

# TRINITY EPISCOPAL CHURCH

THE FOURTH SUNDAY AFTER EPIPHANY

MORNING PRAYER

JANUARY 31, 2021

8:00 A.M.

PHONE IN NUMBER: 929-436-2866

MEETING ID: 881 9858 5999

A PLACE OF WELCOME, HOPE & HEALING

WHAT IS THIS?  
A NEW TEACHING—WITH AUTHORITY!

HE COMMANDS EVEN THE UNCLEAN SPIRITS,  
AND THEY OBEY HIM.

120 Sigourney Street, Hartford, Connecticut 06105-2796  
860.527.8133 [www.trinityhartford.org](http://www.trinityhartford.org)

MORNING PRAYER: RITE TWO

8:00 A.M. VIA TELEPHONE

WELCOME

The Rev. D. Littlepage

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

THE CONFESSION

BCP 79

Officiant Let us confess our sins against God and our neighbor.

*All*

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.

Officiant Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

*People* Amen.

THE INVITATORY AND PSALTER

Officiant Lord, open our lips;  
*People* And our mouth shall proclaim your praise.

*All* Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen. Alleluia!

Officiant Worship the Lord in the beauty of holiness: Come let us adore him.

*Please read in unison.*

Be joyful in the Lord, all you lands; \*  
serve the Lord with gladness  
and come before his presence with a song.

Know this: The Lord himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.

For the Lord is good;  
his mercy is everlasting; \*  
and his faithfulness endures from age to age.

## PSALM 111

BCP 754

*Please read responsively by verse.*

- 1 Hallelujah!  
I will give thanks to the LORD with my whole heart, \*  
in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the LORD! \*  
they are studied by all who delight in them.
- 3 His work is full of majesty and splendor, \*  
and his righteousness endures for ever.
- 4 He makes his marvelous works to be remembered; \*  
the LORD is gracious and full of compassion.
- 5 He gives food to those who fear him; \*  
he is ever mindful of his covenant.
- 6 He has shown his people the power of his works \*  
in giving them the lands of the nations.
- 7 The works of his hands are faithfulness and justice; \*  
all his commandments are sure.
- 8 They stand fast for ever and ever, \*  
because they are done in truth and equity.
- 9 He sent redemption to his people;  
he commanded his covenant for ever; \*  
holy and awesome is his Name.
- 10 The fear of the LORD is the beginning of wisdom; \*  
those who act accordingly have a good understanding;  
his praise endures for ever.

*Please read in unison.*

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.

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: “If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.” Then the Lord replied to me: “They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.”

Reader Hear what the Spirit is saying to God’s people.  
 People Thanks be to God.

## CANTICLE 11

## The Third Song of Isaiah

BCP 87

*Please read in unison.*

Arise, shine, for your light has come, \*  
 and the glory of the Lord has dawned upon you.  
 For behold, darkness covers the land; \*  
 deep gloom enshrouds the peoples.  
 But over you the Lord will rise, \*  
 and his glory will appear upon you.  
 Nations will stream to your light, \*  
 and kings to the brightness of your dawning.  
 Your gates will always be open; \*  
 by day or night they will never be shut.  
 They will call you, The City of the Lord, \*  
 The Zion of the Holy One of Israel.  
 Violence will no more be heard in your land, \*  
 ruin or destruction within your borders.  
 You will call your walls, Salvation, \*  
 and all your portals, Praise.  
 The sun will no more be your light by day; \*  
 by night you will not need the brightness of the moon.

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 SECOND LESSON

## 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many

lords— yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

*Reader* Hear what the Spirit is saying to God’s people.  
*People* Thanks be to God.

CANTICLE 19                      The Song of the Redeemed  
*Please read in unison.*

BCP 94

O ruler of the universe, Lord God,  
great deeds are they that you have done, \*  
    surpassing human understanding.  
Your ways are ways of righteousness and truth, \*  
    O King of all the ages.

