



A Service for the Young  
and the Young at Heart

# THE FOURTH SUNDAY AFTER THE EPIPHANY

29 JANUARY 2023 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! Throughout this service, we are talking to God, and God is talking to us. 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 talk and we listen:

- ***When we sit...we open 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.
- ***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, the time 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 look for the Welcome Table at the back of the Church, ask one of our members, or email us anytime at [cathedral@incarnationgc.org](mailto:cathedral@incarnationgc.org).

## GATHERING MUSIC

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

### IN THE LORD I'LL EVER BE THANKFUL

*Taizé*

In the Lord I'll ev - er be thank - ful, in the Lord I will re -  
joice! Look to God, do not be a - fraid. Lift up your  
voic - es the Lord is near; lift up your voic - es, the Lord is near.

### 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 Christ the Lord. Wor - ship Him, Christ the Lord.  
wor - ship Christ the Lord.

## 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.

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.**

*After the Collect, all sit for the reading*

## PROCLAIM AND RESPOND TO THE WORD OF GOD

### THE FIRST READING

*Micah 1*

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. "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.

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

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

*Celtic Alleluia*

*All young people are invited to the front to hear the Word of God.*



## THE HOLY GOSPEL

*Matthew 5:1-12*

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

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

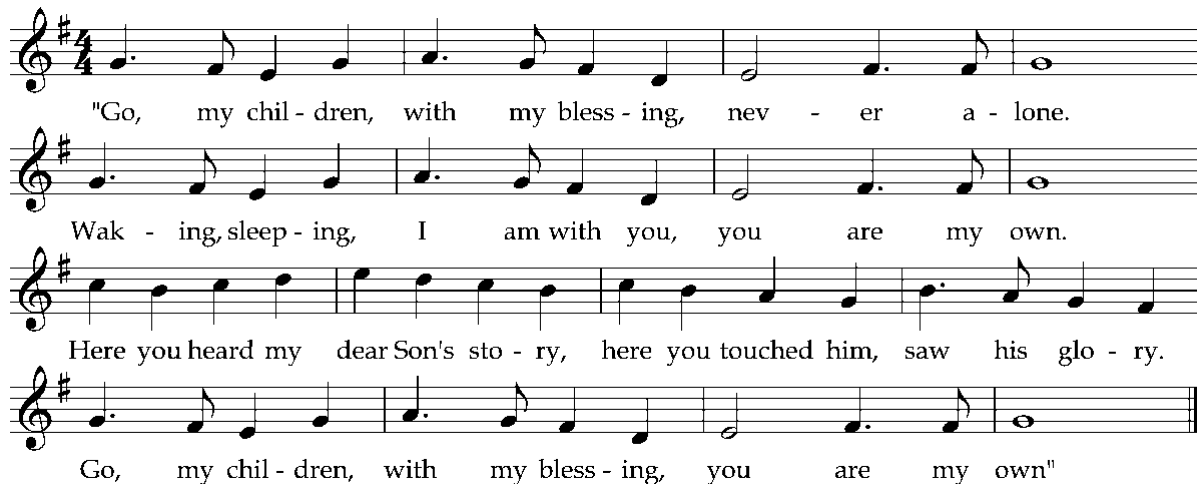
When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for 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 *(please be seated)*

*After the Sermon, we stand to 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.

*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 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 you 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

***The Offertory Hymn is found on page 11 of this program***

*Please be seated as we sing the Offertory Hymn. When the offering plate comes to you, pass it to your neighbor in the pew. Today's offering supports the many ministries of the Cathedral of the Incarnation.*

#### THE GREAT THANKSGIVING

*Presider* The Lord be with you.

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

*Presider* Lift up your hearts.

