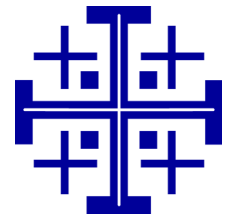




Immanuel Church-on-the-Hill

Episcopal/Anglican Alexandria, Virginia



THE FIFTH SUNDAY AFTER THE EPIPHANY

February 4, 2024

Holy Eucharist, Rite I, 8:00 a.m.

Page numbers refer to [The Book of Common Prayer](#).

THE WORD OF GOD

Opening Acclamation

p. 323

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

People: *And blessed be his kingdom, now and for ever. Amen.*

The Collect for Purity

p. 323

Kyrie eleison

p. 324

The Collect of the Day

The Lord be with you.

People: *And with thy spirit.*

Celebrant: Let us pray.

Set us free, O God, from the bondage of our sins and give us, we beseech thee, the liberty of that abundant life which thou hast manifested to us in thy Son our Savior Jesus Christ; who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

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.

The Word of the Lord

Response: *Thanks be to God.*

Psalm 147:1-12, 21c *Laudate Dominum*

- 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.
- 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.
- 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.
- 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;
- 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.
- 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!

The Epistle: 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.

The Word of the Lord
Response: *Thanks be to God.*

The Holy Gospel: Mark 1:29-39

The Holy Gospel of our Lord Jesus Christ, according to Mark
Response: *Glory be to thee, O Lord.*

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.

The Gospel of the Lord
Response: *Praise be to thee, O Lord.*

The Sermon: The Rev. Susan D. Parsons

The Nicene Creed

p. 326

The Prayers of the People

Confession of Sin and Absolution

p. 331

The Peace

Celebrant: The peace of the Lord be always with you.
People: *And with thy spirit.*

Welcome and Announcements

THE HOLY COMMUNION

The Offertory

Clergy: All things come of thee, O Lord; *and of thine own have we given thee.*

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The Great Thanksgiving: Eucharistic Prayer II

p. 340

Celebrant: The Lord be with you.
People: *And with thy spirit.*
Celebrant: Lift up your hearts.
People: *We lift them up unto the Lord.*
Celebrant: Let us give thanks to the Lord our God.
People: *It is meet and right so to do.*

THE BREAKING OF THE BREAD

Celebrant: Alleluia, Christ our Passover is sacrificed for us
People: *Therefore let us keep the feast. Alleluia.*

p. 337

O Lamb of God, that takest away the sins of the world, *have mercy upon us.*
O Lamb of God, that takest away the sins of the world, *have mercy upon us.*
O Lamb of God, that takest away the sins of the world, *grant us thy peace.*

If you are physically unable to come to the Altar, please let an usher know that you would like to have Communion brought to you.

Post Communion Prayer

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Blessing

The Dismissal

Clergy: Go in peace to love and serve the Lord.
People: *Thanks be to God.*

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SERVING AT THIS EUCHARIST: *Altar Guild:* Diana Walker
Usher: Dodd Sims
Flower Guild: Karen Besser
Coffee Hour Host: Mave Milligan
Vestry Greeter/Counter: Caroline Bergmark
Celebrant: The Rev. Sarah Spurlock Biggs

IMMANUEL CHURCH-ON-THE-HILL

Parish Notes

February 4, 2024

IN THE NAME OF CHRIST we welcome you to Immanuel Church-on-the-Hill!

Immanuel is an Episcopal Church in the Diocese of Virginia, and is part of the world-wide Anglican Communion. Immanuel was founded by the Virginia Theological Seminary. We are one parish that worships in two locations: the Zabriskie Chapel (3606 Seminary Road), and Immanuel Chapel (3737 Seminary Road) on the seminary grounds. Both chapels offer a fully-staffed nursery for our infant and toddler parishioners.

Visitors are encouraged to fill out a visitor card — located in the pews or display stands at the entrances of the chapels. Give your card to an usher or place in the collection plate. Thank you.

For the latest information on our online worship service and to view a video of our most recent service, please visit our website (www.icoh.net).