Who can fail to do you homage, Lord,  
and sing the praises of your Name? \*  
    for you only are the Holy One.  
All nations will draw near and fall down before you, \*  
    because your just and holy works have been revealed.

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 GOSPEL LESSON

Mark 1:21-28

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

*Reader* Hear what the Spirit is saying to God's people.  
*People* Thanks be to God.

SERMON

The Rev. D. Littlepage

*Silence for reflection.*

*Officiant* Let us affirm our faith together in the words of the Apostles' Creed.

THE APOSTLES' CREED

BCP 96

*All* 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

*Officiant* The Lord be with you.

*All* And also with you.

*Officiant* Let us pray.

*All* 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.

Officiant Show us your mercy, O Lord;  
*People And grant us your salvation.*

Officiant Clothe your ministers with righteousness;  
*People Let your people sing with joy.*

Officiant Give peace, O Lord, in all the world;  
*People For only in you can we live in safety.*

Officiant Lord, keep this nation under your care;  
*People And guide us in the way of justice and truth.*

Officiant Let your way be known upon earth;  
*People Your saving health among all nations.*

Officiant Let not the needy, O Lord, be forgotten;  
*People Nor the hope of the poor be taken away.*

Officiant Create in us clean hearts, O God;  
*People And sustain us with your Holy Spirit.*

## COLLECT OF THE DAY

BCP 215

Officiant Almighty and everlasting God, you govern all things both in heaven and on earth:  
 Mercifully hear the supplications of your people, and in our time grant us your peace;  
 through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one  
 God, for ever and ever.  
*All Amen.*

## PRAYER FOR THE HUMAN FAMILY

BCP 815

Officiant O God, you made us in your own image and redeemed us through Jesus your Son: Look  
 with compassion on the whole human family; take away the arrogance and hatred which  
 infect our hearts; break down the walls that separate us; unite us in bonds of love; and  
 work through our struggle and confusion to accomplish your purposes on earth; that, in  
 your good time, all nations and races may serve you in harmony around your heavenly  
 throne; through Jesus Christ our Lord.  
*All Amen.*

## A COLLECT FOR SUNDAYS

BCP 98

Officiant O God, you make us glad with the weekly remembrance of the glorious resurrection of  
 your Son our Lord: Give us this day such blessing through our worship of you, that the  
 week to come may be spent in your favor; through Jesus Christ our Lord.  
*All Amen.*

## PRAYER FOR MISSION

BCP 100

*Officiant* Almighty and everlasting God, by whose Spirit the whole  
 body of your faithful people is governed and sanctified:  
 Receive our supplications and prayers which we offer before

you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

*All* Amen.

*At this time, you are invited to share your prayers either silently or aloud.*

*If you pray aloud, please end your prayer with "This is my prayer"*

*Everyone else should respond "This is our prayer."*

*Officiant* Let us join together in the words of the General Thanksgiving.

THE GENERAL THANKSGIVING

BCP 101

Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.

A PRAYER OF ST. CHRYSOSTOM

*Officiant* Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting.

*All* Amen.

*Officiant* Let us bless the Lord.

*All* Thanks be to God.

*Officiant* 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.

*All* Amen.





### **+ ASSISTING AT WORSHIP +**

**The Rev. D. Littlepage – Officiant and Preacher**

**COVER ART:** We are grateful to The Rev. George Chien, (UMC, MCC) for creating the bulletin artwork.

The words of the service are taken from *The Book of Common Prayer*.

Scripture quotations are from the *New Revised Standard Version of the Bible* © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

### **LET US PRAY**

In our Parish Cycle of Prayer we pray for Pam & Georges Haddad, Jane Harris, Helen Hart and the Investment Committee.

In our Diocesan Cycle of Prayer we pray Epiphany, Durham; St. Gabriel's, East Berlin; St. Stephen's, East Haddam, Comite Hispano, Spanish-language Cursillo, Latino/Hispanic ministry in CT.

