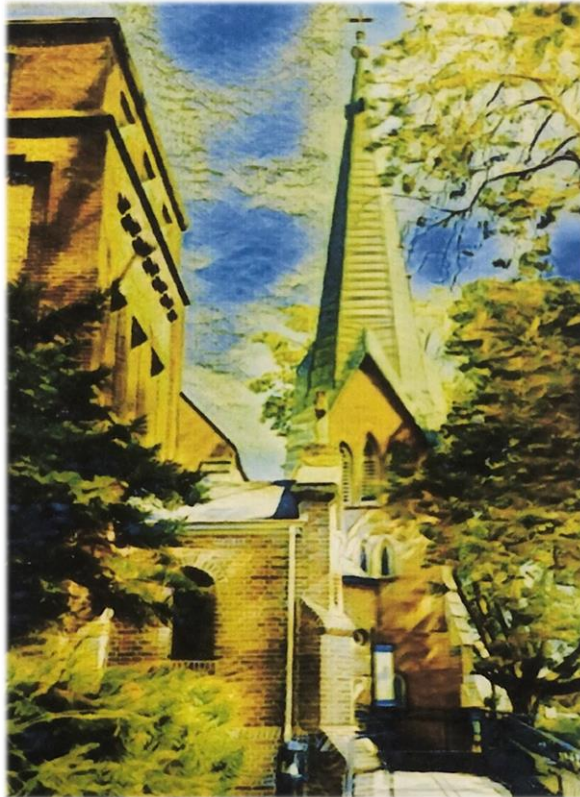


**THE SIXTH SUNDAY AFTER EPIPHANY**  
**HOLY EUCHARIST: RITE II**  
**FEBRUARY 12<sup>TH</sup> AT 10:15 A.M.**



Welcome to St. John's Episcopal Church! We pray you experience the love of God through our worship and fellowship. For those who are new to our community, restrooms can be found on the other side of the parish hall. Ushers are stationed at the back of the church and can answer any questions you may have. In addition to worship, opportunities for fellowship exist after each service. A nursery is available every Sunday for our littlest members next to the Parish Hall. Thank you for being here!

**THE WORD OF GOD**

**WELCOME & ANNOUNCEMENTS**

**PRELUDE**

*Come, Ye Faithful*

Robert J Hughes  
Arthur S Sullivan

Tune: ST KEVIN

*Come, ye faithful, raise the strain of triumphant gladness;  
God hath brought forth Israel into joy from sadness;  
loosed from Pharaoh's bitter yoke Jacob's sons and daughters,  
led them with unmoistened foot through the Red Sea waters.*

**OPENING HYMN**

*The Church's one foundation*

**HYMN 525**

**OPENING ACCLAMATION** *(please remain standing as you are able)*

**BCP 355**

*Officiant* Blessed be God: Father, Son, and Holy Spirit.  
*People* And blessed be God's kingdom, now and forever. Amen.

**COLLECT FOR PURITY**

**BCP 355**

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**

**HYMNAL S-280**

**THE COLLECT OF THE DAY**

*Celebrant* The Lord be with you.  
*People* And also with you.  
*Celebrant* Let us pray.

O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

**THE FIRST LESSON:** Deuteronomy 30:15-20 *(please be seated)*

Moses said, “See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.”

The Word of the Lord.

*People*

*Thanks be to God.*

### **PSALM 119:1-8**

- 1 Happy are they whose way is blameless, \*  
    who walk in the law of the Lord!
- 2 Happy are they who observe his decrees \*  
    and seek him with all their hearts!
- 3 Who never do any wrong, \*  
    but always walk in his ways.
- 4 You laid down your commandments, \*  
    that we should fully keep them.
- 5 Oh, that my ways were made so direct \*  
    that I might keep your statutes!
- 6 Then I should not be put to shame, \*  
    when I regard all your commandments.
- 7 I will thank you with an unfeigned heart, \*  
    when I have learned your righteous judgments.
- 8 I will keep your statutes; \*  
    do not utterly forsake me.

**THE EPISTLE:** 1 Corinthians 3:1-9

Brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, “I belong to Paul,” and another, “I belong to Apollos,” are you not merely human?

What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God’s servants, working together; you are God’s field, God’s building.

The Word of the Lord.

*People*

*Thanks be to God.*

**GRADUAL HYMN**

*Lord, be thy word my rule*

**HYMN 626**

**THE HOLY GOSPEL:** Matthew 5:21-37 (*please remain standing as you are able*)

*Celebrant*

The Holy Gospel of our Lord Jesus Christ according to Matthew.

