

Christ: The Solid Meal February 10 | 5 pm

Holy Communion

Congregational responses are indicated in **bold**.

The Acclamation

Blessed be God: the Father, the Son, and the Holy Spirit. **And blessed be his kingdom, now and for ever.**

The Collect for Purity

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.

The Collect for the Fifth Sunday in Epiphany

The Lord be with you.

And also with you.

Let us pray.

O Lord, our heavenly Father, keep your household the Church continually in your true religion, that we who trust in the hope of your heavenly grace may always be defended by your mighty power; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, now and for ever.

Amen.

[Please be seated.]

[Freuse de seuteur]	
The Lesson	Hebrews 5: 11–6: 12
Pew Bible pg. 1003	
This is the Word of the Lord. Thanks be to God.	
The Psalm	13
1 O Lord Lam not haughty: *	

O Lord, I am not haughty; *
I have no proud looks.

1

- I do not occupy myself with great matters, * or with things that are too high for me.
- But I have stilled and quieted my soul, like a weaned child upon his mother's breast; * so is my soul quieted within me.
- O Israel, trust in the Lord *
 from this time forth for evermore.

[Please stand.]

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

Glory to you, Lord Christ.

Pew Bible pg. 882

This is the Gospel of the Lord.

Praise to you, Lord Christ.

[Please be seated.]

The Sermon. The Rev. Ben Hughes

[Please stand.]

The Nicene Creed

Let us confess our faith in the words of the Nicene Creed.

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.
We believe in one Lord, Jesus Christ,
the only-begotten 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, was incarnate from the Holy Spirit and 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.
[Please sit or kneel.]

The Prayers of the People

If you would like us to name someone aloud in prayer in the service next week, please notify the office during the week.

The Confession and Absolution of Sin

Let us humbly confess our sins to Almighty God.

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, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. *Amen*.

[Please stand.]

The Peace

The peace of the Lord be always with you. **And also with you.**

Announcements

The Sursum Corda

The Lord be with you and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

It is right, our duty and our joy, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. [On occasion the minister may add a proper preface.]

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever say this hymn to proclaim the glory of your Name:

The Sanctus

Holy, holy, holy is the Lord, God Almighty Who was and is, and is to come, Lift up His name with the sound of singing, Lift up His name in all the earth. Lift up your voice and give Him glory, For He is worthy to be praised. Holy. Holy.

[Please be seated.]

The Prayer of Consecration

All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the cross for our redemption. He made there, by his one offering of himself once offered, a full, perfect, and sufficient sacrifice, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

For on the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body which is given for you: Do this in remembrance of me."

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for 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 in remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

And here we offer and present to you, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

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

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

The Fraction

Christ our Passover has been sacrificed for us. **Therefore let us keep the feast.**

The Ministration of Communion

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.

All baptized believers are welcome to receive Holy Communion.

Parents of baptized children are welcome to decide whether you would like your children to receive Holy Communion or a blessing.

To receive a blessing instead of communion, simply keep your hands by your side or folded.

If you require a gluten-free or alcohol-free cup, please ask the minister.

The Post Communion Prayer & Blessing

On occasion the minister may invite the congregation to join in the Post Communion Prayer below.

Let us pray.

Heavenly Father,
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*.

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always.

Amen.

The Dismissal

Let us bless the Lord.

Thanks be to God.

^{*}On occasion members of this congregation like to add "alleluia, alleluia" to the dismissal.



*Under Jesus Christ, Our Savior and Lord:*The Rt. Rev. Alex Cameron, Bishop of Pittsburgh

Staff

The Rev. Alex Shuttleworth, Rector
Robert Fire, Music Minister

Tami Fire, Children's & Pastoral Care Minister
Josh Gerdes, Children's Minister
The Rev. Ben Hughes, Associate Minister
Jenna Hughes, Asst. Youth Minister
Lam Gray, Youth Ministry Assistant
The Rev. Elizabeth H. Rodewald, Deacon
Niki De Luca, Finance Manager
Bridget Michael, Operations Manager

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Catherine Parham, Senior Warden
Matt Beresik, Junior Warden
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Alyssa Campbell
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