

MORNING PRAYER

EPIPHANY 3

JANUARY 24, 2021

PRELUDE: CHORALE SETTING BY DIETRICH BUXTEHUDE ON "HOW BRIGHTLY SHINES THE MORNING STAR" PERFORMED BY SIETZE DE VRIES

OPENING SENTENCE

Nations shall come to your light, and kings to the brightness of your rising.

Isaiah 60:3

CONFESSION OF SIN

Let us confess our sins against God and our neighbor.

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 have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

THE INVITATORY AND PSALTER

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

Alleluia

VENITE PSALM 95:1-7

The Lord has shown forth his glory: Come let us adore him.

The Lord has shown forth his glory: Come let us adore him.

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

***Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.***

For the Lord is a great God, *

and a great King above all gods.

***In his hand are the caverns of the earth, *
and the heights of the hills are his also.***

The sea is his, for he made it, *

and his hands have molded the dry land.

***Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.***

For he is our God, and we are the people of his pasture and the sheep of his hand. *

Oh, that today you would hearken to his voice!

The Lord has shown forth his glory: Come let us adore him.

The Lord has shown forth his glory: Come let us adore him.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

THE PSALMS APPOINTED:

PSALM 63 *Deus, Deus meus*

¹ O God, you are my God; eagerly I seek you; *

my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

² ***Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.***

³ For your loving-kindness is better than life itself; *

my lips shall give you praise.

⁴ ***So will I bless you as long as I live *
and lift up my hands in your Name.***

⁵ My soul is content, as with marrow and fatness, *

and my mouth praises you with joyful lips,

⁶ ***When I remember you upon my bed, *
and meditate on you in the night watches.***

⁷ For you have been my helper, *

and under the shadow of your wings I will rejoice.

⁸ ***My soul clings to you; *
your right hand holds me fast.***

⁹ May those who seek my life to destroy it *

go down into the depths of the earth;

¹⁰ ***Let them fall upon the edge of the sword, *
and let them be food for jackals.***

- ¹¹ But the king will rejoice in God; all those who swear by him will be glad; *
for the mouth of those who speak lies shall be stopped.

PSALM 98 *Cantate Domino*

- ¹ Sing to the LORD a new song, *
for he has done marvelous things.
² ***With his right hand and his holy arm *
has he won for himself the victory.***
³ The LORD has made known his victory; *
his righteousness has he openly shown in the sight of the nations.
⁴ ***He remembers his mercy and faithfulness to the house of Israel, *
and all the ends of the earth have seen the victory of our God.***
⁵ Shout with joy to the LORD, all you lands; *
lift up your voice, rejoice, and sing.
⁶ ***Sing to the LORD with the harp, *
with the harp and the voice of song.***
⁷ With trumpets and the sound of the horn *
shout with joy before the King, the LORD.
⁸ ***Let the sea make a noise and all that is in it, *
the lands and those who dwell therein.***
⁹ Let the rivers clap their hands, *
and let the hills ring out with joy before the LORD, when he comes to judge the earth.
¹⁰ ***In righteousness shall he judge the world *
and the peoples with equity.***

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

THE LESSONS

A READING FROM JONAH 3:1-5, 10

The word of the LORD came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

The Word of the Lord.

Thanks be to God.

A SONG OF JERUSALEM OUR MOTHER; ISAIAH 66:10-14

Rejoice with Jerusalem and be glad for her *
all you who love her,

***Rejoice, rejoice with her, *
all you who mourn over her,***

That you may drink deeply with delight *
from her comforting breast.

***For thus says our God, *
"I will extend peace to her like a river, the wealth of nations like an overflowing stream.***

"You shall nurse and be carried on her arm,*
and you shall nestle in her lap.

***"As a mother comforts her child, so will I comfort you; *
you shall be comforted in Jerusalem.***

"You shall see, and your heart shall rejoice, *
you shall flourish like the grass of the fields."

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

A READING FROM 1 CORINTHIANS 7:29-31

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

The Word of the Lord.

Thanks be to God.

SEQUENCE HYMN #550: JESUS CALLS US; O'ER THE TUMULT

A READING FROM THE GOSPEL OF MARK 1:14-20

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea-- for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

The Word of the Lord.

Thanks be to God.

THE SERMON

Robert Fruehwirth+

THE APOSTLES' CREED

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

THE PRAYERS

V: The Lord be with you.

