

Fifth Sunday after the Epiphany

If you would like to receive more information about Trinity Church, please sign our guest book located near the entrance. Everyone is welcome to enjoy refreshments and conversation after worship. Trinity Church is an Episcopal Church in the Diocese of Western New York and is a part of the Anglican Communion which is based in England but found worldwide.

This centering prayer was written by Matt Lincoln, based on a quotation from Tirabassi & Grant, An Improbable Gift of Blessing.

Welcome to Trinity's gathered community! We are together on-site and online!

The people of Trinity Church gather around a table piled high with spiritual food, and there is a place for you and everyone at the table, whatever your religious practice may be. If you are at Trinity in person, know that this congregation supports anyone who wears a mask to reduce risk of infection. Please feel free to receive communion and participate in the service as fully as you want. If you are watching the Facebook Live Stream, you may add comments, likes, etc. to the comment section at any time! If you are on-site, you can use your mobile device to join the Facebook Live Stream to connect with other worshippers in the comment section. Just make sure your volume is all the way down! WiFi internet access is publicly available. Use the "Trinity Open" network with the password "Welcome!"

Trinity Church is a metropolitan house of prayer, a community of worship and spiritual inquiry, welcoming all people. Recognizing our common brokenness, yet rejoicing in the reconciling love of God through Jesus Christ, we nurture one another in our spiritual life together. This communal worship service is many things, including an offering of your prayers. If you are onsite, you may light a candle on one of the candle walls at any time during worship as a tangible way to make a prayer offering for yourself or on behalf of those who are online. If you are not on-site, rest assured that your presence online is felt and valued.

Children, with all their sounds and movements, are a welcome part of the gathering for worship. It is perfectly appropriate to keep your kids with you in the pew. If your baby or toddler would be happier being able to crawl around and play, there are Kids' Corners in both side aisles. These are enclosed and safe spaces for small children (attended by their parents) to play quietly on the floor while staying in church. Additionally, there is a room in the back left corner of the church that has a rocking chair and a changing table where you can attend to your child's needs. Also, just through the door near the baptismal font near the front-right side of the church, there is a staffed nursery, which is available for toddlers through age 5.

Name tags are not required, but they sure help! You'll find sticky tags and markers on a table near the entrance.

PRELUDE

"Solitude" by Duke Ellington

CENTERING PRAYER

Let us pray responsively.

This church is a field where mustard seeds are planted.

Oh, God, let our small faith grow.

This church is a loaf leavened with your hope.

Oh God, let our trust rise with your Spirit.

This church is prepared for a banquet.

**Oh, God, let us come dressed in the garment of love,
which holds all together in harmony. Amen.**

*In spirit or in body,
the congregation
stands to sing
hymns.*

Unison

1 Be now my vi - sion, O God of my heart;
2 Be now my wis - dom, and be my true word;
3 Rich - es I need not, nor life's emp - ty praise,
4 Sov - ereign of heav - en, my vic - to - ry won,

noth - ing sur - pass - es the love you im - part—
ev - er with - in me, my soul is as - sured;
you, my in - her - i - tance, now and al - ways;
may I reach heav - en's joys, bright heav - en's Sun!

You my best thought, by day or by night,
Moth - er and Fa - ther, you are both to me,
You and you on - ly are first in my heart,
Heart of my own heart, what - ev - er be - fall,

wak - ing or sleep - ing, your pres - ence my light.
now and for - ev - er your child I will be.
great God, my trea - sure, may we nev - er part.
still be my vi - sion, O Rul - er of all.

FIRST READING

*The Bible readings
are taken from The
Inclusive Bible: The
First Egalitarian
Translation by
Priests for Equality.*

*Nobody set out to
write The Bible. The
Hebrew Scriptures
were created over
many centuries by
many people to
record the Jewish
People's experience
of God. The same is
true of the Christian
Scriptures, some of
which were letters
written to a specific
audience in response
to specific needs—
and were then
found to be helpful
to the faithful even
after fulfilling their
original purpose.*

“**S**hout for all you are worth,
raise your voice like a trumpet!
Proclaim to the people their faults,
tell the house of Leah and Rachel and Jacob their sins!