*People*

*Glory to you, Lord Christ.*

Jesus said, “You have heard that it was said to those of ancient times, ‘You shall not murder’; and ‘whoever murders shall be liable to judgment.’ But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, ‘You fool,’ you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you

to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. “It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’ But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

“Again, you have heard that it was said to those of ancient times, ‘You shall not swear falsely, but carry out the vows you have made to the Lord.’ But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be ‘Yes, Yes’ or ‘No, No’; anything more than this comes from the evil one.”

The Gospel of the Lord.

*People Praise to you, Lord Christ.*

**SERMON**

THE REV. STACEY CATIGANO

**THE NICENE CREED** *(please stand as you are able)*

**BCP 358**

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. *(pause)*  
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.

**PRAYERS OF THE PEOPLE** (*please kneel as you are able*)

**BCP 387**

Father, we pray for your holy Catholic Church; in the Diocesan and Anglican Cycle of prayer we pray for Trinity Episcopal Church, Tyrone; and The Episcopal Church in the Philippines;

*That we all may be one.*

Grant that every member of the Church may truly and humbly serve you;

*That your Name may be glorified by all people.*

We pray for all bishops, priests, and deacons, especially Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Audrey, our Diocesan Bishop; and Amanda, Jen, and Stacey, our clergy;

*That they may be faithful ministers of your Word and Sacraments.*

We pray for all who govern and hold authority in the nations of the world, especially Joe, our President; Josh, our Governor; Danene, our Mayor; and those serving in the Armed Forces;

*That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake;

*That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble especially Claire Phillips, Charlie Rahe, Kate, Nancy Strasburg, Debbie Carter, Justin and Lisa, Paula Wolf, Lily, Morgan & Family, The Marshall Family, Fr. John Emmert, Bonnie Geisel, Leigh and Chris, Sharon Maloney, Marie Stauffer, Cole; we pray for our friends at home especially Ellen Keller, Nancy Nemith, Peter Plaxa, Ricky Smith, Joanna Sweeney, Al Kuser, Mary Sue Farmer, Ellen Sellers, Edith Kane, Merle Schnee, Carol Greenfield, Sandy Grove, and Carol Humphrey.

*That they may be delivered from their distress.*

Give to the departed eternal rest.

*Let light perpetual shine upon them.*

We praise you for your saints who have entered into joy;

*May we also come to share in your heavenly kingdom.*

Let us pray for our own needs and those of others.

*Celebrant* Almighty and eternal God, ruler of all things in heaven and earth:  
Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. *Amen.*

## CONFESSION OF SIN

**BCP 360**

*Celebrant* Let us confess our sins to God and our neighbor.

*People* 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.*

*Celebrant* 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**

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

## **THE HOLY EUCHARIST**

**THE OFFERTORY** *God of Mercy, God of Grace* Carl Schalk

Carl Flentge Schalk was a noted Lutheran composer, author, and lecturer. Between 1965 and 2004 he taught church music at Concordia University Chicago. During this time he guided the development of the university's Master of Church Music degree, which has since graduated more than 140 students. Schalk was a member of the Inter-Lutheran Commission on Worship, which produced the Lutheran Book of Worship in 1978. He was also the editor of the journal *Church Music* from 1966 to 1980. Additionally, he was a published composer for Choristers Guild, a member of the Music Advisory Committee of Concordia Publishing House and of the board of directors of Lutheran Music Program, the parent organization of the Lutheran Summer Music Academy and Festival.

**PRESENTATION HYMN** *As with gladness* **HYMNAL 119, vs. 3**

## **THE GREAT THANKSGIVING: Eucharistic Prayer B**

*Celebrant* The Lord be with you.

*People* *And also with you.*

*Celebrant* Lift up your hearts.

*People* *We lift them to the Lord.*

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

*People* *It is right to give him thanks and praise.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**THE SANCTUS** *Holy, Holy, Holy Lord, God of power and might* **HYMNAL S-125**



*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.*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

*Celebrant and People*

*We remember his death,*

*We proclaim his resurrection,*

*We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. John and all your saints, we may enter the

everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

**THE LORD'S PRAYER**

**HYMNAL S-149**

And now, as our Savior Christ has taught us, we are bold to sing,

**THE BREAKING OF THE BREAD**

**BCP 365**

*Celebrant* Alleluia. Christ our Passover is sacrificed for us;  
*People* Therefore let us keep the feast. Alleluia.