PRAY FOR PARISHIONERS: Natalie Doyle Hennin, Rollin Huntington, Marianne Ingold, Doug John, Joseph, Kenny, Susan Kernan, Ann MacNamara, Cynthia Morton, Linda and Cy Murphy, Tony and Patsy Rogers, Catherine Sinclair, John Smucker, Norma Taliaferro, Francine Wargo, Zuzanna and Spencer Wise.

PRAY FOR OUR FRIENDS AND FAMILY: Alice, Jack Allen, Kathryn Anschutz, Dave and Betsy Fox Berry, Peter Blackledge, David Craig, Justine Claypoole, Jean Couban, The Most Rev. Michael Curry, Cynthia, Steve Davis, Dana DeCecco, Joseph Fabian, Cathy Fick, Gerald, Linda Gill, Gladys, Betty Harris, Betty Hicks, Louise Jackson, Peter and Joanne, John, Katja, Tom Kellner, Charlotte Kellogg, Joseph and Elaine Kelly, Winnie Kidd, Lillian Kozuma, Mike Krieger, Ann Langdon-Days, Marcia MacDonald, Marge McGoff, Joe Miceli, Michael, Stephen Miller, McQuade Milligan, Mary Muniz, Lysbeth, Jessi Napolitano, Carol Ording, Shelby Ochs Owen, Paul, Lilly Pinner, Sarah Pollach, Jennie Rae, Michael Rathsack, Rebecca, Sue Rehnke, Larry Rhoades, Roger, George Rustigian, Brian Tolson, Graham Tomlinson, Fred Vipperman, Mark Vipperman, Rosemary Wensing, Ryan Willis, and Richard Zitelli.

Pray for those who are celebrating birthdays this week: John Wagner III, Tom Cuddy Jr., Susan Kernan, Diana Page, and Aggie Fortune.

Serving around the world: Noah Barker, Ian Phillips, Todd Bates, Jason Osborne, Michael Hussey, and Jonathan, Nicole, Alina and Nolan Anderson, and Scott.

Those who have died: Frances Johnson, wife of Gordon Johnson and mother of Susan J. Gildersleeve; and Geraldine Johns, mother of Kevin Johns (Committee Chair of Scout Troop 131); and the U.S. Army soldiers killed in Jordan: Sergeants William Jerome Rivers, Kennedy Ladon Sanders, and Breonna Alexsondria Moffett. *Rest eternal grant to them, O Lord, and let light perpetual shine upon them.*



JOIN US AT 10:00 A.M. TODAY IN THE ZABRISKIE PARISH HALL
FOR A SPECIAL FORUM HOUR : *The Culmore Clinic*
Special Guest Presenter Lynette Sappe-Watkins, Executive Director

Culmore Clinic is a story of faith in action. The Immanuel community is part of that story. Come and enjoy this opportunity to hear Lynette Sappe-Watkins share the Culmore Clinic story and celebrate how the support of Immanuel Parish is touching and changing the lives of so many.

All children are invited to attend Children's Chapel, 10:00 a.m., the Oratory, the side chapel in Immanuel Chapel. The service ends at 10:25, so that the children can join their parents for the 10:30 a.m. Eucharist. This will be a great opportunity for children's Christian formation, while also giving parents a few quiet minutes to socialize with other parents and to prepare for worship.

Announcements

WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

Morning Prayer @ 10:00, Tuesday, February 6th, Zabriskie Chapel

Wednesday Holy Eucharist Rite II, February 7th @ 12 Noon, Zabriskie Chapel

Bible Study *“The Gospel of Matthew: Book of the Messiah”*, Thursday, February 8th @10:30 a.m. online via Zoom. Look for login details in your weekly eBlast email.

Evening Compline, Friday, February 9th, 8:30 p.m., Online via Zoom

Lenten Forum Hour Series Begins: *“Praying Day by Day”*

February 11th, 11:45 a.m., The Welcome Center

ASH WEDNESDAY FEBRUARY 14



12 Noon	Holy Eucharist Rite II with Imposition of Ashes	Zabriskie Chapel
7:00 p.m.	Holy Eucharist Rite II with Choir and Imposition of Ashes	Zabriskie Chapel

TODAY: YOUTH CONFIRMATION CLASS FOR THOSE IN 7TH-12TH GRADES, 4:00 P.M., THE FAIRCHILD ROOM

All interested in being confirmed are invited to attend our first confirmation class this afternoon from 4-5:30 p.m., in the Fairchild Room, Zabriskie Chapel. Those in EYC are encouraged to stay for dinner at 5:30 p.m., followed by fellowship. To register, please scan the QR code at right; for questions, reach out to the Rev. Sarah Spurlock Biggs at sspurlockbiggs@icoh.net.