They seek me daily,
they long to know my ways,
like a nation that wants to act with integrity
and not ignore the Law of its God.
They ask me for laws that are just,
they long for God to draw near.
Yet they say, ‘Why should we fast
if you never see it?
Why do penance
if you never notice?’

Because when you fast, it’s business as usual,
and you oppress all your workers!
Because when you fast, you quarrel and fight
and strike the poor with your fist!

Fasting like yours today
will never make your voice heard on high!
Is that the sort of fast that pleases me—
a day when people humiliate themselves,
hanging their heads like a reed,
lying down on sackcloth and ashes?
Is that what you call fasting,
a day acceptable to God?
On the contrary!

This is the sort of fast that pleases me:
Remove the chains of injustice!
Undo the ropes of the yoke!

Let those who are oppressed go free,
and break every yoke you encounter!
Share your bread with those who are hungry,
and shelter homeless poor people!
Clothe those who are naked,
and don’t hide from the needs of your own flesh and blood!
Do this, and your light will shine like the dawn—
and your healing will break forth like lightning!
Your integrity will go before you,
and the glory of God will be your rearguard.

Cry, and God will answer;
call, and God will say, ‘I am here’—
provided you remove from your midst
all oppression, finger pointing, and malicious talk!

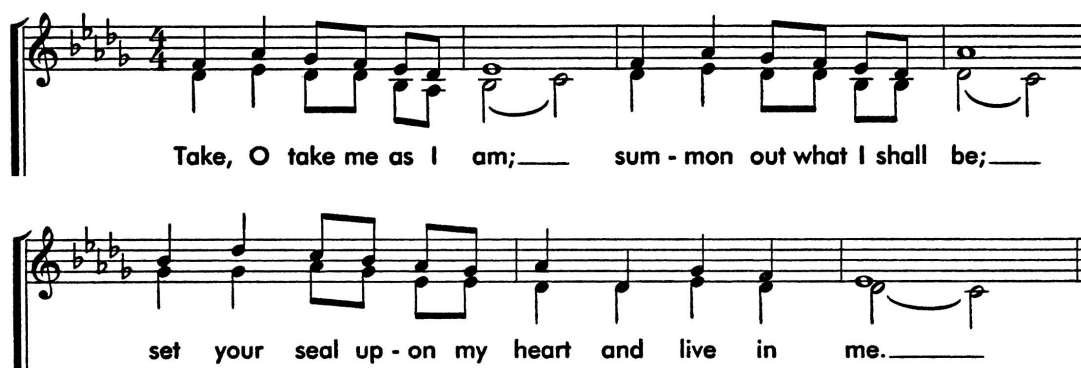
If you give yourself to the hungry
and satisfy the needs of the afflicted,
then your light will rise in the darkness,
and your shadows will become like noon.
God will always guide you,
giving relief in desert places.
God will give strength to your bones
and you will be like a watered garden,
like a spring of water
whose waters never run dry.
You will rebuild the ancient ruins,
and build upon age-old foundations.
You will be called Repairer of Broken Walls,
and Restorer of Ruined Neighborhoods.”

Hear what the Spirit is saying to God’s people.

Thanks be to God.

ECHO

“Take, O take me as I am”



MIDDLE READING

As soon as I heard the wise librarian say
that she asks the young people in her life,
How have you nourished yourself today?
I knew I’d be asking the same question
from now on, as often as I could remember.
I knew the care behind those words
was enough to slow the blood, and pause
the restless feet. I knew the asking itself
was a form of nourishment, like someone
holding out a warm and steaming bowl
of soup to soothe a throat parched from

ECHO

See above.

“NOURISHMENT” BY JAMES CREWS

too much talk about the things that
don’t matter. I think you must have
clear and strong eyes, a clear and strong
heart to be a librarian, to lead people
toward the knowledge they didn’t know
they needed, to help them ask the right
questions, and then answer each one.

