**February 4, 2024 – Fifth Sunday after Epiphany – Email/At Home Missal**

**ZOOM INFORMATION FOR SUNDAY FEBRUARY 4, 2024-FIFTH SUNDAY AFTER EPIPHANY**

**The ZOOM link for today’s service, which opens at 09.30 am on February 4, 2024, can be found here:**

**Worship February 4, 2024 09:30 am ZOOM room opens; service begins at 10:00 am.**

**Join Zoom Meeting click here:**

[**https://us02web.zoom.us/j/84066302102?pwd=ZEQ1V0dhRzRoMUZrcDBlMXF3STJWZz09**](https://us02web.zoom.us/j/84066302102?pwd=ZEQ1V0dhRzRoMUZrcDBlMXF3STJWZz09)

**Meeting ID: 840 6630 2102 Passcode: 541916**

**You don’t have to have a computer or internet to connect to any of our church Zoom services; you can also just call in on one of these numbers (long distance charges may apply): (All Canadian numbers). You can also access the ZOOM from your telephone by using the “One tap mobile” option:**

**+14388097799,,84066302102#,,,,\*541916# Canada;**

**+15873281099,,84066302102#,,,,\*541916# Canada**

**Dial by your location:**

**+1 778 907 2071 Canada**

**+1 780 666 0144 Canada**

**+1 204 272 7920 Canada
+1 438 809 7799 Canada**

**+1 587 328 1099 Canada**

**+1 647 374 4685 Canada
+1 647 558 0588 Canada**

**Meeting ID: 840 6630 2102 Passcode: 541916**

**Find your local number:** [**https://us02web.zoom.us/u/kMO4FqjTt**](https://us02web.zoom.us/u/kMO4FqjTt)

**Please download and import the following iCalendar (.ics) files to your calendar system. *(until June 16, 2024* *incl.)* Weekly:** [**https://us02web.zoom.us/meeting/tZAtce-rrjkrGta\_4KPUmVjDXGLkWmdZMe15/ics?icsToken=98tyKuGsrj0sGdSXsRmFRpwIAo\_oM-nziHpcjbdco0vOMxVeVAnSDsVuOYVyFOL9**](https://us02web.zoom.us/meeting/tZAtce-rrjkrGta_4KPUmVjDXGLkWmdZMe15/ics?icsToken=98tyKuGsrj0sGdSXsRmFRpwIAo_oM-nziHpcjbdco0vOMxVeVAnSDsVuOYVyFOL9)

**…………………………………**

**IMPORTANT ANNOUNCEMENTS FOR THE WEEK OF FEBRUARY 4TH, 2024 –FEBRUARY 11TH, 2024:**

**You will find the video for January 28th, 2024, at the following YouTube link:** [**https://youtu.be/4SQEoDsWBzs**](https://youtu.be/4SQEoDsWBzs)

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**Coming Events** *(save these dates)* ***bold print - events being held here at St. Peter’s***

1. **Feb. 5** Move with Robert*(Free Exercise Class Mondays 1:00 – 2:00 pm, YMCA Certified Fitness Instructor – Wear exercise shoes/bring water/no registration required/ arrive by 12:45 pm – Trillium United Church, Cambridge)*
2. **Feb. 13** Pancake Tuesday Supper*(5:00 – 7:00 pm, pancakes (including gluten free), sausage and dessert. Free will offering (pay what you can). Proceeds to the children & youth ministry outreach - Trillium United Church, Cambridge)*
3. **Feb. 14 Ash Wednesday Service 7:00 pm**
4. **Feb. 25 Men’s Dessert Event** *(further details coming!)*
5. **Mar. 17 Annual General Meeting** *(further details coming!)*
6. **Mar. 31 Easter Breakfast** *(further details coming!)*

Apr. 5-7 Bishop’s spiritual Retreat for Lay Persons *(Mount Carmel, Niagara Falls)*

Apr. 16 Public Lecture– The Gospel of Peace *(John Dear – Priest/Peace Activist/Author; Nonviolence in the tradition of Gandhi*

 *& Martin Luther King Jr. – No Charge (donations welcome); copies of ‘The Gospel of Peace’ will be available $25 (cash).*

