



The Sunday Sheet

The 4th Sunday of the Epiphany Season

28th January 2024

*A very warm welcome as we gather for the Parish Eucharist.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks

Entrance Hymn

Judge Eternal, throned in splendour,
Lord of lords and King of kings,
with your living fire of judgment
purge this land of bitter things;
solace all its wide dominion
with the healing of your wings.

Still the weary folk are pining
for the hour that brings release,
and the city's crowded clangour
cries aloud for sin to cease,
and the homesteads and the woodlands
plead in silence for their peace.

Crown, O God, your own endeavour;
cleave our darkness with your sword;
cheer the faint and feed the hungry
with the richness of your word;
cleanse the body of this nation
through the glory of the Lord.

*Henry Scott Holland 1847-1918
Tune: Regent Square*

The order of service can be found in the Eucharist Booklet

The Collect

God our creator,
who in the beginning
commanded the light to shine out of darkness:
we pray that the light of the glorious gospel of Christ
may dispel the darkness of ignorance and unbelief,
shine into the hearts of all your people,
and reveal the knowledge of your glory
in the face of Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Deuteronomy 18. 15-20

A reading from the book of Deuteronomy.

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.'

For the word of the Lord:

Thanks be to God.

The Gospel

Please Stand

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Jesus is Lord of all the earth:
he is the King of creation:

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

*Donald Fishel b.1950
Tune: Alleluia No. 1*

Mark 1. 21-28

Listen to the Gospel of Christ according to Saint Mark.

Glory to you, O Lord.

The disciples went to Capernaum; and when the sabbath came, Jesus 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, throwing him into convulsions 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.

This is the Gospel of the Lord.

Praise to you, O Christ.

After the Sermon please turn to the Eucharist booklet for the Affirmation of Faith

Offertory Hymn

King of glory, King of peace,
I will love Thee;
and that love may never cease,
I will move Thee.
Thou hast granted my request,
Thou hast heard me;
Thou didst note my working breast,
Thou hast spared me.

Wherefore with my utmost art
I will sing Thee,
and the cream of all my heart
I will bring Thee.
Though my sins against me cried,
Thou didst clear me;
and alone, when they replied,
Thou didst hear me.

Seven whole days, not one in seven,
I will praise Thee;
in my heart, though not in heaven,
I can raise Thee.
Small it is, in this poor sort
to enrol Thee:
e'en eternity's too short
to extol Thee.

*George Herbert 1593-1633
Tune: Gwalchmai*

Prayer over the Gifts

Eternal God,
whose glory was revealed to the world
in the life of your Son Jesus Christ:
make his life known to us in this most holy Sacrament
and grant that our lives in the world
may reflect his glory;
who is alive and reigns,
now and for ever. **Amen.**

Please turn to the Eucharist Booklet for the Eucharistic Prayer

Hymn at the end of Communion

Eat this bread, drink this cup,
come to him and never be hungry.
Eat this bread, drink this cup,
trust in him and you will not thirst.

Taize Community

Please turn to the Eucharist Booklet

Post Communion Prayer

Living Lord,
in word and eucharist we have proclaimed the mystery of your love:
help us so to live out our days
that we may be signs of your wonders in the world;
through Jesus Christ our Saviour. **Amen.**

Final Hymn

And can it be that I should gain
an int'rest in the Saviour's blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?

'Tis myst'ry all! Th'Immortal dies:
who can explore his strange design?
In vain the first-born seraph tries
to sound the depths of love divine!
'Tis mercy all! Let earth adore,
let angel minds in quire no more.

He left his Father's throne above
so free, so infinite his grace;
emptied himself of all but love,
and bled for Adam's helpless race;
'tis mercy all, immense and free;
for, O my God, it found out me.

Long my imprisoned spirit lay
fast bound in sin and nature's night;
thine eye diffused a quick'ning ray,
I woke, the dungeon flamed with light;
my chains fell off, my heart was free;
I rose, went forth, and followed thee.

No condemnation now I dread;
Jesus, and all in him, is mine!
Alive in him, my living Head,
and clothed in righteousness divine,
bold I approach the eternal throne,
and claim the crown, through Christ my own.

Charles Wesley 1707-1788 Tune: Sagina CCL No: 961722

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-6pm at the Parish Church. Please note the new time!

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Epiphany Carol Service at the Cathedral **today** at 3.30pm. A lovely service of music and readings as the Epiphany Season of Light draws to a close.

Food4Thought is a lunch with a Christian message, which is part of our outreach and takes place on Thursdays at 12noon. All welcome!

The Presentation of Christ (Candlemass) falls on Friday 2nd

February. There will be a Choral Eucharist at the Cathedral that day at 6pm instead of Evensong.

Kentigern Guild. The meeting scheduled for Wednesday 7th February has been cancelled as Kate will be unavailable for that day and the rest of the month. The next meeting will be on 6th March.

Lent 2024. Leaflets with details of all worship and activity during Lent are available today. Also, the Bishop's Lent Prayer Cards are available. Bishop Gregory invites us to join him in praying this prayer every day through Lent. Both can be found on the table at the back of church.

Easter Flowers. Donations for Easter Flowers are now being invited in memory of departed loved ones. Please use the envelopes which can be found on the table at the back of the Church. Thank you.

Springing into Lent: Growing into Greater Faith and Freedom

A day of rich input and quiet space for reflection on the Saturday before Ash Wednesday. This preached retreat will be led by Sr Gemma Simmonds CJ, Canon of St Asaph Cathedral.

Saturday 10 February 2024, 10.30am to 4pm at St Beuno's Spirituality Centre, Tremeichion, St Asaph. LL17 0AS. Admission: £20 (bursaries available). Please bring a packed lunch. Book through stasaphspirituality@cinw.org.uk or call 01745 582245

The Week Ahead

29th Monday – Feria

9am Morning Prayer

9.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

30th Tuesday – Feria

9am Morning Prayer

5pm Evening Prayer

6pm Holy Eucharist *at the Cathedral*

31st Wednesday – Feria

9am Morning Prayer

10.30am Holy Eucharist *at the
Cathedral*

6.15pm Sung Evening Prayer

1st Thursday – Brigid, Abbess

9am Morning Prayer

10am Holy Eucharist *at the Parish
Church*

10.45am Prayer Group *at the Parish
Church*

12noon Food4Thought *at the Parish
Church*

5pm Evening Prayer

2nd Friday – The Presentation of Christ (Candlemass)

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*) *at the
Cathedral*

6pm Choral Eucharist

3rd Saturday – Seiriol, Abbot

9am Morning Prayer

5pm Evening Prayer

4th Sunday – The 2nd Sunday before Lent

9.30am The Parish Eucharist

9.30am Holy Eucharist *at St Mary's
Cefn*

11am The Cathedral Eucharist

11am Messy Church *at the Parish
Church*

3.30pm Choral Evensong

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Deuteronomy 18. 15-20

Moses tells the people of Israel that the Lord will raise up a prophet, like Moses, from among them, to whom they will pay heed. The mark of a true prophet will be the fulfilment of the prophecy.

Psalm 111

Revelation 12. 1-5a

Great portents appear in the heavens: a pregnant woman clothed with the sun prepares to give birth, and a dragon standing before her, intending to devour her child. She gives birth to a son, who will rule the nations with a rod of iron.

Mark 1. 21-28

Jesus teaches on the sabbath in the synagogue in Capernaum, and astounds his listeners with his teaching. He casts an unclean spirit out of a man and the amazed onlookers recognise the authority of a new teaching. Jesus' fame begins to spread throughout Galilee.