

## To Know and Share God's Love

*St. Matthew's Episcopal Church*

**Fifth Sunday after the Epiphany**  
**Sunday, February 04, 2024 · 9:30am**



**PANCAKE SUPPER/ANNUAL MTG**  
**TUES., FEBRUARY 13, 5:30 PM**

Save the date for our annual pancake supper combined with our annual meeting. Enjoy delicious pancakes and breakfast treats. We will also celebrate the successes from 2023 and share plans and elect new leaders for 2024.

We hope you'll join us. Please contact Lisa Caselli at [office@stmmts.org](mailto:office@stmmts.org) if are able to help with set-up, clean-up, or cooking.



**2024 WOMEN'S MINISTRY**  
**SATURDAY, FEB. 10, 9AM - 11AM**

RSVP: [stmmts.org/womensbrunch](http://stmmts.org/womensbrunch)  
Join us for a delightful Women's Brunch and Small Group Event at St. Matthew's! Connect with fellow women in our community for a time of fellowship, discuss the plans for the 2024 Women's Ministry, and enjoy delicious food. Child care will be provided.

Contact the office with questions at [Office@stmmts.org](mailto:Office@stmmts.org).

## WELCOME

We know that going to church or to a new church for the first time can be nerve-racking. We want to help make your first experience at St. Matthew's a great one!

If this is your first visit to Saint Matthew's, we welcome you. Please join us between services for coffee, tea and refreshments in the Parish Hall. For more information about our community, visit our website [www.stmmts.org](http://www.stmmts.org). We are so glad you are here!



## COMMUNION OF THE PEOPLE

All baptized Christians are welcome to participate in communion. If you would like to receive, simply place one hand on top of the other, palms up, and the priest will place bread in your hand. You may then consume the wafer. If for any reason you prefer to receive a blessing, simply cross your arms across your chest and the priest will give you a blessing. Gluten free wafers are available upon request.

Would you like to learn more about baptism? Please visit our website: [stmmts.org/Baptism](http://stmmts.org/Baptism) or contact our office via email at [Office@stmmts.org](mailto:Office@stmmts.org) or phone at 703-430-2121.

## INTERCESSORY PRAYER LIST

The Saint Matthew's intercessory prayer list is for those in or related to our community who are in need of prayer. It is designed so that all members of our community can pray for each other on an ongoing basis. In order to pray for those on the list, simply ask God to be with them and help them in any way needed - God knows what is going on, so we don't need to.

### Please pray for the following:

MaryLea, Alan, Nishah, Marty, Damar, Jeremy, Kyeron, Abigail, Verdun, Candace, Sieg, Chuck, Lea, Bonnie, Arthur, John G, Gina, Glo, James, Sean, Deb, Teressa, Mel, Eric, Debbie, Marshall, Sites Family, Frank, Tess, Brian, Mike, Zach, Paine, Arjun, Scotty, Brad, Myers Family, Phil, Terry, Kathy, Bobby, Elijah, Philip, Pat, Mary W., Tonia, Bronwyn, Sanjay, Susanna, Fabiano, Lawrence Family, McKeown Family, Viola, Harry R, Karter, Addie, Mercedes Family, Crystal, Benjamin, Shaumbey, Ruth, Rennie, Webster, Julia, Charlene, Dustin, Chris, Madison, Nora, Robert, Missy, Tom, Lynne, Arianna, Amy, Jackie, Ann, Kay, Jane, Panita, Mary Ann, Sharp Family, Saint, Amelia, Kassadi, Kyle, Samantha, Dawn, Ruby, Kay, Clarissa, Huxsten, Dottie, Jonathan, Ageanna, Becky, RL, Priscilla, Darla, Gerry, Paul, Jenny, Reena, Sarah, Brandi, Barbara, Michael, Frances, Peggy, Cathleen, Ray, BMR, Asley, Robyn, Emma, Christy, and Nick.

If you or someone you care about are in need of Pastoral Care, please call 703-430-2121.

