

The Holy Eucharist
The Fourth Sunday after the Epiphany
10:00 AM



January 28, 2024

The Episcopal Church of St. Mary of the Harbor
Provincetown

Where the Land, the Sea, and the Sacred Meet

Welcome to St. Mary of the Harbor

A warm welcome to you! Here at St. Mary's, we welcome you with open arms and open hearts, to share with you the love with which Christ has welcomed us. Whoever you are, wherever you may be in life, there is a place for you here. In this beautiful place, you will find sojourners like yourself who are searching for truth, meaning, and purpose. And we invite you to explore and experience the gift of God's love in this place where the land, the sea, and the sacred meet.

Worship Guidance

Everything you need to guide you through today's service will be found in this bulletin, or in the hymnals in the chair just in front of you. You are invited to join in prayers and responses when the words are in **bold-faced** print in the leaflet. Most hymns may be found in *The Hymnal 1982*, the large blue hymnal. Occasionally hymns may be drawn from the green hymnal *Wonder, Love, and Praise* (abbreviated WLP in your bulletin), or from *Lift Every Voice and Sing* (abbreviated LEVAS).

Hospitality after Sunday Service

Right after this service, a time of hospitality will be offered in Nicholson Hall. All are welcome!

Vestry Officers

Pat Penza, Senior Warden
John Carroll-Yagel, Junior Warden
John Loftin, Treasurer
Judy Dozois, Clerk

Vestry Members

Tim Brown	Harry Ellsworth
Phil Franchini	Alex Glowacki
Anita McGahan	Janet Whelan

This Sunday's Leadership

Presider: The Rev. Brian Raiche
Deacon: The Rev. Bruce Mason
Organist: Bill Carlson
Crucifer: Tim Brown
Lector: Shawn Fiedler
Healer: Maghi Geary
Ushers: Mary Jo Avellar and Tim Brown
Altar Guild: John Loftin and John Carroll
Livestream: Loren Lee

