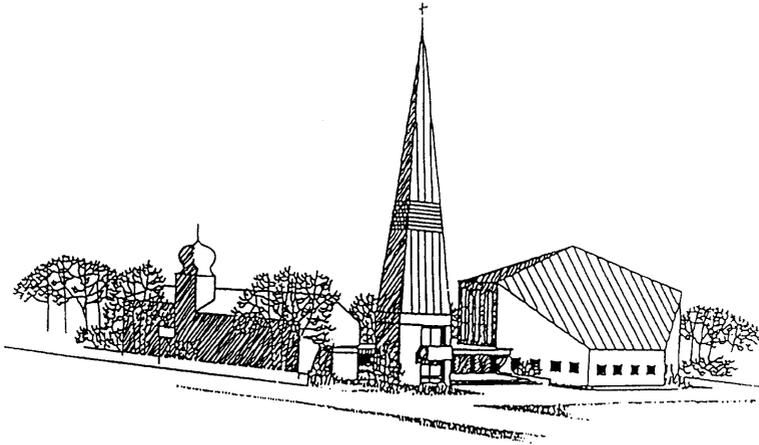


# The Holy Eucharist

Gathered and Livestream:  
Worshiping in Parish Hall



## The Church of the Ascension *Munich*

The Fifth  
Sunday after the Epiphany  
The Church of the Ascension

February 4, 2024

12.00 p.m.

<http://www.ascension-munich.org/>  
Seybothstrasse 4, 81545 Munich

*The Episcopal Church in the Anglican Communion*

The Reverend Daniel R. Morrow *revdanmorrow@gmail.com*  
*Priest-in-Charge*

The Reverend Canon Dr. Alison J. Gray *revaligray@ascension-munich.com*  
*Priest Associate*

David Case, Senior Warden  
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*juniorwarden@ascension-munich.com*

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*treasurer@ascension-munich.com*

Hyunjin Cho, Choir Director  
*musicdirector@ascension-munich.com*

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Donald Adewale  
Lloyd Denton  
Roger Houghton

Amy Jordan  
Shema Paul  
Lena Petri

Maria Ramadori-  
Volker  
Laura Smith  
Joachim Zeller

*Members of the Vestry*

Patrick Kana *Sexton*  
Julia Gaspar *Parish Administrator*

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**SERVING IN WORSHIP TODAY**

The Reverend Daniel R. Morrow, *Celebrant*  
The Reverend Canon Dr. Alison J. Gray, *Preacher*

Nathaniel Anene □ Charlotte Rieger □ Martin Schaeffer  
*Acolytes*

Alicia Tsui □ Tonda Kimmerling  
*Altar Guild*

Graham Ashley □ Maria Ramadori-Volker  
*Ushers*

Hyunjin Cho  
*Organist*

Paul T. Pilgram  
*Bell Ringer*

Helen Riegert  
*Intercessor*

Steve Knowles □ Philippa Menzel (in church)

Jo Westcombe (online)  
*Tech Team*

Roger Houghton □ David Case (back-up)  
*Key Duty*

# The Holy Eucharist

Gathered and Livestream

The Fifth Sunday after the Epiphany

## ORDER OF SERVICE

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*A warm welcome to all!*

***Please keep your microphones muted on Zoom  
for the duration of this service.***

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*All are invited to stand*

Opening Hymn | *Father, we praise Thee, now the night is over*

Hymn 1



1 Fa - ther, we praise thee, now the night is  
2 Mon - arch of all things, fit us for thy  
3 All - ho - ly Fa - ther, Son, and e - qual



o - ver, ac - tive and watch - ful, stand we all be -  
man - sions; ban - ish our weak - ness, health and whole - ness  
Spi - rit, Trin - i - ty bless - ed, send us thy sal -



fore thee; sing - ing we of - fer prayer and med - i -  
send - ing; bring us to hea - ven, where thy saints u -  
va - tion; thine is the glo - ry, gleam - ing and re -



ta - tion: thus we a - dore thee.  
nit - ed joy with - out end - ing.  
sound - ing through all cre - a - tion.

*Celebrant* Blessed be the one, holy, and living God.

*People* Glory to God for ever and ever.

*The Celebrant and People together*

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Savior. Amen.

