

The Holy Eucharist  
The Fourth Sunday  
after the Epiphany  
February 1, 2026



**Trinity**  
Episcopal Church

207 West Main Street, Moorestown, NJ 08057  
(856) 235-0811  
[trinity@trinitymoorestown.org](mailto:trinity@trinitymoorestown.org)

## Prelude

*Rubig bewegt, from "Sonata No. 2", Paul Hindemith*

### Hymn 400 (vv. 1, 4, 5, 7)

*Lasst uns erfreuen*

1 All crea - tures of our God and King, lift up your voic - es, let us  
 \*2 Great rush - ing winds and breez - es soft, you clouds that ride the heavens a -  
 \*3 Swift flow - ing wa - ter, pure and clear, make mu - sic for your Lord to  
 4 Dear mo - ther earth, you day by day un - fold your bless - ings on our  
 5 All you with mer - cy in your heart, for - giv - ing o - thers, take your  
 \*6 And ev - en you, most gen - tle death, wait - ing to hush our fi - nal  
 7 Let all things their cre - a - tor bless, and wor - ship him in hum - ble -

1 sing: Al - le - lu - ia, al - le - lu - ia! Bright burn - ing  
 2 loft, O\_\_\_\_ praise him, Al - le - lu - ia! Fair ris - ing  
 3 hear, Al - le - lu - ia, al - le - lu - ia! Fire, so in -  
 4 way, O\_\_\_\_ praise him, Al - le - lu - ia! All flowers and  
 5 part, O\_\_\_\_ sing now: Al - le - lu - ia! All you that  
 6 breath, O\_\_\_\_ praise him, Al - le - lu - ia! You lead back  
 7 ness, O\_\_\_\_ praise him, Al - le - lu - ia! Praise God the

1 sun with gold - en beams, pale sil - ver moon that gen - tly gleams,  
 2 morn, with praise re - joice, stars night - ly shin - ing, find a voice,  
 3 tense and fierce - ly bright, you give to us both warmth and light,  
 4 fruits that in you grow, let them his glo - ry al - so show:  
 5 pain and sor - row bear, praise God, and cast on him your care:  
 6 home the child of God, for Christ our Lord that way has trod:  
 7 Fa - ther, praise the Son, and praise the Spi - rit, Three in One:

*Refrain*

O praise him, O praise him, Al - le - lu - ia,

al - le - lu - ia, al - le - lu - ia!

*The refrain may be sung antiphonally, by phrase; all join in the final Alleluia.*

Words: Francis of Assisi (1182-1226); tr. William H. Draper (1855-1933), alt. Copyright ©1985 by G. Schirmer, used by arrangement of G. Schirmer, Inc.  
 Music: *Lasst uns erfreuen*, melody from *Auserlesene Geistliche Kirchengeseng*, 1623; adapt. and harm. Ralph Vaughan Williams (1872-1958)  
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*Celebrant*      Blessed be the one, holy, and living God.

*People*      **Glory to God for ever and ever.**

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 Lord. **Amen.**

**Gloria in excelsis**

S 278, William Mathias

1. Glo-ry to God in the high-est, and  
peace to his peo - ple on earth.      2. Lord God, heaven - ly King, al -  
might - y 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.

*Celebrant* God be with you.

*People* **And also with you.**

Let us pray.

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. **Amen.**

*The people are seated.*

**Anthem** (St. Cecilia Choir)

*My Eyes for Beauty Pine*, Herbert Howells

My eyes for beauty pine, my soul for God's grace; no other care nor hope is mine, to heaven I turn my face. One splendour thence is shed from all the stars above: 'tis named when God's name is said, 'tis Love, 'tis heavenly Love. And every gentle heart that burns with true desire, is lit from eyes that mirror part of that celestial fire.

**A reading from the prophet Micah**

6:1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring

foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. “O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord.” “With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The Word of the Lord.

**Thanks be to God.**

### Psalm 15

*Book of Common Prayer, page 599*

- 1 Lord, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, \*  
but he honors those who fear the Lord.
- 5 He has sworn to do no wrong \*  
and does not take back his word.
- 6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent.
- 7 Whoever does these things \*  
shall never be overthrown.

### A reading from the first letter of Paul to the Corinthians

1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, “I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.” Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For

Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

The Word of the Lord.

