



Grace Episcopal Church

Fifth Sunday After Epiphany

February 7, 2021 | 9:30am

Ministers | All of Us

Rector | Wren Blessing

Curate | Stephen Crippen

Music | Martin Cockroft

Tribe | Cherry

"He heals the brokenhearted and binds up their wounds." ~ Psalm 147:3

Praise the Rain

Praise the rain; the seagull dive
The curl of plant, the raven talk —
Praise the hurt, the house slack
The stand of trees, the dignity —
Praise the dark, the moon cradle
The sky fall, the bear sleep —
Praise the mist, the warrior name
The earth eclipse, the fired leap —
Praise the backwards, upward sky
The baby cry, the spirit food —
Praise canoe, the fish rush
The hole for frog, the upside-down —
Praise the day, the cloud cup
The mind flat, forget it all —

Praise crazy. Praise sad.
Praise the path on which we're led.
Praise the roads on earth and water.
Praise the eater and the eaten.
Praise beginnings; praise the end.
Praise the song and praise the singer.

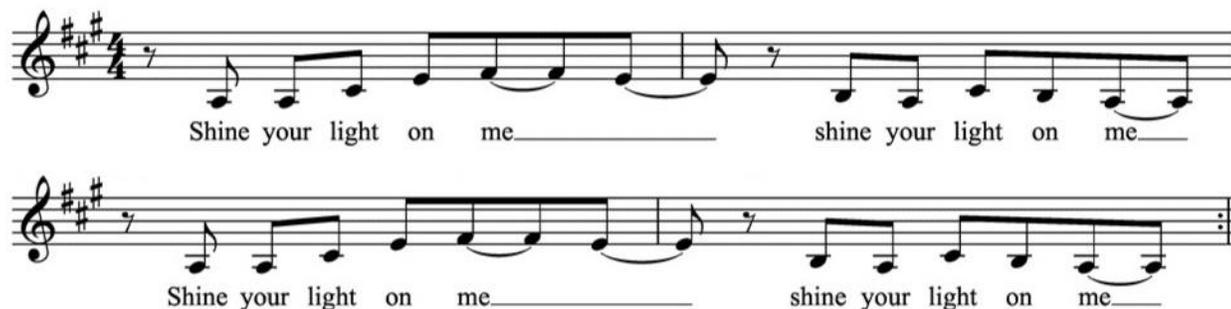
Praise the rain; it brings more rain.
Praise the rain; it brings more rain.

Announcements

A bell rings. We listen to the longing in our hearts. We remain seated.

Gathering Song | Shine Your Light on Me

Words and Music: Ann Strickland; offered by Martin Cockroft.



The image shows two staves of musical notation for the song 'Shine Your Light on Me'. The key signature is two sharps (F# and C#) and the time signature is 4/4. The melody is written on a treble clef staff. The lyrics are: 'Shine your light on me' followed by a long horizontal line, and then 'shine your light on me' followed by a short horizontal line. The second staff is identical to the first but ends with a double bar line and repeat dots.

THE LITURGY OF THE WORD

Call to Worship

After the gathering song, the Officiant invites us to stand.

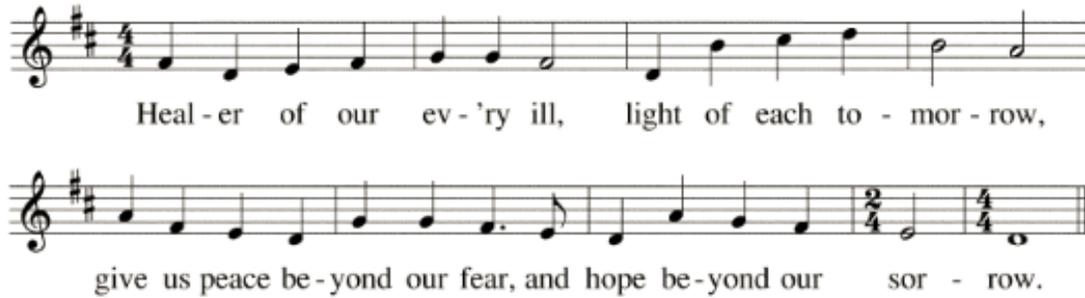
Celebrant Come to the waters,
People all who thirst.
Celebrant Come and listen to the voice of God,
People rending the heavens,
Celebrant speaking God's promise:
People "You are my beloved,
Celebrant in whom I delight."

