

Wednesday after Epiphany 5
8 February 2023

THE GATHERING OF THE COMMUNITY

Greeting

Blessed are you, Son of David;
born to rule, you received gifts from the magi.

Blessed are you, Son of Man;
baptized by John, you saved us from ourselves.

Blessed are you, Servant Lord;
**teaching and preaching, healing and comforting,
you proclaimed the promised reign of God.**

Collect of the Day

Let us pray.

O God of light, your Spirit reveals and illumines your presence in creation. Shine your radiant holiness into our lives, so that we may offer our hands and hearts to your work: to heal and shelter, to feed and clothe, to break every yoke and silence evil tongues. **Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Genesis 2.4b-9, 15-17

A reading from Genesis.

In the day that the LORD God made the earth and the heavens, when no plant of the field was yet in the earth and no vegetation of the field had yet sprung up — for the LORD God had not caused it to rain upon the earth, and there was no one to till the ground, but a stream would rise from the earth and water the whole face of the ground — then the LORD God formed *the Adam* from the dust of the ground and breathed into *its* nostrils the breath of life, and *the Adam* became a living being. And the LORD God planted a garden in Eden, in the east, and there he put *the Adam* whom he had formed. Out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

The LORD God took *the Adam* and put *it* in the garden of Eden to till it and keep it. And the LORD God commanded *the Adam*, “You may freely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Holy Wisdom, Holy Word.

Thanks be to God.

The Psalm of the Day: Psalm 104.24, 27-30 (NRSV)

24 O Lord, how manifold are your works! *
**In wisdom you have made them all;
the earth is full of your creatures.**

27 All of them look to you *
to give them their food in due season.

28 You give it to them; they gather it; *
**you open your hand,
and they are filled with good things.**

29 You hide your face, and they are terrified; *
**you take away their breath,
and they die and return to their dust.**

30 You send forth your Spirit, and they are created; *
and so you renew the face of the earth.

The Gospel: Mark 7.14-23

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Then Jesus called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile."

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, "So, are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile, since it enters not the heart but the stomach and goes out into the sewer?" (Thus he declared all foods clean.) And he said, "It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: sexual immorality, theft, murder, adultery, avarice, wickedness, deceit, debauchery, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The Sermon

THE PRAYERS OF THE COMMUNITY

Intercessions, Petitions and Thanksgivings

In peace, we pray to you, Lord God.

For all people in their daily life and work: **For our families, friends and neighbours, and for all those who are alone.**

For this community, our country and the world: **For all who work for justice, freedom and peace.**

For the just and proper use of your creation: **For the victims of hunger, fear, injustice and oppression.**

For all who are in danger, sorrow or any kind of trouble: **For those who minister to the sick, the friendless and the needy.**

For the peace and unity of the Church of God: **For all who proclaim the gospel and all who seek the truth.**

For John our Bishop, for Benny the Bishop of our Companion Diocese, and for all bishops and other ministers: **For all who serve God in the Church.**

For our own needs and those of others. *Silence. You may add your own petitions.* Hear us Lord: **for your mercy is great.**

We thank you, Lord, for all the blessings of this life. *Silence. You may add your own thanksgivings.* We will exalt you, O Ruler of the universe: **And praise your name for ever and ever.**

We pray for all those who have died in the peace of Christ, and for those whose faith is known to you alone, that they may rest in peace and rise in glory. *Silence. You may add your own petitions.* Lord, let your loving kindness be upon them: **Who put their trust in you.**

Gracious God, you have heard the prayers of your faithful people; you know our needs before we ask, and our ignorance in asking. Grant our requests as may be best for us and for those for whom we pray. This we ask in the name of your Son Jesus Christ our Lord. **Amen.**

The Exchange of the Peace

May the peace of the Lord be with you.
And also with you.

THE HOLY COMMUNION

Prayer over the Gifts

Let us pray.

God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Saviour. **Amen.**

The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

Holy, holy, holy Lord, God of power and might. Heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Holy, mighty and merciful Lord, heaven and earth are full of your glory. In great love you sent us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor and who, on the cross, opened his arms to all.

In the night in which he was betrayed, our Lord Jesus took bread and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Remembering, therefore, his death, resurrection and ascension, we await his coming in glory. Pour out upon us the Spirit of your love, O Lord, and unite the wills of all who share this heavenly food, the body and blood of Jesus Christ our Lord; to whom, with you and the Holy Spirit, be all glory and honour, now and for ever. **Amen.**

The Lord's Prayer

As our Saviour taught us, let us pray:

**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,
the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

We break the bread of life,
and that life is the light of the world.
**God here among us,
light in the midst of us,
bring us to light and life.**

The Invitation to Communion

Behold who you are. Become what you see.
These are the gifts of God for the people of God.
Thanks be to God.

Communion

If you are not physically receiving Communion, then offer this prayer.

In union, O God, with all your faithful people gathered wherever the eucharist is celebrated this day, I offer you praise and thanksgiving for creation and all the blessings of this life, for the redemption given to us through the life, death and resurrection of Christ, and for the means of grace and the hope of glory. I pray you come into my heart, my soul and my mind. Let nothing separate me from you. May I serve you in this life until, by your grace, I come to your promised reign of justice and peace; through Christ and in the unity of the Spirit. **Amen.**

THE SENDING FORTH OF THE COMMUNITY

The Prayer after Communion

Let us pray.

Eternal God, in you we find peace beyond all telling. May we who share in this heavenly banquet be instruments of your peace on earth, in the name of Jesus Christ the Lord. **Amen.**

The Doxology

Glory to God,
**whose power working in us,
can do infinitely more
than we can ask or imagine.**
Glory to God from generation to generation,
in the Church and Christ Jesus,
for ever and ever. Amen.

The Dismissal

Go in peace to love and serve the Lord.
Thanks be to God.