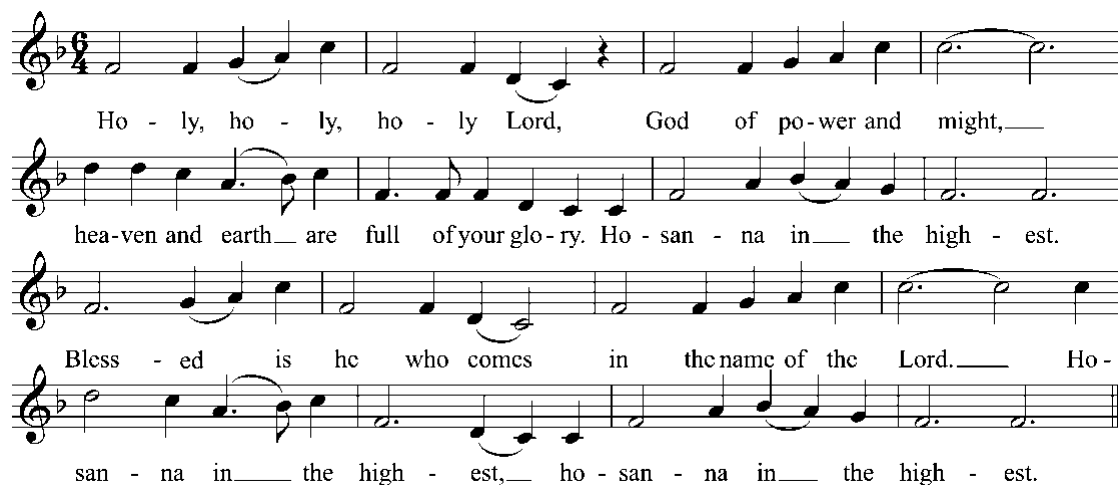
*People* **We lift them to the Lord.**

*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. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord. And so we join the saints and angels in proclaiming your glory, as we sing:

## SANCTUS



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:

**All 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:

*All*           **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,  
                  forever and ever. Amen.**

## BREAK THE BREAD

*The Presider breaks the bread.*

*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

*The Gifts of God are for everyone. If you are a baptized Christian, we invite you to receive the host and drink from the cup by taking it into your hands. If you prefer to have your host dipped into the chalice (also called intinction), please offer your host to the chalice bearer who will dip it into the cup and place it on your tongue. If you do not wish to receive communion or you have not been baptized yet, we invite you to receive God's blessing. As you come forward, simply cross your arms in front your chest and the priest will bless you.*

**ANNOUNCEMENTS** *(please remain seated)*

**POST COMMUNION PRAYER** *(please stand)*

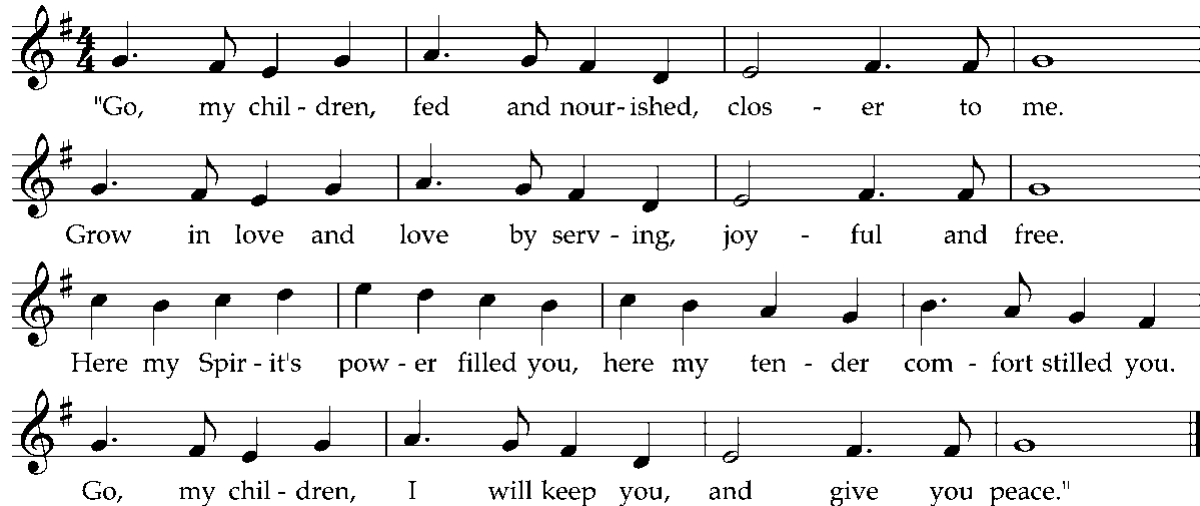
*Presider* Let us pray.