1. Glo - ry to God in the high - est, and  
 peace to his peo - ple on earth. 2. Lord God, heaven - ly  
 King, al - mighty God and Fa - ther, we wor - ship you, we  
 give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
 Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy  
 on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,  
 you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

## The Collect of the Day

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

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 forever.

*People* Amen

*All are invited to be seated*

## The Lessons

The First Reading | Isaiah 40:21-31

*Read in German by Rolf Schneider*

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.

*Reader*      The Word of the Lord.  
*People*      Thanks be to God

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

*Led by Cathy Pilgram*

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 Second Reading** | 1 Corinthians 9:16-23

*Read by Cathy Pilgram*

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.

*Reader*        The Word of the Lord.  
*People*         Thanks be to God.

**Gospel Hymn | In Christ there is no East or West** Hymn 529  
*Unison or harmony*

The musical score is written for voice and piano. It consists of three systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The lyrics are as follows:

1 In Christ there is no East or West, in  
 2 Join hands, dis - ci - ples of the faith, what -  
 3 In Christ now meet both East and West, in

him no South or North, but one great fel - low -  
 e'er your race may be! Who serves my Fa - ther  
 him meet South and North, all Christ - ly souls are

ship of love through - out the whole wide earth.  
 as his child is sure - ly kin to me.  
 one in him, through - out the whole wide earth.

**The Gospel | Mark 1:29-39**

*Celebrant*    The Holy Gospel of our Lord Jesus Christ according to Mark.  
*People*        Glory to you, Lord Christ.

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.

*Celebrant* The Gospel of the Lord.  
*People* Praise to you, Lord Christ.

### **The Sermon**

*The Reverend Canon Dr. Alison J. Gray*

*Silence may be kept.*

*All are invited to stand*

### **The Nicene Creed**

We believe in one God,  
the Father, the Almighty, maker of heaven and  
earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ, the only Son of  
God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made,  
of one Being with the Father. Through him all things  
were made.  
For us and for our salvation  
he came down from heaven: by the power of  
the Holy Spirit  
he became incarnate from the Virgin Mary, and was made  
man.  
For our sake he was crucified under Pontius Pilate; he suffered death  
and was buried.  
On the third day he rose again  
in accordance with the Scriptures; he ascended into  
heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead, and his kingdom  
will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life, who proceeds  
from the Father and the Son.  
With the Father and the Son he is worshiped and glorified. He has spoken  
through the Prophets.  
We believe in one holy catholic and apostolic Church. We acknowledge  
one baptism for the forgiveness of sins. We look for the resurrection of the  
dead,  
and the life of the world to come. Amen.

## The Prayers of the People

*Led by Helen Riegert*

We pray that Christ may be seen in the life of the Church.  
You have called us into the family  
of those who are the children of God.  
May our love for our brothers and sisters in Christ  
be strengthened by your grace.

Jesus, Lord of the Church,  
**in your mercy hear us.**  
You have called us to be a temple  
where the Holy Spirit can dwell.  
Give us clean hands and pure hearts  
so that our lives will reflect your holiness.

Jesus, Lord of the Church,  
**in your mercy hear us.**  
You have called us to be a light to the world,  
so that those in darkness come to you.  
May our lives shine as a witness  
to the saving grace you have given for all.

Jesus, Lord of the Church,  
**in your mercy hear us.**  
You have called us to be members of your body,  
so that when one suffers, all suffer together.  
We ask for your comfort and healing power  
to bring hope to those in distress.

Jesus, Lord of the Church,  
**in your mercy hear us.**  
You have called us to be the Bride,  
where you, Lord, are the Bridegroom.  
Prepare us for the wedding feast,  
where we will be united with you forever.

Jesus, Lord of the Church,  
**in your mercy hear us.**

**Celebrant:**  
Jesus, Lord of the Church,  
you have called us into fellowship with all your saints.  
We unite our prayers with theirs  
and ask for grace to serve you with joy  
where you live and reign with the Father and the Holy Spirit,  
one God, now and for all eternity.  
**Amen.**

## General Confession and Absolution

*Celebrant* Let us confess our sins against God and our neighbor.

*Silence*

*The Celebrant and People together*

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.

*Celebrant*

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. Amen.

**The Peace**

*Celebrant* The peace of the Lord be always with you.

*People* And also with you.

