



# Fifth Sunday after the Epiphany

February 8, 2026

8:30 Contemplative Eucharist

10:00 a.m. Eucharist with Music

## Trinity Memorial Church

*An Episcopal Church in the Diocese of Central New York, and a Jubilee Ministry Center*

***All are welcome!***

The Church is **handicapped accessible**: enter through the glass doors on Oak Street.

A **lift** to the sanctuary level is available in the far corner of the gym.

**Restrooms** are in the Hoyt Room, through double doors off the sanctuary.

**Hearing assistive devices & large print bulletins** are available from an usher.

**Parents** are welcome to use the Children's Corner in the Hoyt Room,  
or the toybasket at the back of the church.

**Visitors: please** sign our guest book in the Hoyt Room.

*Text in bold italics is said by all; hymns are found in the blue Hymnal 1982.*

*“Service Music” (indicated by S-) is found in the beginning of the hymnal.*

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**Prelude**      Fugue in C, BWV 547

J. S. Bach

### Welcome and Announcements

**Hymn 419   Lord of all being, throned afar**

*Mendon*

### Opening Acclamation and Collect for Purity

Blessed be God, Father, Son and Holy Spirit.

*And blessed be God's Kingdom, now and forever. Amen.*

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.*

*Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.*

**The Collect of the Day**

The Lord be with you. *And also with you.* Let us pray.

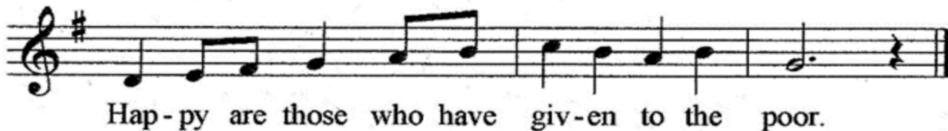
Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

**The First Lesson      Isaiah 58:1-9a**

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

The Word of the Lord.

*Thanks be to God.*



1 Hallelujah! Happy are they who fear the Lord \*  
and have great delight in his commandments!

2 Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed. **Refrain**

3 Wealth and riches will be in their house, \*  
and their righteousness will last forever.

4 Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion. **Refrain**

5 It is good for them to be generous in lending \*  
and to manage their affairs with justice.

6 For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance. **Refrain**

7 They will not be afraid of any evil rumors; \*  
their heart is right; they put their trust in the Lord.

8 Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.

9 They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honor. **Refrain**

### The Epistle                    I Corinthians 2:1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden,

which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, “What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him”— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God’s except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

The Word of the Lord.

***Thanks be to God.***

**Hymn 536**

**Open your ears, O faithful people**

***Torah Song***

**The Holy Gospel**

**Matthew 5:13-20**

The Holy Gospel of our Lord Jesus Christ according to Matthew;  
***Glory to you, Lord Christ.***

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. “You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.

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

**Sermon**

The Rev. Kit Tobin

## 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.*

## Prayers of the People

Form VI, p. 392

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;

***For our families, friends, and neighbors, and for those who are alone.***

For this community, the nation, 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 Sean our Presiding Bishop; Dede our Bishop; Fr. Richard and Rev. Kit our Supply Priests, and other ministers; ***For all who serve God in his Church.***

For the special needs and concerns of this congregation; we pray for Nancy Campbell, Shawn Kaiser, Andy Pierce, Nelson and Regina, Cate Hough, Drieux Koeppel, Masha Britten, Chucky Corse, Jeffrey Weyant, Ted, Barbara Manzo, Robert Croston, Sr., Christopher, Stephani and Donald Polhemus, Michelle, Andrew, Chuck, Casey, Kathryn, Corrie and Connie Alexander.

*The people may add their own petitions.*

We pray for those in military service: Kurt Albaugh, Darlene Croston, Colin Davis, Joshua Loch, Ben Sherwood Evans, Seth Thomas, Raidyn Ford, Evan Hesco, Aaron Brady.

