

ALL SOULS EPISCOPAL PARISH
2220 Cedar Street, Berkeley California



The Fifth Sunday After the Epiphany
SUNG EUCHARIST
February 7, 2021 ~ 11:15 am

*No matter who you are or where you are in your spiritual journey,
you are welcome here.*

Those of us participating in the livestream at the church are observing the physical distance and mask-wearing guidelines required by our diocese. These practices have been created in consultation with local public health officials. Given the nature of this pandemic, these practices may be changing from week to week as the situation develops.

Prelude *Allegretto, from Sonata in F, Op. 65, No. 4 (1845)*

Felix Mendelssohn (1809–1847)

Hymn *Heal me, hands of Jesus*

SHARPE, Carl Haywood

1 Heal me, hands of Je - sus, and search out all my pain: re -
2 Cleanse me, blood of Je - sus, take bit - ter - ness a - way; let
3 Know me, mind of Je - sus, and show me all my sin; dis -
4 Fill me, joy of Je - sus: anx - i - e - ty shall cease and
store my hope, re - move my fear, and bring me peace a - gain.
me for - give as one for - given and bring me peace to - day.
pel the mem - o - ries of guilt, and bring me peace with - in.
heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

Acclamation

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

People And blessed be God's kingdom, now and for ever. Amen.

Collect for Purity

Presider Let us pray together.

Almighty God,

All 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.

Cantor: *All:*

Glo - ry to God in the high - est, and peace to God's peo - ple on earth.

Lord God, heav'n - ly King, al - might - y God and Fa - ther,

we wor - ship you, we give you thanks, we praise you for your glo - ry.

Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God,

you take a - way the sin of the world: have mer - cy on us;

you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.

For you a - lone are the Ho - ly One, you a - lone are the Lord, you a - lone are the Most High.

Je - sus Christ, with the Ho - ly Spi - rit, in the glo - ry of God the Fa - ther. A - men.

THE LITURGY OF THE WORD

The Collect of the Day

Presider May God be with you.
People **And also with you.**
 Let us pray.

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 Isaiah —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.

after the Lesson:

Lector Hear what the Spirit is saying to God's people.
People Thanks be to God.

At the Gradual, Psalm 147:1–12, 21c

Plainsong, Tone VIII



Cantor Alleluia! How good it is to sing praises to you, O God! *
All how pleasant it is to / honor you with praise!
2 For you rebuild Je / rusalem; *
and gather the ex / iles of Israel.
3 You heal the broken / hearted *
and / bind up their wounds.
4 You count the number of the / stars *
and call them / all by their names.
5 Great are you and mighty in / power; *
there is no limit / to your wisdom.
6 You lift up the / lowly, *
but cast the / wicked to the ground.
7 We sing to you, Most High, with thanks / giving; *
we make music to / you upon the harp.
8 For you cover the heavens with / clouds *
and prepare / rain for the earth;
9 You make grass to grow upon the / mountains *
and green plants / to serve humankind.
10 You provide food for / flocks and herds *
and for the young / ravens when they cry.
11 You are not impressed by the might of a / horse; *
you have no plea / sure in human strength;
12 But you have pleasure in those who / fear you, *
in those who await your gracious favor. / Alleluia!

A Reading from the First Letter 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.

after the Lesson:

Lector Hear what the Spirit is saying to God's people.
People Thanks be to God.

Gospel Acclamation

St. Hildegard (1098–1179), adapt. Jamie Apgar (b. 1986)

The alleluia is sung by a cantor and repeated by all:



A cantor sings the verse appointed for the day:

Your love, O Lord, for ever will I sing;

from age to age my mouth will proclaim your faithfulness. —Psalm 89:1

All repeat the alleluia.

The Holy Gospel — Mark 1:29–39

Gospeller The Holy Gospel of our Lord Jesus Christ according to Mark.

People **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.

after the Gospel:

Gospeller The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon

The Reverend Dani Gabriel, *Deacon*

A silence for reflection follows the sermon.

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,

was incarnate of the Holy Spirit and the Virgin Mary, and became truly human.

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,

who with the Father and the Son is worshiped and glorified, who 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

Asst. Min. Let us pray to Jesus our Savior.

Intercessor For Michael, our Presiding Bishop, for Marc, our Bishop, for all ministers, and for this gathering.
Pray for the Church. *(Silence)*

For all those in authority, that they might be conscious of their privilege, and govern in the spirit of justice and peace.

Pray for all in government. *(Silence)*

For the world beginning to crack the edge of winter and for our will to care for her.