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Liturgy of the Word

Prelude
Welcome

Pastorale

Arcangelo Corelli

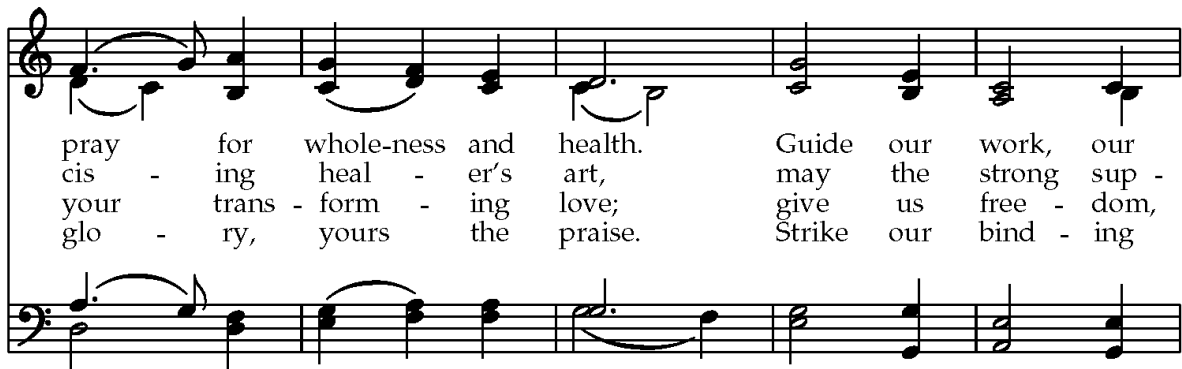
Gathering Hymn

God, Creator, Source of Healing

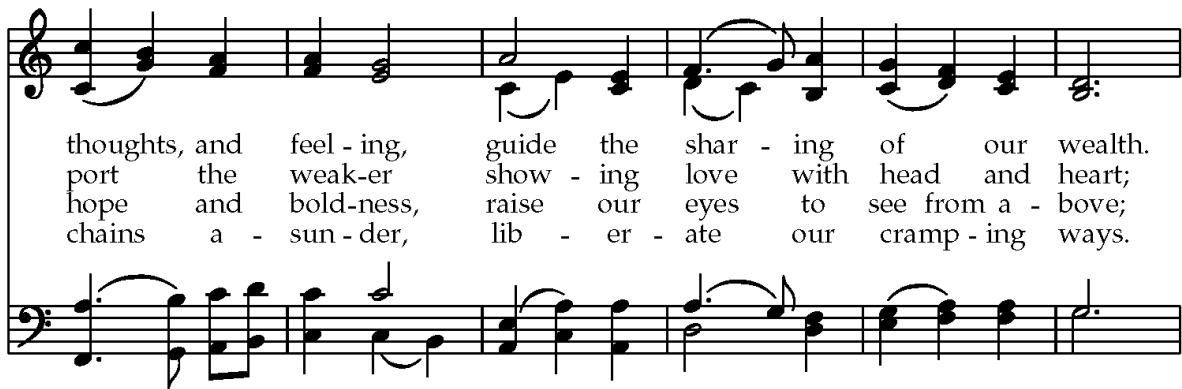
Voices Found #93



1 God, cre - a - tor, source of heal - ing here we
2 Je - sus, known to friend and seek - er ex - er -
3 Ho - ly Spi - rit, bring us whole-ness, come with
4 Tri - ni - ty of awe and won - der yours the



pray for whole-ness and health. Guide our work, our
cis - ing heal - er's art, may the strong sup -
your trans - form - ing love; give us free - dom,
glo - ry, yours the praise. Strike our bind - ing



thoughts, and feel - ing, guide the shar - ing of our wealth.
port the weak-er show - ing love with head and heart;
hope and bold-ness, raise our eyes to see from a - bove;
chains a - sun - der, lib - er - ate our cramp - ing ways.



Give dis - cern - ment in our de - ci - sions give com -
give fresh en - er - gy and pur - pose when un -
shape our sys - tems, in - sti - tu - tions, clar - i -
May our lives re - flect your splend-our, in a -

pas - sion in our care; rec - on - cile our
 rea - son - ing blocks your grace, spare us harm, in
 fy our blind - ed sight, as we seek God -
 bun - dance Lord we ask. God, our guide and

strife and di - vi - sions as we search for means to share.
 dan - ger a - lert us, show the ra - diance of your face.
 giv - en so - lu - tions, help us greet the just and right.
 our be - friend - er, give new mean - ing to our task.

Opening Acclamation

Presider: Blessed be God, Creator, Christ and Holy Spirit.

People: And blessed be God's kingdom, now and forever.

The Collect for Purity

People: 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

My Heart Sings Out #9

1x in Unison; Then twice as a round

Refrain

1 Glo - ri - a, glo - ri - a, 2 in ex - cel - sis De - o!

3 Glo - ri - a, glo - ri - a, 4 al - le - lu - ia, al - le - lu - ia!

Collect of the day

Presider: The Lord be with you.

People: And also with you.

Presider: Let us pray:

Almighty and everlasting God, you govern all things both in heaven and on earth:
Mercifully hear the supplications of your people, and in our time grant us your
peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy
Spirit, one God, for ever and ever. **Amen.**

First Reading: *Deuteronomy 18:15-20*

A Reading from the Book of Deuteronomy

Moses said: The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

Hear what the Spirit is saying to God's people.

Thanks be to God.

Psalm 111

Read responsively by full verse

Hallelujah!

I will give thanks to the LORD with my whole heart,
in the assembly of the upright, in the congregation.

**Great are the deeds of the LORD!
they are studied by all who delight in them.**

His work is full of majesty and splendor,
and his righteousness endures for ever.

**He makes his marvelous works to be remembered;
the LORD is gracious and full of compassion.**

He gives food to those who fear him;
he is ever mindful of his covenant.