In the Anglican Cycle of Prayer we pray for Igreja Episcopal Anglicana do Brasil.

We pray for Kate Smith, Sam Hines and Yoleanna Russo, Juli Porter, Juhudi Mgombo, Nancy Crandall, Fred Margeson, Jennifer Stephens, Zechariah Stephens, Jo-Ellen Jansing, Katie Reynolds, Mavis Bennett; Ginny Catanzaro; Tori Henry; Louise Krippenstapel; Carlene Lewis; Judy Miller; Margaret Moore; Valentina Moore; Al Pereira; Jo-Ann Sadosky; Diane Bodine, Helen Strassner; Lindsey Tengtanga; Alice Turcotte; Jim Register, Richard Green (brother of Peter Green), Donald Bowens (Dianne Bowens-Waller), Joseph Negrelli Jr. and his family, Bill McMunn and Richard Alan Garver, Diane Bowens-Waller, Bruce and Jane Tatge (parents of Anne Green), Polly Thomas, Rebecca Bourret, Peter Vreeland, Amy Williams, Ken Rousseau (Casey Rousseau's dad), and Diana Perkins (friend of Suzanne and Boo), Jessica Compfer, Raldah Stephens, Joan and Ean Walsh (family of Jennifer Stephens) and those affected by mental and physical ailments, violence, natural disasters, and immigration and refugee policies, and their families; and for those who mourn for loved ones.

We pray for all who have died that they may have a place in your eternal kingdom, especially Alexandra Adams. We pray for the repose of the souls of homicide victims in our city of Hartford, and beyond. We pray for those who will die this week, that they may meet their Lord in faith and hope. We pray for ourselves and for our departed loved ones, that rejoicing with them in God's kingdom where every tear is wiped away, we may as one family sing praise forever and ever.

## Announcements

### Run For Refugees: January 30 – February 14, 2021



Kate and Drew Smith will again be participating in the annual (first-ever virtual) 5K Run for Refugees race sponsored by IRIS (Integrated Refugee Immigration Services.) They are planning to walk this year (Kate with poles) on the afternoon of February 7th. They've been practicing walking on their street!

The registration and fund raising for the annual 5k provides refugees and immigrants with vital services such as housing, healthcare, job placement, education, and much more. In 2020, IRIS worked with over 1,500 refugees and immigrants, including assisting Trinity in resettling our Syrian, Afghan and Congolese families.

This event is the main fundraiser for IRIS as they work diligently to help newcomers to our country. To support us, go to Kate's link: <https://runsignup.com/kateanddrew>

No amount is too small and the refugees at IRIS thank you!

Questions? Contact Kate Smith at [Kate48smith@comcast.net](mailto:Kate48smith@comcast.net) or 860-519-1591

### Pick Up Your Offering Envelopes

WHEN: Sunday, January 31, 2021

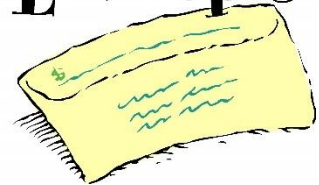
TIME: 12:30 pm – 1:30 pm

WHERE: Trinity Church – at the door to the Farmington Avenue entrance.

Mask Required

Barbara Roos will be on hand to distribute your envelopes. Know of someone for whom you can pick up envelopes and deliver to them? Please coordinate with them and let Barbara know the details.

## Offering Envelopes



Great!

Questions: Call Barbara Roos at 860-527-8133 ext. 204 or [office@trinityhartford.org](mailto:office@trinityhartford.org)



## Annual Giving Statements

Giving Statements were mailed the end of last week to those who made an offering to Trinity Church during 2020. If you do not receive a statement by January 30, 2021, please contact Barbara Roos at [office@trinityhartford.org](mailto:office@trinityhartford.org) or 860-527-8133 ext. 204.

