

MORNING PRAYER

EPIPHANY 4

JANUARY 31, 2021

PRELUDE: CANTIQUÉ DE JEAN RACINE, FAURÉ

OPENING SENTENCE

Nations shall come to your light, and kings to the brightness of your rising.

Isaiah 60:3

CONFESSION OF SIN

Let us confess our sins against God and our neighbor.

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.***

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

THE INVITATORY AND PSALTER

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

Alleluia

VENITE PSALM 95:1-7

The Lord has shown forth his glory: Come let us adore him.

The Lord has shown forth his glory: Come let us adore him.

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

***Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.***

For the Lord is a great God, *
and a great King above all gods.

***In his hand are the caverns of the earth, *
and the heights of the hills are his also.***

The sea is his, for he made it, *
and his hands have molded the dry land.

***Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.***

For he is our God, and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

The Lord has shown forth his glory: Come let us adore him.

The Lord has shown forth his glory: Come let us adore him.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

THE PSALMS APPOINTED:

PSALM 24 *Domini est terra*

¹ The earth is the LORD'S and all that is in it, *
the world and all who dwell therein.

² ***For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.***

³ Who can ascend the hill of the LORD? *
and who can stand in his holy place?

⁴ ***Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood, nor sworn by what is a fraud.***

⁵ They shall receive a blessing from the LORD *
and a just reward from the God of their salvation."

⁶ ***Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.***

⁷ Lift up your heads, O gates; lift them high, O everlasting doors; *
and the King of glory shall come in.

⁸ ***Who is this King of glory? ****

"The LORD, strong and mighty, the LORD, mighty in battle."

⁹ Lift up your heads, O gates; lift them high, O everlasting doors; *
and the King of glory shall come in.

¹⁰ ***Who is he, this King of glory? ****

"The LORD of hosts, he is the King of glory."

PSALM 29 *Afferte Domino*

¹ Ascribe to the LORD, you gods, *
ascribe to the LORD glory and strength.

² ***Ascribe to the LORD the glory due his Name; *
worship the LORD in the beauty of holiness.***

³ The voice of the LORD is upon the waters; the God of glory thunders; *

- the LORD is upon the mighty waters.
- ⁴ ***The voice of the LORD is a powerful voice; *
the voice of the LORD is a voice of splendor.***
- ⁵ The voice of the LORD breaks the cedar trees; *
the LORD breaks the cedars of Lebanon;
- ⁶ ***He makes Lebanon skip like a calf, *
and Mount Hermon like a young wild ox.***
- ⁷ The voice of the LORD splits the flames of fire; the voice of the LORD shakes the wilderness; *
the LORD shakes the wilderness of Kadesh.
- ⁸ ***The voice of the LORD makes the oak trees writhe *
and strips the forests bare.***
- ⁹ And in the temple of the LORD *
all are crying, "Glory!"
- ¹⁰ ***The LORD sits enthroned above the flood; *
the LORD sits enthroned as King for evermore.***
- ¹¹ The LORD shall give strength to his people; *
the LORD shall give his people the blessing of peace.
- Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

THE LESSONS

A READING FROM DEUTERONOMY 18:15-20

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."

The Word of the Lord.

Thanks be to God.

A SONG OF THE WILDERNESS; ISAIAH 35:1-7, 10

The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;

***It shall blossom abundantly, *
and rejoice with joy and singing.***

They shall see the glory of the Lord, *
the majesty of our God.

Strengthen the weary hands, *
and make firm the feeble knees.

Say to the anxious, "Be strong, do not fear! *
Here is your God, coming with judgment to save you."

Then shall the eyes of the blind be opened, *
and the ears of the deaf be unstopped.

Then shall the lame leap like a deer, *
and the tongue of the speechless sing for joy.

For waters shall break forth in the wilderness *
and streams in the desert;

The burning sand shall become a pool *
and the thirsty ground, springs of water.

The ransomed of God shall return with singing, *
with everlasting joy upon their heads.

Joy and gladness shall be theirs, *
and sorrow and sighing shall flee away.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

A READING FROM 1 CORINTHIANS 8:1-13

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.

The Word of the Lord.

Thanks be to God.

SEQUENCE HYMN #380: FROM ALL THAT DWELL BELOW THE SKIES

A READING FROM THE GOSPEL OF MARK 1:21-28

They 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 Word of the Lord.