**He has shown his people the power of his works
in giving them the lands of the nations.**

The works of his hands are faithfulness and justice;
all his commandments are sure.

**They stand fast for ever and ever,
because they are done in truth and equity.**

He sent redemption to his people;
he commanded his covenant for ever;
holy and awesome is his Name.

**The fear of the LORD is the beginning of wisdom;
those who act accordingly have a good understanding;
his praise endures for ever.**

Second Reading: *1 Corinthians 8:1-13*

A Reading from First Letter of Paul to the Corinthians

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear what the Spirit is saying to God’s people.
Thanks be to God.



Music: Norah Duncan IV, © 1987, GIA Publications, Inc.

Gospel: *Mark 1:21-28*

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

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

The Gospel of the Lord.
Praise to you, Lord Christ.

Sermon

The Rev. Brian Raiche

The Creed

I Believe In God Almighty

WLP #769

Prayers of the People

Form IV

Presider: Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Lord, in your mercy, **Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy, **Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy, **Hear our prayer.**

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Lord, in your mercy, **Hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit; we remember all those on our parish prayer list: Joan Boudreau, Ken Barry, Towanda deNagy, Diana Hardy, Priscilla McChesney, Maureen Cronin, Ollie Ahmuty, Joan Walter, Joan Marshall, David Griffiths, Peggy Cassano, Phil Franchini, Richard Cuciniello, Tom Peters, Bobby Taylor, Jesse Johnson, and all those listed on our Parish Prayer List. And for those who are known to us in our hearts, those known only to you, and for those whose names are spoken on our lips: (*You are invited to offer your own intentions aloud or silently*). Give them courage and hope in their troubles, and bring them the joy of your salvation.

Lord, in your mercy, **Hear our prayer.**

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Lord, in your mercy, **Hear our prayer.**

Closing Collect

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your people, the Church, and give to us the peace and unity of that heavenly City, where you live and reign, now and for ever. **Amen.**

The prayers are concluded with hymn # 608, verse 1

**Eternal Father, strong to save, whose arm hath bound the restless wave,
who bidd'st the mighty ocean deep its own appointed limits keep:
O hear us when we cry to thee for those in peril on the sea.**

Confession of Sin

Let us confess our sins against God and our neighbor.

Enriching Our Worship 1

All:

**God of all mercy,
we confess that we have sinned against you, opposing your will in our lives.
We have denied your goodness in each other, in ourselves, and in the world
you have created. We repent of the evil that enslaves us, the evil we have done,
and the evil done on our behalf. Forgive, restore, and strengthen us through
our Savior Jesus Christ, that we may abide in your love and serve only your
will. Amen.**

Presider: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

Presider: The peace of the Lord be always with you.

People: **And also with you.**

Birthday and Anniversary Blessings

Birthdays:

O God, our times are in your hand: Look with favor, we pray, on your servant *N* as *he* begins another year. Grant that *he* may grow in wisdom and grace, and strengthen *his* trust in your goodness all the days of *his* life; through Jesus Christ our Lord. **Amen.**

Anniversaries:

Almighty and everliving God: look tenderly upon your servants, who stand before you in the company of your Church. Lift them up in joy in their life together. Grant them so to love selflessly and live humbly, that they may be to one another and to the world a witness and sign of your never-failing care; through Jesus Christ our Lord, **Amen**

Liturgy of the Table

Invitation:

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

Preparation of the Table *Bethlehem, of noblest cities, English folksong*

Alan Bullard

Presentation of the Gifts

From All that Dwell

Hymnal #380

The Great Thanksgiving

Eucharistic Prayer C

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

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

People: It is right to give God thanks and praise.

God of all power, Ruler of the Universe, you are worthy of glory and praise.