Pray for the Earth. *(Silence)*

For our neighbors without shelter, for those facing potential upcoming evictions, and for those who profit off of unaffordable housing prices.

Pray for our community. *(Silence)*

For anyone struggling to see possibility in their life this morning, for everyone facing challenges from COVID-19, and for anyone weighed down by burden. We especially pray for Padre Aldo Marchesini, Dorothy Meyers, Amanda Randles, Rein Saral, Malcom Plant, Sandra, Robert, AC, and Isabella, Jeanette Owen, James Harbor, Marilyn Speaks, Pamela M., Kerry R., Will Hartley, the Johnston Family, John Heisner, Carol DeCatur, Elvis Jones, Phil Holbert, Dick Jackson, Emmanuel Thomas Reed, Bryan Miller, Gaile Nirvana Nuñez, Annie Boutelle, Ron Sullivan, Mara Alexander, James Reager, for all first responders, for the Kyakameena skilled nursing facility staff and residents, and those we now name. *(Silence)*

Pray for those in need or trouble. *(Silence)*

For all of those we have lost, who we long to see again, and for their families and friends. We especially pray for Susan Byers Plant, Angelo, Adam Bundy, Nigel Renton, and those we now name. *(Silence)*

Pray for the departed and their loved ones. *(Silence)*

Presider Lord Jesus Christ, you are a living reminder to care for all our siblings. Give to us the peace and unity of that heavenly City, where with our Guardian and the Holy Spirit you live and reign, now and forever. **Amen.**

Confession of Sin

Ast. Min. Let us confess our sins against God and our neighbor.

All may remain standing or kneel. After a pause for silent reflection, the Assisting Minister continues:

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.**

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 May the peace of Christ be always with you.

People And also with you.

Please take a moment in prayer to extend Christ's peace to the people in your life.

Welcome and Announcements

Thanksgivings of the Community

At this time, as we gather for the Great Thanksgiving around Christ's table, we invite any here this morning to share thanks (via the comments section on the livestream) for the movement of God's Spirit in your own life: thanks for a birthday, an anniversary, a new job, an unexpected act of compassion, or other grace-filled change in your life.



Thank you, Lord; Thank you, Lord; Thank you, Lord... We just want to thank you, Lord.

THE LITURGY OF THE TABLE

Please consider giving to support the work of All Souls in our community and in the wider world via the links on our website or via a check to the office.

Presider In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.—Matthew 5:16

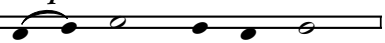

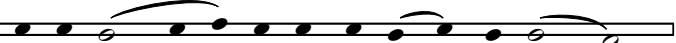
When my burdens grow heavy (heavy, heavy), and it seems there's no way,
I kneel by my bedside, and the Lord's prayer I'll pray.
God lifts me right up (right up, right up) and makes me to stand;
Because when I'm troubled I wait for the touch of God's hand.

I once had a vision (vision, vision) as I knelt to pray:
I saw Jesus coming and the world pass away.
And then I was troubled (troubled, troubled), but he makes me to stand;
Because when I'm troubled I wait for the touch of God's hand.

Thank God for a mother (mother, mother) who's taught me to pray
So I can be ready on the great judgment day.
When problems arise (arise, arise) that I don't understand
I kneel down and wait—yes I'll wait for the touch of God's hand.