Thanks be to God.

THE SERMON

Amy Peterson

THE APOSTLES' CREED

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,

*the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.*

THE PRAYERS

V: The Lord be with you.

R: ***And also with you.***

Let us pray.

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

PRAYERS OF THE PEOPLE

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. We pray for Justin the Archbishop of Canterbury, Michael our Presiding Bishop, Sam and Anne our Bishops with all bishops, priests, and deacons. We pray for parishes in our Diocese, especially Church of the Holy Comforter, Charlotte; St. John's, Charlotte; and St. Martin's, Charlotte. We also pray for Pastor Holman and Dickerson Chapel AME, especially today as it is a 5th Sunday and we pray for the Hillsborough Clergy Group.

Silence

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. We pray for our President, our Congress, and our State Government. We pray for the work of "Re-Entry House Plus" in their ministry to inmates leaving prison.

Silence

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. We pray for the work of the Eno River Association.

Silence

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. We pray for the poor, marginalized, and vulnerable in Orange County. We pray for inmates, first responders, and healthcare workers. We pray for educators, students, and parents of school-aged children.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. Comfort those who mourn, especially Geraldine Fleming at the death of her nephew, Bill Fleming; Nick Gallegly at the death of his cousin, Jason; and for the family of George S., a friend of David Arcus. We pray for those in our parish family, especially: Jackie, Mildred, Lois, Tom, Molly, Jim, Rowen & Jan, Ann, Anne, Daisy, Tom, Champe, Keyon, Andy & Barrie, Patrick, Laura, Sandra, Bartow, Robert, Tricia & Don, Nell, Ludie, Robert, Paul, Marion, Nancy, and Jim. We pray for those at Brookshire, both residents and staff.

Silence

Lord, in your mercy

Hear our prayer.

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

Silence

Lord, in your mercy

Hear our prayer.

COLLECT FOR THE DAY

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.***

CLOSING HYMN #493: O FOR A THOUSAND TONGUES TO SING (VV 1-5)

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. ***Amen.***

2 Corinthians 13:14

THIS WEEK AT ST. MATTHEW'S

Sunday (1/31): Epiphany Four

- **Worship and Formation**
 - **Gathering** (Worship Zoom); 9:00am
 - **Morning Prayer** (Worship Zoom); 9:15am
 - **Children's Programming** (Formation Zoom); 10:15am
 - **Sunday Forum** (Worship Zoom); 10:15am
- **Youth Group** (Formation Zoom); 4:00pm
- **Women's "Singing" Circle & Compline** (Worship Zoom); 7:00pm

Monday (2/1):

- **Archives & History** (Meeting Zoom); 10am
- **Society of Junior Wardens** (Meeting Zoom); 5pm
- **Compline** (Worship Zoom); 8:30pm

Tuesday (2/2):

- **Morning Silence** (Worship Zoom); 7:30am Gathering for Silent Meditation
- **Staff Meeting** (Meeting Zoom); 11am
- **Compline** (Worship Zoom); 8:30pm

Wednesday 2/3):

- **Morning Prayer** (Worship Zoom); 8:00am
- **For Those Who Live Alone** (Meeting Zoom); 5:00pm / Margaret Brill hosting
- **Choir** (Meeting Zoom); 7:00pm
- **Compline** (Worship Zoom); 8:30pm

Thursday (2/4)

- **Adult Bible Study** (Formation Zoom); 7:30pm
- **Keeping Sabbath Book Discussion** (Meeting Zoom); 7:30pm
- **Compline** (Worship Zoom); 8:30pm

Friday (2/5)

- **Morning Prayer** (Worship Zoom); 8:00am
- **In-Person Eucharist** (Memorial Garden); Noon; Registration required
<https://tinyurl.com/stmattsscreening>
- **Compline** (Worship Zoom); 8:30pm

Saturday (2/6)

- **Shawl Ministry** 9:30am

Sunday (2/7): Epiphany Five: Bishop Visitation: The Rt. Rev. Anne Hodges-Copple

- **Worship and Formation**
 - **Gathering** (Worship Zoom); 9:00am
 - **Morning Prayer** (Worship Zoom); 9:15am
 - **Children's Programming** (Formation Zoom); 10:15am
 - **Sunday Forum with the Bishop** (Worship Zoom); 10:15am

- **Youth Group** (Formation Zoom); 4:00pm

PLEASE MASK UP IF YOU COME INTO ANY OF THE BUILDINGS ON THE CHURCH PROPERTY!!

