

Prelude: *Kedron*

Gardner Read

Hymn in Procession (10:00): 423 (*St. Denio*)

Immortal, invisible, God only wise

The Collect of the Day

The Collect

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 Lessons

The 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.**

Psalm 147:1-12,21

The Psalm is said at 8:00 and sung with the Choir at 10:00.

Antiphon



How pleas-ant it is to hon-or God with



praise. hal-le-lu-jah.

Choir Antiphon

People **Antiphon**

1 Hallelujah!

How good it is to sing praises to our God! *

how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem; *

he gathers the exiles of Israel.

People **Antiphon**

3 He heals the brokenhearted *

and binds up their wounds.

4 He counts the number of the stars *

and calls them all by their names.

People **Antiphon**

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.

People **Antiphon**

7 Sing to the LORD with thanksgiving; *

make music to our God upon the harp.

8 He covers the heavens with clouds *

and prepares rain for the earth;

People **Antiphon**

9 He makes grass to grow upon the mountains *

and green plants to serve mankind.

10 He provides food for flocks and herds *

and for the young ravens when they cry.

People **Antiphon**

11 He is not impressed by the might of a horse; *

he has no pleasure in the strength of a man;

12 But the LORD has pleasure in those who fear him, *

in those who await his gracious favor.

21 **Hallelujah!**

People **Antiphon**

The Second Lesson

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.

Reader The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn: WLP 772 (*Kedron*)

O Christ, the healer

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

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

The Gospel of the Lord

Mark 1:29-39

Jesus left the synagogue at Capernaum, and 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.

Celebrant The Gospel of the Lord.

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

The Sermon

The Rev. Leslie J. Hague

Organ Offertory (8:00): Elégie

César Franck

Offertory Anthem (10:00): For the Bread Which You Have Broken

César Franck

Communion Hymns (10:00):

WLP 774 (*Tucker*)

From miles around the sick ones came

1 (*Christe sanctorum*)

Father, we praise thee, now the night is over

Hymn in Procession: 135 (*Salzburg*)

Songs of thankfulness and praise

Postlude: Salzburg

Jean Pasquet

The altar flowers are given today to the glory of God
and in thanksgiving by Helen Hines in loving memory
of her parents, Harry and Alice Luckey; Charles & Barbara Heath for the
birth of their daughter, Sara Heath Casimes; and The Kelleher Family in lov-
ing memory of Sophia Yakovich, Linda's mother.

Announcements

Yellow Envelope—today goes to the Rector's Discretionary Fund.

Outreach Basket—this month is items for A-SPAN, that could include: hats, gloves, overcoats (used or new); new warm socks; underwear; and little travel size toiletries (shampoo, toothpaste, etc.).

Volunteers still needed!

Four (4) volunteers are needed for Fri., Mar. 2, 2012. Please contact Linda Kelleher at lindakelleher@gmail.com or 703-527-1695 if you can help.

Sunday school to aid Animal Shelter

Karen DeCarlo's class is collecting old sheets, blankets, and towels to be used for bedding at the animal shelter in Arlington. There is a box in the parish hall for collection today and next Sunday (Feb. 12).

NHMIN to meet Feb. 11

The Nursing Home Ministry will meet in the church library on Sat., Feb 11, at 10:00 a.m. to discuss the alternative proposals for the scheduling system. Please make every effort to attend.

Annual Parish Meeting, Feb. 12

The Parish Annual Meeting will take place on Sun., Feb. 12, at 11:15 a.m.

Region III Lenten Series 2012

The Region III Lenten Series 2012 begins with a Quiet Day with Margaret Guenther, Sat., Feb. 25 at 9:00 a.m. at St. Michael's. See insert for details about the entire series.

Upcoming Stephen Ministry Training

Stephen Ministry is a program that provides confidential, one-to-one Christian caregiving, which St. Michael's participates in under the auspices of Mount Olivet United Methodist Church. A new, 50-hour training session for caregivers is scheduled to begin at Mount Olivet on Thursdays starting Feb. 16 from 7 pm to 9 p.m. Cost for the program is \$50 to cover the cost of training books, and scholarships are available through Mother Leslie. To register, contact Dan Albrant, Stephen Leader at Mt. Olivet at 703-517-4776 or dalbrant@verizon.net. Additional information is also available from Mother Leslie or parishioner and Stephen Minister Barb Adams at 703-534-1546 or barb6924@verizon.net.