# 8 AM SERVICE

## The Word of God

Opening Prayer	
Acclamation and Collect for Purity	355
Holy God	356
Collect of the Day (contemporary)	Insert
Lessons	
First Reading • Isaiah 40:21-31	
Psalm • 147:1-12, 21c	
Second Reading • 1 Corinthians 9:16-23	
Gospel • Mark 1:29-39	
Sermon	Genevieve Zetlan
Nicene Creed	358
Prayers of the People, Form III	387
Confession of Sin and Absolution	359-360
Peace	360
Announcements & Welcome	

## The Holy Communion

Presentation of Tithes and Offerings

*(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at [www.stmtts.org/give](http://www.stmtts.org/give))*

*All things come of thee, O Lord,  
**And of thine own have we given thee.***

Great Thanksgiving • Eucharistic Prayer A	361
The Lord's Prayer	364
Breaking of the Bread	364
Invitation to Communion	364
Communion of the People	
Post-Communion Prayer	365
Blessing	
Procession into the World	366

## The Word of God

Welcome

Opening Prayer

Opening Songs (stand through the Gospel)

Song • My Jesus

Song • Cornerstone

Gospel • Mark 1:29-39

Sermon

Genevieve Zetlan

Prayers of the People

Peace

Announcements & Welcome

## The Holy Communion

Offertory

*(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at [www.stmtts.org/give](http://www.stmtts.org/give))*

Great Thanksgiving (stand through Communion)

Eucharistic Prayer

Sanctus

The Lord's Prayer

Breaking of the Bread

Communion of the People

Song • Thank God I Do

Closing Prayer (stand through dismissal)

Blessing

Closing Song • Alive

Dismissal

# 11 AM SERVICE

## The Word of God

Processional Hymn • #410 • Praise, My Soul, the King of Heaven  
(vs. 1, 2, & 4)

Acclamation and Collect for Purity 355

Gloria • S280

Collect of the Day (Contemporary) Insert

Lessons

First Reading • Isaiah 40:21-31

Psalm • 147:1-12, 21c

Second Reading • 1 Corinthians 9:16-23

Gospel • Mark 1:29-39

Sermon Genevieve Zetlan

Nicene Creed 358

Prayers of the People

Confession of Sin and Absolution 359-360

Peace 360

Announcements & Welcome

## The Holy Communion

Offertory Anthem • Lord, Listen to Your Children Praying

Presentation of Tithes and Offerings

Doxology • #380 vs. 3 • Praise God from Whom all Blessings Flow

Great Thanksgiving • Eucharistic Prayer A 361

Sanctus • Hymnal S128 • Holy, Holy, Holy Lord

The Lord's Prayer 364

Breaking of the Bread 364

Invitation to Communion

Communion of the People

Communion Hymn • #339 • Deck Thyself, My Soul, with Gladness  
(vs. 1, 2 & 3)

Post-Communion Prayer 365

Blessing

Procession into the World • #420 • When In Our Music (vs. 1, 2 & 3)

Dismissal 366



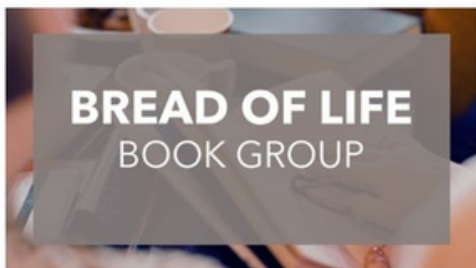


## **BACKPACK BUDDIES/HRTS STERLINGHELP.ORG**

Share the message of HRTS and follow us on social media @hungerresponse. Also, Backpack Buddies will be packing on at noon on Tuesdays (Feb. 6, 13, 20, 27) in the Classroom on the Hill.

We also accept donations of shelf-stable, single-serve pantry items (e.g. tuna, ramen, snacks, fruit cups).

If you'd like to learn more about how you can help fight childhood hunger in our community, please contact Hilary Hultman-Lee by email at Hilary.Hultman-Lee@hrtserling.org



## **CO-ED BOOK GROUP MONDAYS AT 7PM**

Join us in classroom four on Monday evenings during Lent as we read and discuss *Seven Words; Listening to Christ From the Cross*, by Susan G. Robb. We will begin each meeting with a short 10-12 minute video followed by a discussion of the video and corresponding chapter from the book.