 *All Saints Lutheran Anglican Church, 210 Silvercreek Parkway N. Guelph*

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## The Life of St. Peter’s for the week of February 11 – February 18, 2024

1. Monday 6:00 pm TOPS - R.F.F. *(Art Room)*
2. 7:15 pm Church Council Meeting *(Parlour)*
3. Tuesday 7:00 pm Scouts - R.F.F. *(Scout Room, Art Room, Fellowship Hall)*
4. Wednesday 7:00 pm Ash Wednesday Worship Service
5. Thursday
6. Friday
7. Saturday **1:30 pm Choir Practice** *(Sanctuary)*
8. Sunday **10:00 am Worship Service** – A passage from **Mark 8:27—9:8** *(Peter’s confession, passion*
9. *prediction, bearing the cross, Transfiguration)*

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**Pastoral Visit:** Pastor Laura is available for visits by appointment by calling the church office, 519-653-4721. Whether you have a particular pastoral concern or would just like some one-to-one time to get to know Pastor Laura, she would love to meet with you.

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1. **Prayer List:**  Bill, Don, Tammy, Alice, Don, Lynn, Helen, Sharon, Donald, Shirley, Clara, Jeff, Aaron, MacKenzie, Rhett, Jan Ken, Lee, Maria, Deborah, Fred, Anne, Sherri, Carol.

**…………………………………**

## We need you to help feed our neighbourhood! The freedom Centre has joined with Cambridge Community Table to offer a meal to our community twice a month on Tuesday night. We need volunteers: Food Preparation, set up, take down, meet and Greet. Every hour you can give once or twice a month. Call for information 519-591-6518 or email rosemary@freedomcentre.ca.

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1. **February 5, 2024** Move with Robert(Free Exercise Class Mondays 1:00 – 2:00 pm, YMCA Certified Fitness Instructor – Wear exercise shoes/bringwater/no registration required/ arrive by 12:45 pm – Trillium United Church, Cambridge)

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1. **February 13, 2024** Pancake Tuesday Supper(5:00 – 7:00 pm, pancakes (including gluten free), sausage and dessert. Free will offering (pay what you can). Proceeds to the children & youth ministry outreach - Trillium United Church, Cambridge)

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1. **“Praying the Catechism”** – A season of intentional prayer for Lent & Easter - **Wednesdays at 7:00 PM on Zoom** from **February 21 to May 15**. Join Pastor Laura on zoom each Wednesday for conversation and mutual support as we work our way through “Praying the Catechism” this Lenten and Easter seasons.

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1. **VALENTINE'S DAY** - You will always be loved, when your Valentine receives Esta Chocolates.
2. **Valentine Cone Bag; 15 assorted truffles; $9.00 / Cone**
3. **Valentine Heart Box; 10 dark & milk chocolate heart shaped truffles; $7.50 / Heart Box**

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1. **April 16, 2024 Public Lecture – The Gospel of Peace** (John Dear – Priest/Peace Activist/Author; Nonviolence in the tradition of Gandhi and Martin Luther King Jr. – No Charge (donations welcome); copies of ‘The Gospel of Peace’ will be available $25 (cash). All Saints Lutheran Anglican Church, 210 Silvercreek Parkway N. Guelph.

**…………………………………**

1. **Presiding Pastor: Rev. Laura Sauder**
2. **Organist & Director of Music: Bradley Moggach**
3. **Assisting Minister: Kim Strassburger**
4. **Reader: Kim Strassburger**

**Welcome remarks**

**Gathering Hymn: ACS # 1000 ‘God’s Work, Our Hands’**

1 God's work, our hands: working together,

 building a future, repairing the world,

 raising up homes, planting new gardens,

 feeding the hungry and shelt'ring the cold.

 Bless, God, our hands as we work in your name,

 sharing the good news of your gospel.

2 God's work, our feet: trav'ling together,

 following Jesus to places unknown,

 walking as friends, marching for freedom,

 running the race with God's future the goal.

 Bless, God, our feet as we follow your way,

 sharing the good news of your gospel.

3 God's work, our voice: singing together,

 praising, proclaiming to all who will hear,

 praying for peace, shouting for justice,

 claiming God's love for the lost and the least.