Hear what the Spirit is saying to God’s people.

Thanks be to God.

“Take, O take me as I am”

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(North America)
Contributors: Iona
Community

The Middle Reading fills the role of a Bible reading, but it doesn't come from the Bible. It is our way of trying to listen for God's ongoing word as it is spoken outside the limits of the Bible. Most often, we turn to contemporary poets for this reading.

James Crews was born and raised in St. Louis, Missouri. He is the author of "Turning Toward Grief: Reflections on Life, Loss & Appreciation," and editor of several bestselling poetry anthologies, including "Love Is for All of Us," a collection of LGBTQ+ love poems co-edited with his husband, Brad Peacock. He has been featured on NPR's Morning Edition, and in People Magazine, and The Washington Post. James lives with his husband in Vermont.

It is customary (but not required) to stand for the Gospel reading because it symbolizes the mystical presence of Christ.

The four Gospels hold the core of Christian spiritual wisdom, reflecting the earliest stories and images of Jesus. Like all Scripture, they are not definitive prescriptions but narrative stories requiring endless interpretation.

The sermon invites your curiosity and thoughtfulness about the theme of worship, and is intended to evoke your thoughts rather than direct them. A recording of the sermon is posted to the parish website each week, usually by Tuesday.

In spirit or in body, please stand.

The Nicene Creed was first agreed upon in 351 CE and ratified in Constantinople in 381 CE. It was amended to include the phrase "and the Son" beginning in 589 CE. It is an expression of faith intended as a symbol of solidarity with other Christians throughout history but not as a pledge of allegiance required for membership.

GOSPEL READING

MATTHEW 5:13-20

Jesus said, "You are the salt of the earth. But what if salt were to lose its flavor? How could you restore it? It would be fit for nothing but to be thrown out and trampled underfoot.

"You are the light of the world. You don't build a city on a hill, then try to hide it, do you? You don't light a lamp, then put it under a bushel basket, do you? No, you set it on a stand where it gives light to all in the house. In the same way, your light must shine before others so that they may see your good acts and give praise to your loving God in heaven.

"Don't think I've come to abolish the Law and the Prophets. I have come not to abolish them, but to fulfill them. The truth is, until heaven and earth pass away, not the smallest letter of the Law, not even the smallest part of a letter, will be done away with until it is all fulfilled. That's why whoever breaks the least significant of these commands and teaches others to do the same will be called the least in the kingdom of heaven. Whoever fulfills and teaches these commands will be called great in the kingdom of heaven.

"I tell you, unless your sense of justice surpasses that of the religious scholars and the Pharisees, you will not enter the kingdom of heaven."

Hear what the Spirit is saying to God's people.

Thanks be to God.

ECHO

See previous page.

"Take, O take me as I am"

SERMON

THE REV. MATT LINCOLN

MUSICAL INTERLUDE

AFFIRMATION OF FAITH

**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.**

COMMUNITY PRAYERS

The Lord be with you.

And also with you.

Let us pray for the Church and for the world.

In particular, we have been asked to pray for:

Sandra Foster - cancer diagnosis
Debra Park - Battling severe vertigo
Danette Porto - recovering from surgery
Mary Lou Seilheimer - cancer diagnosis
Bob and Evelyn Moore - health challenges
Rosie - surgery recovery
Ellen Bean - broken hip
Jud Munro - battling cancer
Kathy Chase - recovering from accident
Laurel Mark - knee issue and gratitude for hip recovery
Charlene Ross
Michael Renn - traumatic brain injury
Mary & Eugene Rigby
Mary Beth & family - in hospice

Linda Rossitto - battling cancer
Lenore Pawlowski - recovering from surgery
Ron Luczak - recovering from a serious car accident
Jeff Watson and family - battling multiple myeloma
Perry - recovering from stroke
Jack Barrett and family - battling cancer
Linda Harris - battling stage 4 lung cancer
Maryanne Nowacki - battling multiple myeloma
Betsy Curtis
For Sue Gerard who died and all who mourn her

*Add your requests
by scanning the
QR code.*



Loving God, you have set us in families and clans, in cities and neighborhoods. Our common life began in a garden, but our destiny lies in the city. You have placed us in and around Buffalo. This is our home. Your creativity is on display here through the work of human hearts and hands.

