



A Service for the Young
and the Young at Heart

THE THIRD SUNDAY AFTER THE EPIPHANY

26 JANUARY 2025 AT 9:15 AM
The Cathedral of the Incarnation
Garden City, New York

Welcome to *Cathedral for Kids* - *A Mass for the Young and Young at Heart*

Everyone is welcome in God's house and we are glad you're here! In the Episcopal Church, we pray using our whole bodies - our minds, our voices, our hands, and our feet. Here are few of the ways we pray together:

- ***When we sit, we listen with our ears and our hearts.*** Sitting helps us be comfortable so we are ready to receive God's Word and hear what God is speaking to our hearts in prayer.
- ***We also stand when we join our voices together in song.*** Few things make a community feel more welcoming than singing, and we invite you to participate fully in this Mass. Besides, singing together is fun!
- ***When we hear the names of the Father, Son, and Holy Spirit, we make the sign of the cross.*** We touch our foreheads, our chest, our left shoulder, and our right shoulder, making the sign of the cross on our bodies. Look for the + in your bulletin indicating when you can make the sign of the cross!

In the Church Calendar, we are in the season of Epiphany. Epiphany is the season following Christmas in which Christ's light continues to grow and grow. Epiphany begins with the three kings coming from a distant land to offer gifts to the Christ-child, the Messiah of the Hebrew people - and it expands to celebrate the presence of God in the person of Jesus for the sake of the whole world. God's love is for all. Emmanuel! God with us and for us!

If you are new to the Cathedral and would like to know more about our programs and services, please speak with one of the clergy, ask one of our members, or email us anytime at cathedral@incarnationgc.org.

GATHERING MUSIC

*After a brief welcome, we begin our worship time together
by joining our voices in several short refrains.*

GOD WELCOMES ALL *(please remain seated)*

John Bell

God wel - comes all, strang - ers and friends;
God's love is strong and it ne - ver ends.

The musical notation is in G major and 4/4 time. It consists of two staves. The first staff has a treble clef and a key signature of one sharp (F#). The melody is: G4 (quarter), A4 (quarter), B4 (quarter), C5 (half). The second staff continues: D5 (quarter), E5 (quarter), F#5 (quarter), G5 (half).

WE HAVE COME INTO THIS HOUSE *(please stand)*

Bruce Ballinger

We have come in - to this house to gath - er in His name and wor - ship Him.
Let us lift up ho - ly hands, to mag - ni - fy His name and wor - ship Him.

We have come in - to this house to gath - er in His name and wor - ship Him.
Let us lift up ho - ly hands, to mag - ni - fy His name and wor - ship Him.

We have come in - to this house to gath - er in His name and
Let us lift up ho - ly hands, to mag - ni - fy His name and
wor - ship Christ the Lord. Wor - ship Him, Christ the Lord.
wor - ship Christ the Lord.

The musical notation is in B-flat major and 4/4 time. It consists of four staves. The first staff has a treble clef and a key signature of two flats (Bb, Eb). The melody is: Bb4 (quarter), C5 (quarter), D5 (quarter), Eb5 (quarter), F5 (quarter), G5 (quarter), Ab5 (quarter), Bb5 (quarter). The second staff continues: C6 (quarter), Bb5 (quarter), Ab5 (quarter), G5 (quarter), F5 (quarter), Eb5 (quarter), D5 (quarter), C5 (quarter). The third staff continues: Bb4 (quarter), C5 (quarter), D5 (quarter), Eb5 (quarter), F5 (quarter), G5 (quarter), Ab5 (quarter), Bb5 (quarter). The fourth staff continues: C6 (quarter), Bb5 (quarter), Ab5 (quarter), G5 (quarter), F5 (quarter), Eb5 (quarter), D5 (quarter), C5 (quarter).

WELCOME AND ACCLAMATION

Presider + Blessed be God: Father, Son, and Holy Spirit.

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

COLLECT OF THE DAY

Presider The Lord be with you

People **And also with you.**

Presider Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

After the Collect, all sit for the reading

PROCLAIM AND RESPOND TO THE WORD OF GOD

THE FIRST READING

Nehemiah 8:1-3, 5-6

All the people of Israel gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the LORD, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshiped the LORD with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading.