EYC Confirmation

ALIVE! Food Drive Extended for SOUP-ER Bowl: Thanks to all who have contributed to the January food drive for Alive! If you haven't had a chance to donate, it's not too late! We will continue the drive for 2 weeks for the SOUP-er Bowl!

The collection bins will be separated into two sides-one for the San Francisco 49'ers and the other for the Kansas City Chiefs. Who will win the Super Bowl on Sunday, February 11th? Let's see if we can accurately predict the winner! A Grand Total of donated pounds will be announced after our Soup-er Bowl!

SENIOR ADULT MINISTRY EVENTS -FEBRUARY

February 12: FORD's THEATER on PRESIDENT LINOLN'S BIRTHDAY Washington, DC:

For Lincoln's birthday we will visit historic Ford's Theater, where the President and his wife went to watch Our American Cousin. We will have time in the theater's museum, a ranger presentation in the theater, and entry to Peterson House, where Lincoln was taken after being shot and where he died.

Our van will leave Zabriskie parking lot at 9:30am, stopping at Goodwin House-Alexandria. We will plan to return to the Parish Hall to have lunch together and then folks who boarded the bus at Goodwin House will head home on the van, arriving by 1:30pm. The copy to ride in the van is \$20. Tickets for the museum are \$3.50, so a \$5 contribution towards ticket and lunch will be gratefully accepted. RSVP to Karen Besser at karen.besser@gmail.com or SeniorMinistry@icoh.net.

EASY WAY TO SIGN UP: FEBRUARY –MARCH

Sign up to Serve in our Sunday Services for February and March — through Lent and Easter — ONLINE via Our **Red SignUp Genius Button**

Sign-up to Serve on Sundays



Lay Ministry
SignUp Genius

Would consider serving as a lay minister? If so, please sign up to serve as a Reader, Intercessor, Usher, Acolyte, Altar Guild, Crucifer and/or Chalice Bearer online via [SignUp Genius](#) for Immanuel by visiting the landing page of our website at www.ICOH.net and [clicking on the red button at left](#). If you're a student — or planning Summer travel — feel free to sign-up for the Lenten season and Easter only.

If you are a first-timer and need training, please contact Agnes at the office on **Wednesdays from 10:30 a.m. - 1:30 p.m.** (ext. #206), or via email at asoos@icoh.net. Finally, if you need training for a particular ministry, please send a request to Mother Susan at sparsons@icoh.net or indicate so in the comments box under your name on the online form. Thank you!

ALL ARE INVITED to Immanuel's SHROVE TUESDAY PANCAKE SUPPER Tuesday, February 13th, Zabriskie Parish Hall: We are planning a choice of blueberry or plain pancakes, sausage and bacon with a side of applesauce! All served on warm plates. Dinner will begin at 5:30 p.m., and the cost is \$5.00 per adult and \$12.00 per family.



MONTHLY SATURDAY BREAKFAST BIBLE STUDY FEBRUARY 17th @ 8:00 AM Held Online via Zoom: Join Immanuel's monthly Saturday morning Breakfast Bible Study on Saturday, January 20th online via Zoom (find this bulletin on our website under the "Worship" tab, then click on the link below) beginning at 8 AM. Our new theme for 2024 is *Anxiety!* This month we will read **Psalm 43 "Send out your light and your truth; they shall be my guide...Why so downcast, why all these sighs? Hope in God!"** using the African Model of Reflection. For more information, please visit [our webpage "Breakfast Bible Study"](#), or contact Chrissie Crosby at cmcfaddencrosby@gmail.com.