We pray for Buffalo today—for the East Side and the West Side, North Buffalo and South Buffalo. We pray for people from the First Ward and the Fruit Belt. We pray for our poorest neighbors and for powerful people in banks and businesses downtown.

We pray for neighboring communities from across our diocese: from Olcott to Olean, from Angola to Albion, and a thousand other cities connected to our own.

*These prayers are
an effort to pray
with one voice
even though we
have a diversity of
needs and hopes.
This version comes
from a prayer
written by Walter
Brueggemann with
modifications by
Nadia Bolz-Weber
and others.*

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for the blessings in your life and your hope for health in the world. You can place cash or a check in the collection plate when it is brought around during the offertory or [donate online here](#), or initiate an online donation by texting TRINITYBUFFALO to 73256. You can also get there by scanning this QR code:



This Eucharistic Prayer is from the Episcopal Church's Enriching Our Worship.

In all our neighborhoods this day there will be crime and callous moneymaking; there will be powerful people unable or unwilling to see the vulnerable who are their neighbors. There will also be beautiful acts of compassion and creativity in all these places—forgiveness and generosity; neighbors working together for a more just community.

Help us see this place as something other than a battleground between us and them, where our imaginations are limited by win/lose propositions and endless rivalry. Show us a deeper reality, God. Show us your Beloved Community.

We pray for the protection of all people around the world from infectious diseases and other illness. We pray for people who are hungry or homeless, and for all who are in danger of violent attack, especially state sponsored terrorism, in this country and around the world. We pray also for all who are lonely, all who are overwhelmed by difficult circumstances, or trapped in harmful relationships. We pray for all who grieve, and all who live in fear. We pray for all who are dependent on the compassionate care of others, and for those who work tirelessly to care for the ones who are in need. We pray for our beautiful planet, and for the wisdom and will to stop climate change.

Prosper our city, and help us to trust that you are God, we pray in the name of the one who wept over the Holy City, Jesus Christ, our Lord. **Amen.**

THE PEACE

The peace of the Lord be always with you.

And also with you.

Now would be a great time to add a comment to the Live Stream!

ANNOUNCEMENTS

OFFERTORY ANTHEM

“RISE! SHINE!” ARRANGED BY MARQUES GARRETT AND TOM TRENNY

Rise and shine for the light is a comin' My Lord says he's comin' by and by.

This is the year of jubilee, my Lord has set his people free,

Wet or dry I intend to try to serve the Lord until I die.

I intend to shout and never stop until I reach that mountain top.

SHARING THE OPEN TABLE

All are welcome to receive Communion at Trinity Church. No Exceptions!

All things come of thee, O Lord;

and of thine own have we given thee.

May God be with you.

And also with you.

Open your hearts.

We open them to God and one another.

Let us give thanks to God.

It is right to give God thanks and praise.

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things.

You laid the foundations of the world and enclosed the sea when it burst out from the womb; you brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for

our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we sing for joy:

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless-ed is the One who comes
in the name of the Lord. Ho - san - na in the
high - est. Ho - san - na in the high - est.

*Sanctus:
"Land of Rest"*

We give you praise O God, for your glory made present in our midst. In the coming of the Magi, the King of all the world was revealed to the nations. **In the waters of baptism Jesus was revealed as the Christ, the Savior sent to redeem us.** In the water made wine the new creation was revealed at the wedding feast. **Poverty was turned to riches, sorrow into joy.**

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave to his friends and said: **"Take, eat, this is my Body, broken for you. Do this for the remembrance of me."** After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: **"Drink this, all of you: this cup is the New Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."**

And so remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory!

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. **Grant that we, burning with your Spirit's power,**

Continued on next page

We are following a pattern of using an alternative interpretation of the Lord's Prayer for a few weeks and then using the traditional Prayer Book version for a week or two, and then going to a different interpretation for a few weeks, then the Prayer Book version for a week or two, etc.