*The People may greet one another in the name of the Lord. Please greet only those in your vicinity by reverently bowing and without moving into the aisles.*

**Welcome and Announcements**

*The Reverend Daniel R. Morrow*

**The Offertory**

Walk in love, as Christ loved us and gave himself for us,  
an offering and sacrifice to God.

*Ephesians 5:2*

**Offertory**

Offertory Anthem Praise his holy name / K. Hampton



*Please offer your gifts to God by making a bank transfer (EUR or USD), scanning this QR code in your PayPal app or by making a regular financial commitment to Church of the Ascension using the form [http://bit.ly/financial\\_commitment\\_2024](http://bit.ly/financial_commitment_2024) . Even a small amount given regularly helps.*

Doxology | *From all that dwell below the skies*

Hymnal 380

\*3 Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host: praise Father, Son, and Holy Ghost.

**The Great Thanksgiving**

*Eucharistic Prayer 3*

*Celebrant* The Lord be with you.  
*People* And also with you.

*Celebrant* Lift up your hearts.  
*People* We lift them to the Lord.

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

*Celebrant*

All thanks and praise  
 are yours at all times and in all places,  
 our true and loving God;  
 through Jesus Christ, your eternal Word,  
 the Wisdom from on high by whom you created all things.  
 You laid the foundations of the world  
 and enclosed the sea when it burst out from the womb;  
 You brought forth all creatures of the earth  
 and gave breath to humankind.  
 Wondrous are you, Holy One of Blessing,  
 all you create is a sign of hope for our journey;  
 And so as the morning stars sing your praises  
 we join the heavenly beings and all creation  
 as we sing with joy:

Sanctus | Holy, holy, holy Lord (from "Deutsche Messe") Hymnal S130

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,  
 God of power and might, hea - ven and earth are  
 full, full of your glo - ry. Ho -  
 san - na in the high - est. Ho - san - na  
 in the high - est. Bless - ed is he who comes  
 in the name of the Lord. Ho - san - na  
 in the high - est. Ho - san - na in the high - est.

*The Celebrant continues*

We thank you that on the night before he died for us  
 Jesus took bread, and when he had given thanks to you, he broke it,  
 gave it to his friends and said:  
 "Take, eat, this is my Body, broken for you.  
 Do this for the remembrance of me."

After supper Jesus took the cup of wine,  
 said the blessing, gave it to his friends and said:  
 "Drink this, all of you: this cup is the new Covenant in my Blood,  
 poured out for you and for all for the forgiveness of sin.  
 Do this for the remembrance of me."

And so, remembering all that was done for us:  
 the cross, the tomb, the resurrection and ascension,  
 longing for Christ's coming in glory, and presenting to you these gifts  
 your earth has formed and human hands have made,  
 we acclaim you, O Christ:

*Celebrant and People*

Dying, you destroyed our death.  
 Rising, you restored our life.  
 Christ Jesus, come in glory!

*The Celebrant continues*

Send your Holy Spirit upon us and upon these gifts of bread and wine  
 that they may be to us the Body and Blood of your Christ.  
 Grant that we, burning with your Spirit's power,  
 may be a people of hope, justice and love.  
 Giver of Life, draw us together in the Body of Christ,  
 and in the fullness of time gather us with all your people

into the joy of our true eternal home.

Through Christ and with Christ and in Christ,  
by the inspiration of your Holy Spirit, we worship you our God and Creator  
in voices of unending praise.

*Celebrant and People*

Blessed are you now and forever. AMEN.

*Celebrant* And now, as our Savior Christ has taught us, we are bold to say,

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.	Vater unser im Himmel geheiligt werde dein Name. Dein Reich komme. Dein Wille geschehe, wie im Himmel so auf Erden. Unser tägliches Brot gib uns heute. Und vergib uns unsere Schuld, wie auch wir vergeben unsern Schuldigern. Und führe uns nicht in Versuchung, sondern erlöse uns von dem Bösen. Denn dein ist das Reich und die Kraft und die Herrlichkeit in Ewigkeit. Amen.
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The Breaking of the Bread

*Celebrant* Christ our Passover is sacrificed for us;

*People* Therefore let us keep the feast.

**The Invitation to Communion**

*Celebrant*

This is the banquet of Christ. In His kingdom there are no outcasts. Wherever  
you find yourself on the journey of faith, you are welcome at God's table.