## **LINK FOOD PANTRY ST. MATT'S DELIVERY MONTH**

February is St. Matthew's month to assist with food deliveries. A great opportunity to deliver food to those in need in our community. Learn more and sign up at: [stmmts.org/LINK](http://stmmts.org/LINK)



## **HELPING HANDS**

Email [Office@stmmts.org](mailto:Office@stmmts.org) to be added to the email distribution list to assist members in need of meals or rides.



## **TROLLS MOVIE PARTY TUESDAY, FEBRUARY 13, 6:30 PM**

Calling all kids - join us for our annual pancake supper at 5:30 PM, then kids are invited to see the new Trolls Band Together movie at 6:30 PM and try out special Troll pancakes! You won't want to miss it!



## JERSEY DAY SUNDAY, FEBRUARY 11

Get ready for the 'Big Game' - wear your favorite sports jersey to church and enjoy refreshments in the parish hall during coffee hour at 10:30 AM.



## WEDNESDAY BIBLE STUDY

Join Fr. Rob on Wednesday evenings from 7 PM - 8 PM for a new series. Together we will explore various Bible passages "In the Beginning."

February 7 - Revelation 21



## ASH WEDNESDAY, FEBRUARY 14

The Ash Wednesday liturgy with imposition of ashes will be celebrated at 6AM, 12PM, AND 7PM. The service will be available via livestream at 7 PM.



## LENT BIBLE STUDY GROUPS

Join us either Wednesday evenings at 7 PM or Thursdays at 12 PM for our Lenten Bible study groups starting Wednesday, February 21.

What can we learn from stories of wandering hearts in the Bible? Where do we see ourselves in these stories? We will explore stories, make connections from our lives, and leave each week with a new practice to help us listen for God's voice.



## WE'RE HIRING! STMTTS.ORG/WORKWITHUS

St. Matt's is seeking a part-time sound technician that is good with troubleshooting and has experience with sound mixing. Please help us spread the word by sharing the link above.







## 2024 YOUTH GROUP SUMMER MISSION TRIP

### SUMMER 2024 YOUTH MISSION

Register now for the youth mission trip, June 23-29, 2024. Rising sixth - twelfth graders (and chaperones) are invited. The goal this year is to help students navigate the many influences in their lives and encourage them to look toward Jesus, the greatest influencer of all time, so they use their influence to positively change their culture.

Find more details and register at [STMTTS.ORG/YOUTHMISSION](http://STMTTS.ORG/YOUTHMISSION)



## YOUTH SERVICE EVENT DECORATE FOR PANCAKE SUPPER + PANCAKE ART LESSONS

### YOUTH SERVICE EVENT SUNDAY, FEB. 11, 12PM

Join Ben in the parish hall to help set up and decorate for the pancake supper followed by a pancake art lesson. Show your stuff at the Youth Pancake Art Station at the Pancake Supper on February 13 at 5:30 PM.



## YOUTH GROUP EVENT AT SPORTROCK STERLING

### SUNDAY, FEBRUARY 25, 12PM SPORTROCK CLIMBING

Middle & high school students and friends are invited to indoor rock climbing. Find details & RSVP online at [STMTTS.ORG/YOUTHEEVENTS](http://STMTTS.ORG/YOUTHEEVENTS) or on the Band App.



## DONUTS & DISCOVERY

### DONUTS & DISCOVERY

Middle and high school students are invited to join Ben on Sundays at 10:30 AM in classroom one to enjoy a donut and discuss the Starting Point series. They will also begin discussing the Passion reenactment.

### BAND APP

Are you a middle or high school student, or parent? Join the St. Matt's Youth Group App for updates, group chat, event reminders and more. Click the QR code to join today.



## FAITH FACTORY Unplugged

### FAITH FACTORY UNPLUGGED

Students in 6-8th grade are invited to join us in classroom four on Sundays at 9:30 AM for Bible study and tangible life lessons.





# 5 EPIPHANY

## Fifth Sunday after the Epiphany



Revised Common Lectionary

Sunday, February 4, 2024

### COLLECT

#### *Traditional*

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.*

#### *Contemporary*

SET US FREE, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

### FIRST READING: 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.

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## Refrain

Sing to the Lord with thanksgiving.