**THE INVITATION**

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

**ADMINISTRATION OF COMMUNION**

*The Episcopal Church invites all to our Lord's table. If you wish to receive, please come forward to the altar rail when the usher indicates. If you desire a blessing instead of communion, simply cross your arms over your chest. When finished, please exit to your right. Gluten free wafers are also available.*

**COMMUNION HYMNS**

*Alleluia! sing to Jesus!  
The stars declare his glory*

**HYMN 460**

**HYMN 431**

**SENDING FORTH OF THE EUCHARISTIC VISITORS**

*Celebrant* In the name of God and on behalf of this parish, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood. We who are many are one body.  
*People* Because we all share one bread, one cup.

**POST COMMUNION PRAYER**

**BCP 365**

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.

### **THE BLESSING**

The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace. And the blessing of God Almighty, Father, Son and Holy Spirit be upon you and remain with you always. *Amen.*

### **CLOSING HYMN**

*We walk by faith*

**HYMN 209**

### **THE DISMISSAL**

*Celebrant*      Let us bless the Lord. Alleluia, alleluia.  
*People*          *Thanks be to God. Alleluia, alleluia.*

### **POSTLUDE**

*March Gothique*

Rex Koury

*Just as the Prelude is meant to quiet our hearts and prepare us for worship,  
the Postlude is meant to ignite our spirits in reflection of the service  
and prepare us to go out into the world and share what we have experienced.*

### **St. John's Traveler Letter:**

*Connecting to our siblings in Christ across the world*

Did you know St. John's has a team of pilgrims who travel every week to the very places we pray for in the Anglican communion? Follow John as he shares a little bit about the church and the places he visits:

Dear Pastor Amanda,

I understand you had a cold snap in Lancaster last week. Here in the Philippines, it was around 74 degrees - at night time! and about 90 in the afternoon sunshine. (What does the

Bible say about envy? Sorry about that.) The Philippines is a nation of islands, and they tell me there are 7,641 of them. You're never very far from a sandy beach, so if you like swimming and diving and seeing underwater wildlife, you should come join me here sometime. One of the more fascinating creatures is the dugong. They're a cousin to Florida's manatees and are said to have inspired legends about mermaids. Or maybe they are mermaids who disguise themselves whenever people are nearby.

The Episcopal Church has an interesting history here. Sometimes new ministries are started by missionaries who traveled to areas occupied by people who had never heard of Christianity. The Catholic Church was already well established here, but then Episcopal worship came along with the army. As you know, priests and deacons and other ministers sometimes serve as chaplains where there are large numbers of people who may not be able to attend church on a regular basis. The army has chaplains, and the US Army had troops stationed here in the late 1800s when Spain turned governmental control of the Philippines over to the United States. When that happened, an Episcopal army chaplain started conducting worship services for anyone who was interested in attending. Churches then grew over the years since, starting out as a missionary district and growing to encompass several individual dioceses. This all happened under the structure of the Episcopal Church USA until about 30 years ago the church here was recognized as an autonomous body of the Anglican Communion. I'll be worshipping at St. Stephen's Parish Church in Manila, which started in 1903. Not quite as old as St. John's, but still has a very strong and established community and congregation. I hope you will be able to come visit someday. Until then, please hold the people, and the dugongs, in your prayers, as I will hold you in mine here.

Blessings always,  
John Traveler

#### **UPCOMING OPPORTUNITIES AT ST. JOHN'S:**

##### **TODAY**

*Souper Bowl of Caring*

*Coffee Hour to follow each service*

8:00 AM Holy Eucharist: Rite I

9:30 AM Sunday School & Youth Group

10:15 AM Holy Eucharist: Rite II

**PLEASE CHECK THE MESSENGER  
FOR INFORMATION ON EVENTS  
HAPPENING THIS MONTH!**

##### **MONDAY, FEBRUARY 13**

6:00 PM Caring Ministry

##### **TUESDAY, FEBRUARY 14**

1:30 PM Martha's Ministry  
2:30 PM Food Pantry  
4:00 PM Finance Committee

**WEDNESDAY, FEBRUARY 15**

12:00 PM Healing Service  
3:00 PM Eagle's Nest  
7:00 PM Choir Rehearsal

**THURSDAY, FEBRUARY 16**

9:00 AM Ministers' Meeting  
2:30 PM Food Pantry  
7:00 PM Handbell Choir Rehearsal

**FRIDAY, FEBRUARY 17**

*Rector's Day Off*

**SATURDAY, FEBRUARY 18**

9:00 AM Community Breakfast  
at First Reformed

**SUNDAY, FEBRUARY 19**

8:00 AM Holy Eucharist: Rite I  
9:30 AM Sunday School  
10:15 AM Holy Eucharist: Rite II  
6:30 PM Property Committee