IN-PERSON, OUTDOOR EUCHARISTS WILL BEGIN AGAIN IN FEBRUARY, ON FRIDAYS, AT NOON.

SECRET PALS!

Secret Pals is an annual tradition at St. Matthew's bringing all generations together for the three F's...food, fellowship, and FUN! If you like mystery, suspense, and happy endings...consider signing up for Secret Pals! Adults who sign up to be a secret pal send treats and clues to their younger pal the week of February 7th, and on February 14th their identity will be revealed at the Secret Pals Breakfast at 10:15am on the Formation Channel. Stay tuned for more information in the coming weeks! Email Kim at kim@stmatthewshillsborough.org if you have any questions!

SABBATH AS RESISTANCE: LIVING FROM REST IN A CULTURE OF BUSYNESS

St. Matthew's is hosting a book study to explore the Biblical roots and modern meaning of Sabbath: Taking Rest to Live from God. Our text is Walter Brueggemann's phenomenal book, *Sabbath as Resistance*. Through reading, questions, and discussion we will explore how to follow Christ in living an unhurried life that gives time to abide in God and care for others. If you are interested, please contact the facilitator of this group, Nick Gallegly, at nick.gallegly@gmail.com. Classes are on Thursday nights from 7:30-8:30 through February 11. Places are limited. Please note that the book is available from Purple Crow Books in Hillsborough. Ten copies have been ordered, paid for, and are in stock. You can pick up your copy anytime now until the supply runs out. If you want to reimburse St. Matthew's, the books are \$14.50 each.

1,000 DAYS OF LOVE

Episcopal Relief and Development is in the midst of a grassroots fundraising campaign focused on development work and outreach to support children around the globe in the first three years of their lives, recognizing the especially critical development which happens during these early years. The campaign is called "1000 Days of Love" (for more details, click [here](#)). The Diocese of North Carolina has challenged each of its parishes to pledge at least \$15 per member to this campaign for the work of Episcopal Relief and Development. St. Matthew's will have a few, very brief, presentations over the next few weeks that will highlight "1000 Days of Love" and encourage you to consider making a donation. Donations can be made at the Diocesan website, which can be accessed using this [link](#) (if using this option, please remember to note that you are from St. Matthew's, Hillsborough in the memo line!). You may also send a check directly to St. Matthew's, noting that the money is for "1000 Days of Love." Thank you for your support!

LENT 2021: A PILGRIMAGE TO THE HOLY IN OUR MIDST

This year St. Matthew's parish-wide Lent renewal is centered on a program and book called *Backyard Pilgrim: 40 days at Godspeed* by Matt Canlis. The program has three essential components: We read the book, *Backyard Pilgrim*; We will walk in our neighborhoods; and We pilgrims will meet to share our experience.

As we will discover as we read *Backyard Pilgrim* together, the program has two main themes. The first is living at Godspeed, the speed of knowing God and being known by others. The second theme, running through all the scriptural meditations in the *Backyard Pilgrim*, is

rediscovering ourselves as God's beloved children. That we are so beloved, becomes the basis of our becoming a new people. More information can be found in the February Newsletter. To sign up for this Lenten program of reading, praying, walking, and sharing together, and/or to order a book, go here: <https://tinyurl.com/stmattsgodspeed>
To see the documentary that inspires this program, and to learn more about the program, go to www.livegodspeed.org.

A NEW FILM ABOUT PAULI MURRAY

Many of you are likely familiar with *Proud Shoes*, the story of Pauli Murray's family, with its ties to St. Matthew's, Chapel Hill, and Durham. A new film about her extraordinary life will be available online through the Sundance Film Festival. Tickets are \$15 for showings on January 31 at 6 pm and February 2 at 10 am. Click here for tickets and more information: [MY NAME IS PAULI MURRAY!](#) A recorded Q&A with the filmmakers will be presented afterwards. If you have any trouble purchasing your tickets, try to do so through a Firefox browser.

