



## **EPISCOPAL CHURCH OF THE ASCENSION**

Fourth Sunday After Epiphany, Year A  
Holy Eucharist Rite II  
10 am  
February 1, 2026

**405 Talbot Hall Road  
Norfolk, Virginia 23505  
(757) 423-6715**

## ORDER OF SERVICE

### Prelude

Bagatelle No.25 in A minor "Fur Elise"

*Ludwig van Beethoven*

### Processional Hymn

"O Worship the King"

*Blue Hymnal 388*

### Opening Acclamation

*Book of Common Prayer p. 355*

### Gloria

*Blue Hymnal S-280*

### Collect and Lessons

*Book of Common Prayer p. 357*

### The Collect

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.*

### Old Testament

**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 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.

"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 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

*Thanks be to God*

The Psalm

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 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.”

The Word of the Lord

*Thanks be to God*

Sequence Hymn

“Blest Are They” vs. 1-3

*Maroon Hymnal 636*

## The Gospel

Matthew 5:1-12

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

*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

*Praise to you, Lord Christ.*

Sermon

*The Reverend Mimi Lacey*

Nicene Creed

*Book of Common Prayer p. 358*

Prayers of the People Form III

*Book of Common Prayer p. 387*

## Commissioning of the Discernment Committee

*(The senior warden comes forward to the crossing and faces the people. The committee members come up the center aisle facing the senior warden; the junior warden stands to the lectern side.)*

**Junior Warden:** I present to you these persons to be installed as members of the discernment committee in this congregation.

**Senior Warden:** God will not overlook your work and the love which you show for his sake.

Teach me to do what pleases you, for you are my God:

**Committee Members:** Let your good Spirit lead me on level ground.

**Senior Warden:** As member of the discernment committee, you are hereby charged to diligently search for a candidate to be the priest in charge of Church of the Ascension, Norfolk, Virginia, Diocese of Southeastern Virginia. You are given the authority to act as a subcommittee of the vestry and to rely upon the services and resources of the Diocese of Southeastern Virginia, seeking guidance of the Holy Spirit to bring a call to the vestry. As members of this congregation, know that we will pray for you and give you the support necessary to fulfill your charge. May God, who has given you the ability to fulfill this ministry, give you the grace to accomplish it,

**Celebrant:** Let us pray. *(A period of prolonged silence is kept for private prayer.)* Regard, O Lord, our supplications, and confirm with your heavenly benediction your servants whom we admit today to this ministry; that with sincere devotion of mind and body they may offer you a service acceptable to your divine Majesty; through Jesus Christ, our Lord. *Amen.*

In the name of God and of this congregation, and on behalf of the vestry, I commission you as the discernment committee for Church of the Ascension. In the Name of the Father, and of the Son, and of the Holy Spirit. *Amen.*

*(The Celebrant continues the worship with the Peace.)*

The Peace

*Book of Common Prayer p. 360*

## *Holy Communion*

### Offertory

“In Christ There Is No East or West”	<i>Blue Hymnal 529</i>
Eucharistic Prayer B	<i>Book of Common Prayer p. 367</i>
Sanctus	<i>Blue Hymnal S-125</i>
The Lord’s Prayer	<i>Book of Common Prayer p. 364</i>
Breaking of the Bread	<i>Book of Common Prayer p. 364</i>
Communion Hymn	
“Let Us Break Bread Together”	<i>Blue Hymnal 325</i>
Post Eucharistic Prayer	<i>Book of Common Prayer p. 366</i>
Recessional Hymn	
“Where Cross the Crowded Ways of Life”	<i>Blue Hymnal 609</i>
Dismissal	<i>Book of Common Prayer p. 366</i>
Postlude	
Cantata, BWV 147: "Jesu, Joy of Man's Desiring"	<i>Johann Sebastian Bach</i>

# *In Our Prayers*

Alexander Beamon, Joe Beck, Susan Beers, Gloria Carter, Billy Clark, Linda Day, Elaine Evans, Diane Forrest, Kate Hien, Katie Hughes, Rick Jones, Donna Killmon, Bryan Knight, Shana Paul, Sydney Rudolph, Diane Shepheard, John Tazewell, Doug Thompson, and Margaret Wynn.

We pray for Sean our Presiding Bishop, Susan our Bishop, Genevieve our Deacon, and Mimi, our Guest Priest.

We pray for the people of Ascension, that formed by our Baptismal promises we might embody God's community of Shalom in the world.

We pray for guidance of the Holy Spirit for the newly commissioned members of the Discernment Committee - Kristan Huddle (Chair), Pat Duncan, Karen Newbern, Luke Suber, and Courtney Wheeler.

We give thanks for the blessings of this life.

We give thanks for the birthday of Richard Butler (2/4).

We give thanks for the Vestry and its leadership.