We remain standing and sing together.

Opening Song | Healer of Our Every Ill

Words and music: Marty Haugen; offered by Dusty Collings and Marcus Lang. We sing verses 1, 3, and 4.

Refrain



Heal - er of our ev - 'ry ill, light of each to - mor - row,
give us peace be - yond our fear, and hope be - yond our sor - row.

Verses



1. You who know our fears and sad - ness,
2. In the pain and joy be - hold - ing,
3. Give us strength to love each oth - er,
4. You who know each thought and feel - ing,
Grace us with your peace and glad - ness,
How your grace is still un - fold - ing,
Ev - 'ry sis - ter, ev - 'ry broth - er,
Teach us all your way of heal - ing,
Spir - it of all com - fort: fill our hearts.
Give us all your vi - sion: God of love.
Spir - it of all kind - ness: be our guide.
Spir - it of com - pas - sion: fill each heart.

The Collect

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

God of love, because you are great in strength and mighty in power, not one is missing in your sight. Heal the brokenhearted and bind up our wounds. Give us courage to do those generous things which supply your people's needs, so all the world may give you thanks. **Amen.**

Adapted from the New Zealand Prayer Book

WE TELL THE STORY

We are seated for the reading.

The First Reading | 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?

(reading continues on the next page)

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 reading, the reader will say

The Word of the Lord.

People Thanks be to God.

We stand and say the Psalm.

Psalm | 147:1-12, 21c

Hallelujah!

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

**The Lord rebuilds Jerusalem;
he gathers the exiles of Israel.**

He heals the brokenhearted
and binds up their wounds.

**He counts the number of the stars
and calls them all by their names.**

Great is our Lord and mighty in power;
there is no limit to his wisdom.

**The Lord lifts up the lowly,
but casts the wicked to the ground.**

Sing to the Lord with thanksgiving;
make music to our God upon the harp.

(reading continues on the next page)

**He covers the heavens with clouds
and prepares rain for the earth;**

He makes grass to grow upon the mountains
and green plants to serve mankind.

**He provides food for flocks and herds
and for the young ravens when they cry.**

He is not impressed by the might of a horse;
he has no pleasure in the strength of a man;

**But the Lord has pleasure in those who fear him,
in those who await his gracious favor.**

Hallelujah!

We are seated for the second reading.

The Second Reading | I 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 reading, the reader will say

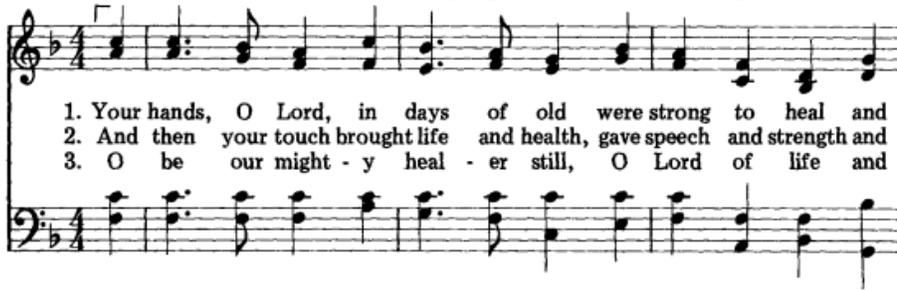
The Word of the Lord.

All Thanks be to God.