ORANGE CONGREGATIONS IN MISSION

Providing Beef Stew to Orange Congregations in Mission Food's Pantry is a commitment St. Matthew's has made and kept for years now. Bring your donated stew by the church anytime. Drop them in the basket under the alcove of the Hayden Building or leave them by one of the doors. We have met our January goal! Thank you.

ABOUT REENTRY HOUSE FROM THEIR WEBSITE

The Alamance/Orange Prison Ministry has operated a weekly Yokefellows group on Tuesday evenings at the Orange Correctional Facility for years, although it is temporarily suspended now because of the COVID-19 pandemic. They are also a non-profit corporation with the mission of providing housing and support in the most critical first 18 months after prison for those being released, until the point where they can become independent, self-supporting, contributing individuals in our community.

COVID VACCINATION NEWS: LOCAL OPTIONS

Vaccine Providers in Orange County:

- Orange County Health Department — Visit their [Get Your Shot](#) page to sign up or call 919-913-8088 between 8 a.m. and 5 p.m. Monday-Friday.
- UNC Health — Visit the [Get Vaccinated](#) page or call 984-215-5485 between 8 a.m. and 5 p.m. Monday-Friday.
- Piedmont Health Services — Visit the [COVID-19 Testing and Vaccination](#) page or call 919-545-3452.
- COMING SOON! Hillsborough Pharmacy — Visit their [Home Page](#) or call 919-245-1212.
- Duke Health — Visit the [COVID-19 Vaccines Update](#) page to join the waiting list. If you are a Duke MyChart user, you can check Duke MyChart regularly to view appointment availability.
- Cone Health — Visit the [COVID-19 Vaccine Information](#) page to join the waiting list.
- Durham Veterans Affairs Health Care System — Call 919-286-0411 and dial 0 for the operator to schedule an appointment if you are a veteran at high risk or a veteran frontline essential worker. The VA will reach out to more veterans as additional supplies become available. See the system's [website](#) for more information. See the [COVID-19 Vaccine for High Risk Veterans](#) to see the listing of veterans eligible now for vaccination through the VA.

PRAYER LIST

Some news: Chris Graebner fell and broke her leg New Year's Day requiring surgery. She's recovering well and doing a lot of physical therapy. I know she and Brooks both would enjoy cards of support. 3001 Black Elk Court / Burlington, NC 27715. –Lisa Frost-Phillips

We pray for all who are sick, or in any need or trouble, remembering especially the following members of our parish family: Jackie Fredericks, Mildred Pruessing, Lois Horn, Tom Vail, Molly Zaragoza, Jim Fesperman, Rowen & Jan Grant, Ann Burdette, Anne Weaver, Daisy Huffman, Tom Sinn, Champe Davis, Keyon Hutson, Andy & Barrie Wallace, Patrick Craft, Laura Middlebrooks, Sandra Poffenbarger, Bartow Culp, Robert Fruehwirth, Tricia & Don Hill, Nell Schrader, Ludie White, Robert Locke, Paul Enquist, Marion Horn, Nancy Harris, and Jim von St. Paul.

And these others for whom our prayers are desired: Melanie Maupin, Betsy Zaragoza, Derek Kendall, Harry Dula, Mathew Thomas, Arnold Thomas, Gail Clifford, Erin Vaughan, Bob Caldwell, Baylor Pisano, John Charton, Lucy Gradowski, Ken Foland, Savannah Fonvielle, Colleen Paisley, Ben Mueller, Richard Haase, Linda Saterfield, Chip Joyner, John Logan, the Spurlocks, the Tuckers, Anna Lawrence & Dan Bass, Fred Edoughs, Timothy, Bob, Laura Merrill, Jeannine Beardslee, Brooke Harnisch & Dan Roberts, Amy, Evelyne Accad, Amalia, Maddie Powers, Pat McDonald, Allie, John & Rachel Hougom, Richard Stevens, Mary Beth, Sam Hammond, Karl & Janice Eicher, Knox Efland, Coleman Sale, Boardman Lloyd, the family of Chris Knotts, Bill, Pat McDuffie, and Chris Graebner.

We pray for all doctors and nurses, service workers, inmates, and the unemployed. We pray for educators, students, and parents of school-aged children.