*All*           **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



"Go, my chil - dren, fed and nour - ished, clos - er to me.  
Grow in love and love by serv - ing, joy - ful and free.  
Here my Spir - it's pow - er filled you, here my ten - der com - fort stilled you.  
Go, my chil - dren, I will keep you, and give you peace."

#### BLESSING & EXCHANGE OF PEACE

*Presider* The blessing of God Almighty, + Father, Son, and Holy Spirit be with you now and forever more. **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 in the Mercer School of Theology immediately following service.*

**We ask you to leave this bulletin** on one of the tables at the entrances to the cathedral if you do not intend to take it home with you.

#### Announcements:

**Fellowship in Faith** – Every Sunday at 10:15 in the Mercer School.

**Dean's Forum** – Every Sunday at 10:15 at the Mercer Library.

**Meditation and Contemplative Prayer** – Tuesdays at 7pm online via zoom, in person on the second Tuesday of the month.

**Weekday Mass** – has returned to the Cathedral. Tuesday through Thursday at 12:15pm. Wednesday Eucharist includes healing prayers. Mass Bulletins available on your device – please scan QR code located at all entrances.

**Sacred Ground** – The Episcopal Church’s Series on Race, Grounded in Faith – Please see our website for more information and links to register.

**Grief Support Group** – meets on Sundays January 29, February 5, 12 and 26, and March 5 at 2pm at the Mercer School. All are welcome.

**Cathedral for Pets Meeting** – Please join the Dean, Cathedral clergy and the Cathedral for Pets ministry leaders for a community meeting regarding our fenced yard, known as the Cathedral for Pets Ministry Space on Feb. 2 at 7:30pm at the Mercer School. If you plan to attend, please RSVP via the link in our eNews.

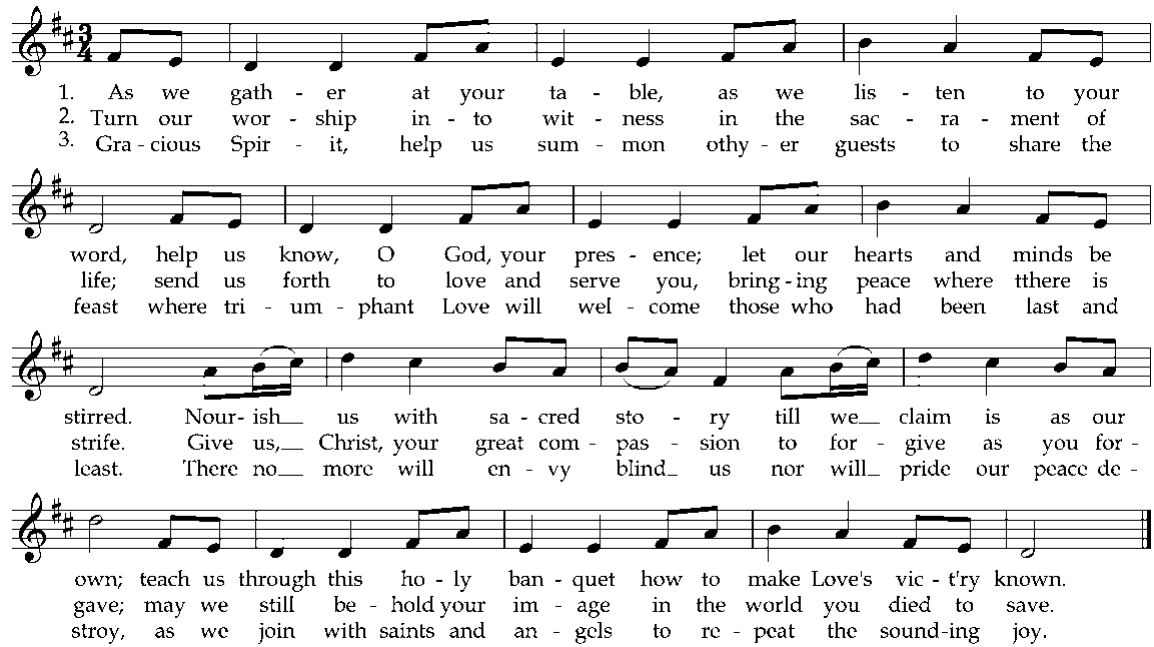
**Cathedral Youth Confirmation Class** – Sundays Feb. 26 – March 26 10:15 – 11am. Young people in 8<sup>th</sup> – 12<sup>th</sup> grade who wish to be confirmed at the Easter Vigil on Saturday, April 8 are invited to a five-part class. Please see our website for further information and to register on Realm for this class.