 Bless, God, our voice as we speak in your name,

 sharing the good news of your gospel.

4 God is at work in and around us:

 seedlings are sprouting and bread's on the rise!

 Washed and set free, humbled and honored,

 gifted by grace, we respond in God's love.

 Bless, God, our lives as we answer your call,

 sharing the good news of your gospel.

*(Title: God's Work, Our Hands; Text: Wayne L. Wold, b. 1954; Text © 2019 Evangelical Lutheran Church in America, admin. Augsburg Fortress; All rights reserved, Used by permission. Music:* David N. Johnson, 1922-1987; *© 1968 Augsburg Publishing House, admin. Augsburg Fortress; All rights reserved. Used by permission. Reprinted and Streamed with permission under ONE LICENSE, License #A-727610. All rights reserved.)*

**Land Acknowledgement:**

A: Embolden us, O God, to answer your call for peace, wholeness and justice. We pause to give thanks for the land. Land has that been home for the Anishinaabe, Haudenosaunee, and Attawandaron peoples for generations. Guide our hands and our feet in the work of listening and learning. Commit our voices and our hearts to the work of standing with our indigenous neighbours in their care for the land and their calls for justice.

**Greeting:**

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you always.

***C: And also with you.***

**Theme Time**

**Prayer of the Day:**

P: You dwelt among us in the flesh, O God,

complete with a body, a family, a job, a community.

You had friends who stayed through thick and thin,

and audiences who didn’t get what you were talking about,

and enemies who undermined your every move.

You traveled, and worked, and laughed, and cried, and prayed, and loved.

Still today you dwell among us by your Spirit,

inviting us to be your Body,

to live your grace in bodies, families, jobs, communities,

among friends and enemies and people who don’t get us;

to trust you as we travel, work, laugh, cry, pray, and love.

Today may we do more than simply enjoy your word,

may it touch us deeply and move us to new life.

Amen.

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**Gospel Acclamation: ACS Setting 12: *(page 33) (sung)***

Alleluia, alleluia, alleluia.

Lord to whom shall we go? You have the words of eternal life.

Alleluia, alleluia, alleluia.

*\*From Sundays and Seasons.com. Copyright 2024 Augsburg Fortress.*

**Reader**:

The Holy Gospel according to **Mark, the 6th chapter.**

**C: Glory to you, O Lord.**

May we be equipped by these words to walk in love for God, ourselves, our neighbours, all people, and all God’s creation.

Jesus left that place and came to his hometown. His disciples followed him. On the Sabbath, he began to teach in the synagogue. Many who heard him were surprised. “Where did this man get all this? What’s this wisdom he’s been given? What about the powerful acts accomplished through him? Isn’t this the carpenter? Isn’t he Mary’s son and the brother of James, Joses, Judas, and Simon? Aren’t his sisters here with us?” They were repulsed by him and fell into sin.

Jesus said to them, “Prophets are honored everywhere except in their own hometowns, among their relatives, and in their own households.” He was unable to do any miracles there, except that he placed his hands on a few sick people and healed them. He was appalled by their disbelief.

Then Jesus traveled through the surrounding villages teaching.

He called for the Twelve and sent them out in pairs. He gave them authority over unclean spirits. He instructed them to take nothing for the journey except a walking stick—no bread, no bags, and no money in their belts. He told them to wear sandals but not to put on two shirts. He said, “Whatever house you enter, remain there until you leave that place. If a place doesn’t welcome you or listen to you, as you leave, shake the dust off your feet as a witness against them.” So they went out and proclaimed that people should change their hearts and lives. They cast out many demons, and they anointed many sick people with olive oil and healed them.

Herod the king heard about these things, because the name of Jesus had become well-known. Some were saying, “John the Baptist has been raised from the dead, and this is why miraculous powers are at work through him.” Others were saying, “He is Elijah.” Still others were saying, “He is a prophet like one of the ancient prophets.” But when Herod heard these rumors, he said, “John, whom I beheaded, has been raised to life.”

He said this because Herod himself had arranged to have John arrested and put in prison because of Herodias, the wife of Herod’s brother Philip. Herod had married her, but John told Herod, “It’s against the law for you to marry your brother’s wife!” So Herodias had it in for John. She wanted to kill him, but she couldn’t. This was because Herod respected John. He regarded him as a righteous and holy person, so he protected him. John’s words greatly confused Herod, yet he enjoyed listening to him.

