

**St. Luke's Episcopal Church**  
**The Fourth Sunday after the Epiphany**

**31 January 2021 ✕ 10:00 A.M.**

Holy Eucharist

The Reverend Allison Caudill, *Celebrant & Preacher*

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**THE WORD OF GOD**

**Prelude**

**"Deck thyself, my soul, with gladness"**

**J. S. Bach**

**First Hymn**

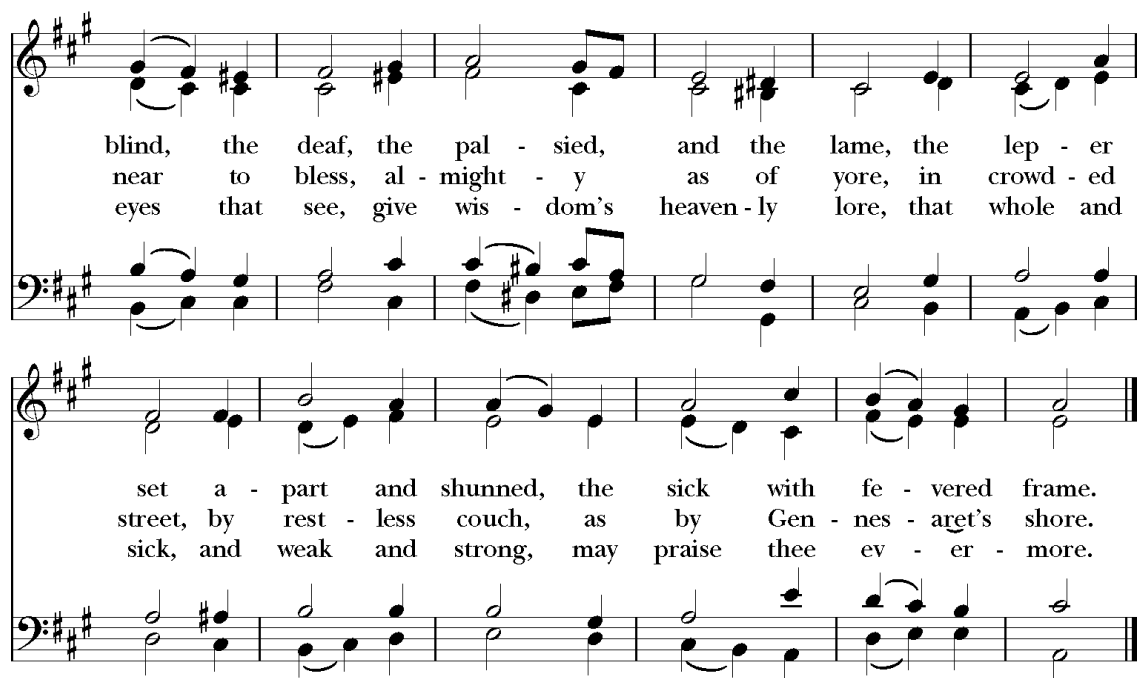
**"Thine arm, Lord, in days of old"**

**Hymnal, 567**

1 Thine arm, O Lord, in days of old was strong to  
2 And lo! thy touch brought life and health, gave hear - ing,  
3 Be thou our great de - liv - erer still, thou Lord of

heal and save; it tri - umphed o'er dis - ease and death,  
strength, and sight; and youth re - newed and fren - zy calmed  
life and death; re - store and quick - en, soothe and bless,

o'er dark - ness and the grave. To thee they went, the  
owned thee, the Lord of light: and now, O Lord, be  
with thine al - might - y breath: to hands that work and



blind, the deaf, the pal - sied, and the lame, the lep - er  
near to bless, al - might - y as of yore, in crowd - ed  
eyes that see, give wis - dom's heaven - ly lore, that whole and

set a - part and shunned, the sick with fe - vered frame.  
street, by rest - less couch, as by Gen - nes - aret's shore.  
sick, and weak and strong, may praise thee ev - er - more.

Words: Edward Hayes Plumptre (1821-1891), alt. Music: *St. Matthew*, from *Supplemental to the New Version of Psalms* by Dr. Brady and Mr. Tate, 1708

## The Opening Acclamation

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***Celebrant*** Blessed be God: Father, Son, and Holy Spirit.