### SAVE THE DATE: February 7: The Spirit in Spirituals – After Coffee

Join us next Sunday after Coffee as Trinity's Director of Music Ministries, Michelle Horsley, will lead us in an exploration of spirituals and their influence on centuries of music, in and outside the Church. We'll examine the deeper meaning of lyrics to familiar songs and also analyze the cultural implications of this foundational genre.

## Update On The Minyeko Family

Jeanette Minyeko wishes to convey her deep gratitude to Trinity's parishioners for their generosity and caring. Little Jeanette, the 1½ year-old grandchild, is having a great time with the board books and educational toys supplied by several of our parishioners, and Roger, is already deriving benefit (and hope) by studying intermediate English with a retired ESOL teacher arranged by Kate Byroade. The three non-English speakers, Jeanette, her eldest son, and his wife, are now studying beginner's English with two ESOL teachers who were part of the resettlement teams for Trinity's Syrian and Afghani teachers. The family is also very grateful for a donation that has allowed them to pay off their overdue electric bill. The family remains in financial need, since three of their four wage-earners have lost their jobs due to COVID-19.

### *Still urgently needed:*

- 1) *A good-condition used sewing machine* for Roger and Abedi, who were trained by their father as tailors. Roger also designs African clothing, and is available to do so for any Trinity members who would like to utilize his services. Also, if you have any sort of tailoring needs, Roger and Abedi are there for you. A refugee team member can bring your items to their apartment and pick them up when the work is completed.
- 2) *Volunteers to drive family members to doctor and dentist appointments.*
- 3) *A used car in good condition.* The lack of a car makes it virtually impossible for Roger and Abedi to get to work, since their apartment is located in an area with poor bus access.

If you have or know of a sewing machine or a car for donation, please contact **Anne Rapkin** at [a.rapkin@snet.net](mailto:a.rapkin@snet.net) or 860-521-5992.



Vaccination Info: People 75 and older are now eligible to receive the COVID-19 vaccination. More information about scheduling an appointment to receive the vaccine can be found here <https://portal.ct.gov/Coronavirus/COVID-19-Vaccination---75-and-older>



CT Covid Vaccine Appointment Assist Line that can be accessed at 877-918-2224  
M- F 8am-4:30pm.

## TRINITY'S CASSEROLE MINISTRY

Trinity Church is not just a beautiful building; it is a community—a community that reaches out to help parishioners and their families in times of need, such as after surgery, during illness, when a new baby has arrived or a family member has died. Your Casserole Ministry is there to provide prepared meals when meal-preparation is hard to manage.

All of us experience times of hardship when a helping hand is welcome. If you are experiencing such a time and could use help with meals, please contact **Anne Rapkin** at [a.rapkin@snet.net](mailto:a.rapkin@snet.net) or 860-521-5992.

And if you receive a message asking you to participate in the Casserole Ministry, consider that call an opportunity to do Christ's will, by extending love to your sisters and brothers. 'Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.' *Mt 25:40*

### **You are Invited --- Bible Study/Reflection Group – Tuesdays 5:15-6:15**

Our group just finished an 8-session reading and reflecting on the Psalms.

**You are invited and welcome to join us. We have begun another series reading and reflecting on the Book of the Acts of the Apostles.** Acts is written in the form of a history about the growth and change in the Church after Jesus' Resurrection. It's filled with stories about Peter and Paul and Dorcas and Lydia and many others.

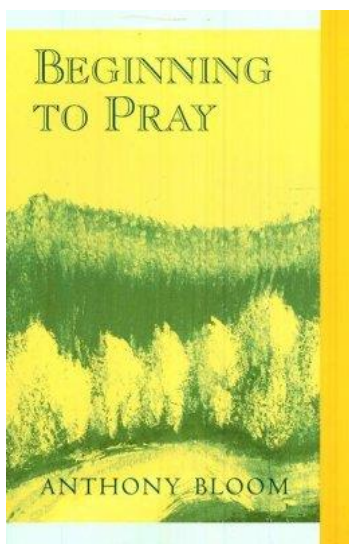
*No prior background or Bible study is required or necessary, just a willing heart and an open mind.*

We meet on Zoom: <https://us02web.zoom.us/j/82037586853>

Password: 1898

If you wish to participate, we suggest that you enter the Zoom meeting at 5 PM this Tuesday to get oriented to Zoom and the meeting. You can send your email address to Roy McAlpine to let him know you would like to attend. He will send you the Zoom URL and the reading for the session. Roy's email is [rmcalpine@comcast.net](mailto:rmcalpine@comcast.net), and cell is 860-338-4525.

