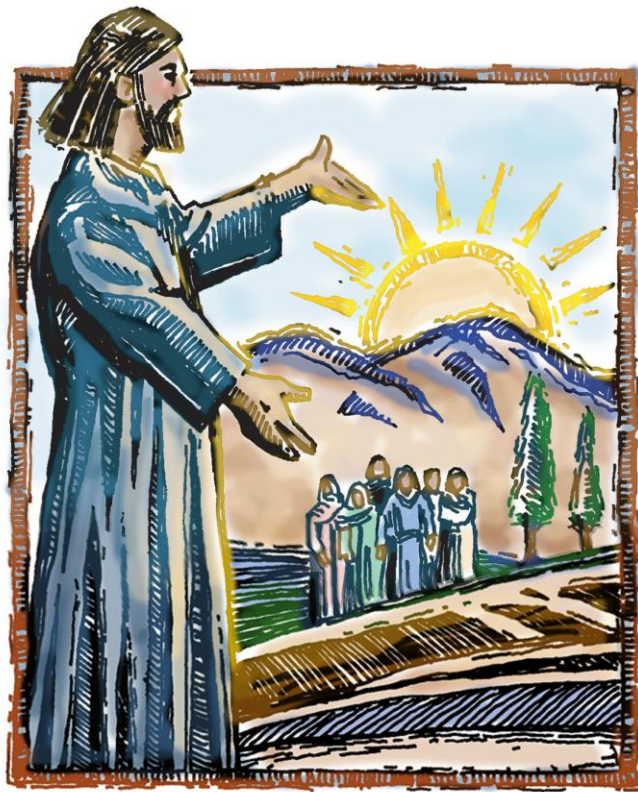


TRINITY CATHEDRAL
OF THE DIOCESE OF NEW JERSEY



*And he went throughout
Galilee, proclaiming
the message...*

MARK 1:39, NRSV

FEBRUARY 4, 2024 – THE FIFTH SUNDAY AFTER THE EPIPHANY – YEAR B
10:00 AM - THE HOLY EUCHARIST: RITE TWO
CELEBRANT – THE VERY REV. RENÉ JOHN

801 West State Street, Trenton, NJ 08618
Phone (609) 392-3805; Fax (609) 392-2305
www.TrinityCathedralNJ.org
The Very Rev. René Rory John, Dean

WELCOME! We're honored that you're worshipping with us today. Masks are optional within the Cathedral buildings. Please use the hand sanitizer that is provided throughout the building before and after touching any surfaces. Thank you for helping us to remain as safe as possible while enjoying in-person worship. "This is how we love one another!"

Please stand as indicated and be seated for lessons, as able

Prelude

Dr. Kerry Heimann, organ

All stand, as able

Processional Hymn

Hymnal # 423

Immortal, Invisible, God Only Wise

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

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

Celebrant: 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.**

All sing together

Gloria

Hymnal # S-278

The Collect of the Day

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: 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.**

The People are seated

First Reading

Lector: Frances O'Brien

A Reading from the book of the prophet 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.

The Word of the Lord.

People: Thanks be to God.

Remain seated; sung by the Choir

Psalm 147:1–12,21c

Laudate Dominum

Frederick A. Gore Ouseley



1 Hallelujah!

How good it is to sing ^{praises} to our ^{God} *
how pleasant it is to ^{honor} him with ^{praise}!

2 The LORD re^{builds} Je^{rusalem}; *
he ^{gathers} the ^{exiles} of ^{Israel}.

3 He heals the ^{broken} ^{hearted} *
and ^{binds} up their ^{wounds}.

4 He counts the ^{number} of the ^{stars} *
and ^{calls} them ^{all} by their ^{names}.

5 Great is our LORD and ^{mighty} in ^{power}; *
there is no ^{limit} to his ^{wisdom}.

6 The LORD lifts ^{up} the ^{lowly}, *
but casts the ^{wicked} to the ^{ground}.

7 Sing to the¹LORD with¹thanksgiving; *
make music to our¹God up¹on the¹harp.

8 He covers the¹heavens with¹clouds *
and pre¹pares¹rain for the¹earth;

†9 He makes grass to¹grow upon the¹mountains *
and green¹plants to¹serve man¹kind.