***People*** And blessed be his kingdom, now and for ever. Amen.

## The Collect of Purity

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## The Gloria: S-280 in the Hymnal 1982



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** The Lord be with you.

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

**Celebrant** 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 First Lesson****Deuteronomy 18:15-20**

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."

The Word of the Lord.

**People** **Thanks be to God.**

**Psalm 111**

*Confitebor tibi*

**Plainsong**

<sup>1</sup> Hallelujah! I will give thanks to the LORD with my whole heart, \*  
in the assembly of the upright, in the congregation.

<sup>2</sup> Great are the deeds of the LORD! \*  
they are studied by all who delight in them.

<sup>3</sup> His work is full of majesty and splendor, \*  
and his righteousness endures for ever.

- <sup>4</sup> He makes his marvelous works to be remembered; \*  
the LORD is gracious and full of compassion.
- <sup>5</sup> He gives food to those who fear him; \*  
he is ever mindful of his covenant.
- <sup>6</sup> He has shown his people the power of his works \*  
in giving them the lands of the nations.
- <sup>7</sup> The works of his hands are faithfulness and justice; \*  
all his commandments are sure.
- <sup>8</sup> They stand fast for ever and ever, \*  
because they are done in truth and equity.
- <sup>9</sup> He sent redemption to his people; he commanded his covenant for ever; \*  
holy and awesome is his Name.
- <sup>10</sup> The fear of the LORD is the beginning of wisdom; \*  
those who act accordingly have a good understanding; his praise endures for ever.

## **The Second Lesson**

## **I Corinthians 8:1-13**


Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak

believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

The Word of the Lord.

**People** Thanks be to God.


## The Sequence “O Jesus Christ, may grateful hymns be rising” Hymnal, 590




1 O Je - sus Christ, may grate - ful hymns be ris - ing, \_\_\_\_\_  
 2 Grant us new cour - age, sac - ri - fi - cial, hum - ble, \_\_\_\_\_  
 3 Show us your Spi - rit, brood - ing o'er each ci - ty, \_\_\_\_\_



in ev - ery ci - ty for your love and care; \_\_\_\_\_  
 strong in your strength to ven - ture and to dare; \_\_\_\_\_  
 as you once wept a - bove Je - ru - sa - lem, \_\_\_\_\_



in - spire our wor - ship, grant the glad sur - pris - ing \_\_\_\_\_  
 to lift the fall - en, guide the feet that stum - ble, \_\_\_\_\_  
 seek - ing to gath - er all in love and pi - ty, \_\_\_\_\_



that your blest Spi - rit rous - es ev - ery - where.  
 seek out the lone - ly and God's mer - cy share.  
 and heal - ing those who touch your gar - ment's hem.

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## The Holy Gospel

**Mark 1:21-28**

*The people remain standing. The Celebrant says*

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

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

They went to Capernaum; and when the sabbath came, he 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, convulsing him 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.

***After the reading, the Celebrant says***

The Gospel of the Lord.

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

## **The Sermon**

### **The Nicene Creed**

*Said by all, standing*

**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.**

With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord.

*Lord, have mercy.*

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

*Lord, have mercy.*

For Justin, the Archbishop of Canterbury; Michael, our Presiding Bishop, Terry, our Bishop, for Michael, Allison, Anne, Art, and Jim, our clergy, for all clergy, and people, let us pray to the Lord.

*Lord, have mercy.*

For Joseph our President, Andy our Governor, and Neil & Greg our Mayors, for the leaders of the Nations, and let us pray to the Lord.

*Lord, have mercy.*

For this village of Anchorage, for every city and community, and for those who live in them, let us pray to the Lord.

*Lord, have mercy.*

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

*Lord, have mercy.*

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

*Lord, have mercy.*

For those who travel on land, on water, in the air, or through outer space, let us pray to the Lord.