This version of the Lord's Prayer is the modern language version from the Book of Common Prayer, 1979.

Jesus revealed a new, personal sense of relationship with God by addressing God as something like "Papa." Always feel free to use your most meaningful name for God in saying the Lord's Prayer.

This blessing is based on Philippians 4:8-9.

may be a people of hope, justice, and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

Blessed are you now and for ever. Amen.

Now, as Christ has taught us, we are bold to say:

**Our Father* in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins**

**as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Broken apart, this bread draws us together.

Poured out like wine, Christ's blood makes our hearts beat as one.

RECEIVING COMMUNION

All are welcome to receive communion, regardless of religious background or affiliation.

For those of you online, you are invited to have a morsel of bread and a sip of wine (or any substitutes you choose) during the time that communion is being shared.

For those in the building, you are invited to come forward and make a large circle around the perimeter of the open area where you will be offered a morsel of bread dipped in wine. Please let the ministers of communion know if you prefer not to have your bread dipped in the wine. Also, let them know if you need a gluten-free rice cracker instead of wheat bread.

PRAYER FOR THE ROAD

Let us pray:


**Loving God,
we give you thanks
for restoring us in your image
and remembering the body of Christ,
which has been broken for the life of the world.
Now give us grace to trust that we are
a people, forgiven, healed, renewed.
Give us the courage to proclaim your love to the world,
and to continue in the risen life of Christ our Savior. Amen.**

BLESSING

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and seen, go and do; and the blessing of God, the one who made us and loves us, who animates and guides us, be with you always. **Amen.**

HYMN

"WE'VE COME THIS FAR BY FAITH"

 Refrain



We've come this far___ by faith,___ Lean-ing on___ the Lord;___



Trust-ing in his ho-ly word,___ He's ne-ver failed___ me yet.____



O_____ can't turn a round___ we've come this far___by faith... Fine



Don't___ be dis-cour aged_____ when trou-ble's___ in your life.____



He'll bear___ your bur - dens and move al mis-er-y and strife. That's why we've

DS

DISMISSAL

Go in peace to shine in the world with God's light. Alleluia, alleluia!

Thanks be to God. Alleluia, alleluia!

POSTLUDE

"On Green Dolphin Street" by Bronislaw Kaper and Ned Washington

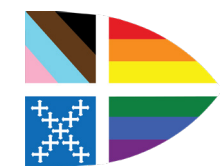
*In spirit or
in body, the
congregation
stands to sing
hymns.*

*Our spiritual
practice is
renewed as we
leave here and
begin again
to work the
promises of the
covenant.*

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Trinity is an Episcopal Church in the Diocese of Western New York.



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Steve Shanley
Carol Case Syracuse
Ignacio Villa

TODAY'S WORSHIP TEAM

Voice of Trinity (Facebook):	Julie Keller-Rizzo
Cyber Sacristan:	Meg Knowles
Greeter:	Susie Green
Readers:	Missy Stolfi, Sue Doherty, Emily Carlin
Prayers:	Patti Nisbet
Announcements:	Missy Stolfi
Ministers of Communion:	Missy Stolfi, Linda Wagner, Ed Fries
Guest musician:	Matt Harris, saxophone
Counter:	Susan Doherty
Coffee Hour:	Susan Doherty, Phoebe McCay, Susie Green

Sign up [here](#) to get Trinity's eNews to stay in touch!



All services are in person AND online:

Sunday @10:30am

In-person worship while live streaming on Facebook and YouTube. The Sunday online Live Stream service remains accessible as a video recording on Trinity's [Facebook](#) and [YouTube](#) pages after the service is over.

Sunday @7:00pm

Featuring poetry and jazz, in person in the Chapel and on Zoom

Wednesday @Noon

Prayer and holy conversation, in person and on Zoom

Thursday @7pm

The wisdom and fellowship of 12-Step recovery, in person and on Zoom

Email your request for a [link to the Zoom worship services here](#).