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### **Psalm 147:1-12, 21c** *from the Book of Common Prayer*

- |   |   |   |   |
|---|---|---|---|
| 1 | Hallelujah! How good it is to sing praises to our God! * how pleasant it is to honor him with praise! | 4 | He counts the number of the stars * and calls them all by their names.    |
| 2 | The Lord rebuilds Jerusalem; * he gathers the exiles of Israel.                                       | 5 | Great is our Lord and mighty in power; * there is no limit to his wisdom. |
| 3 | He heals the broken-hearted * and binds up their wounds.  | 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.
- 21c Hallelujah!

## **SECOND READING:** 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.

### **GOSPEL:** Mark 1:29-39

WHEN 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.

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## THIS WEEK AT ST. MATT'S

### Sunday, February 4th

- 8:00 am - Rite I Worship Service
- 9:30 am - Festival Worship Service
- 10:30 am - Backpack Buddies Packing
- 10:30 am - Donuts & Discovery for Middle & High School Students
- 11:00 am - Classic Worship Service
- 12:15 pm - Kara's Lay Support Team
- 6:30 pm - Girl Scout Troop 2274

### Monday, February 5th

- 12:00 pm - Social Time with Candace
- 5:00 pm - Girl Scout Troop 2157
- 7:00 pm - Bread of Life
- 7:30 pm - Free to Live
- 8:00 pm - Compline

### Tuesday, February 6th

- 9:30 am - All Ages Read Together
- 10:00 am - Staff Meeting
- 12:00 pm - Backpack Buddies Packing
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Band Rehearsal
- 7:00 pm - Education for Ministry
- 7:30 pm - Sandwich Generation
- 8:00 pm - Compline

### Wednesday, February 7th

- 12:00 pm - Alcoholics Anonymous
- 7:00 pm - Bible Study
- 8:00 pm - Compline

### Thursday, February 8th

- 9:30 am - All Ages Read Together
- 11:00 am - Anam Cara (closed group)
- 7:30 pm - Choir Rehearsal
- 8:00 pm - Compline

### Friday, February 9th

- 8:00 pm - Compline

### Saturday, February 10th

- 8:00 am - Men's Group
- 8:00 am - Hold for Women's Ministry
- 9:00 am - Women's Ministry
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Narcotics Anonymous
- 8:30 pm - Narcotics Anonymous

## HAPPY BIRTHDAY

- February 5th: Joyce Purks, Lisa Lintelman, Rick Breed
- February 7th: Paul Buitrago
- February 8th: Sebastian Lee
- February 9th: Abby Middleton
- February 10th: Adam Boone, Bella Deaso

## ATTENDANCE

January 28, 2024

Time or Place	Attendance Online	Attendance In-Person
8:00 AM	18	23
9:30 AM	30	164
11:00 AM	19	33
Faith Factory		27
Youth Group		7

## HELP SUPPORT

ST. MATTHEW'S MINISTRIES



GIVE ONLINE



[stmmts.org/give](https://stmmts.org/give)



venmo



@stmmtssterling



CASH OR CHECK

Checks can be made payable to "St. Matthew's Church"

For more ways to give and information on automatic giving:

[stmmts.org/give](https://stmmts.org/give)

## WORSHIP OPPORTUNITIES

In-Person & Online

**8:00AM** | This is a traditional communion service using Rite II from the Book of Common Prayer.

**9:30AM** | This is a vibrant communion service with our very own live band. If you are looking for a joyous family service with some of the best music around, this is the service for you.

**11:00AM** | A classic communion service with our fabulous choir. We use Rite II from the Book of Common Prayer.

**Compline (evening prayer)** Mon.–Fri. at 8pm on Facebook

**Online Worship**  
[stmtts.org/live](https://stmtts.org/live)

Sunday services are broadcast on Facebook and YouTube.

## St. Matthew's Staff & Vestry

Rector, Rev. C. Robert Merola, Jr.  
Rob@stmtts.org

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### VESTRY

Sara Warnick, Senior Warden  
Andrew Wright, Junior Warden  
Caitlin Dronfield

Kristin Drummond

Bob Henry

Sharon Muniz

Robby Stevens

### Service Volunteers

**Ushers** | Fred Brittain, Justin Warnick, Emory Henderson

**Lectors** | Darrell Breed

**Eucharistic Ministers LEMs** | Debbie Majewski

**Tellers** | Dan Robertson

**Altar Guild** | Ann Lowden, Lisa Lintelman, Anitrus Jones