM | Stephen Ministry Room

• THE ARTS & THE BIBLE

11:00 AM | Stephen Ministry Room

• HOLY EUCHARIST

12:10 PM | St. James Chapel

THURSDAY, FEBRUARY 8

• EVANGELISM COMMISSION MEETING

11:00 a.m. | Tatum Parlor

• PRAYING SHAPES BELIEVING

5:30 p.m. | Lippitt Room

• EDUCATION FOR MINISTRY

6:30 - 8:00 PM | Registration Required

• CHOIR REHEARSAL

7:00 PM | Choir Room

FRIDAY, FEBRUARY 9

• DIOCESE OF EAST CAROLINA 141st

CONVENTION

SATURDAY, FEBRUARY 10

• DIOCESE OF EAST CAROLINA 141st

CONVENTION

SUNDAY, FEBRUARY 11

• HOLY EUCHARIST - RITE I

8:00 AM | St. James Parish

• FAMILY BREAKFAST

8:30 - 9:10 AM | Great Hall

• FAITH FORMATION HOUR

9:10 - 10:00 AM | St. James Parish

• HOLY BAPTISM WITH EUCHARIST

10:15 AM | St. James Parish & Livestream

• IGNITE! YOUTH GATHERING

5:00 - 6:30 PM | Youth Room

EDITORIAL DEADLINES: The deadline for the February 12th Weekly Digital Grapevine is Friday, February 9th.The deadline for the March Grapevine Magazine is February 23rd. Email communications@stjamesp.org.

UPCOMING EVENTS

WESTMINSTER ABBEY COMES TO WILMINGTON

ST. JAMES SPEAKER SERIES: AN EVENING WITH WESTMINSTER ABBEY

Monday, February 5 | 7:00 p.m. | St. James Parish

St. James Episcopal Church in downtown Wilmington is thrilled to announce our first speaker event of 2024. On Monday, February 5, 2024, the St. James Speaker Series has invited **The Rev. Dr. James Hawkey, Canon Theologian of Westminster Abbey, and Mr. Martin Castledine, Dean's Verger of Westminster Abbey**, to share with us their experiences as clergy and staff of the royal church. Join us on Monday, February 5, at 7:00 p.m. at St. James Parish for this special presentation. A brief time of Q&A in the sanctuary and a reception will follow. This event is free to our community.

GUARDIAN ANGEL PRAYER EXPERIENCE SIGN UPS CLOSE!

Signups Open Through February 6th!

One of our St. James traditions is the Guardian Angel Prayer experience. We invite adults to take time this Lent to pray for a young person in our parish. If you agree to be a "Guardian Angel" during Lent, you will receive information about the young person who will be assigned to you. Please remember to keep your identity as their "angel" a secret and to pray for them each day. Complete the form online or reach out to Cookie Cantwell at cookie@stjamesp.org to sign up!

SHROVE TUESDAY PANCAKE SUPPER

Tuesday, February 13 | 5:30 - 7:00 PM | Perry Hall

February 13th is Shrove Tuesday. It's one of those days that we Episcopalians love to celebrate. Christians started celebrating Shrove Tuesday in the 16th Century. In the days preceding Lent, a season of fasting, was observed. Fatty foods, such as milk and butter, were consumed prior to the fasting. The goal was to use up these ingredients, as they wouldn't be able to be consumed during Lent. So, on Shrove Tuesday, we celebrate with pancakes, rich in butter and milk. We also eat meat, bacon and sausage, and indulge ourselves one last time before Lent.

Shrove Tuesday is an important time to join with your parishioners, have a meal, and enjoy each other's company. Bring a friend or two and join us on Tuesday, February 13 from 5:30-7:00 p.m. as we celebrate the last day before Lent with John Baldersons' delicious pancakes! Proceeds from this event support the outreach efforts of our St. James Youth! Stay tuned for how to RSVP/donate.

LENT AT ST. JAMES

ASH WEDNESDAY

Wednesday, February 14 | Multiple Services

Ash Wednesday is the first of the forty days of Lent, named for the custom of placing blessed ashes on the foreheads of worshipers at Ash Wednesday services. This year we will offer three services with the imposition of ashes.

- 7:00 a.m.
- 12:10 p.m.
- 7:00 p.m.

A Morning Prayer service will be offered online without the imposition of ashes. **8:00 a.m.** on Zoom.

LENTEN BIBLE STUDY

Begins Wednesday, February 21 | 11:00 AM | Stephen Ministry Room or Zoom

Bring your Bible and join us as we examine Jesus' encounters and conversations with 5 very different people and the effect the encounters had on their lives. Each of these people has something to teach us as once again we make our Lenten journey. Every session is stand-alone and handouts will be available.

WEDNESDAYS DURING LENT

CHILDREN'S CHOIR PRACTICE

Wednesdays | 5:30 - 6:15 p.m. | Children's Chapel

Rehearsals will be on Wednesdays in the late afternoon. This year we'll offer a faith formation opportunity alongside the choir practice. **The children's choir will sing on Palm Sunday.**

WILL YOU? LENTEN STUDY ON OUR BAPTISMAL PROMISES

Wednesdays | 5:30-6:15 p.m. | Lippitt Room

Adults and youth are invited to join us for a combined time of study during this Lenten season. Our clergy will lead this combined offering.

LENTEN DINNERS

Feb. 21 - Mar. 20 | 6:00-7:00 p.m. | Great Hall

We invite you all to save your Wednesday nights for dinner and fellowship. A donation of \$10 per person/ \$25 per family is requested to help support this wonderful family ministry. RSVP Online

SAVE THE DATE: LENTEN MINI-RETREAT

Saturday, March 9, 2024 | 9:00 - 11:30 a.m. | Lippitt Room

ST. JAMES PARISH

THE REVEREND C. PHILLIP CRAIG, JR., RECTOR

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