10 He provides food for¹flocks and¹herds *
and for the young¹ravens¹when they¹cry.

11 He is not impressed by the¹might of a¹horse; *
he has no¹pleasure in the¹strength of a¹man;

†12 But the LORD has pleasure in¹those who¹fear him, *
in those who a¹wait his¹gracious¹favor.
Halle¹lujah!

Remain seated

Second Reading

Lector: Erica Warner

A Reading from Paul's First letter to the Church in Corinth (1 Cor. 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.

The Word of the Lord.

People: Thanks be to God.

All stand, as able

Sequence Hymn

Hymnal # 135

Songs of Thankfulness and Praise

Remain standing

The Gospel: Mark 1:29-39

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

People: **Glory to you, Lord Christ.**

When 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.

The Gospel of the Lord.

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

**Presentation of Cathedral Emergency Action Plan:
Mary Johnson, Fay Manicke and Bobbie Powell**

All stand as able and say together

A Statement of Faith based on Galatians 3:26-28

Celebrant: Let us renew our pledge to work for unity, justice, and peace.

We are all children of God.

There is no longer Jew or Greek.

There is no longer slave or free.

There is no longer male and female.

For we are all one.

We believe Jesus lived for this and died for this.

We pledge ourselves with God's help and the support of each other to make this become a reality.

All stand
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:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
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.**

Remain standing

Prayers of the People

The Leader and People pray responsively

Lector: Fay Manicke

Deacon: Jesus went through Galilee preaching and healing and showing compassion to those in need. As God comes no less today to those for whom we pray, let us offer our prayers to God, saying: Lord, in your mercy, hear our prayer.

Lector: Creator of all, look with favor upon the peoples of the world. In your mercy, give to all people the necessities of a dignified life. Lord, in your mercy,

***People:* Hear our prayer.**

Lector: Ruler of creation, instill wisdom and understanding among the leaders of nations. Guide them into ways of justice and peace. Lord, in your mercy,

***People:* Hear our prayer.**

Deacon: We commend to your prayers this day all persons deployed in the service of our country. May they dwell safely under the protection of Almighty God. Lord, in your mercy,

***People:* Hear our prayer.**

Lector: Lord of the church, gather us all into one holy communion. Give us the courage to look to you alone as the source of our unity. Lord, in your mercy,

***People:* Hear our prayer.**

Deacon: We remember God's holy catholic church, including Michael, our Presiding Bishop and Primate; Sally, our Bishop; René, Dean of this Cathedral; Bruce, John, Peter and Noel, priest associates; Carol and Chris, our Deacons, along with all other ministers in this congregation, lay and ordained; Justin, the Archbishop of Canterbury, and all Anglican Christians around the world, especially the Anglican Church of South America; and for our brothers and sisters in this diocese, including Joe Morris, Sylvestre and William, retired Bishops, and for all churches in transition. Lord, in your mercy,

***People:* Hear our prayer.**

Deacon: We remember those with whom we give thanks, especially those who celebrate birthdays and anniversaries this week: **Timothy (TJ) Nartey, Jonathan Gabbidon, Beydoun Dennis, William Gilbert, Georgia Koenig, Susanne Isbill, Ngozi Ogbonna, Brann Wry, D. Michael Mulcahy, Leslye Scipio and Nefetari Blasse.** Lord, in your mercy,

***People:* Hear our prayer.**

Lector: Great Physician, bring healing to all who suffer in body, mind, or spirit. We pray for those we know and love, and for those known only to you. Inspire us to care for your gifts of healthy bodies and minds. Lord, in your mercy,

***People:* Hear our prayer.**

Deacon: We remember before you those who are sick, or in any other special need, especially the residents of Hamilton Grove Care and Rehabilitation Center; along with **the People of Ukraine and Russia, the People of Israel and Palestine, Steven Erdy, Anita Hill, Reid Howard, Maria Hunter, Brenda Smith, Frances & Benny Barksdale, Amarachi Ngozi Okere, the Shervington family, the Longman family, the Epps family, the Pray family, the King family, Yvette Salter, Cliff Salter, Dave Mojica, Victoria Jones, the Siler family, and Dulce Lawton.** Lord, in your mercy,

People: **Hear our prayer.**

Lector: Spirit of the living Christ, fill us with expectation and eager longing for the coming of that day when no one will suffer, but when all will be gathered together in heavenly joy and eternal prosperity. Lord, in your mercy,

People: **Hear our prayer.**

Deacon: We remember those who have died, especially **Shakila Siler, Karla Ratliff-Britt,** the victims of violence in our neighborhoods, and the victims of the ongoing wars around the world. Lord, in your mercy,

People: **Hear our prayer.**

Silence, as the People add their own petitions.