R: *And also with you.*

Let us 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***

PRAYERS OF THE PEOPLE

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. We pray for Justin the Archbishop of Canterbury, Michael our Presiding Bishop, Sam and Anne our Bishops with all bishops, priests, and deacons. We pray for parishes in our Diocese, especially Church of the Advocate, Chapel Hill; Chapel of Christ the King, Charlotte; and Christ Church, Charlotte We also pray for Pastor Holman and Dickerson Chapel AME and for the Hillsborough clergy group.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good. We pray for our President, our Congress, and our State Government. We pray for the work of "Re-Entry House Plus" in their ministry to inmates leaving prison.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory. We pray for the work of the Eno River Association.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. We are thankful for the commissioning of Regina Webster as a Stephen's Ministry Grief Counselor. We pray for the poor, marginalized, and vulnerable in Orange County. We pray for inmates, first responders, and healthcare workers. We pray for educators, students, and parents of school-aged children.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. Comfort those who mourn, especially Jehanne Gheith at the death of her friend Gogi Hodder; Ashley Bridges at the death of her friend, Kanish "Chewie" Bhargava; and the Ringwalt extended family at the death of Mary Armbruster. We pray for those in our parish family, especially: Jackie, Mildred, Lois, Tom, Molly, Jim, Rowen & Jan, Ann,

Anne, Daisy, Tom, Champe, Keyon, Andy & Barrie, Patrick, Laura, Sandra, Bartow, Robert, Tricia & Don, Nell, Ludie, Robert, Paul, Marion, and Nancy. We pray for those at Brookshire, both residents and staff.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, especially Gogi, Kanish, and Mary, that your will for them may be fulfilled, and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

COLLECT FOR THE DAY

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

CLOSING HYMN #660: O MASTER, LET ME WALK WITH THEE

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.**

2 Corinthians 13:14

THIS WEEK AT ST. MATTHEW'S

Sunday (1/24): Epiphany Three

- **Worship and Formation**
 - **Gathering** (Worship Zoom); 9:00am
 - **Morning Prayer** (Worship Zoom); 9:15am
 - **Children's Programming** (Formation Zoom); 10:15am
 - **Sunday Forum** (Worship Zoom); 10:15am
- **Youth Group** (Formation Zoom); 4:00pm

Monday (1/25):

- **Archives & History** (Meeting Zoom); 10am
- **Food for All / Gordon Carlson's Team** (Fellowship Hall); 5:30pm
- **Compline** (Worship Zoom); 8:30pm

Tuesday (1/26):

- **Morning Silence** (Worship Zoom); 7:30am Gathering for Silent Meditation
- **Compline** (Worship Zoom); 8:30pm

Wednesday (1/27):

- **Morning Prayer** (Worship Zoom); 8:00am
- **For Those Who Live Alone** (Meeting Zoom); 5:00pm / Margaret Brill hosting
- **Choir** (Meeting Zoom); 7:00pm
- **Compline** (Worship Zoom); 8:30pm

Thursday (1/28)

- **Adult Bible Study** (Formation Zoom); 7:30pm
- **Keeping Sabbath Book Discussion** (Meeting Zoom); 7:30pm
- **Compline** (Worship Zoom); 8:30pm

Friday (1/29)

- **Morning Prayer** (Worship Zoom); 8:00am
- **Awareness Through Movement** (Meeting Zoom); 9:15am
- **Compline** (Worship Zoom); 8:30pm

Sunday (1/31): Epiphany Four

- **Worship and Formation**
 - **Gathering** (Worship Zoom); 9:00am
 - **Morning Prayer** (Worship Zoom); 9:15am
 - **Children's Programming** (Formation Zoom); 10:15am
 - **Sunday Forum** (Worship Zoom); 10:15am
- **Youth Group** (Formation Zoom); 4:00pm
- **Women's "Singing" Circle & Compline** (Worship Zoom); 7:00pm

PLEASE MASK UP IF YOU COME INTO ANY OF THE BUILDINGS ON THE CHURCH PROPERTY!!

IN-PERSON, OUTDOOR EUCHARISTS ARE SUSPENDED THROUGH JANUARY, DUE TO INCREASED COVID RISKS

All in-person Eucharists are being suspended through January at the strong suggestion of the Diocese. COVID is ramping up and this action will reduce the risk for those who attend and officiate. Thank you for your faithfulness in attending and we look forward to the time when we will be able to gather again.