**Thanks be to God.**

### Hymn 656

*Franconia*

1 Blest are the pure in heart, for they shall see our God; the  
 2 The Lord, who left the heavens our life and peace to bring, to  
 3 he to the low - ly soul will still him - self im - part and  
 4 Lord, we thy pres - ence seek; may ours this bless - ing be; give

se - cret of the Lord is theirs, their soul is Christ's a - bode.  
 dwell in low - li - ness with us, our pat - tern and our King;  
 for his dwell-ing and his throne will choose the pure in heart.  
 us a pure and low - ly heart, a tem - ple fit for thee.

Words: Sts. 1 and 3, John Keble (1792-1866), alt.; sts. 2 and 4, William John Hall (1793-1861), alt. Music: *Franconia*, melody Johann Balthasar König (1691-1758); adapt. and harm. William Henry Havergal (1793-1870).

The Holy Gospel of our Lord Jesus Christ according to Matthew.

*People* **Glory to you, Lord Christ.**

*Matthew 5:1-12*

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. “Blessed are those who mourn, for they will be comforted. “Blessed are the meek, for they will inherit the earth. “Blessed are those who hunger and thirst for righteousness, for they will be filled. “Blessed are the merciful, for they will receive mercy. “Blessed are the pure in heart, for they will see God. “Blessed are the peacemakers, for they will be called children of God. “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of the Lord.

*People* **Praise to you, Lord Christ.**

**The Sermon**

The Reverend Emily Mellott

**The Nicene Creed**

*Book of Common Prayer, page 358, adapted*

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:  
was incarnate from the Virgin Mary,  
and became truly human.

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,  
    who with the Father and the Son is worshiped and glorified,  
    who 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.

### Prayers of the People

*Form III, Book of Common Prayer, page 387*

Father, we pray for your holy Catholic Church;  
**That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;  
**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons;  
**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;  
**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;  
**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;  
**That they may be delivered from their distress.**

Give to the departed eternal rest.  
**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy;  
**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others.

*The people may offer their own prayers, aloud or silently.*

*The Celebrant adds a concluding prayer.*

## Confession of Sin

*Book of Common Prayer, page 360*

*The Celebrant says to the people*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

**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.

*The Priest says*

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

## Exchange of Peace

*The Celebrant says to the people*

The peace of Christ be always with you.

*People*      **And also with you.**

*The Ministers and People greet one another in the name of the Lord.*

*Announcements may be made about matters of interest to the congregation.*

At 8 a.m. there is a collection plate near the entrance to make your weekly gift or regular pledge offering.

At 10 a.m., a collection of financial gifts for the work of the church is received during the singing of the anthem.

Or, at either service, scan the QR code to make a gift electronically.



## Offertory Anthem

*O Send Out Thy Light*, Spencer B. Schuldert

O send out thy light and thy truth; let them lead me. Let them bring me unto thy holy hill, and to thy tabernacles. Then will I go unto the altar of God, unto God my exceeding joy: Yea, upon the harp will I praise thee, O God; O God my God, yea even thee will I praise. Amen.

## Hymn at the Presentation

*Old Hundredth*

Praise God, from whom all blessings flow;  
Praise God, all creatures here below;  
Praise God above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost. Amen.

## Eucharistic Prayer B (*expansive*)

*Book of Common Prayer p 367, adapted*

The musical notation consists of three staves of music. The first staff shows the Celebrant's part: "God be with you. And al - so with you." The second staff shows the People's part: "Lift up your hearts. We lift them to the Lord." The third staff shows the People's part: "Let us give thanks to the Lord our God. It is right to give our thanks and praise."

*The Celebrant continues*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth, [*the priest adds a thanksgiving appropriate to the day or season*]. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*S 125, Richard Proulx*

The musical notation consists of two staves of music. The first staff shows the lyrics: "Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,". The second staff shows the lyrics: "heaven and earth are full of your glo - ry. Ho -".

san - na in the high - est. Ho - san - na in the high - est.  
 Blessed 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 people kneel or stand, according to personal preference, as the Celebrant continues*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in Jesus Christ, the Word made flesh. For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore, according to his command, O Father,  
**We remember Christ's death,**  
**We proclaim Christ's resurrection,**  
**We await Christ's coming in glory.**

And we offer our sacrifice of praise and thanksgiving to you, O Savior of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us in the sacrifice of Jesus Christ, through whom we are acceptable to you, being sanctified by the Holy Spirit. In the fullness of time, put all things under the authority of your Christ, and bring us to that heavenly country where, with all

your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever.   
*A - MEN.*

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.**

*The Celebrant breaks the consecrated Bread, then says*

Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

*The Celebrant invites the people to communion, saying*

The gifts of God, for the people of God.