**WEEKLY SUPPORT MINISTRIES**

AA: Tuesdays at 6:00 PM  
NA: Mon., Weds. & Fri. at 12:00 PM  
NA: Thursdays & Saturdays at 6:30 PM

**SOUPER BOWL OF CARING:** Our youth are hosting a soup luncheon at noon TODAY to raise funds for our Food Pantry ministry which serves the needs of our Lancaster neighbors. Your monetary contributions help us fill the gaps in food donations. We have specially-marked envelopes in the pews, and you use them to place donations in the offering plate or in the big soup pot in Parish Hall.

**FOOD PANTRY NEEDED ITEMS FOR THIS WEEK:** Canned vegetables, canned chicken, shampoo and conditioner. Thank you, St. John's!

# Pancake Supper!

**Tuesday, February 21 from 5:30 PM - 7:00 PM**



Meals include pancakes, sausage,  
fruit, butter & syrup.

Free will donations are requested to support  
our Youth Ministries.

Take-out orders are also accepted. You can place your  
orders in advance by contacting Karen DiPace at  
[karen.dipace@gmail.com](mailto:karen.dipace@gmail.com).

# Lenten Reflections 2023

Dear St. John's family and friends,

In just a few short weeks, we will embark on our annual Lenten pilgrimage. For the past two years, we have offered a Lenten Devotional written by members of our community. Your reflections open the scriptures in such meaningful and holy ways.

With the season of Lent quickly approaching, I look forward to offering this gift a third year, but we're going to need your help! We are looking for 40 people to reflect on a daily scripture passage and write a short reflection to help us on our Lenten journeys. You don't need a theological degree or wear a collar to share your thoughts on scripture!

Following are the instructions for writing your reflections.

- Read your passage, pray, and write!
- Your reflection should be no longer than 200-250 words. Remember brief is beautiful!
- To submit your reflections, simply write the date and passage at the top of your submission and include your reflection below it.
- All reflections need to be emailed to [amanda@stjohns-lancaster.org](mailto:amanda@stjohns-lancaster.org) by FEBRUARY 10.
- Whatever is speaking to your heart is what you should write. Remember personal connections make scripture come alive for others. If you are really struggling with what to write, call me! I'd be happy to work through it with you.
- Make sure to write your name at the bottom of your reflection. (If you would like to remain anonymous we understand and will honor that, however we'd love to give credit where credit is due. I have found these writings to mean so much more when we know who they're coming from.)
- Finally, enjoy this process. This practice is designed to inspire conversations with God and with each other.

If you would like to contribute to the St. John's Lenten Reflection Book, please sign up on our website: [www.stjohns-lancaster.org](http://www.stjohns-lancaster.org)

And remember, there is no age limit to this spiritual practice. Children, youth, young adults, seasoned adults, and families are invited to participate!

I look forward to walking with you through this transformative season,  
Amanda+



## **WELCOME**

Welcome to St. John's Episcopal Church! We are glad you are here. Please tell us a little bit about yourself by filling out a pew card and placing it in the offertory plate.

### **OUR MINISTERS**

All Baptized Members

The Rt. Rev. Dr. Audrey C. Scanlan, Diocesan Bishop

The Rev. Amanda Knouse, Rector  
amanda@stjohns-lancaster.org

The Rev. Stacey Catigano, Deacon  
scatigano@gmail.com

The Rev. Jen Trenary, Assistant Rector  
jen@stjohns-lancaster.org

### **VESTRY**

Mary Waskowicz (Senior Warden), Leslie Morgan (Junior Warden),  
Marylee Sauder, Nick DiPace, Andy Welaish, Liz West, Ted Loose, Kathy Kyper

### **STAFF**

Douglas Beach, Minister of Music & Communications  
Martie & Brandy Walus, Bookkeepers  
John Knouse, Property Manager  
Stephanie Cabrera, Custodian  
Ellia Osofsky, Nursery Care

### **PRIESTS AND CANONS ASSOCIATED WITH ST. JOHN'S**

The Rev. Matt MacDougall  
Canon William F. Honaman, DHL  
The Rev. Faith D'Urbano  
The Rev. Elizabeth Mollard

**GROW IN GOD, ACT IN SERVICE, WITNESS IN LOVE**  
**[WWW.STJOHNS-LANCASTER.ORG](http://WWW.STJOHNS-LANCASTER.ORG) / 717.299.1188**