**Neighbors Being Neighbors: Volunteer Opportunities** – Sandwich makers needed for the third Thursday of each month. Can work as a team or prepare individually. Please contact Chris Scott or Carol O’Rourke via Realm.

**For those who have died**, especially The Rev. Canon Dr. Cyril Burk, former priest of the Diocese of Long Island, David Cundiff, father of Rev. Joseph Cundiff, and for those grieving the death of a loved one, that they may find comfort and peace.

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

## OFFERTORY HYMN



1. As we gath - er at your ta - ble, as we lis - ten to your  
 2. Turn our wor - ship in - to wit - ness in the sac - ra - ment of  
 3. Gra - cious Spir - it, help us sum - mon othy - er guests to share the

word, help us know, O God, your pres - ence; let our hearts and minds be  
 life; send us forth to love and serve you, bring - ing peace where there is  
 feast where tri - um - phant Love will wel - come those who had been last and

stirred. Nour - ish us with sa - cred sto - ry till we claim is as our  
 strife. Give us, Christ, your great com - pas - sion to for - give as you for -  
 least. There no more will en - vy blind us nor will pride our peace de -

own; teach us through this ho - ly ban - quet how to make Love's vic - t'ry known.  
 gave; may we still be - hold your im - age in the world you died to save.  
 stroy, as we join with saints and an - gels to re - peat the sound - ing joy.

*After the Hymn, Mass continues on **page 6** of this program*

# THE CATHEDRAL LEADERSHIP

## THE CHAPTER

The Right Reverend Lawrence C. Provenzano, D.D., *Bishop of Long Island*  
The Very Reverend Dr. Michael Sniffen, PhD, *Dean of the Cathedral*  
The Rev. Canon Eddie Alleyne, Ms. Mia Jealous-Denk, Ms. Tamara Harris ,  
Dr. Lorna Lewis, Rev. Canon John John Merz,  
Ms. LaVerne Mitchell, The Rev. Gideon Pollach,  
The Rev. Kate Canon Salisbury, Mr. George Tietjen

## THE EXECUTIVE COMMITTEE

Ms. Tamara Harris, *Warden*  
Ms. Rebecca Maines , *Warden*  
Canon Pat Guy, Esq., *Treasurer*  
Canon Charles Janoff, Esq., *Chancellor*  
Mr. Kyle Sabo, Mr. George Tietjen

## THE CATHEDRAL COUNCIL

Ms. Diana Campbell, Ms. Trish Craine, Ms. Brenda Kennedy,  
Mr. Matthew Mohan, Ms. Carol O'Rourke, Mr. Keith Okrosy,  
Ms. Martha Ripp, Mr. C. Bruce Till,  
Ms. Carolyn Ver Pault, Ms. Wendy White

## THE CLERGY AND STAFF

The Reverend Canon Eddie Alleyne, *Sub Dean and Canon for Cathedral Life*  
The Reverend Adam Bucko, *Director of the Center for Spiritual Imagination*  
The Reverend Canon Kate Salisbury, *Canon for Christian Education*  
The Reverend Denise Althea Galloway, *Deacon - Director of Outreach*  
The Reverend Canon Dr. Bruce Griffith, ThD, *Canon in Residence*  
Canon Larry Tremsky, *Director of Music*  
Mr. Raphael Vogl, *Associate Organist/Choirmaster*  
Ms. Arleen Breen, *Cathedral Administrator*  
Mrs. Lisa Knudsen, *Administrative Assistant*  
Ms. Caroline Cosgrove, *Assistant to the Dean and*  
*Administrator of the Center for Spiritual Imagination*

## WEEKDAY LITURGIES AT CATHEDRAL OF THE INCARNATION

TUESDAY - THURSDAY: Eucharist at 12:15 in the Cathedral  
ONLINE MORNING PRAYER: Monday through Friday at 8:45am  
ONLINE COMPLINE: Monday through Friday at 8:45pm



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