People: Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People: By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People: Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

People: By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:



And so, God our Creator, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,
People: We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Ancestors: God of Abraham and Sarah, Isaac and Rebecca, and Jacob and Rachel; God of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People: Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen. The Lord's Prayer**

And now, as our Savior Christ has 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,
for ever and ever. Amen

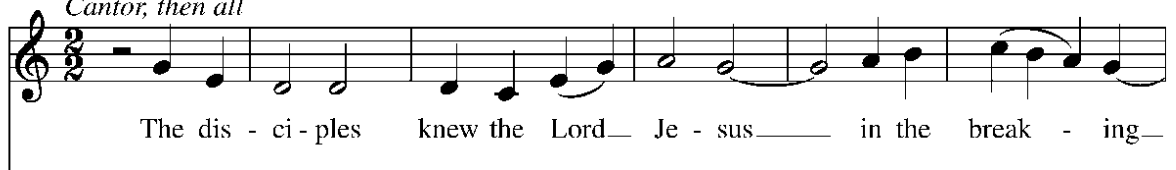
The Breaking of the Bread

Presider Alleluia. This is the true bread which comes down from heaven
and gives life to the world.

People Whoever eats this bread will live for ever. Alleluia.

Fraction Anthem

Antiphon
Cantor, then all



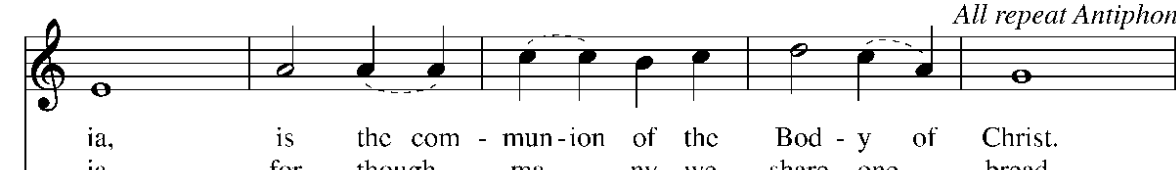
The dis - ci - ples knew the Lord — Je - sus — in the break - ing —

— of the bread.

the verses

1. The bread which we break, Al - le - lu -
2. One bo - dy are we, Al - le - lu -

All repeat Antiphon



ia, is the com - mun - ion of the Bod - y of Christ.
ia, for though — ma - ny we share one — bread.

Invitation to Communion

In this house which bears the name Mary, all are welcome to share the one she bore, Jesus the Bread of Life.

Communion Hymn: Ubi Caritas

WLP #831

Descant

U - bi ca - ri - tas et a - mor,
Ai - a nō e loa'a ke a - lo - ha

A

U - bi ca - ri - tas et a - mor,
Ai - a nō e loa'a ke a - lo - ha

u - bi ca - ri - tas De - us i - bi est.
Ai - a nō e loa'a ke A - kua nō.

B

u - bi ca - ri - tas De - us i ³ - bi est.
Ai - a nō e loa'a ke A - kua nō.

Translation: Where true charity and love abide, God is there.

Words: Latin, 8th c., tr. Malcolm Naea Chun (b. 1954). Music: Jacques Berthier (1923-1994).

Presider: Let us pray

People: God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and with one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. **Amen.**

The Blessing

Presider: The Lord be with you.

People: And also with you.

Presider: May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. **Amen.**

Recessional

O Love, How Deep, How Broad

Hymnal #448

Dismissal

Deacon: Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia! Alleluia!

People: Thanks be to God. Alleluia! Alleluia!

Postlude

Prelude and Fugue in C major

J.S. Bach

Announcements

Ash Wednesday

Lent is fast approaching! We will celebrate the Eucharist and Distribution of Ashes on Wednesday, February 14th at 12:15 PM. Rev. Brian will be available at church from 8:00 AM- 9:00 AM for anyone that would like to receive ashes but cannot attend the midday service.



Last Year's Palms

If you have palms from last Palm Sunday, you may drop them off at the church. There is a basket at the entrance way into the church.

"Singspiration" Sunday February 25th at 2PM

Join our local churches for a hymn sing at the U.U. Church (236 Commercial Street, Provincetown). Each church will lead a hymn and an anthem (vocal or instrumental). St. Mary of the Harbor will be participating! All are welcome.