Finally, the time was right. It was on one of Herod’s birthdays, when he had prepared a feast for his high-ranking officials and military officers and Galilee’s leading residents. Herod’s daughter Herodias came in and danced, thrilling Herod and his dinner guests. The king said to the young woman, “Ask me whatever you wish, and I will give it to you.” Then he swore to her, “Whatever you ask I will give to you, even as much as half of my kingdom.”

She left the banquet hall and said to her mother, “What should I ask for?”

“John the Baptist’s head,” Herodias replied.

Hurrying back to the ruler, she made her request: “I want you to give me John the Baptist’s head on a plate, right this minute.” Although the king was upset, because of his solemn pledge and his guests, he didn’t want to refuse her. So he ordered a guard to bring John’s head. The guard went to the prison, cut off John’s head,brought his head on a plate, and gave it to the young woman, and she gave it to her mother. When John’s disciples heard what had happened, they came and took his dead body and laid it in a tomb.

The apostles returned to Jesus and told him everything they had done and taught. Many people were coming and going, so there was no time to eat. He said to the apostles, “Come by yourselves to a secluded place and rest for a while.” (CEB)

The Gospel of the Lord. **C: Praise to you, O Christ.\***

**Engaging with the Story**

**Mark 6:1-31**

Jesus’ return to his hometown had me thinking about home this week. What is home? What do we expect from those places we consider home? Author Maya Angelou tells us that “The ache for home lives in all of us.” That home is “the safe place where we can go as we are and not be questioned.”1 I can’t help but wonder if this is some of what Jesus was hoping for when he went back home. He’s been on the road, encountering all sorts of people. It’s been pretty incredible, and it’s also been incredibly challenging. Was he hoping this would be a chance to reconnect with folks? To see his old friends. A chance to eat his mom’s cooking. A chance to just be in a familiar place for a while.

Poet Robert Frost offers a different take on home. He says that “Home is the place where, when you have to go there, they have to take you in.”2 It kind of feels like this second definition is more in line with Jesus’ experience. Perhaps not initially, but certainly as the visit unfolds. Jesus doesn’t seem to be the same young man his community remembers. And they’re none too happy about it. They’ve taken him in, but are they only putting up with him now because they have to?

It makes me think about how, within families, no matter how old we get, it’s hard to break out of the patterns that we grew up with. Perhaps you can remember a time, as an adult, going back to your parents’ home for a visit. How even as adults, we slip back into these dynamics with our parents (or our children). It can be painful – and take intentional thought and effort – to grow into new ways of relating to one another. And we’re not always ready for that.

It certainly seems clear that Jesus’ friends and neighbours aren’t ready for that. They don’t know how to make room for this new Jesus. Instead of being welcomed and embraced for who he has become, Jesus finds himself peppered with accusatory questions. Home is no longer the comfortable place Jesus once knew. And interestingly, likely as a result of their less than hospitable reaction, Jesus is unable to perform any miracles in his hometown (well, except for one or two healings.)

It's not insignificant that immediately after this negative experience in his hometown, Jesus sends his disciples out. They haven’t found welcome in the place that was supposed to welcome them, so Jesus takes another approach. He sends the disciples out in pairs to extend the reach of his ministry of repentance and healing. And he gives them some pretty specific instructions. They are to travel lightly – incredibly lightly in fact. No money, no food, no extra clothing. Wherever they go, they will need to depend on the kindness of strangers. Jesus expects them to travel with a spirit of humility and gratitude. To trust that what they need will be provided for them. To minister from a place of vulnerability and trust.3

When we look at these two stories – of Jesus’ rejection in his hometown and the sending of the disciples – it’s powerful to notice how they challenge our ideas of what community is and where community can be found. Jesus’ hometown was the place where we would have expected him to find welcome, and instead he was met with criticism and rejection.

The disciples, on the other hand, venture out in vulnerability. Presumably they didn’t find welcome in every place they visited – hence Jesus’ advice to shake the dust of their feet. But in those places where they did receive welcome, a qualitatively different kind of relationship and community had the potential to form. I’m sure the disciples made many deep connections with folks on their travels, that were only possible because of the precarity and vulnerability of their situation.