***A Prayer for Spiritual Communion with Those Worshiping Online***

*Celebrant and People*

Lord Jesus, as you promised to be with us in the bread and wine that is your body and blood,  
grant that we may receive you spiritually today into our hearts, minds and souls. Stay with us;  
be our companion in the way; kindle our hearts and awaken hope that we may know you and have  
confidence in your loving care, now and forever. Amen.

**Notes for Those Making a Physical Communion**

- We maintain a system of one-way flows. Please remain in your seat until an usher invites you to move forward up the center aisle.
- For those with gluten allergies, gluten-free communion wafers are available. Simply ask the priest as communion is offered to you.
- After receiving the bread, the chalice will be offered. Following convocation guidelines, intinction (dipping) is not allowed. Please know that the church has always taught that communion in one kind is a full and valid communion. If you do not wish to drink from the chalice, you may touch the chalice as a sign of reverence, stop and bow to the chalice, or simply return to your seat down the side aisle.

Communion Anthem Cast the burden upon Lord / F. Mendelssohn-Bartholdy

(Feel free to remain seated during the Communion Hymn.)

Communion Hymn | *Immortal, invisible, God only wise*

Hymn 423

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,  
 2 Un - rest - ing, un - hast - ing, and si - lent as light,  
 3 To all life thou giv - est, to both great and small;  
 4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,  
 nor want - ing, nor wast - ing, thou rul - est in might;  
 in all life thou liv - est, the true life of all;  
 thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,  
 thy jus - tice like moun - tains high soar - ing a - bove  
 we blos - som and flour - ish, like leaves on the tree,  
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.  
 thy clouds, which are foun - tains of good - ness and love.  
 then with - er and per - ish; but nought chan - geth thee.  
 'tis on - ly the splen - dor of light hid - eth thee.

The Postcommunion Prayer

BCP p. 365

*Celebrant* Let us pray.

### Celebrant and People

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior. Amen.

### Closing Hymn | Songs of thankfulness and praise

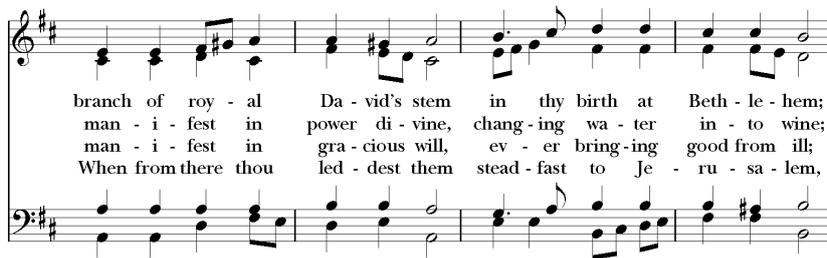
Hymn 135



1 Songs of thank-ful - ness and praise, Jes - us, Lord, to thee we raise,  
2 Man - i - fest at Jor - dan's stream, Pro - phet, Priest, and King su - preme;  
3 Man - i - fest in mak - ing whole pal - sied limbs and faint - ing soul;  
4 Man - i - fest on moun - tain height, shin - ing in re - splen - dent light,



man - i - fest - ed by the star to the sa - ges from a - far;  
and at Ca - na, wed - ding - guest, in thy God - head man - i - fest;  
man - i - fest in val - iant fight, quell - ing all the dev - il's might;  
where dis - ci - ples filled with awe thy trans - fi - gured glo - ry saw.



branch of roy - al Da - vid's stem in thy birth at Beth - le - hem;  
man - i - fest in power di - vine, chang - ing wa - ter in - to wine;  
man - i - fest in gra - cious will, ev - er bring - ing good from ill;  
When from there thou led - dest them, stead - fast to Je - ru - sa - lem,



an - thems be to thee ad - dressed, God in man made man - i - fest.  
an - thems be to thee ad - dressed, God in man made man - i - fest.  
an - thems be to thee ad - dressed, God in man made man - i - fest.  
cross and Eas - ter Day at - test God in man made man - i - fest.

### The Sending and Blessing

Christ the Son of God perfect in you the image of his glory  
and gladden your hearts with the good news of his kingdom;  
and the blessing of God Almighty, Father, Son and Holy Spirit, be with you now and remain with you always.

Amen.

*Celebrant* Let us go forth rejoicing in the power of the Spirit. *People* Thanks be to God.