# Announcements

**We welcome The Reverend Mimi Lacey** as our supply celebrant and preacher this morning.

**We give thanks for Zachary Myers** for playing the piano for us this morning!

**The Liturgy Committee will meet on Zoom** on Monday, February 2nd at 9am. We are preparing some unique aspects to our liturgies during the Lenten season. If you are interested in joining us and learning how we choose the elements of our liturgies, please contact Katherine Lawrence so she can send you the link to attend.

**A Friendly Reminder:** To help keep everyone safe and comfortable, we kindly ask that no foods containing nuts or nut products be brought into Rose Hall, as some members have severe allergies. Thank you for your cooperation!

**Shrove Tuesday Pancake Supper** Please join us in Rose Hall on Tuesday, February 17<sup>th</sup> from 5:15-7:15pm for our annual Pancake Supper. There is a \$5 donation per person. All proceeds will go to Ascension's Youth Group.

**Stewardship Pledge Cards** A big thank you to everyone who has already turned in their pledge cards! If you haven't had a chance to submit yours already, please do so as soon as possible. Thank you!

**Facebook Livestream:** Please remember that services are livestreamed to Facebook each week for those who are unable to attend. If you prefer not to appear on the livestream, please choose a seat towards the back of the church. We move the cameras during Communion to avoid filming. Thank you for your understanding and cooperation.

## **Outreach, Collections & Opportunities:**

**Catholic Worker Needs** Coffee and white socks are always needed. At this time of the year sleeping bags are needed, new or used. Thank you very much!

**Reminder:** The deadline for announcements is Tuesday at 5pm. Announcements received after that time may not make it into the bulletin or the emailed announcements.

## **Weekly Studies:**

**Tuesday Centering Prayer** meets at 7:45am on Tuesdays on Zoom for one hour. The meeting opens at 7:30 for chatting, then at 7:45 we proceed with the reading of a psalm, 20 minutes of silent prayer/meditation followed by a discussion of the reading. The group is currently reading *The Great Search: Turning to Earth and Soul in the Quest for Healing and Home* by John Philip Newell. We are a diverse group with members joining from three countries and various religious backgrounds. You are invited to join us at any time. To get on the Zoom invite list, please contact Anji Harris ([anjiharris54@gmail.com](mailto:anjiharris54@gmail.com)) or Sally Miller (757-489-5293 or [samiller903@yahoo.com](mailto:samiller903@yahoo.com)).

**Re-Imagining Church** meets on Thursdays at 12pm. The meeting serves as a time of spiritual reflection and planning as we listen for and try to follow God's call to Ascension. Please join us; your perspective may be how God is informing us what we should be doing next.

### **Join Zoom Meeting:**

<https://us02web.zoom.us/j/88559209322?pwd=BubDI0FA8IXIwwryikkt4Jito7gq0r.1>

**Meeting ID:** 885 5920 9322    **Passcode:** 346720

**Thursday Mid-Morning Seekers' Bible Study** will watch a video, read scripture passages, and discuss the questions together. I recommend joining the meeting early in case you have any issues getting connected. I hope to see everyone on Thursday at 10:00 am! If you are not on the email group or have trouble accessing the Zoom, please contact Susan Meredith at [merbec@cox.net](mailto:merbec@cox.net) or [757-617-1959](tel:757-617-1959).

**Meeting ID:** 832 5615 4914    **Passcode:** 614216

## A Look at the Week Ahead:

### **Monday**

9:00 am Liturgy Committee – Zoom

### **Tuesday**

7:30 am Centering Prayer – Zoom

10:00 am Food Pantry – Pantry

11:30 am Buildings & Grounds – Rose Hall

### **Thursday**

10:00 am Food Pantry – Pantry

10:00 am Mid-Morning Seekers' Bible Study – Zoom

12:00 pm Re-Imagining Church - Zoom

### **Sunday**

8:45 am Godly Play – Parish Hall

8:45 am Coffee & Adult Formation – Hall for Coffee Then Lounge

10:00 am Holy Eucharist Rite II – Sanctuary

4:00 pm Youth Group – Rose Hall

# OUR VISION IS

Honoring the Past  
Looking Forward in Hope  
Be the Face of Healing  
Healing is the Core Value

**Your Vestry is here to serve you!**

Susan Meredith*	2024-2026	<a href="mailto:merbec@cox.net">merbec@cox.net</a>	757.617.1959
Anji Harris+	2023-2026	<a href="mailto:Anjiharris54@gmail.com">Anjiharris54@gmail.com</a>	757.831.3474
Pat Duncan	2023-2026	<a href="mailto:Patlduncan2020@gmail.com">Patlduncan2020@gmail.com</a>	478.777.0904
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\*Senior Warden    +Junior Warden    ^Register

## Clergy

**Bishop** The Right Reverend Susan Haynes  
**Deacon** The Reverend Genevieve Nelson  
**Supply Priest** The Reverend Mimi Lacey

**Guest Pianist** Zachary Myers

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