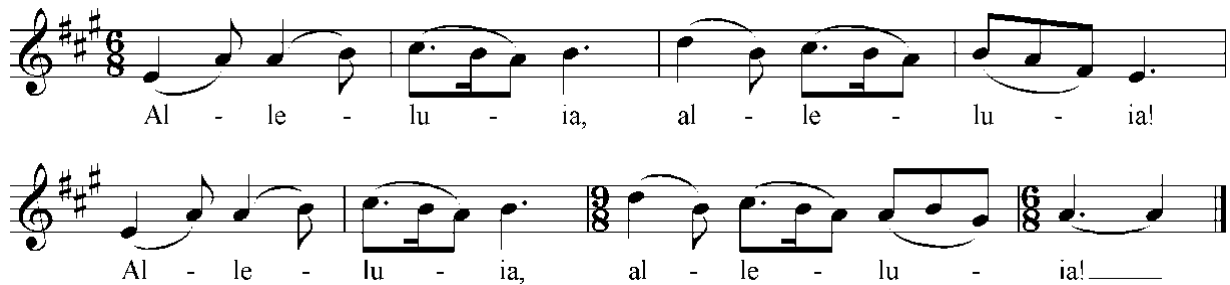
The Word of the Lord.

People **Thanks be to God.**

All young people are invited to the front to hear the Word of God and to sit on the story rugs for the Sermon.

GOSPEL ACCLAMATION *(all stand and sing the refrain)*

Celtic Alleluia



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

THE HOLY GOSPEL

Luke 4:14-21

Deacon The Holy Gospel of Our Lord Jesus Christ According to Luke.

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

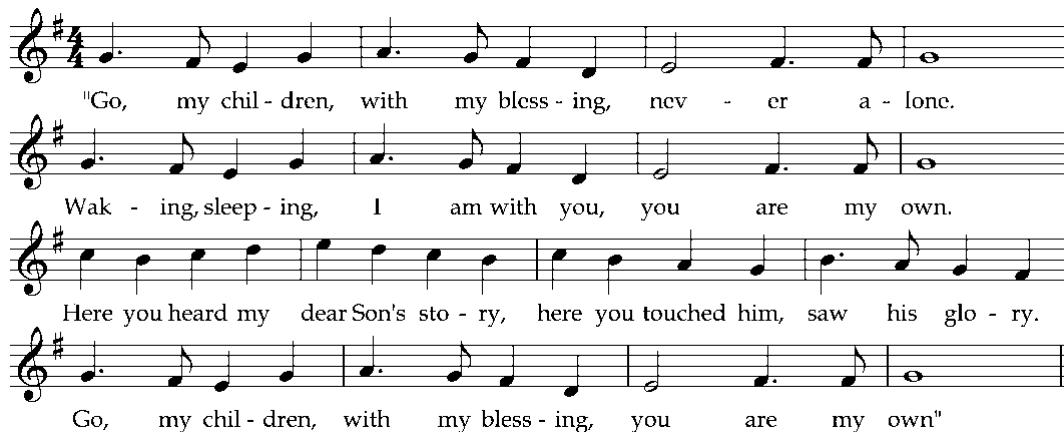
Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.' And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

Deacon The Gospel of the Lord.

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

THE SERMON *(please be seated)*

After the Sermon, we sing as the children return to their places.



"Go, my chil - dren, with my bless - ing, nev - er a - lone.
Wak - ing, sleep - ing, I am with you, you are my own.
Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.
Go, my chil - dren, with my bless - ing, you are my own"

WE PRAY FOR THE WORLD AND THE CHURCH Fred Rogers, 1992

Deacon We offer our prayers for the Church and for the world.

At the end of each prayer, offer your own prayers silently to God.

Dear God, please inspire our hearts to come ever closer to You. We pray for those people who know us and accept us as we are. Those people who encourage us to see what's really fine in life.

We pray for all the people of Your world, our sisters and brothers whose names we may not know but whose lives are ultimately precious in Your sight. With all our hearts, we pray for all Your children everywhere - yes, everywhere.

And finally we offer our strengths and our weaknesses, our joys and our sorrows to Your never-ending care. Help us to remember all through our lives that we never need to do difficult things alone, that Your presence is simply for the asking and our ultimate future is assured by Your unselfish love.