It makes me wonder, when we look at these stories as a congregation, where do we see ourselves? What kind of community or home or family are we? Are we insular or outward looking? Are we suspicious of newcomers or do we seek newcomers out? Are we open or closed off to change? Do we have the capacity to make space for one another when we grow and change?

The beautiful (and challenging) word in these stories is the possibility that like Jesus, we might sometimes have to let go of comfortable places to grow into our true potential.4 That like the disciples, we might have to venture to new places; unfamiliar places; to grow into our true potential.

Which brings me to John the Baptist. The story of his death made up the larger part of our gospel story today. And while it hasn’t been the focus of this sermon, I think it’s important to consider why Mark chose to include it at this point in his telling of the gospel. Because this is a flashback. Mark doesn’t actually tell us when John the Baptist was killed, but he chooses this moment to let us know that it happened, in all it’s gruesome detail.

It seems like Mark wants to make it clear just how risky it is to be a prophet or a disciple. He wants to make it clear that for those who go against the status quo, it can be precarious and dangerous. John the Baptist’s arrest and execution is an example of the ultimate cost that might be asked of those who grow into their true potential when that challenges the powers that be.

There is a cost to discipleship, and yet this is our calling; to follow in Jesus’ way. To grow into our true potential. It always has been. And it hasn’t always been easy. But I think the times when it has been most challenging are not the times we might first think.

I think we, at this time of uncertainty and precarity – with smaller numbers both in terms of people and finances – are poised in a better way to answer Jesus’ call than the church of 40 or 50 years ago with its abundance of resources.

Is it possible that our discomfort and the knowledge that we can’t keep doing the same old thing are in fact gifts of grace as we seek to live out the gospel? As we seek to follow Jesus’ call to step out in faith. To be vulnerable. To trust. To meet our neighbours. And we are not called to do this on our own. Just as Jesus sends the disciples out in pairs, we travel together, offering encouragement and companionship along the way.

We all need the comfort of home – of a safe place where we can go as we are and not be questioned. But that home can take different shapes. It can evolve and move around over time. What makes it home is that Jesus is there with us. Jesus is the one who gathers us. And we are promised, that wherever two or three are gathered, Jesus is here with us too. Even as we change and grow into our true potential, we will always have a home with Jesus. May the knowledge of that promise give us the courage we need to step out in faith, knowing that even in our vulnerability, we are never far from home. AMEN

1 <https://www.theguardian.com/books/2014/jun/01/maya-angelou-appreciation-afua-hirsch>

2 <https://www.poetryfoundation.org/poems/44261/the-death-of-the-hired-man>

3 Bibleworm Podcast Episode 523 “Sending the Disciples” (Mark 6:1-30). January 28, 2024.

4 Bibleworm Podcast Episode 523 “Sending the Disciples” (Mark 6:1-30). January 28, 2024.

**Hymn of the Day: ELW # 583 ‘Take My Life, That I May Be’**

***Refrain***

 ***Take my life, that I may be***

 ***consecrated, Lord, to thee;***

 ***take my moments and my days;***

 ***let them flow in ceaseless praise.***

1 Take my hands and let them move

 at the impulse of thy love;

 take my feet and let them be

 swift and beautiful for thee. ***Refrain***

2 Take my silver and my gold,

 not a mite would I withhold;

 take my intellect and use

 ev'ry pow'r as thou shalt choose. ***Refrain***

3 Take my voice and let me sing

 always, only for my King;

 take my lips and let them be

 filled with messages from thee. ***Refrain***

4 Take my will and make it thine;

 it shall be no longer mine;

 take my heart, it is thine own;

 it shall be thy royal throne. ***Refrain***

*(Title: Take My Life, That I May Be; Text: Frances R. Havergal, 1836-1879, adap.; Spanish text: Vicente Mendoza, 1875-1955; Public Domain*

*Music: William Dexhheimer Parris, b. 1956; arr. Mark Sedio, b. 1954; Music © 1999 Augsburg Fortress. All rights reserved. Used by permission.*

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**Prayers of Intercession:**

A: As we celebrate Christ embodied in human form, we pray for God’s blessing on the church, the world, and all of creation.