Hear us, Lord: ***For your mercy is great.***

Gracious and loving God, You have guided our church through seasons of joy and challenge. As we seek the priest You are preparing for us, fill our hearts with patience, hope, and trust in Your timing. Grant wisdom to those discerning, unity among us as a congregation, and openness to the one You are sending. Bless the priest who is even now being called to walk with us, that together we may serve You faithfully and proclaim Christ's love. ***Amen.***

We thank you, Lord, for all the blessings of this life. We rejoice with those celebrating birthdays: Sandy Card, Marjorie Desai, Timothy Smith and Brandon Lockwood. *The People may add their own thanksgivings*

We will exalt you, O God our King; ***And praise your Name for ever and ever.***

We pray for all who have died, that they may have a place in your eternal kingdom. We remember today Miller Gaffney, Louise R. Weed and Mary Gaffney with flowers on the Altar. *The People may add their own petitions*

Lord, let your loving-kindness be upon them; ***Who put their trust in you.***

We pray to you also for the forgiveness of our sins. *Silence.*

***Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.***

*The Celebrant concludes with an absolution.*

## Commissioning of Wardens, Vestry Members, Treasurer & Clerk

*(Wardens, Vestry Members, Treasurer and Clerk come forward.)*

Wardens:                   Teddy Aribisala and Greg Keeler

Vestry Members:           Bill Palmer, John Lynn, Bruce Parmelee, Frank Donohue,  
                                  Ginny Hill, Sandra Michael, Susan Thornton, Nan Borton,  
                                  John Chaffee, Jim Gazda, Diane Lange

Clerk: Brad Bennett           Treasurer: Philip Evans

Brothers and Sisters in Christ Jesus, we are all baptized by the one Spirit into one Body, and given gifts for a variety of ministries for the common good. Our purpose is to commission these persons in the Name of God and of this congregation to a special ministry to which they are called. You have been called to this ministry as Wardens, Vestry Members, Treasurer and Clerk. Will you, as long as you are engaged in this work, perform it with diligence?                   *Candidates We will.*

Will you faithfully and reverently execute the duties of your ministry to the honor of God, and the benefit of the members of this congregation?   *Candidates We will.*

Let us pray. O Eternal God, the foundation of all wisdom and the source of all courage: Enlighten with your grace these your servants in this congregation, and so rule their minds, and guide their counsels, that in all things they may seek your glory and promote the mission of your Church; through Jesus Christ our Lord. ***Amen.***

In the Name of God and of this congregation, I commission you, Teddy and Greg, as Wardens of this parish.

In the Name of God and of this congregation, I commission you Bill, John, Bruce, Frank, Ginny, Sandra, Susan, Nan, John, Jim and Diane, as members of the Vestry in this parish.

In the Name of God and of this congregation, I commission you, Brad, as a member of the Vestry and as Clerk of this parish...In the Name of God and of this congregation, I commission you, Phil, as Treasurer of this parish.

O Lord, without whom our labor is lost: We beseech you to prosper all works in your Church undertaken according to your holy will. Grant to your workers a pure intention, a patient faith, ears to hear you through the voices of others, and a spirit of compassion and peace, that we may be faithful ambassadors of Jesus Christ our Lord. ***Amen.***

## The Peace

The peace of the Lord be always with you; *And also with you.*

## The Holy Communion

### The Offertory Sentence

**Anthem** How dear to me are your dwellings Peter Browne

**Presentation Hymn 401, stanza 5** *Leoni*

*The whole triumphant host give thanks to God on high;  
“Hail, Father, Son, and Holy Ghost” they ever cry;  
hail, Abraham’s Lord divine! With heaven our songs we raise;  
all might and majesty are thine, and endless praise.*

### The Great Thanksgiving

*(Supplemental Eucharistic Prayer 2)*

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 God thanks and praise.*

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a shepherd cares for its sheep, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

### Sanctus S-128

William Mathias

*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.*

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor

upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. ***Amen***

### **The Lord's Prayer**

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 Breaking of the Bread**

**8:30** Alleluia! Christ our Passover is sacrificed for us.

*Therefore let us keep the feast. Alleluia!*

**10:00**

*The disciples knew the Lord Jesus*

Michael McCarthy (b. 1966)

The musical notation consists of two staves. The top staff is in G minor (two sharps) and the bottom staff is in C major (no sharps or flats). The lyrics are: 'The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.' and 'Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!' The notation includes various note values (eighth and sixteenth notes) and rests.

## **Ministration of Communion**

*Priest*      The Gifts of God for the People of God.