SABBATH AS RESISTANCE: LIVING FROM REST IN A CULTURE OF BUSYNESS THROUGH FEBRUARY 10

Between the New Year and Lent St. Matthew's is hosting a book study to explore the Biblical roots and modern meaning of Sabbath: Taking Rest to Live from God. Our text is Walter Brueggemann's phenomenal book, *Sabbath as Resistance*. Through reading, questions, and discussion we will explore how to follow Christ in living an unhurried life that gives time to abide in God and care for others. "Good relationships are grown in the soil of good rest" - Alan Fadling. If you are interested, please contact the facilitator of this group, Nick Gallegly, at nick.gallegly@gmail.com. Classes are on Thursday nights from 7:30-8:30. Places are limited. Please note that the book is available from Purple Crow Books in Hillsborough. Ten copies have been ordered, paid for, and are in stock. You can pick up your copy anytime now until the supply runs out. If you want to reimburse St. Matthew's, the books are \$14.50 each.

AWARENESS THROUGH MOVEMENT® (January 29 and February 12, 19, & 26) at 9:15am on the Meeting Zoom Channel. Betty Wolfe plans to teach a few each of standing, sitting, and on the floor lessons movements. Please email her bettywolfe@gmail.com with questions. All are welcome to explore these enlivening opportunities. Come expand your neuromuscular bandwidth!

SIGN UP FOR SECRET PALS!

Secret Pals is an annual tradition at St. Matthew's bringing all generations together for the three F's...food, fellowship, and FUN! If you like mystery, suspense, and happy endings...consider signing up for Secret Pals! Adults who sign up to be a secret pal send treats and clues to their younger pal the week of February 7th, and on February 14th their identity will be revealed at the Secret Pals Breakfast at 10:15am on the Formation Channel. Stay tuned for more information in the coming weeks! [Sign up here](#) by January 24th, and email Kim at kim@stmatthewshillsborough.org if you have any questions!

1,000 DAYS OF LOVE

Episcopal Relief and Development is in the midst of a grassroots fundraising campaign focused on development work and outreach to support children around the globe in the first three years of their lives, recognizing the especially critical development which happens during these early years. The campaign is called "1000 Days of Love" (for more details, click [here](#)). The Diocese of North Carolina has challenged each of its parishes to pledge at least \$15 per member to this campaign for the work of Episcopal Relief and Development. St. Matthew's will have a few, very brief, presentations over the next few weeks that will highlight "1000 Days of Love" and encourage you to consider making a donation. Donations can be made at the Diocesan website, which can be accessed using this [link](#) (if using this option, please remember to note that you are from St. Matthew's, Hillsborough in the memo line!). You may also send a check directly to St. Matthew's, noting that the money is for "1000 Days of Love." Thank you for your support!

A NEW FILM ABOUT PAULI MURRAY

Many of you are likely familiar with *Proud Shoes*, the story of Pauli Murray's family, with its ties to St. Matthew's, Chapel Hill, and Durham. A new film about her extraordinary life will be available online through the Sundance Film Festival. Tickets are \$15 for showings on January 31 at 6 pm and February 2 at 10 am. Click here for tickets and more information: [MY NAME IS PAULI MURRAY!](#) A recorded Q&A with the filmmakers will be presented afterwards. If you have any trouble purchasing your tickets, try to do so through a Firefox browser.

ST. MATTHEW'S PODCASTS ARE BACK: [HTTPS://STMATTHEWSHILLSBOROUGH.ORG/PODCAST/](https://stmatthewshillsborough.org/podcast/)

- The Church and Community I: Acts 2:37-47.
- The Church and Community II: Acts 4:32-5:11
- St. Matthew's Community: an interview with Jennifer Peak
- St. Matthew's Community: an interview with Edward Wright
- The church and Community III: Acts 6:1-7

ORANGE CONGREGATIONS IN MISSION

Providing Beef Stew to Orange Congregations in Mission Food's Pantry is a commitment St. Matthew's has made and kept for years now. Bring your donated stew by the church anytime.

Drop them in the basket under the alcove of the Hayden Building or leave them by one of the doors. We have met our January goal! Thank you.

SOME INFORMATION ABOUT REENTRY HOUSE FROM THEIR WEBSITE

The Alamance/Orange Prison Ministry has operated a weekly Yokefellows group on Tuesday evenings at the Orange Correctional Facility for years, although it is temporarily suspended now because of the COVID-19 pandemic.

In late summer, 2019, a group of volunteers and supporters met to talk through residential options for our colleagues in prison (in Yokefellows terminology, volunteers and inmates are “yoked” together for mutual support and growth). Out of those early discussions, ten volunteers or other interested partners (three of whom are post-incarcerated and who have become successful in the community), committed together to start a non-profit corporation for the purpose of providing housing and support in the most critical first 18 months after prison for those being released, until the point where they can become independent, self-supporting, contributing individuals in our community. They did become incorporated and are now a fully tax exempt organization.