—© Stamps Quartet Music Company (Admin. by ClearBox Rights, LLC); CCLI #1844245

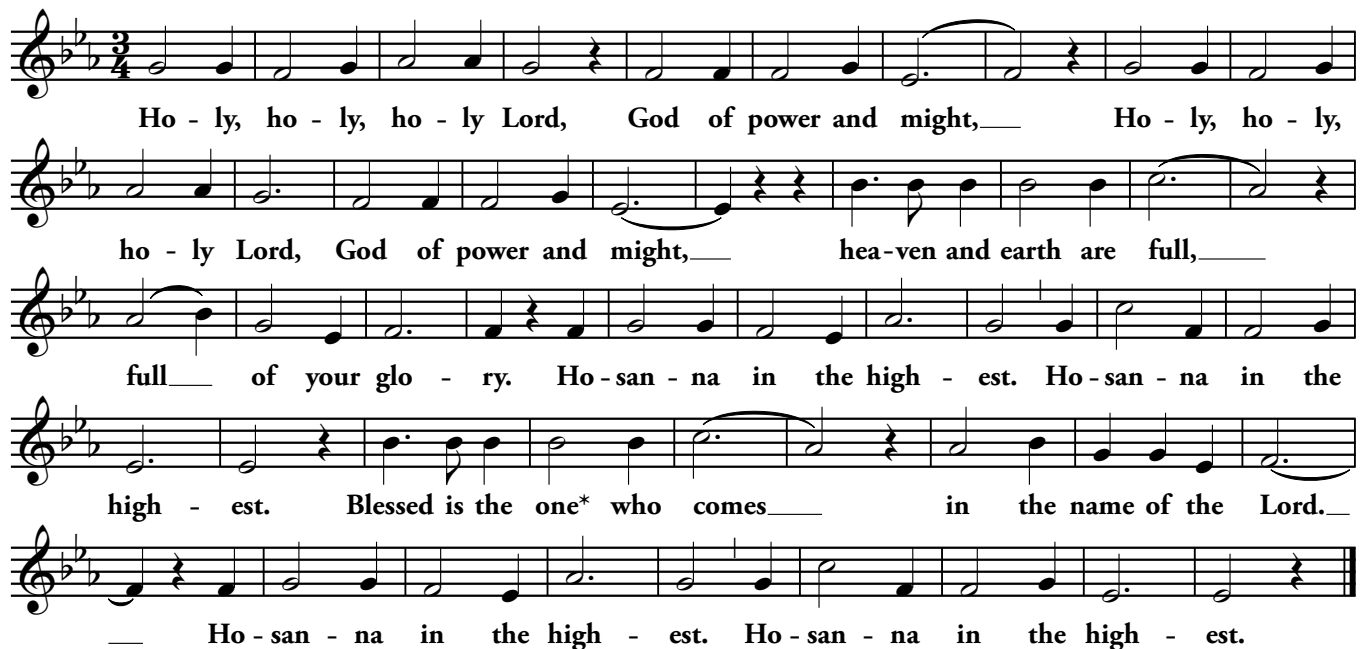
The Great Thanksgiving (*The Eucharistic Prayer is Prayer A from The Book of Common Prayer*)

<i>Presider</i>	<i>People</i>
	
May God be with you.	And also with you.
	
Lift up your hearts.	We lift them to the Lord.
	
Let us give thanks to the Lord our God.	
	
It is right to give our thanks and praise.	

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, 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:

Sanctus and Benedictus

Franz Schubert (1797-1828), arr. Richard Proulx (1937-2010)



Ho - ly, ho - ly, ho - ly Lord, God of power and might, Ho - ly, ho - ly,
ho - ly Lord, God of power and might, hea - ven and earth are full,
full of your glo - ry. Ho - san - na in the high - est. Ho - san - na in the
high - est. Blessed is the one* who comes in the name of the Lord.
Ho - san - na in the high - est. Ho - san - na in the high - est.

*Altered by permission of the publisher.

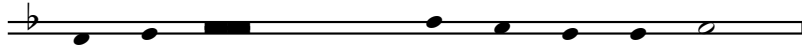
Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share

our human nature, to live and die as one of us, to reconcile us to you, the God and maker and of all. Jesus stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior 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 Jesus 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."

The Presider continues, saying in the midst of the prayer:



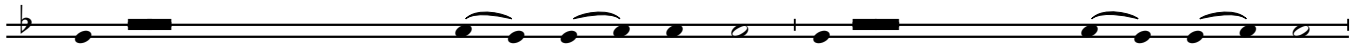
There-fore we proclaim the mys - te - ry of faith:



All:
Christ has_ died. Christ is_ ri - sen. Christ will_ come a - gain.

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ.

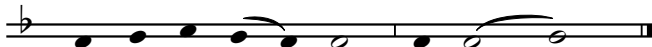
Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.



All this we ask through your Son_ Je - sus Christ. By him and with him and_ in_ him,



in the unity of the Ho-ly_ Spi - rit all ho-nor and glory is yours, Al - might - y Fa - ther,

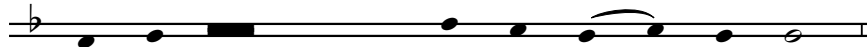


now and for ev - er. **A - men.**_

The Lord's Prayer

Nicolai Rimsky-Korsakov (1844–1908)

Presider



As our Savior Christ has taught us, we— now pray:



Our Fa - ther in heaven,

Hal - lored be your Name. Your king - dom come. Your will be done on earth as in heav'n.

Give us to - day our dai - ly bread. For - give us our sins as we for - give those who

sin a - gainst us. Save us from the time of trial, and de - li - ver us from e - vil.

For the king - dom, the pow'r, and the glo - ry are yours, now and for ev - er. A - men.