Celebrant: All this we ask, O God, in the name of Christ, who died and rose for us, and whose coming in glory we await. Accept our prayer and praises, through Christ our Lord. **Amen.**

Confession of Sin

The Deacon or Celebrant says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Celebrant and 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.**

The Bishop when present, or the Priest, stands and says

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.

Please remain in your pew for the Peace.

The Peace

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

People: **And also with you.**

Holy Communion

Please remain seated while Ushers collect the offertory

Offertory Anthem

O For A Closer Walk With God

Arr. C. V. Stanford

The Absalom Jones Inspirational Choir

Offertory Hymn

Hymnal # 538

God of Mercy, God of Grace

Representatives of the congregation bring the people's offerings of bread and wine, food donations to the Cathedral Food Pantry, and money or other gifts, to the deacon or Celebrant.

The Great Thanksgiving:

Eucharistic Prayer A

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 God thanks and praise.**

The Celebrant proceeds . . .

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father almighty, Creator of heaven and earth, through Jesus Christ our Lord. 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:

All sing together

Sanctus

Hymnal # S-128

The people stand or kneel. Then the Celebrant continues . . .

Holy and gracious Father: 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 Father of all. He 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 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 we proclaim the mystery of faith:

Celebrant and People:

Christ has died.

Christ is risen.

Christ will come again.

Celebrant: We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his 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 him. 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 Jesus Christ. 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.**

Celebrant: And now, as our Savior Christ has taught us, we now pray . . .

Celebrant and People:

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.**

Fraction

The Celebrant breaks the consecrated Bread. A period of silence is kept.

Then may be said . . .

Celebrant: Alleluia. Christ our Passover is sacrificed for us;

People: **Therefore let us keep the feast. Alleluia.**

All sing together

Agnus Dei **Hymnal # S-165**

Celebrant: 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.

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion:

***Celebrant:* My Jesus, We believe that you are truly present in the Blessed Sacrament of the Altar. We love you above all things, and long for you in our soul. Since some cannot now receive you sacramentally, come at least spiritually into their hearts. As though you have already come, we embrace you and unite ourselves entirely to you; never permit us to be separated from you. Amen. (St. Alphonsus de Liguori, 1696-1787)**

All Baptized Christians are welcome to make their Communion at the Lord's table.

All stand, as able

Communion Hymn **Hymnal # 411** **O Bless the Lord, My Soul**

The Post-Communion Prayer

***Celebrant and People:* Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the**

work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

Announcements

All stand, as able

Recessional Hymn

LEVAS # 62

In Christ There Is No East or West

Blessing

Celebrant: May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

Dismissal

Deacon: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

Postlude

Dr. Kerry Heimann, organ

**TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY
FEBRUARY 4, 2024 ~ THE FIFTH SUNDAY AFTER THE EPIPHANY**



Following Christ, joining the Cathedral – We invite you to accept the invitation to follow Christ, to become a Christian and to become a member of Trinity Cathedral. We encourage you to fill in one of the pew cards and place it in the offering plate, or please contact one of the clergy.



ANNOUNCEMENTS

The Lectors for the 10:00 am Mass on 2/11 are:

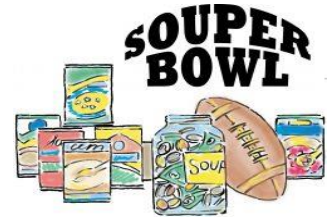
Cn. Clara Gregory, Cn. Phil Lewis, Gail Lewis & Susan Remmers (alternate)

2024 Stewardship Update - Thank you to all who have pledged your support to the Cathedral for 2024! We currently have 74 pledging units, totaling \$255,880 – an average of \$3,458. If you would like a pledge card, please speak with Willie Coleman, J. Gil Williams or Dean John.

