



St. Cross

EPISCOPAL CHURCH

1818 Monterey Boulevard · Hermosa Beach, CA 90254 · 310.376.8989 · www.stcross.org

Fifth Sunday After Epiphany February 7, 2021

Prelude

Mass for the Convents "Offertoire"
Francois Couperin

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

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

Song of Praise

Hymn S 236

1. Glo - ry to you, _____ Lord
God of our fa - thers; _____ you are wor - thy of praise;
glo - ry to you. _____ 2. Glo - ry to you _____
_ for the ra - di-ance of your ho - ly Name; _____ we will

praise you and high-ly ex - alt you for ev - er.

3. Glo - ry to you in the splen - dor of your

tem - ple; on the throne of your ma - jes - ty, glo - ry to

you. 4. Glo - ry to you, seat - ed bet -

ween the Cher - u - bim; we will praise you and

high - ly ex - alt you for ev - er.

Descant

5. Glo - ry to you, be -

5. Glo - ry to you, be - hold - ing the

hold-ing the depths; in the high vault of

depths; in the high vault of hea-ven, glo - ry to

hea - ven, 6. Glo - ry to you, _____
 you. _____ 6. Glo - ry to you, _____ Fa - ther,
 — Fa - ther, Son, and Ho - ly Spi - rit; we will
 Son, and Ho - ly Spi - rit; _____ we will praise you and
 high-ly ex - alt you Glo-ry to you! _____
 high-ly ex - alt you for ev - er. _____

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.**

First Lesson

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.

Reader The Word of the Lord.

People Thanks be to God.

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 Je/rusalem;
he gathers the exiles of / Israel.**

**He heals the broken/hearted
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 thanks/giving;
make music to our God upon the / harp.
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 man/kind.
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.**

Halle/lujah!

The Gospel

Mark 1:29-39

Deacon 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.

Deacon The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Sermon

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.
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**

Prayers of the People

Leader Through Christ we are anointed with the Holy Spirit in baptism. May the same Spirit inspire us as we offer our prayers, responding, "Hear us, God of Glory."

For an overflowing gift of generosity, that we may reflect God's abundant care for all creation, lifting others out of poverty, increasing the mission work of our church, and reaping the joy of a philanthropic life; let us pray.

People **Hear us, God of Glory.**

Leader For the courage to walk through the tranquil and turbulent waters of life, knowing that in our baptism we died with Christ in darkness and joined him in the risen light; let us pray.

People **Hear us, God of Glory.**

Leader For federal, state, and local officials, and all who exercise authority in the nations of the world, that they will faithfully establish justice on earth, and carry the torch of freedom and peace into all their deliberations; let us pray.

People **Hear us, God of Glory.**

Leader For the Church, including John and Diane our Bishops and for all other ministers, that it may bear witness to Jesus' forgiveness and love, offering to those outside its walls the light that illumines all darkness and releases humanity from the grip of sin; let us pray.

People **Hear us, God of Glory.**

Leader We pray for all who have been affected by this pandemic: for all who are ill, that they may receive care, and for those who are dying, that they may find peace and comfort. We pray for all who tend to the sick and for their families, that they may find strength and support; let us pray.

People **Hear us, God of Glory.**

Leader In companionship with the Blessed Virgin Mary, and all the saints whose constant intercession strengthens our faith, let us continue in our prayers. We pray for those who suffer from any grief or trouble, and for those who we hold in our hearts, especially those we name now..., let us pray.

People **Hear us, God of Glory.**

Leader In thanksgiving for the Body and Blood of Christ, a foretaste of that heavenly banquet upon which the faithful departed continually feast. We pray for those who have died, especially for those who we name now...; let us pray.

People **Hear us, God of Glory.**

Celebrant Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord.

People **Amen.**

Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

Silence may be kept.

Celebrant and People together

**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 Priest alone 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.

The Peace

Priest The peace of the Lord be always with you.

People **And also with you.**

Great Thanksgiving

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. 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:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

The Celebrant continues

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

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Celebrant and People together say

We remember his death,

We proclaim his resurrection,

We await his coming in glory;

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

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

Celebrant and People together say

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

The Lord's Prayer

Celebrant

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

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.

Breaking of the Bread

Celebrant

Alleluia! Christ our Passover is sacrificed for us.

People

Therefore let us keep the feast. Alleluia!

At St. Cross all who come in faith, seeking deeper knowledge and love of Jesus Christ are welcome to receive Holy Communion. The following prayer is how we receive the presence of Christ while we are physically distanced from one another. If you would like to receive in person, the Sacrament will be available from 11:00-12:30 pm immediately following the service.

Prayer for Spiritual Communion

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 Let us pray together

Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen. (*St. Alphonsus de Liguori, 1696-1787*)

Blessing

The priest blesses the people

May the peace of the ocean wave be with you. The peace of the ocean breeze surround you. The peace of the quiet earth be in you. The peace of the night stars cover you. The deep peace of the Son of Peace be always with you. And the blessing of God Almighty, Creator, Redeemer and Sustainer be with you now and always. **Amen.**

Hymn

WLP 773

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!

Dismissal

Deacon Let us go forth in the name of Christ.

People **Thanks be to God.**

Postlude

“Processional”
William Mathias

Today's Ministers

Celebrant	The Rev. Stephen Smith
Preacher	The Rev. Rachel Nyback
Deacon	The Rev. Patti Angelo
Organist	Sean O'Neal
Cantor	Dan Wilson
Choir Members	Desiree Gonzalez, soprano Angela Lopez, alto Javier Delgado, tenor Dan Wilson, bass
Virtual Usher	Cameron Johnson
Reading	Anne Tittle
Prayers of the People	Anne Tittle

Staff

The Rev. Dr. Rachel A. Nyback · Rector
Rnyback@stcross.org

The Rev. Nathan Biornstad
Associate for Pastoral Care
nbiorstad@stcross.org

The Rev. Stephen Smith
Associate for Christian Formation
ssmith@stcross.org

The Rev. Patti Angelo
Deacon
pangelo@stcross.org

The Rev. Cn. Robert (Bob) Corner
Priest in Residence

The Rev. Cn. Paul Lawson
Rector Emeritus

Sean O'Neal · Organist and Choirmaster
soneal@stcross.org

Trudy Bush · Parish Administrator
info@stcross.org

Merrill Whatley · Communications Coordinator
connect@stcross.org

David Dawson · Facilities Manager
facilities@stcross.org

Judi Kelly · Bookkeeper
bookkeeper@stcross.org

Cameron Johnson · Connection Coordinator
cjohnson@stcross.org