COVID VACCINATION NEWS: LOCAL OPTIONS

(FROM THE ORANGE COUNTY WEBSITE)

North Carolina has moved into Phase 2 of the COVID vaccine distribution, meaning individuals 65 and older are now eligible to receive the COVID vaccine. There is no requirement to have certain qualifying chronic conditions. Please follow this three-step process:

1. **Complete the Vaccine Interest Form (VIF)** at <https://redcap.link/OCHDvax>
Call 919-913-8088 if you don't have access to a computer or would like help filling out the form. Foreign language interpreters will be available. We are anticipating very high call volume. Please be patient for a return call if you decide to leave a voicemail.
2. **Register for the vaccine.** You will receive an email with a link to an online registration form to enter your data into the COVID-19 Vaccine Management System (CVMS). It will take several minutes to complete. It is only available in English, but county staff are available to help register in other languages besides English by calling 919-913-8088.
3. **Schedule your vaccine appointment.** When an individual is eligible to receive a vaccine, you will receive another email from the Orange County Health Department to schedule an appointment.

To reduce the number of phone calls, residents in subsequent phases will be asked to register later. Eventually, the CVMS system will allow residents to register themselves. The complete list of the vaccination plan's phases may be found on [the NCDHHS website](#).

COVID VACCINES AT UNC HEALTH

If you are currently eligible (65 and over), you must schedule an appointment to receive a vaccine; walk-ins are not accepted. Our website <http://www.YourShot.org> has the most current information about UNC Health's vaccine locations, located across the state. There is a phone number to schedule vaccine appointments (984) 215-5485, however wait times have been long and it can be difficult to get through. We are encouraging everyone to use the website as much as possible. UNC Health is working hard to open more sites and expand capacity as quickly as possible.

COVID VACCINES AT DUKE

The COVID-19 vaccine is available at no cost to people age 65 and older. If you are 65 or older and want to receive the COVID-19 vaccine, add your name to our [waiting list](#). Because vaccine supply is limited, no appointments are currently available. We will open up appointment slots on [Duke MyChart](#) as vaccine supplies become available and we finish serving those on our waiting list.

PRAYER LIST

Some news: Chris Graebner fell and broke her leg New Year's Day requiring surgery. She's recovering well and doing a lot of physical therapy. I know she and Brooks both would enjoy cards of support. 3001 Black Elk Court / Burlington, NC 27715. –Lisa Frost-Phillips

We pray for all who are sick, or in any need or trouble, remembering especially the following members of our parish family: Jackie Fredericks, Mildred Pruessing, Lois Horn, Tom Vail, Molly Zaragoza, Jim Fesperman, Rowen & Jan Grant, Ann Burdette, Anne Weaver, Daisy Huffman, Tom Sinn, Champe Davis, Keyon Hutson, Andy & Barrie Wallace, Patrick Craft, Laura Middlebrooks, Sandra Poffenbarger, Bartow Culp, Robert Fruehwirth, Tricia & Don Hill, Nell Schrader, Ludie White, Robert Locke, Paul Enquist, Marion Horn, and Nancy Harris.

And these others for whom our prayers are desired: Melanie Maupin, Betsy Zaragoza, Derek Kendall, Harry Dula, Mathew Thomas, Arnold Thomas, Gail Clifford, Erin Vaughan, Bob Caldwell, Baylor Pisano, John Charton, Lucy Gradowski, Ken Foland, Savannah Fonvielle, Colleen Paisley, Ben Mueller, Richard Haase, Linda Saterfield, Chip Joyner, John Logan, the Spurllocks, the Tuckers, Anna Lawrence & Dan Bass, Fred Edoughs, Timothy, Bob, Laura Merrill, Jeannine Beardslee, Brooke Harnisch & Dan Roberts, Amy, Evelyne Accad, Amalia, Maddie Powers, Pat McDonald, Allie, John & Rachel Hougom, Richard Stevens, Mary Beth, Sam Hammond, Karl & Janice Eicher, Knox Efland, Coleman Sale, Boardman Lloyd, the family of Chris Knotts, Bill, Pat McDuffie, and Chris Graebner

We pray for all doctors and nurses, service workers, inmates, and the unemployed. We pray for educators, students, and parents of school-aged children.