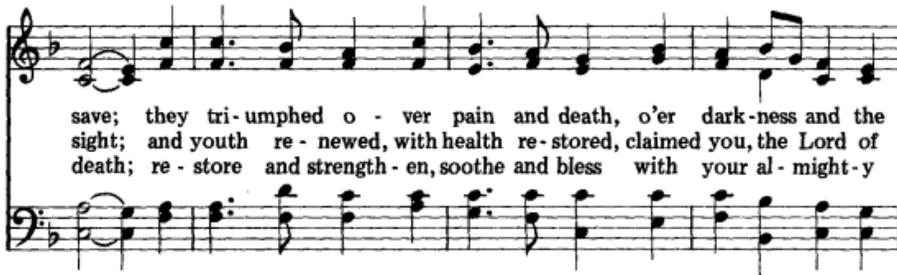
We stand together and sing.

Gospel Song | Your Hands, O Lord, in Days of Old

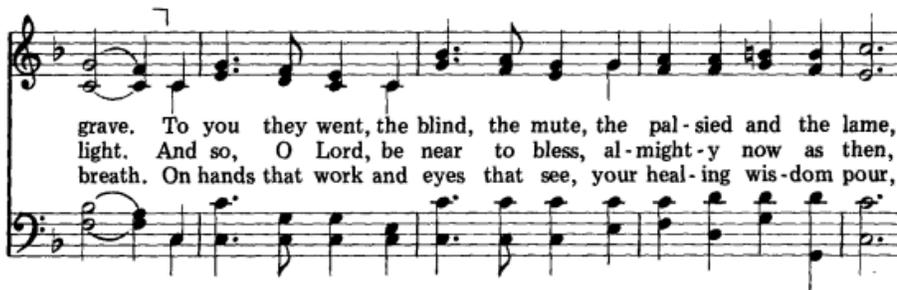
Words: Edward H. Plumptre; Music: Wolfgang Amadeus Mozart; offered by Kim Cockroft



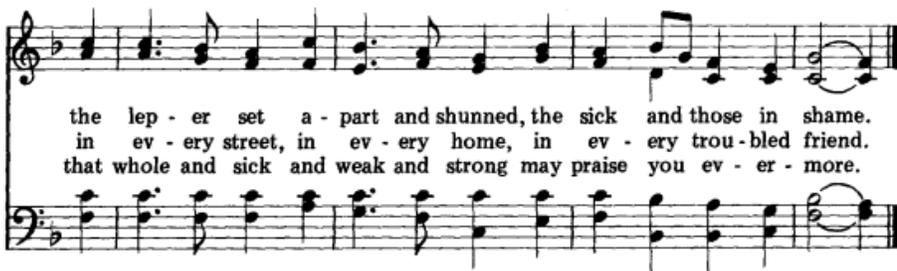
1. Your hands, O Lord, in days of old were strong to heal and
2. And then your touch brought life and health, gave speech and strength and
3. O be our might - y heal - er still, O Lord of life and



save; they tri-umphed o - ver pain and death, o'er dark-ness and the
sight; and youth re - newed, with health re - stored, claimed you, the Lord of
death; re - store and strength - en, soothe and bless with your al - might - y



grave. To you they went, the blind, the mute, the pal-sied and the lame,
light. And so, O Lord, be near to bless, al-might-y now as then,
breath. On hands that work and eyes that see, your heal-ing wis-dom pour,



the lep - er set a - part and shunned, the sick and those in shame.
in ev - ery street, in ev - ery home, in ev - ery trou-bled friend.
that whole and sick and weak and strong may praise you ev - er - more.

The Officiant then introduces the Gospel by saying

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

People **Glory to you Lord Christ.**

The Gospel | Mark 1:29-39

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 the Officiant will say

The Gospel of the Lord.