### **All are welcome to receive Communion.**

*Please feel free to receive the bread and/or wine either at the crossing in front of the Chancel steps or at the Altar Rail, as you so choose. If you wish to intinct (dip) your bread, please dip it in the small chalices offered, or drink from the larger chalice.*

**Hymn 505**

**O Spirit of Life**

*O Heiliger Geist*

## **Prayer of Thanksgiving**

*Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.*

## **The Benediction**

**Hymn 539**      **O Zion, Haste**

*Tidings*

## **The Dismissal**

The people respond **Thanks be to God.**

**Postlude**

**A Mighty Fortress**

Nicholas Hanff

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## **SERVING TODAY**

The Rev. Kit Tobin, *Celebrant and Preacher*  
Timothy E. Smith, *Organist & Music Director*

Jim Gazda, *8:30 am Lector* Rob Lacey, *10 am Lector*  
Phyllis Amenda, *Worship Leader*  
Phyllis Amenda, *Acolyte* Philip & Cynthia Evans, *Ushers*  
Ginny Hill & Darlene Croston, *Altar Guild for January*  
Phyllis Amenda, Bob Peterson, Peter Koeppel, Phil Evans, Deb Parmelee  
*Eucharistic Ministers*  
Carl Betcher, *Digital Minister* Greg Keeler, *Coffee Hour*

### **PRAYER LIST (in addition to those listed in the service)**

**Pray for our diocese:** Emmanuel Episcopal Church in Norwich and their priest, the Rev. Steve White, and St. John's Episcopal Church in Oneida.

**Pray for the Episcopal Church:** the Diocese of East Tennessee and their bishop, the Rt. Rev. Brian Lee Cole.

**Pray for the Anglican Communion:** The Province of Hong Kong Sheng Kung Hui and their prime bishop, the Most Rev. Andrew Chan.

### **CANTEEN, February 8**

St. Patrick's & Pt. Dickinson Baptist, *cooking*  
C. Hanes, *Manager* S. Hanes, *Host*  
*Last week: 50 guests served, 75 dinners served*

### **CALENDAR**

|                       |                     |                                |
|-----------------------|---------------------|--------------------------------|
| <b>Today</b>          | 11:15 am            | Coffee Hour (Hoyt Room)        |
|                       | 12:00 pm            | Canteen (Dining Room)          |
| <b>Mon. Feb. 9</b>    | 9:30 am             | Quilters (Dining Room)         |
|                       | 10:00 am            | Recorders (Upstairs)           |
|                       | 6:30-9:30 pm        | Savoyards Rehearsal (Upstairs) |
|                       | 7:00 pm             | Vestry Meeting (Zoom)          |
| <b>Tues. Feb. 10</b>  | <b>8am-Noon</b>     | <b>Food Pantry</b> (Gym)       |
|                       | 3:30-5:30 pm        | CARES (Gym)                    |
|                       | 6:30-9:30 pm        | Savoyards Rehearsal (Upstairs) |
| <b>Wed. Feb. 11</b>   | NO Choir rehearsals |                                |
| <b>Thurs. Feb. 12</b> | 3:30-5:30 pm        | CARES (Gym)                    |
|                       | 6:30 pm             | N.A. (Dining Room)             |

|                     |                 |                                     |
|---------------------|-----------------|-------------------------------------|
| <b>Fri. Feb. 13</b> | 6:30 pm         | Pickleball (Gym)                    |
|                     | 6:30-9:30 pm    | Savoyards Rehearsal (Upstairs)      |
| <b>Sat. Feb. 14</b> | 3:30-5:30 pm    | CARES (Dining Room & Gym)           |
| <b>Sun. Feb. 15</b> | 9:30 am         | N.A. (Dining Room)                  |
|                     | <b>8:30 am</b>  | <b>Contemplative Eucharist</b>      |
|                     | <b>10:00 am</b> | <b>Holy Eucharist with Music</b>    |
|                     | 11:15 am        | Coffee Hour (Hoyt Room)             |
|                     | Noon            | Canteen (Dining Room)               |
|                     | 2:30 pm         | Madrigal Choir Rehearsal (Upstairs) |

**Generosity Report (Updated Jan. 27):** Required weekly contributions: \$4,153; Last week's contributions: \$5,469; Required year to date contributions: \$16,614; Contributions received year to date: \$13,861; Year to Date Difference: \$-2,753.

If you would like to lend your financial support to Trinity via electronic means, here is our QR code.



**“Lamentations of Jeremiah”** by Southern Tier Singers’ Collective  
 Sunday, February 22 at 4 pm at St. Luke’s Lutheran Church, 109 Oak Ave, Ithaca  
 Free and open to the public, donations gratefully accepted.

## **TRINITY MEMORIAL EPISCOPAL CHURCH**

**Mission:** *To serve Christ passionately through self, family, parish and community.*  
**Identity:** *A diverse people responding to God through worship and music, friendship and formation, generosity and service.*

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