The Fraction

Modal Mass, Christopher Putnam (1967-2018)

After the Presider breaks the bread for us to share, a moment of prayerful silence is kept. We then sing:

Je - sus, Lamb of God, have mer - cy on us. Je - sus, bear - er of our sins, have

mer - cy on us. Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace, give us your peace.

THE COMMUNION OF THE PEOPLE

Since the celebration of Resurrection on that first Sunday, Christians have been remembering Christ's presence in bread and wine. We will be keeping this practice week by week with different members of All Souls receiving for the community.

For centuries the Church has also come to trust in the presence of Christ with us even when we cannot partake in the bread and wine, what is often known as spiritual communion. As the bread and wine are being shared at the altar at All Souls, we invite you to pray this prayer and ask Christ to be present with you.

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I offer you praise and thanksgiving. Since I cannot receive you this day in the Sacrament of your Body and Blood, I ask you to be present spiritually in my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Adapted from *A Prayer Book for the Armed Services* 2008, page 147

At Communion, *When I'm afflicted*

William Bradley Roberts (b. 1947)

When I'm afflicted, poor, and low, and light and peace depart,
my God beholds my heavy woe, and bears me on his heart.

I waited patient for the Lord, he bowed to hear my cry;
he saw me resting on his word, and brought salvation nigh.

He raised me from a horrid pit, where mourning long I lay,
and from my bonds released my feet, deep bonds of miry clay.

Firm on a rock he made me stand,
and taught my cheerful tongue to praise the wonders of his hand, in a new thankful song.

How many are thy thoughts of love! The mercies, Lord, how great!
We have not words nor hours enough, their numbers to repeat.

When I'm afflicted, poor, and low, and light and peace depart,
my God beholds my heavy woe, and bears me on his heart.

—Isaac Watts (1674-1748), based on Psalm 40

Post-Communion Prayer

Presider Let us pray. *All stand.*

All 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

Presider May God, who in Christ gives us a spring of water welling up to eternal life, fulfill in you the image of their glory; and the blessing of God, Almighty, Merciful and Everliving be with you and remain with you always.
Amen.

Refrain

There is a balm in Gi-le-ad to make the wound-ed whole;—
there is a balm in Gi-le-ad to heal the sin-sick soul.

Verses

1 Some-times I feel dis-cour-aged, and think my work's in vain,
2 If you can-not preach like Pe-ter, If you can-not pray like Paul,
but then the Ho-ly Spi-rit re-vives my soul a-gain.
you can tell the love of Je-sus, And say He died for all.

Dismissal

Asst. Min. Go in peace, to love and serve the Lord.
People Thanks be to God!

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COMPOSER OF THE WEEK

Carl Haywood (b. 1949) has had a significant impact on the musical life of the Episcopal Church.

After earning masters' degrees in organ and choral conducting from Southern Methodist University and the Doctor of Musical Arts degree from the University of Southern California, he returned to his native Virginia to take up positions as Professor of Music at Norfolk State University and as Director of Music at Grace Episcopal Church, Norfolk. He was the service music editor for *Lift Every Voice and Sing II* (1993), to which he contributed two dozen of his compositions and arrangements. His hymn tunes can be found in *Wonder, Love, and Praise* (1997) and *Voices Found* (2003), as well as in musical resources from the Lutheran, Methodist, Roman Catholic, Quaker, and Presbyterian traditions. Other service to the Church has included stints on the Liturgical Commission for the Diocese of Southern Virginia; on the national church's Standing Committee on Liturgy and Music; and as Director of Music for the Union of Black Episcopalians.

As an educator Haywood has directed several choirs and taught conducting, music theory, and organ. He has also been a frequent choral clinician, guest conductor, and lecturer. This work has been recognized with commendations from the cities of Norfolk and Portsmouth, VA, and with awards from NSU, the NAACP, and the National Association of Negro Musicians.

PARTICIPATING TODAY

11:15 SERVICE

<i>Presiding</i>	The Rev. Maggie Foote
<i>Preaching & Assisting</i>	The Rev. Dani Gabriel
<i>Lectors</i>	Ed Hoffman, Ben Madison
<i>Intercessor</i>	Toni Martinez Borgfeldt
<i>Camera</i>	Jim Feeley
<i>Sound</i>	Emily Hansen Curran
<i>Digital Liaison</i>	Calvin Payne-Taylor
<i>Musicians</i>	Dr. Jamie Apgar, <i>cantor, organist, and pianist</i>
	Sarita Cannon, <i>soprano</i>
	Deirdre Nurre, <i>alto</i>
	Ed Hofmann, <i>Angel Band leader</i>