Those Serving Today

Lectors	8:00	Bill Goewey
	10:00	Judy Andrews, Lisa Harkins
Lay Eucharistic Ministers	8:00	
	10:00	Dan Botticello, Linda Kelleher
Acolytes	10:00	Wil Harkins, Maria Abbott, Isabel Ruff
Ushers	8:00	Paul & Judy Sullivan
	10:00	Penny Jones, Tim Matlack
Welcoming Ministry	10:00	Penny Jones
Altar Guild		Sandra Phaup, Beverly Grizzard
Children's Chapel		Terri Katon
Nursing Home Ministry		Fran Field LEM, Linda Denson, Molly French, Pat Field (music)
Counters		Tim Matlack, Penny Jones

This Week at St. Michael's

Sun., Feb. 5	8:00 a.m.	Contemplative Eucharist
<i>Fifth Sunday</i>	10:00 a.m.	Holy Eucharist II and Children's Chapel
<i>after The Epiphany</i>	10:45 a.m.	Nursing Home Service at Potomac
	11:15 a.m.	Sunday School
Mon., Feb. 6		Parish Office closed
Tues., Feb. 7	7:30 p.m.	Youth Choir rehearsal
Thu., Feb. 9	10:00 a.m.	M.O.N.A. in the Parish Hall
	7:30 p.m.	Adult Choir rehearsal
Fri., Feb 10	8:30 p.m.	Al-Anon
Sat., Feb. 11	10:00 a.m.	NHMIN meeting in the Library
	10:15 a.m.	Lydia Guild at Holocaust Museum
	11:00 a.m.	Yoga Class
Sun., Feb. 12	8:00 a.m.	Contemplative Eucharist
<i>Sixth Sunday</i>	10:00 a.m.	Holy Eucharist II and Children's Chapel
<i>after The Epiphany</i>	10:45 a.m.	Nursing Home Service at Potomac
	11:15 a.m.	Sunday School
	11:15 a.m.	Annual Parish Meeting
	3:00 p.m.	Wholly Knit & Whine in the Library
	4:00 p.m.	Homeless bagged meals in the Parish Hall

Readings for Next Sunday

2 Kings 5:1-14 • Psalm 30 • 1 Corinthians 9:24-27 • Mark 1:40-45

Service Bulletin

Sunday, February 5, 2012

The Fifth Sunday after The Epiphany

Welcome!

It is always a joy to welcome in the name of our Lord Jesus Christ people new to St. Michael's Church. We are glad to worship with you!

The service today may be found in the Order of Worship booklet located in the pew racks; the hymns may be found in *The Hymnal 1982* and *Wonder, Love and Praise*. All other information can be found in this Service Bulletin.

In The Episcopal Church all baptised Christians are welcome at the Lord's table to receive communion.

Please introduce yourself to us and let us welcome you at our Coffee Hour in the Parish Hall following the service.

Yours in Christ,
Leslie Hague+, Rector

St. Michael's Staff

The Rev. Leslie J. Hague	Rector
The Rev. George M. Caldwell	Priest Associate
The Rev. Corry M. Weierbach	Priest Associate
Mr. David W. Donaldson	Organist & Choirmaster
Mr. David J. Bell	Parish Administrator
Mr. Carlos Marquina	Sexton
Ms. Laura West	Treasurer
Ms. Melanie Monahan	Director of Christian Education for Children & Youth
Mrs. Carmen Blanco Fernandez	
Mrs. Lucy Jimenez	Nursery Attendants

St. Michael's Vestry

Class of 2012	Penelope Jones, Elizabeth Keys, Tim Matlack (<i>Senior Warden</i>)
Class of 2013	Monica Dinan (<i>Junior Warden</i>), Kevin Laskowski, Fran Olsen (<i>Register</i>), Sam Smith, Jr.
Class of 2014	Vicki Barnett, Pat Kennedy, Dean Scribner