*Lord, have mercy.*

For the aged and infirm, for the widowed and orphans, and for the sick and the



suffering especially: **Al, Allen, Amy, Ann, Annie, Beecher, Bethann, Beverly, Bill, Braxton, Bud, Calvin Riley, Carol, Charles, Christy, Dave, David, Diana, Doug, E.J., Eleanor, Elizabeth, Erma, Gene, Hugh, Ira, Jackie, Jen, Jenni, Jerry, Jewell, Jim, Joan, Joe, John, Joyce, Karen, Kelly, Ken, Laura, Lauren, Lee, Linda, Lisette, Liz, London, Lynn, Martha, Marty, Mary, Matt, Meg, Mike, Milo, Monica, Morgan, Nancy, Nina (Nine-ah), Patricia, Phil, Rob, Ronald, Rueben, Sandy, Sherrie, Stefanie, Steve, Sue, Susan, Susie, Terry, Tim, Tracy, Trent, Ursula, Vicki, Walt, Whitney, Wynn; for the men and women of our armed forces, especially Alex, Bianca, Casey, Christian, Griffin, Pat, Seth, Sinclair, Steve,** let us pray to the Lord.  
*Lord, have mercy.*

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.  
*Lord, have mercy.*

For all who have died in the hope of the resurrection, especially **Trish Devine** , and for all the departed, let us pray to the Lord.  
*Lord, have mercy.*

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.  
*Lord, have mercy.*

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.  
*Lord, have mercy.*

Defend us, deliver us, and in thy compassion protect us, O Lord, by thy grace.  
*Lord, have mercy.*

In the communion of Luke and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.  
*To thee, O Lord our God.*

*Silence.*

*The Celebrant adds a concluding Collect.*

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

**All** 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 Absolution

#### The Peace

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

**People** And also with you.

## THE HOLY COMMUNION

### Offertory Anthem

### "Tu solus qui facis"

### Josquin des Pres

Tu solus qui facis mirabilias,  
To solus Creator, qui creasti nos  
To solus Redemptor, qui redemisti nos  
Sanguine tuo pretiosissimo.

You alone can do wonders,  
You alone are the Created who created us;  
You alone are the Redeemer who redeemed us  
With your most precious blood.

Ad te solum congufimus,  
In te solum confidimus  
Nec alium adoramus, Jesu Christe.

In you alone we find refuge,  
In you alone do we trust,  
None other do we worship, Jesus Christ.

Ad te preces effundimus,  
Exaudi quo supplicamus,  
Et concede quod petimus,  
Rex benigne.

To you we pour out our prayers,  
Hear our supplication,  
And grant us our request,  
O King of kindness!

## The Great Thanksgiving: Eucharistic Prayer B

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*Celebrant*      *People*  
The Lord be with you. And al - so with you.

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

*Celebrant*  
Let us give thanks to the Lord our God.

*People*  
It is right to give him thanks and praise.

*Celebrant* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your son Jesus Christ our Lord; so that we might be delivered from the bondage of sin, and receive power to become your children. 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:

*Celebrant and people*

## Sanctus: S-129 in the Hymnal 1982

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and

might, hea - ven and earth are full of your glo - ry. Ho -

san - na in the high - est. Bless - ed is he who



*The people stand or kneel.*

*Then 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 the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, 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 Lord 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 he 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,

*Celebrant and People*

**We remember his death.  
We proclaim his resurrection.  
We await his coming in glory.**

*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, O Lord 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 to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary the Mother of God, St. Luke, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

(sung) By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. *Amen.*

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

### The Lord's Prayer

**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.**

### Fraction Anthem: S-155 in the Hymnal 1982

#### Fraction Anthem: Christ our Passover

*This setting is not used in Lent.*



Setting: Gerald R. Near (b. 1942)

*A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion. We invite you to join us in this prayer wherever you are.*

## **A Prayer from the St. Augustine Prayer Book**

*As the celebrant receives the elements of Communion, the congregation says aloud this prayer*

**All** Jesus, my Savior, I ask you to come into my heart and fill me with your love. Although I cannot physically join with others to celebrate the Eucharist today, I desire to offer my thanksgivings and prayers in union with all who worship you, wherever they may be. And although I cannot receive you now sacramentally in the bread and wine of Holy Communion, still I desire to receive your body and blood spiritually and feed on your love, that I may be united with you and with all your people in one communion and fellowship, your mystical body the church, now and ever more. Amen.