*A brief silence.*

God of good news, you desire wholeness for all your creation and you will not be deterred from your mission of pouring out grace. We praise you for your power and your perseverance. For the ways you pursue us even when we, your people, are difficult to reach. Your love finds a way, no matter what, and we give you thanks. God of grace, ***C: receive our prayer.***

We pray this day for those who wonder if your healing grace can ever reach them, and for those who don’t believe they need it. We lift up those whose access to care is limited by others, by lack of resources or lack of compassion. We ask your gifts of healing for Jeff, Carol, each beloved child on our prayer list, and those we name before you now aloud or silently in our hearts… May the faith that grows between us, the faith we hold together, be so full and powerful that it makes healing possible. God of grace, ***C: receive our prayer.***

We pray this day for your church struggling along in a changed world, not sure how to minister in communities where faith feels irrelevant and past perceptions of church make it hard to do new things. When nothing we do seems to work, show us other ways to reach your goal. Remind us that you would not call us if you did not believe in us. You would not send us out without all the gifts and power to fulfil your mission and ministry, and you would not empower us if you weren’t also preparing the hearts of others. Guide us to be good witnesses to every place we find ourselves, and give us faith to trust your work even when we cannot see it with our eyes. God of grace, ***C: receive our prayer.***

We pray this day for all who feel powerless in the face of the systems of this world. All whose lives and livelihoods are endangered when we simply go along to get along, and those who hold positions of power but use them to perpetuate insidious daily mundane evil. May the light of your hope shine, revealing the way to life abundant. Give us clarity to recognize our part, and courage to use the power we do have to insist another way is possible. God of grace, ***C: receive our prayer.***

You are nothing if not persistent, O God —

persistent in love, graciousness, justice, healing,

persistent in bringing life where all around seems lost.

We pray that we who are made in your image may persist, too.

In hope and trust, we ask these things in Christ’s name.

**Amen.**

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**Share the peace of Christ:**

The peace of Christ be with you always.

***C: And also with you.***

**Offering**

**Offering Hymn: ELW # 692 ‘We Are an Offering’**

**Chorus 1**

We lift our voices

We lift our hands

We lift our lives up to You

We are an offering

Lord use our voices

Lord use our hands

Lord use our lives they are Yours

We are an offering

**Bridge**

All that we have

All that we are

All that we hope to be

We give to You

We give to You

**Chorus 2**

We lift our voices

We lift our hands

We lift our lives up to You

We are an offering

We are an offering

*(Title: We Are an Offering; Text & Music: Dwight Liles, b. 1957; © 1984 Word Music, LLC. All rights reserved. Used By Permission. Reprinted and Streamed with permission under CCLI, License # 11098609. All rights reserved.)*

**Offering Prayer:**

Blessed are you, Holy One,

for all good things come from you.

In bread and cup you open heaven to us.

Meet us at this table,

that we receive what we seek

and follow your Son, Jesus,

in whose name we pray.

**Amen.\***

*\*From Sundays and Seasons.com. Copyright 2024 Augsburg Fortress.*

You are invited to prepare your table with bread and wine, or crackers and juice, whatever is available to you, so that you may participate in the meal.

**Meal: Click here for the communion liturgy from worship on YouTube:**

[**https://youtu.be/ViXmTzRsfU4**](https://youtu.be/ViXmTzRsfU4)

**Great Thanksgiving: ACS Setting 12: ‘Dialogue…’ (page 36) (spoken)**

The Lord be with you. **C: And also with you.**

Lift up your hearts. **C: We lift them to the Lord.**

Let us give thanks to the Lord our God. **C: It is right to give our thanks and praise**

**ELW Setting 12: ‘Preface…’ *(Epiphany)***

It is indeed right, our duty and our joy,

that we should at all times and in all places

give thanks and praise to you, almighty and merciful God,

through our Savior Jesus Christ.

By the leading of a star he was shown forth to all nations;

in the waters of the Jordan you proclaimed him your beloved Son;

and in the miracle of water turned to wine he revealed your glory.