Winter Lunches

Each Saturday at noon during the months of January and February, parishioners from St. Mary of the Harbor cook and serve a homemade lunch to approximately 75 people. There is no charge and everyone is welcome. The menu changes each Saturday and occasionally there is musical entertainment. Your help is welcome. Set-up starts at 9:15, Meal Prep at 10, and Serving starts at noon. A sign-up sheet is located on the credenza near the bulletin board or you may just show up!

Strength for the Journey

As a strong outreach for St. Mary of the Harbor, Our Strength for the Journey service is emailed through the country or we meet in person during the summer season. For further information, please contact Carolyn Smith at carjans@charter.net or Gerri Spinella at gerri.spinella@gmail.com.

A.A. Support Groups

Nicholson Hall: Monday 7:00 P.M; Tuesday 6:00 P.M.; Wednesday 6:30 P.M.

UU Food Pantry

On the first Sunday of each month – including next Sunday, February 4 - we collect donations for the "Little Free Pantry" hosted by our friends at the Unitarian Universalist Meeting House. That pantry provides non-perishable grocery and toiletry items for anyone in need. Please consider picking up an extra item or two when you shop. Items may be left in the basket by the baptismal font at any time. Please, no perishables, no glass containers and please check expiration dates.

Parish Prayer List

We pray for healing and comfort for:

Parishioners: Joan Boudreau, Ken Barry, Towanda deNagy, Diana Hardy, Priscilla McChesney, Maureen Cronin, Ollie Ahmuty, Joan Walter, Joan Marshall, David Griffiths, Peggy Cassano, Phil Franchini, Richard Cuciniello, Tom Peters, Bobby Taylor.

Family and Friends: Jim Neely and Ann English, Kent Taylor, Hyacinth Rance, Margo Kent, Michael Mason, Terry Monaghan, Donna Pickener, Marcia McClure, Marsha Davies, Carol Studley, Marge and Donna, Patty Davenport, Peter Swanson, Scotty Townsend, Barbara Crawford, Jesse Johnson.

Interfaith Singspiration!

**A multi-church music
event in Provincetown**

Come sing with us!

**The whole community is
invited.**

5 Outer Cape churches are
coming together across our
different backgrounds and
traditions to sing together... and
you're invited!

Each church will offer a song
and teach a hymn to the crowd.

The afternoon will culminate in
everyone performing one piece
all together!

Free and open to all.



**Sunday,
February 25
2PM**

This event will be in person at the UU Meeting House of Provincetown

For More Information : e-mail revkate@uumh.org

Saint Mary of the Harbor

2024 Pledge Report

New Beginnings Rooted in Love

The theme for this year's Appeal was "New Beginnings Rooted in Love." Our parishioners have traditionally sought to share all their gifts – not just financial ones. Stewardship requires the sharing of time and talent as well, both to enhance our community and to enable us to serve the needs of others beyond our geographical boundaries.

If you have not yet pledged to our 2024 Stewardship Appeal, it's not too late!

2024 Goal:

Participation Goal: 75

Financial Goal: \$140,000

2024 Raised to date:

Total Number of Pledges: 79 105% of goal

Total Pledged: \$137,128 98% of goal

Average Pledge: \$1,736

Median Pledge: \$1,200

Pledge Segmentation

Segment	Count	Total Funds
\$500 & Under	23	\$8,328
\$501-\$750	3	\$1,720
\$751-\$1,000	9	\$8,600
\$1,001- \$1,500	14	\$18,640
\$1,501-\$2,000	9	\$17,600
\$2,001-\$3,000	11	\$27,440
\$3,001-\$5,000	7	\$29,400
\$5,001-\$7,500	2	\$11,100
\$10,000- \$15,000	1	\$14,300
TOTAL	79	\$137,128

Thank you for your generous support of our parish!

The Church of St. Mary of the Harbor
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The Rev. Brian Raiche, Rector
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