## **Communion Hymn "Deck thyself, my soul, with gladness" Hymnal, 339**

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) in G major (one sharp) and 4/4 time. It consists of two systems of music. The first system contains the first three verses of the hymn. The second system contains the final two verses. The lyrics are printed below the vocal staves, with line numbers 1, 2, and 3 indicating the different verses. The melody is simple and hymn-like, with a clear harmonic structure. The bass line provides a steady accompaniment for the vocal parts.

1 Deck thy - self, my soul, with glad - ness, leave the  
2 Sun, who all my life dost bright - en; Light, who  
3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's  
dost my soul en - light - en; Joy, the best that an - y  
glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der  
 know - eth; Fount, whence all my be - ing flow - eth:  
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this  
 at thy feet I cry, my Ma - ker, let me  
 from this ban - quet let me mea - sure, Lord, how

won-drous ban-quet found - ed— high o'er all the heavens he  
 be a fit par - ta - ker of this bless - ed food from  
 vast and deep its trea - sure; through the gifts thou here dost

reign - eth, yet to dwell with thee he deign - eth.  
 hea - ven, for our good, thy glo - ry, giv - en.  
 give me, as thy guest in heaven re - ceive me.

Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt.  
 Music: *Schmücke dich*, melody Johann Crüger (1598-1662); harm. *The English Hymnal*, 1906

## The Blessing

## The Final Hymn “O love, how deep, how broad, how high” Hymnal, 448



1 O love, how deep, how broad, how high, how pass - ing  
 2 For us bap - tized, for us he bore his ho - ly  
 3 For us he prayed; for us he taught; for us his  
 4 For us to wick - ed hands be - trayed, scourged, mocked, in  
 5 For us he rose from death a - gain; for us he  
 6 All glo - ry to our Lord and God for love so

1 thought and fan - ta - sy, that God, the Son of  
 2 fast and hun - gered sore; for us tempt - ta - tions  
 3 dai - ly works he wrought; by words and signs and  
 4 pur - ple robe ar - rayed, he bore the shame - ful  
 5 went on high to reign; for us he sent his  
 6 deep, so high, so broad; the Trin - i - ty whom

1 God, should take our mor - tal form for mor - tals' sake.  
 2 sharp he knew; for us the tempt - er ov - er - threw.  
 3 ac - tions, thus still seek - ing not him - self, but us.  
 4 cross and death; for us gave up his dy - ing breath.  
 5 Spi - rit here to guide, to strength - en, and to cheer.  
 6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tourum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949)

## The Dismissal

**People** Thanks be to God.

## Postlude

“Deck thyself, my soul, with gladness”

Johann Walther

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over green button to activate link.

## **ANNOUNCEMENTS**

### **The Return of our Wednesday Study!**

We are pleased to announce that this vibrant weekly practice will return this Lent, with a special program that will begin on Ash Wednesday. Please plan to join us at 9:45 on Zoom starting February 17<sup>th</sup>, and watch your email for the Zoom link and more information about the program. We anticipate this being a meaningful addition to our community's spiritual life as we make the Lenten journey to Easter!!

### **2021 Stewardship & Offering Envelopes**

It is not too late to submit your pledge (a commitment to a specified amount of financial giving) to the ministry of St Luke's for 2021! You will hear at our Annual Parish meeting **tonight at 5 pm on Zoom** that we still have not heard from everyone who usually pledges an offering each year, and the impacts that reality has had on our budget for this new year. Please be in touch with our bookkeeper, Judy, at [\*\*bookkeeper@stlukesanchorage.org\*\*](mailto:bookkeeper@stlukesanchorage.org) to make or update your pledge for 2021. You have many options for giving, including by mail, by automatic draft from your preferred bank account, and by our online giving portal.

If you would like to make your financial gifts by mail, we need to mail Offering Envelopes out to those who want them. Please let Dawn know at [\*\*admin@stlukesanchorage.org\*\*](mailto:admin@stlukesanchorage.org), should you want a pack of envelopes for 2021.