Join us for our Lenten Series – Weekly reflections on “How We Learn to Be Brave” by Bishop Mariann Budde will be led by Canon Dr. Phil Lewis. Wednesdays, February 21st and 28th, and March 6th, 13th and 20th. Sessions will be held via Zoom from 7:00 – 8:30 pm. For more information, please speak with Phil or Dean John.

If you are interested in helping the Food Pantry, we can especially use one or two volunteers who can lift up to 50 pounds - We have folks who can pack our food bags, but they require assistance lifting cases of canned goods onto the packing tables and moving the packed bags into place to be handed out. Can you fill this need? Please call Lourdez “Cookie” Hernandez at (609) 902-8282.

SOUPER BOWL SUNDAY! - February 11th is *Souper Bowl Sunday* – Please bring a can or two of soup or other non-perishable food items to share with our friends of the Cathedral Food Pantry the next couple of Sundays. If you cannot get out to the store, but want to contribute; you can leave a donation or see Lucy Adams to purchase items for you. ***Let’s get that touch-down feeling by filling the goal box!***



Cathedral Altar Guild Shop Winter Clearance SALE is now happening! - Check out a variety of items at great prices! Need to make room for new merchandise. Also check out the Books & Bargains table. Shop will be open:

- Sat., February 3rd (Diocesan Confirmation Day) 1:30 – 3:30 p.m.
- Sun., February 4th & 18th after the 8:30 service. Also, before & after the 10 a.m. service.

Wall & desk calendars are still available along with “*The Taste of Joy*” cookbooks. **Don’t forget your Valentine!** Visit us for that unique gift. Contact Lucy Adams for more information or if you need something not during shopping hours.



“*A Taste of Joy – Recipes of Trinity Cathedral*” cookbook is available! - Proceeds from the sale of the books are going to provide fresh produce to our Food Pantry. Even if you do not cook or don’t have a particular person to gift it to, you can still assist by purchasing books and we’ll donate them to the Food Pantry. **Get yours today at the Cathedral Altar Guild Shop for just \$10 or contact Lucy Adams at trinitycathedralags@gmail.com.** Also, if you are interested in selling the books, let Lucy know. **Thank you in advance for your support!**

The next Food Pantry distribution date is – Saturday, February 10th (2nd & 4th Saturdays this month) from 9-11:00 am.

Each Thursday, we distribute hot dinners “to go” from 4:15–5:30pm at the Overbrook Avenue entrance as a satellite location for the Trenton Area Soup Kitchen.



THIS WEEK'S CATHEDRAL SCHEDULE

TODAY (2/4)

9:15 am

10:00 am

10:30a – 12:30p

11:15a – 12:15pm

Fifth Sunday after the Epiphany

Choir warm-up

Rite II Eucharist in the Cathedral (+ livestreamed, when available)

Presentation of Cathedral Emergency Action Plan during Mass

Full Gospel Community Church service – CHP

Choir rehearsal

Tues. (2/6)

9 – 9:45 am

Weekly Zoom check-in for parishioners: For more info. on how to join us, call or text Nancy Hood-Boczar at (267) 614-5746, or E-mail shaktisocialwork4@hotmail.com

Wed. (2/7)

12:10 pm

Wednesday Healing Eucharist - CHP

Thurs. (2/8)

4:15 – 5:30 pm

8 – 8:30 pm

TASK Meals – SH

Society of Mary Rosary Devotions, via Zoom and phone access: Please E-mail Erica Warner at yassose@aol.com for information on how to join us

Sat. (2/10)

9 – 11:00 am

10:00 am

Trinity Strings music lessons

Food Pantry

Grief Support Group meeting – GR

Sun. (2/11)

9:15 am

10:00 am

10:30a – 12:30p

11:15a – 12:15pm

1:00 pm

Last Sunday after the Epiphany

Choir warm-up

Rite II Eucharist in the Cathedral (+ livestreamed, when available)

Presentation of Cathedral Emergency Action Plan during Mass

Full Gospel Community Church service – CHP

Choir rehearsal

Adult Christian Education, via Zoom