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

OUR RESPONSE TO THE STORY

Children's Moment

The Homily

Affirmation of Faith

We stand and say

**We believe in God above us,
maker and sustainer of all life,
of sun and moon,
of water and earth,
of all humanity.**

**We believe in God beside us,
Jesus Christ, the Word made flesh,
born of a woman's womb, servant of the poor,
he was tortured and nailed to a tree.
Knowing full passion and deep sorrow, he died forsaken.
He descended into the earth to the place of death.
On the third day he rose from the tomb.
He ascended into heaven to be everywhere present,
and his Kingdom will one day be known.**

**We believe in God within us,
the Holy Spirit of Pentecostal fire,
life-giving breath of the Church.
She is the Spirit of healing and forgiveness,
source of resurrection and of life everlasting. Amen**

The Prayers of the People

From Psalm 80:3; Music: Diane McGrew; offered by Diane McGrew

Musical score for 'The Prayers of the People' in 4/4 time. The score consists of four staves of music with lyrics underneath. The lyrics are: 'Re-store us, re-store, O God, our world. Show us a light to heal us. Re-store us, re-store, O God, our soul. Show us a light to find our way.' The music features various chords (Am, F, E, E7, G) and includes triplets and rests.

Leader “Those who wait for the Lord shall renew their strength.”
God of all mercy, your desire for all people is peace and health. We hold all people in prayer.

We pause for prayers to be spoken quietly and in our hearts.

Leader Jesus said, “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.”
We seek to live in harmony and peace with one another, young and old, weak and strong; and we pray for our leaders and all in authority.

We pause for prayers to be spoken quietly and in our hearts.

Leader “God gives power to the faint, and strengthens the powerless.”
We pray for families of all kinds, families of origin, chosen families, and families of two, or one.

We pause for prayers to be spoken quietly and in our hearts.

Leader “Jesus came and took her by the hand and lifted her up.”
 We pray for all who suffer in body, mind, or spirit; all who are lonely, without shelter, and afraid; and all who seek healing. We pray especially for those on our parish prayer list.

We pause for prayers to be spoken quietly and in our hearts.

Leader “Sing to the Lord with thanksgiving; make music to our God upon the harp.”
 We pray in thanksgiving for those who have died. Gather us with them as one community of saints.

We pause for prayers to be spoken quietly and in our hearts.

Am F G E E7 Am

Re-store us, re-store, O God, our soul. Show us a

6 F E E7 Am G C F

light to find our way. Show us a light.

11 G E E7 Am F rit. E E7 Am

Show us a light. Show us a light to find our way.

Officiant Let us pray together.

**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.**

Offertory Song | My Silver Lining *offered by Remy Furchtenicht*

Words and music: Johanna and Klara Soderberg

While we cannot gather in person, we make our weekly offerings online here: <https://www.gracehere.org/give/>.

I don't want to wait anymore I'm tired of looking for answers
Take me some place where there's music and there's laughter
I don't know if I'm scared of dying but I'm scared of living too fast, too slow
Regret, remorse, hold on, oh no I've got to go
There's no starting over, no new beginnings, time races on
And you've just gotta keep on keeping on
Gotta keep on going, looking straight out on the road
Can't worry 'bout what's behind you or what's coming for you further up the road
I try not to hold on to what is gone, I try to do right what is wrong
I try to keep on keeping on
Yeah I just keep on keeping on

I hear a voice calling
Calling out for me
These shackles I've made in an attempt to be free
Be it for reason, be it for love
I won't take the easy road

I've woken up in a hotel room, my worries as big as the moon
Having no idea who or what or where I am
Something good comes with the bad
A song's never just sad
There's hope, there's a silver lining
Show me my silver lining
Show me my silver lining

I hear a voice calling
Calling out for me
These shackles I've made in an attempt to be free
Be it for reason, be it for love
I won't take the easy road

I won't take the easy road
The easy road, the easy road

I won't take the easy road

The easy road, the easy road

Show me my silver lining, I try to keep on keeping on
Show me my silver lining, I try to keep on keeping on
Show me my silver lining, I try to keep on keeping on
Show me my silver lining, I try to keep on keeping on

The Blessing

The Officiant offers a blessing.

The blessing of the Triune God be upon you, Christ's love surround you, the Spirit's outpouring well up within you, now and always. **Amen.**

Closing Song | Rain Down

Text based on Psalm 33; Words and Music: Jaime Cortez.