### **Day By Day Quarterly Devotionals**

If you would like a Day by Day devotion for this next quarter, contact Dawn at [\*\*admin@stlukesanchorage.org\*\*](mailto:admin@stlukesanchorage.org). Let her know if you would like either a **Large** or **Small** booklet or you can stop by when she's in the office on Thursday mornings. If you've not used them for daily devotion before, and are interested, let Dawn know. We usually have more than plenty.

### **Sunday Altar Flower Memorials for 2021**

It's time to schedule 2021 altar flower memorials. Last year donors have been contacted. Please respond promptly since renewals are honored first. New donors are welcome and encouraged to respond with a date! **Look for an email with updated available dates this week.** Please contact Dawn at the church office at [admin@stlukesanchorage.org](mailto:admin@stlukesanchorage.org).

### **Thursday Night Bible Study**

The Basics of the Bible Study continues on Thursday evenings with Mother Allison! We are using The Path to guide our study, but all you need is a Bible and access to the internet to join us. We are gathering every Thursday evening from 6:45-7:45 on Zoom to discuss the foundational stories of our faith and to explore how these stories connect to our own journeys. Please follow this link on Thursdays at 6:45 to join us!

### **Contemporary Anglican Theologians – Sunday 9am Class**

Please join us Sunday mornings, 9:00, as we have begun a new series.

There are several Anglican (including many Episcopalian) theologians who have written during our lifetime, most of them are still working. They have written some fascinating ideas that enrich our understanding of God, Jesus, the Church and spirituality. Their work has added clarity, insight and depth to Anglican Christianity. We will be spending the next couple of months discussing these theologians and their ideas.

For more information, email Dave Kirchinger at [episcopaliandave@gmail.com](mailto:episcopaliandave@gmail.com).

The link to the class is: <https://us02web.zoom.us/j/85144530030> / Meeting ID: **851 4453 0030**  
If prompted to enter a password, please enter our parish office phone number - 2458827

### **Centering Prayer**

Centering Prayer is TWICE a month, every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday. Join us on **February 9<sup>th</sup> and 16<sup>th</sup> from 6 – 7pm** on ZOOM until we can all join back in the Lyman Office.

Link to Centering Prayer Group: <https://zoom.us/j/85280543522>

Meeting ID: 852 8054 3522

If prompted to enter a password, please enter our parish office phone number – 2458827

### **Birthdays & Anniversaries**

**If you've had a birthday or anniversary over the past several weeks, or have one coming up in the weeks ahead,** please let Dawn know, [admin@stlukesanchorage.org](mailto:admin@stlukesanchorage.org). Let her know your birthday, or the date of your wedding anniversary and how many years you've been married, and we will offer a blessing over you during our recorded worship.

**In our prayers ... for Al, Allen, Amy, Ann, Annie, Beecher, Bethann, Beverly, Bill, Braxton, Bud, Calvin Riley, Carol, Charles, Christy, Dave, David, Diana, Doug, E.J., Eleanor, Elizabeth, Erma, Gene, Hugh, Ira, Jackie, Jen, Jenni, Jerry, Jewell, Jim, Joan, Joe, John, Joyce, Karen, Kelly, Ken, Laura, Lauren, Lee, Linda, Lisette, Liz, London, Lynn, Martha, Marty, Mary, Matt, Meg, Mike, Milo, Monica, Morgan, Nancy, Nina (Nine-ah), Patricia, Phil, Rob, Ronald, Rueben, Sandy, Sherrie, Stefanie, Steve, Sue, Susan, Susie, Terry, Tim, Tracy, Trent, Ursula, Vicki, Walt, Whitney, Wynn;** and our men and women serving in our armed forces and their families. We offer prayers of blessing and thanksgiving for all men and women serving in the armed services, especially these persons known to us: **Alex, Bianca, Casey, Christian, Griffin, Pat, Seth, Sinclair, Steve.** We pray that they have safe journeys and know the loving concern of friends and family. May God watch over them and grant them strength and courage to face perils which beset them.

**Readings for:**

|                    |                                               |
|--------------------|-----------------------------------------------|
| <b>February 7:</b> | <b>Isaiah 40:21-31; Psalm 147: 1-12, 21c;</b> |
| <b>Epiphany 5</b>  | <b>I Corinthians 9:16-23; Mark 1:29-39.</b>   |