In our deepest gratitude we offer this prayer. **Amen.**

CONFESSION AND ABSOLUTION

Stand or kneel as you are able

Deacon We pray also to you for forgiveness of our sins.

People **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 hearts. We have not loved our neighbors as ourselves. We are truly sorry and 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.**

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

PREPARE THE TABLE - OFFERTORY HYMN

Please be seated as we sing the Offertory Hymn. When the ushers come to your seat, please place your offering in the basket. Today's offering supports the ministries of the Cathedral of the Incarnation.

OFFERTORY HYMN



1. A year of God's fa - vor Christ prom-ised and more: good
2. This word is ful - filled in be - liev - ers to - day, in
3. Ful - filled in our liv - ing be God's word to - day, ful -

news to the pris - 'ner, the weak and the poor, re -
wom - en and men who would fol - low Christ's way. Re -
filled in our lov - ing, our work and our play, ful -

cov - ry of sense to the deaf and the blind, full
spond, then, with glad - ness, in all that you do: a
filled now in jus - tice, in mer - cy and peace, in

heal - ing for spi - rit, for bod - y and mind.
life - time of fa - vor is of - fered to you!
joy - ful thanks - giv - ing and praise with - out cease.

THE GREAT THANKSGIVING

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

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

Presider It is a right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord. And now we give you thanks because, in the incarnation of the Word, a new light has dawned upon the world, that all nations may be brought out of darkness to see the radiance of your glory. And so we join the saints and angels in proclaiming your glory, as we sing:

Ho - ly, ho - ly, ho - ly Lord, God of po-wer and might, hea-ven and earth are full of your glo-ry. Ho - san - na in the high - est. Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est, ho - san - na in the high - est.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

People **Christ has died. Christ is risen. Christ will come again.**

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. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. + And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

All this we ask through your Son Jesus Christ. 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.**

THE LORD'S PRAYER

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

People **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.
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,
forever and ever. Amen.

BREAK THE BREAD

The Presider breaks the bread. Then all say together

Presider Alleluia. Christ our Passover is sacrificed for us.

People **Therefore let us keep the feast. Alleluia.**

Presider The gifts of God for the people of God. Take them in remembrance that Christ died for you and feed on him in your hearts by thanksgiving.

SHARE THE GIFTS OF GOD

All baptized persons are invited to receive Holy Communion in the cathedral. Persons who do not wish to receive Communion may come forward and receive a blessing. If you would like to receive gluten-free Eucharist, please tell the priest when you come forward.

COMMUNION MOTET: *Master, speak*

Eric Routley

Master, speak, thy servant heareth, waiting for thy gracious word, longing for the voice that cheereth; Master let it now be heard. I am listening, Lord for thee; what hast thou to say to me? Speak to me by name, O Master, let me know it is to me; speak that I may follow faster with a step more firm and free. Where the Shepherd leads the flock in the shadow of the rock. Master, speak and make me ready when thy voice is truly heard, with obedience glad and steady still to follow every Word. I am listening, Lord, for thee; Master, speak, O speak to me!

ANNOUNCEMENTS *(please remain seated)*

POST COMMUNION PRAYER *(please stand)*

Presider Let us pray.

People **Eternal God, heavenly Father,**
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart
Through Christ our Lord. Amen.

HYMN OF PRAISE



God be with you till we meet a-gain; by wise coun - sels guide, up - hold you,
with the sheep se - cure - ly fold you: God be with you till we meet a-gain.

BLESSING & EXCHANGE OF PEACE

Presider The blessing of God Almighty, + Father, Son, and Holy Spirit be with you now and forever more.

People **Amen.**

The peace of the Lord be always with you.

People **And also with you.**

*Greet those around you in the name of the Lord. All are invited to Fellowship in Faith, an intergenerational formation and fellowship hour held today at the **Mercer School of theology** immediately following service.*

Announcements

Fellowship in Faith - 10-11:15am at the Mercer School

Thank you to everyone who participated in last Sunday's pop-up kitchen honoring the legacy of MLK, Jr. Together we made 90 sandwiches and 30 servings of hearty soup.