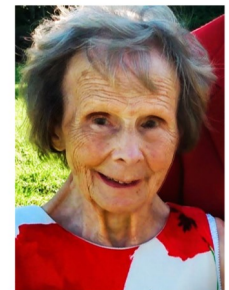
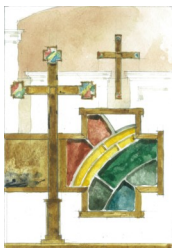
[Join Zoom Saturday Breakfast Bible Study Meeting](#) / Meeting ID: 959 5450 6553 /Passcode: 027913

A Liturgy in Thanksgiving for the Life of

FRANCES JOHNSON

Saturday, February 24, 2024
12 Noon, Zabriskie Chapel

Funeral immediately followed by reception in the Parish Hall.



CPR TRAINING CLASS MARCH 9th : From teens needing a CPR card for summer jobs to ushers at church to grandparents watching their grandchildren! Actually, great for everyone and anyone over the age of 15! Immanuel will offer an in-person CPR class in the Zabriskie Parish Hall on March 9, from 1-5pm . We need a minimum of six participants. Suggested cost is \$100 but partial scholarships are available. Contact Lisa Clausen at Lisa.clausen@verizon.net to sign up.

CLERGY AND STAFF

The Rev. J. Randolph Alexander, Jr. (ralexander@icoh.net) Rector
 The Rev. Susan D. Parsons (sparsons@icoh.net) Associate Rector
 The Rev. Sarah Spurlock Biggs (sspurlockbiggs@icoh.net) Assistant Rector
 The Rev. Deacon Lo Selles (cselles@vts.edu) Seminarian
 Reggie Hayes (r.hayes9@me.com) Postulant Intern
 Daisy Colón (dcolon@vts.edu) Seminarian
 Dr. Jane Tavernier (jtavernier@icoh.net) Director of Music
 Tom Hewson (thewson@icoh.net) Treasurer
 Mollie Lambert (mlambert@icoh.net) Assistant Treasurer
 Aleta Y. Powell (apowell@icoh.net) Parish Administrator
 Tamika Martin (tmartin@icoh.net) Audio Visual Technician
 Gilma Balcarcel Nursery Coordinator
 Stuart Dahlinger Sexton

THE VESTRY

Kristi Kubista-Hovis Senior Warden
 Gerry Anderson Junior Warden: Building and Grounds, Creation Care
 Peter Kent Junior Warden: Administration
 Amy Thomas Adult Formation and Discipleship
 Brad Ashton Stewardship and Planned Giving
 Mollie Lambert Outreach
 Kathy Lloyd Senior Ministry
 Kristi Kubista-Hovis and Kathy Lloyd Children Youth and Family Ministries
 Julie Bruns Pastoral Care
 David Atwood Social Justice
 Taylor Houck Communications
 Caroline Bergmark Evangelism and Newcomers
 Matt Haskin Worship
 Caroline Bergmark and Taylor Houck Fellowship
 Sydney Onley Youth Representative (nonvoting member)
 Caroline Bergmark Registrar

SCHEDULE OF SUNDAY WORSHIP SERVICES

8:00 a.m. Holy Eucharist Rite I, Zabriskie Chapel
 9:00 a.m. Holy Eucharist Rite II, Zabriskie Chapel
 3606 Seminary Road, Alexandria, VA

 10:30 a.m. Holy Eucharist Rite II, Immanuel Chapel
 3737 Seminary Road, Alexandria, VA

Online

www.immanuel-on-the-hill.org
[Immanuel's YouTube channel](#)

PRIESTS ASSOCIATE

The Rev. Dr. Ruthanna Hooke
 The Rev. Jan A. Maas
 The Rev. John R. Smucker
 The Rev. Dr. Francis H. Wade

RECTOR EMERITA

The Rev. Dr. Margaret Ann (Sam) Faeth



MISSION STATEMENT: Immanuel Church-on-the-Hill is a Christian community in the Episcopal tradition, striving to be in relationship with God and each other as Christ has taught us, actively attempting to sense and to serve God’s plan with great love. We are guided by Mark 16:15: “Go ye into all the world and preach the gospel,” to learn, discern, and proclaim the Good News by being active ministers in the various communities where we live and serve.

Parish Office

3606 Seminary Road, Alexandria, VA 22304
 Telephone: 703-370-6555, Fax: 703-370-0837

www.icoh.net



Ways to GIVE