*Those worshipping remotely may offer a prayer for “spiritual communion”, printed below.*

### **A prayer for Spiritual Communion**

Jesus, I believe that you are truly present in the Holy Sacrament and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life, until by your grace, I come to your glorious kingdom and unending peace. Amen.

*(From Saint Augustine's Prayer Book, rev 2014., based on a prayer by St. Alphonsus de Liguori)*

## Music at Communion:

### Motet (Coventry Choir)

*Jubilate Deo, Orlando di Lasso*

Jubilate Deo omnis terra: servite Domino in laetitia. Intrate in conspectu eius in exultatione. Quia Dominus ipse est Deus. *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.*

### LEVAS 101

*Softly and Tenderly Jesus is Calling*

1. Soft - ly and ten - der - ly Je - sus is call - ing,  
 2. Why should we tar - ry when Je - sus is plead - ing,  
 3. Time is now fleet - ing, the mo - ments are pass - ing,  
 4. Oh! For the won - der - ful love He has prom - ised,

1. Call - ing for you and for me; See, on the por - tals He's  
 2. Plead - ing for you and for me? Why should we lin - ger and  
 3. Pass - ing for you and for me; Shad - ows are gath - er - ing,  
 4. Prom - ised for you and for me; Though we have sinned, He has

1. wait - ing and watch - ing, Watch - ing for you and for me.  
 2. heed not His mer - cies, Mer - cies for you and for me?  
 3. death beds are com - ing, Com - ing for you and for me.  
 4. mer - cy and par - don, Par - don for you and for me.

Come home, Come home, come home,

Ye who are weary, come home! Ear - nest - ly, ten - der - ly,  
 Je - sus is call - ing, Call - ing, O sin - ner, come home!

Hymn 593

*Dickinson College*

1 Lord, make us ser - vants of your peace: where there is  
 2 Where all is doubt, may we sow faith; where all is  
 3 Je - sus, our Lord, may we not seek to be con -  
 4 May we not look for love's re - turn, but seek to  
 5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -  
 2 gloom, may we sow hope; where all is night, may we sow  
 3 soled, but to con - sole, nor look to un - der - stand - ing  
 4 love un - self - ish - ly, for in our giv - ing we re -  
 5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.  
 2 light; where all is tears, may we sow joy.  
 3 hearts, but look for hearts to un - der - stand.  
 4 ceive, and in for - giv - ing are for - given.  
 5 peace, to wake at last in hea - ven's light.

Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

### Hymn 440

*Liebster Jesu*

1 Bless - ed Je - sus, at thy word we are gath - ered all to  
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness  
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -  
  
 hear thee; let our hearts and souls be stirred  
 shroud - ed, till thy Spi - rit breaks our night  
 ced - ing, o - pen thou our ears and heart,  
  
 now to seek and love and fear thee; by thy teach - ings  
 with the beams of truth un - cloud - ed; thou a - lone to  
 help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.  
 God canst win us; thou must work all good with - in us.  
 Church up - rais - es; hear, and bless our prayers and prais - es.

Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

### Post communion prayer

*from Enriching Our Worship*

*The people may kneel or stand.*

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.

### Blessing

*The priest offers a blessing, and the people respond. Amen.*

### Hymn 690

*Cwm Rhondda*

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
 2 O - pen now the crys - tal foun-tain, whence the heal - ing  
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
 stream doth flow; let the fire and cloud - y pil - lar  
 fears sub - side; death of death, and and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932)

## The Dismissal

*The people are dismissed to go forth into the world.*

People      **Thanks be to God. [Alleluia, alleluia.]**



++++++

Priscilla Knapp, Joan Willett, Inez Tokashiki, *Altar Guild*

Diana Wind, Wendy Carber, *Flower Guild*

The McDonnells, *Hospitality*

Stella Horton; Lori Rapuano, Madelyne Gibson, *Lectors*

Steve Yocum; Michale Winterrowd, *Ushers*

Jasmine Declet, Linda Ralls; Nancy Matthews, Kristina Van Name, *Chalice Bearers*

Charlie Senno, Aidan Briody, *Acolytes*

Bill McBride, *Tech Guild*

Vernon Williams, *Music Director*

The Rev. Emily Mellott, *Celebrant*