This Sunday, children's classes focus on Jesus' parable of the Prodigal Son. In the Dean's Forum, adults join longtime church school volunteer, Charles Janoff, to explore the Biblical view of teaching.

Basic Christian Formation: an intensive course to engage questions of faith from a Christian perspective in the Anglican tradition. It will provide opportunities to form relationships with fellow explorers on the same journey. It will also help prepare you for Baptism, Confirmation, or Reception in the Episcopal Church, or if you want to deepen your faith. Beginning Sunday January 26 through April 6, 10:15 am at the Mercer School. Sign up via Realm, link in the eNews on our website.

Grief Support Group – Meets today at See House from 2-3:30pm.

On Sunday, January 26, the Masses are in memory of Vivienne S. Lewis in condolence for Carolyn Lewis Westerberg and family by Noreen Healey.

We pray for those who have died, especially Winston N. Deans, and for those grieving the death of a loved one, that they may find comfort and peace.

Join us on Wednesdays at Noon in the Cathedral for our weekly healing mass.

For further information, please sign up for our eNews every Friday morning at incarnationgc.org/connect/e-news or email us at Cathedral@IncarnationGC.org

Text and Music for "In the Lord I'll ever be thankful": © copyright Les Presses du Taize, GIA Publications, Inc, authorized agent. Reprinted with permission under OneLicense #A-741853. All rights reserved.

Text and Music for "We have come into this house": © copyright 2000,, GIA Publications, Inc, authorized agent. Reprinted with permission under OneLicense #A-741853. All rights reserved.

Music for "Celtic Alleluia" © copyright 1985 Fintan O'Carroll an Christopher Walker. Published by OCP. Reprinted with permission under OneLicense #A-741853. All rights reserved.

Text and Music for "Go, my children, with my blessing": © copyright 1983, Jaroslav Vajda, alt., Concordia Publishing House, authorized agent. Reprinted with permission under OneLicense #A-741853. All rights reserved.

THE CATHEDRAL LEADERSHIP

THE CHAPTER

The Right Reverend Lawrence C. Provenzano, DD., *Bishop of Long Island*
The Very Reverend Canon Michael Sniffen, PhD., *Dean of the Cathedral*
The Rev. Canon Eddie Alleyne, The Rev. Adam Canon Bucko,
Ms. Mia Jealous-Denk, Mr. Michael Eng, Canon Charles Janoff, Esq., *Chancellor*, Dr.
Lorna Lewis, The Rev. Canon John Merz, Ms. LaVerne Mitchell,
Mr. Keith Okrosy, The Rev. Gideon Pollach,
The Rev. Canon Kate Salisbury, Mr Dennis Walcott.

THE CATHEDRAL COUNCIL

Mr. Keith Okrosy, *Warden*, Ms. Rebecca Maines, *Warden*
Ms. Fabian Burrell, Ms. Trish Craine, Ms. Tamara Harris,
Ms. Norma Jones, Ms. Brenda Kennedy, Mr. Matthew Mohan,
Ms. Laura Nelson, Ms. Carol O'Rourke,
Ms. Martha Ripp, Ms. Carolyn Ver Pault

THE CLERGY AND STAFF

The Rev. Canon Eddie Alleyne, *Sub Dean and Canon for Cathedral Life*
The Rev. Canon Adam Bucko, *Director of the Center for Spiritual Imagination*
The Rev. Canon Kate Salisbury, *Canon for Christian Education*
The Rev. Cameron Walker, *Curate*
The Very Rev. Canon Mark Kowalewski, PhD., *Vicar – Incarnation Chapel*
The Very Rev. Canon Daniel Ade, *Vicar – Incarnation Chapel*
The Rev. Landon Moore, *Associate Priest of the Cathedral*
The Rev. Brian C. Barry, *Associate Priest of the Cathedral*
The Rev. Denise Althea Galloway, *Deacon - Director of Outreach*
The Rev. Canon Bruce Griffith, ThD., *Canon in Residence*
Canon Larry Tremsky, *Director of Music*
Mr. David Preston, *Associate Organist/Choirmaster*
Mr. Kyle Sabo, *Senior Administrative Aide & Dean's Verger*
Ms. Arleen Breen, *Cathedral Administrator*



*From the Brooklyn Bridge to Montauk Point
A house of prayer for Long Island*