### Life in the Spirit – Monday Night Book Group



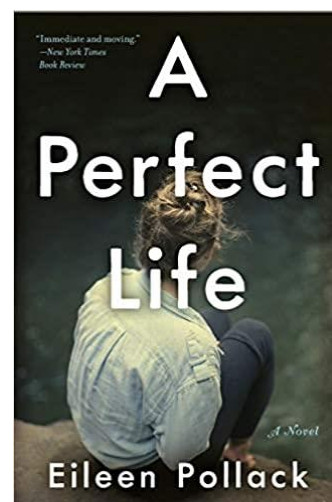
We'd like to invite you to join us in reading and discussing our next book, "Beginning to Pray," by Metropolitan Anthony Bloom. This straightforward and provocative book is considered one of the spiritual classics of the 20<sup>th</sup> century. Anthony Bloom, originally from Russia, was a medical doctor in France, and Orthodox monk, priest, and bishop who served the Orthodox community in London, UK.

We meet Mondays from 7:30 to 8:30 pm via Zoom, beginning again with our new book on Monday, Feb 1, 2021.

For more information, contact Drew Smith at [ktadsmith@comcast.net](mailto:ktadsmith@comcast.net) or 860-331-9021.

### Trinity Book Group

"A Perfect Life: A Novel" by Eileen Pollack is the featured work for Trinity book group's meeting on Friday, February 26<sup>th</sup>. Its main character is a scientist researching a serious genetic disorder affecting herself and her family. The story explores her brilliance and bravery as she confronts her deepest fears and desires, and then comes to accept the inevitable and the unexpected. All are welcome to join in the discussion, which will take place via Zoom from 7:00 – 8:00 pm on Feb. 26<sup>th</sup>. Contact Mark MacGougan at [macgougans@gmail.com](mailto:macgougans@gmail.com) to receive a link.



## Weekly Calendar

**Sunday, January 31<sup>st</sup>      Fourth Sunday after Epiphany**

8:00 A.M. Call-in Morning Prayer – Phone call  
10:00 A.M. Holy Eucharist Rite II – Spiritual Communion (via YouTube);  
Zoom Coffee Hour following

**Monday, February 1<sup>st</sup>**

Trinity Academy – in person learning  
5:30 P.M. Community For Racial Justice Committee – Zoom  
7:30 P.M. Life in the Spirit – Book Club – Zoom

**Tuesday, February 2<sup>nd</sup>**

Trinity Academy – in person learning  
2:00 P.M. Women Together (w/ St. John's and St. Monica's) via Zoom  
5:15 P.M. Bible Study via Zoom  
6:00 P.M. Choir School rehearsal – Church

**Wednesday, February 3<sup>rd</sup>**

Trinity Academy – Closed

**Thursday, February 4<sup>th</sup>**

Trinity Academy – in person learning  
12:00 P.M. Noonday Prayer – Zoom  
6:00 P.M. Choir School rehearsal – Church

**Friday, February 5<sup>th</sup>**

**Saturday, February 6<sup>th</sup>**

**Sunday, February 7<sup>th</sup>      The Fifth Sunday after Epiphany**

8:00 A.M. Call-In Morning Prayer  
10:00 A.M. Holy Eucharist Rite II – Spiritual Communion (via YouTube)  
Zoom Coffee and Adult Christian Formation – “The Spirit in Spirituals”



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