The image shows two staves of musical notation in 3/4 time, key of B-flat major. The first staff contains the melody for the first line of lyrics: "Rain down, rain down, rain down your". The second staff contains the melody for the second line of lyrics: "love on your peo - ple. love, God of life." The second staff includes first and second endings, a repeat sign, and performance directions: "rit. last time (♩)" and "to Verses (Fine)".

Birthdays and Anniversaries

Using the Zoom chat window, please share a milestone that we can recognize together.

We will sing, "God Grant Them Many Years."

The Peace

We conclude with the sharing of God's peace.

Officiant Now the peace of the Lord be always with you.

All **And also with you.**

Stars

Here in my head, language
keeps making its tiny noises.
How can I hope to be friends
with the hard white stars
whose flaring and hissing are not speech
but pure radiance?
How can I hope to be friends
with the yawning spaces between them
where nothing, ever is spoken?
Tonight, at the edge of the field,
I stood very still, and looked up,
and tried to be empty of words.
What joy was it, that almost found me?
What amiable peace?...
Once, deep in the woods,
I found the white skull of a bear
and it was utterly silent--
and once a river otter, in a steel trap,
and it too was utterly silent.
What can we do
but keep on breathing in and out,
modest and wiling, and in our places?
Listen, listen, I'm forever saying.
Listen to the river, to the hawk, to the hoof,
to the mockingbird, to the jack-in-the-pulpit-
then I come up with a few words, like a gift.
Even as now
Even as the darkness has remains the pure, deep darkness.
Even as the stars have twirled a little, while I stood here,
looking up,
one hot sentence after another.

News from Grace Church, Bainbridge Island

February 7, 2021

..... inclusion service discovery gratitude

Upcoming Events & Programs

February 7 | Big Questions | 5:00 – 6:15 pm

Youth in grades 6-8 are invited to join in on Sunday evenings. For details contact Faith Dougherty at youthgroup@gracehere.org. Zoom Meeting Link: <https://us02web.zoom.us/j/81520788511>

February 7 | Poetry as Prayer Practice | Directly after the 9:30 service

Every 1st and 3rd Sunday the group will gather in a separate Zoom session after the 9:30 service. Contact Jon Quitslund: jonquitslund@att.net

Zoom Meeting Link: <https://zoom.us/j/96243490290?pwd=eGJua2YyNm1vT1k2QlpZeVFIUnFmQT09>

Meeting ID: 962 4349 0290; Passcode: 395554

February 10 | Wednesday Prayer & Bible Study | 10:30 am

Please find links to the Zoom login and worship bulletin on our website: gracehere.org/join-us-for-onlineworship-at-grace/

February 11, 18, 25 | Rethinking Our Relationship to Conflict | 7:00 – 8:30 pm

Zoom Seminar with professional mediator Greg Abell on Thursday evenings. Please sign up with Kim Cockroft: kim@gracehere.org.

February 14 | Outdoor Gathering at Battle Point Park | 11:30 am – 12:30 pm

Youth in grades 6-12 are invited to gather at Battle Point Park for a walk with friends. Please RSVP with Faith Dougherty at youthgroup@gracehere.org.

February 15 | Men's Group Gathering | 7:30 – 8:30 pm

Every two weeks, the group gathers in a Zoom meeting. Please email Eric Matthews at eric@ericmatthews.com for more information.

February 21 | Hot Cross Buns: A Lenten Tradition | 5:00 – 6:00 pm

All Youth are invited to this special Zoom baking session and discussion about preparing for Easter during Lent. Grace will provide the supplies for baking; please RSVP with Faith Dougherty at youthgroup@gracehere.org.

February 23, March 2, 9 | Talking with Your Kids About Sex and Relationships | 7:00 – 8:30 pm

Three-session Zoom discussion with experienced teacher and facilitator Kathie McCarthy. Contact Kim Cockroft to save your spot: kim@gracehere.org

February 28 | Grace Annual Meeting | 10:30 – 11:45 am

Immediately following the 9:30 am service; use the same Zoom link, found at gracehere.org/join-us-for-onlineworship-at-grace/