And so, with all the choirs of angels,

with the church on earth and the hosts of heaven,

we praise your name and join their unending hymn:

**ELW Setting 12: ‘Holy, Holy, Holy…’ *(page 36 )***

Holy, holy, holy Lord,

God of pow’r and God of 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, hosanna in the highest.

Hosanna, hosanna in the highest.\*

**Thanksgiving at the Table:**

On the night before he showed us the full extent of his love,

our Lord Jesus took bread, and gave thanks;

broke it, and gave it to his disciples, saying:

Take and eat; this is my body, given for you.

Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,

and gave it for all to drink, saying:

This cup is the new covenant in my blood,

shed for you and for all people for the forgiveness of sin.

Do this for the remembrance of me.

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

**The Lord’s Prayer:**

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those

who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power,

and the glory are yours,

now and forever. Amen.

**Invitation to Communion:**

This is Christ’s table where all are fed and none go hungry. Come, taste, and see that the Lord is good.

I invite those at home, and those in the building communing by fellowship cup, to take your bread or cracker as we say together, “The body of Christ, given for us.”

And, as we take our cup we say, “The blood of Christ, shed for us.”

**Communion Music: ELW Setting 12: ‘Be Known to Us’ *(page 40) &***

 **ELW # 796 ‘How Firm a Foundation’**

**ELW Setting 12: ‘Be Known to Us’ *(page 40 )***

Be known to us, Lord Jesus, in the breaking of the bread.

Alleluia, alleluia, alleluia.

Be known to us, Lord Jesus, in the breaking of the bread.

Alleluia, alleluia, alleluia, alleluia.

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**ELW # 796 ‘How Firm a Foundation’**

1 How firm a foundation, O saints of the Lord,

 is laid for your faith in Christ Jesus, the Word!

 What more can he say than to you he has said

 who unto the Savior for refuge have fled?

2 "Fear not, I am with you, oh, be not dismayed,

 for I am your God and will still give you aid;

 I'll strengthen you, help you, and cause you to stand,

 upheld by my righteous, omnipotent hand."

3 "When through fiery trials your pathway shall lie,

 my grace, all-sufficient, shall be your supply.

 The flames shall not hurt you; I only design

 your dross to consume and your gold to refine."

4 "Throughout all their lifetime my people shall prove

 my sov'reign, eternal, unchangeable love;

 and then, when gray hairs shall their temples adorn,

 like lambs they shall still in my bosom be borne."

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P: May the body and blood of our Lord and Saviour Jesus Christ strengthen you, and keep you, in his grace.

***C: Amen.***

**Prayer after Communion:**

A: Giver of every gift,

Christ’s body is our food, and we are Christ’s body.

Raise us to life by your power

for the benefit of all and to your glory,

now and forever.

Amen.\*

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**Blessing:**

Fed and nourished,

go to fulfil Christ’s ministry,

bringing good news and healing to the world God so loves.

Trust where God is sending you,

rely on the gifts the Spirit gives you,

and look for the presence of Christ the Living Word in each place,

for the blessing of the Triune + God is with you.

Amen

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**Sending Hymn: ELW # 546 ‘To Be Your Presence’**

1. To be your presence is our mission here,

to show compassion's face and list'ning ear,

to be your heart of mercy ever near,

alleluia!

2. To be your presence is our mission bold,

to feed the poor and shelter homeless cold,

to be your hands of justice, right uphold,

alleluia!

3. To be your presence is our mission blest,

to speak for all the broken and oppressed,

to be your voice of hope, your love expressed,

alleluia!

4. We are your heart, O Christ, your hands and voice,

to serve your people is our call and choice,

and in this mission we, the church, rejoice,

alleluia!

 *(Title: To Be Your Presence; Text: Delores Dufner, OSB, b. 1939; Text © 2000 GIA Publications, Inc., 7404 S. Mason Ave., Chicago, IL 60638. www.giamusic.com. 800.442.3358. All rights reserved. Used by permission. Music: Charles V. Stanford, 1852-1924; Public Domain. Reprinted and Streamed with permission under ONE LICENSE, License #A-727610. All rights reserved.)*

**Dismissal:**

P: We are disciples

Alive in the adventure of Jesus

A: Let us go forth in joy and peace, to love and serve God and our neighbours.

***C: Thanks be to God.\****

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