



# The Cathedral of the Incarnation

Garden City, New York

29 January 2023 at 8:00 AM  
Traditional Mass

## THE FOURTH SUNDAY AFTER EPIPHANY

*Welcome to the Cathedral of the Incarnation, the historic Cathedral Church for the Episcopal Diocese of Long Island. Page numbers in this leaflet refer to the red **Book of Common Prayer** (BCP). The Holy Eucharist Rite I begins on page 323 of the BCP.*

### OPENING ACCLAMATION

*Presider* Blessed be God: Father, Son, and Holy Spirit.  
*People* **And blessed be God’s kingdom, now and forever. Amen.**

THE COLLECT FOR PURITY BCP 323

GLORIA IN EXCELSIS BCP 324

### THE COLLECT OF THE DAY

*Presider* The Lord be with you.  
*People* **And with thy spirit.**  
*Presider* Let us pray.

Almighty and everlasting God, who dost govern all things in heaven and earth: Mercifully hear the supplications of  
Athy people, and in our time grant us thy peace; through Jesus Christ our Lord, who liveth and reigneth with thee  
and the Holy Spirit, one God, for ever and ever. **Amen.**

### THE LITURGY OF THE WORD

THE OLD TESTAMENT LESSON *Micah 6:1-8*

Hear what the LORD says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you  
Hmountains, 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 “O my people, what have I done to you? In what have  
I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of  
slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab  
devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know  
the saving acts of the LORD.” “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 ten 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?

*Lector* The Word of the Lord.  
*People* **Thanks be to God.**

### PSALM 15

- 1 Lord, who may dwell in your tabernacle? \*  
**who may abide upon your holy hill?**
- 2 Whoever leads a blameless life and does what is right, \*  
**who speaks the truth from his heart.**
- 3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
**he does not heap contempt upon his neighbor.**
- 4 In his sight the wicked is rejected, \*  
**but he honors those who fear the Lord.**
- 5 He has sworn to do no wrong \*  
**and does not take back his word.**
- 6 He does not give his money in hope of gain, \*  
**nor does he take a bribe against the innocent.**
- 7 Whoever does these things \*

shall never be overthrown.

THE EPISTLE 1 Corinthians 1:18-31

**The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, “I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.” Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ**

Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

Lector The Word of the Lord.  
People **Thanks be to God.**

THE HOLY GOSPEL Matthew 5:1-12

Gospeller The Holy Gospel of our Lord Jesus Christ according to Matthew.  
People **Glory be to thee, O Lord.**

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.”

Gospeller The Gospel of the Lord.  
People **Praise be to thee, O Christ.**

THE SERMON The Rev. Adam Bucko,  
Director of the Center for Spiritual Imagination

THE NICENE CREED BCP 326

THE PRAYERS OF THE PEOPLE BCP 328

Intercessor. Let us pray to the Lord,  
People **Lord, have mercy.**

CONFESSION OF SIN AND ABSOLUTION BCP 331

THE PEACE

*THE LITURGY OF THE EUCHARIST*

|   |         |
|---|---------|
| THE GREAT THANKSGIVING: EUCHARISTIC PRAYER I                  | BCP 333 |
| The Presider says the Preface, and at the conclusion, all say |         |
| SANCTUS & BENEDICTUS  | BCP 334 |
| EUCCHARISTIC PRAYER   | BCP 334 |
| THE LORD’S PRAYER   | BCP 336 |
| THE BREAKING OF THE BREAD                                     | BCP 337 |
| AGNUS DEI   | BCP 337 |
| PRAYER OF HUMBLE ACCESS                                       | BCP 337 |

THE COMMUNION OF THE PEOPLE

*All baptized persons are invited to receive Holy Communion in the cathedral. Members of other Christian traditions who receive Communion in their own churches are invited to share in the Body and Blood of Christ. 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.*

*Prayers for Healing and Anointing of the Sick will take place at the Baptistry for those who wish after receiving Communion as well as at the conclusion of the Mass.*

*At the end of Communion, all stand and join the Presider in saying*

POSTCOMMUNION PRAYER BCP 339

THE EPIPHANY BLESSING

May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

CLOSING HYMN 488

*Slane*

THE DISMISSAL

*Deacon*      Let us go forth in the name of Christ  
*People*      **Thanks be to God.**



**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.

**Flower Donations** are available for most weekends to celebrate birthdays, anniversaries and special occasions, as well as memorials. If you would like to donate the altar flowers for a particular weekend, contact the Cathedral Office.

**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 th – 12 th 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)

# 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, ONLINE

MORNING PRAYER: Monday through Friday at 8:45am

COMPLINE: Monday through Friday at 8:45pm

TUESDAY - THURSDAY: Eucharist at 12:15 in the Cathedral



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