



# ST. PAUL'S EPISCOPAL CHURCH

*We follow Jesus, nurture ministries and welcome all.*



*Online Bulletin*  
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open on your device.

## **Fifth Sunday after the Epiphany** **Annual Meeting Sunday Rite II, Year B** **February 4, 2024 10:15 a.m.** Service offered both in-person and online

*Welcome! Sunday Services are offered each week at 10:15am. You have the option of attending in-person or online at: [www.StPaulsVentura.org/live](http://www.StPaulsVentura.org/live), [www.YouTube.com/StPaulsVentura](http://www.YouTube.com/StPaulsVentura), [www.Facebook.com/SaintPaulsVentura](http://www.Facebook.com/SaintPaulsVentura).*

***Safety Protocols** –Because some among us are at higher risk and continue to want some additional distance, we've reserved several pews in the front on the chapel side of the sanctuary for those with masks. Masks are optional on the Loma Vista side. We hope this will make it possible for everyone to find a place in the church where they can feel safe and comfortable. Thank you for your understanding. You are a shining example of what LOVE looks like.*

*Whether this is your first visit, or you have been a member for years, we're glad you're here! This bulletin is designed to guide you through the service. We invite you to sing, pray and read along with us through the service. The words in bold are the ones we'll all say together. The best way to keep up with everything that's going on at St. Paul's is to subscribe to our Email Newsletter. If you don't receive it and would like to be added to the list, please come see us at the Welcome Table or contact the office.*

*By tradition, The Episcopal Church offers Holy Communion to all baptized persons. If you are not baptized, but wish to receive, we invite you to participate fully in the opening part of the service, called the Ministry of the Word, hearing God's word and reflecting on your life, enabling you to come to the table for communion, if you so choose, with a heart prepared to receive. We hope that if you feel touched by the word and sacrament and wish to learn more about the life-giving power of the Spirit of the Risen Christ, you will contact the church office to inquire about participating in Holy Baptism.*

*Our Sunday School program (for children ages 2 years-grade 5) begins at 10am. Children are invited to join Miss Cassidy and our volunteers to hear a Bible story and enjoy fun and engaging activities related to that story. Children return to the church to join their families for Eucharist.*

*Once again, welcome! We're glad that you're worshipping with us. Let us know if you have any questions, prayer requests or need the services of a priest. We are always glad to hear from you. Meanwhile, know that you are in our prayers. We wish you all a very safe and blessed week.*

***Today's flowers were given through the generosity of your pledges and donations.***  
*If you'd like to arrange for flowers given in memory or thanksgiving, please contact the church office. Thank you!*

## **Holy Eucharist** **Liturgy of the Word**

**Prelude**

Beautiful City

*Based on traditional Spirituals*  
*André J. Thomas/Douglas Wagner*

*Please stand as you are able at the sound of the bell.*

**Processional**

**Lift every voice and sing**

**Hymnal 599**  
*Sophia Cotsis, Cantor*

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.  
*People* **And blessed be God's kingdom, now and for ever. Amen.**

**Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

**Collect of the Day**

*Celebrant* The Lord be with you.

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

*Celebrant* Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated for the reading of scripture.*

*As Episcopalians, our custom is to read, mark, learn and inwardly digest Holy Scripture. You are invited to do so right here in your bulletin.*

**First Reading**

Isaiah 40:21-31

A Reading from the Prophet Isaiah.

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

*Reader* The Word of the Lord

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

**Psalm 147:1-12, 21c**

The response appointed for today is a portion of Psalm 147. We will read it verse by verse. I will read the odd-numbered verses and the congregation is invited to read the even-numbered verses.

1 Hallelujah!

How good it is to sing praises to our God! how pleasant it is to honor him with praise!

**2 The Lord rebuilds Jerusalem;  
he gathers the exiles of Israel.**

3 He heals the brokenhearted  
and binds up their wounds.

**4 He counts the number of the stars  
and calls them all by their names.**

5 Great is our LORD and mighty in power;  
there is no limit to his wisdom.

**6 The Lord lifts up the lowly,  
but casts the wicked to the ground.**

7 Sing to the Lord with thanksgiving;  
make music to our God upon the harp.

**8 He covers the heavens with clouds  
and prepares rain for the earth;**

9 He makes grass to grow upon the mountains  
and green plants to serve mankind.

**10 He provides food for flocks and herds  
and for the young ravens when they cry.**

11 He is not impressed by the might of a horse;  
he has no pleasure in the strength of a man;

**12 But the Lord has pleasure in those who fear him,  
in those who await his gracious favor.**

**21 Hallelujah!**

**Gradual Hymn**

**O Love of God, how strong and true**

**Hymnal 455**

*Please stand as you are able.*

**Holy Gospel**

Mark 1:29-39

*Please remain standing and face the Gospel.*

*Celebrant* The Holy Gospel of our Lord Jesus Christ according to Mark.

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

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

*Celebrant* The Gospel of the Lord.

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

*A period of silent reflection follows the sermon.*

**Nicene Creed**

*Book of Common Prayer p. 358*

*All stand as able and together say*

**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<sup>1</sup> and apostolic<sup>2</sup> 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.**

**Prayers of the People**

*Please stand, sit, or kneel as is your custom.*

*Server*

Let us pray for the church and the world, saying, Lord, have mercy.

Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne. For this we pray to you, O Lord: **Lord, have mercy.**

Lift from all people the burdens of poverty, war and injustice. Break every rod of oppression throughout the earth. For this we pray to you, O Lord: **Lord, have mercy.**

Guide those who bear the authority of government in this and every land that they may be led to wise decisions and right actions for the welfare and peace of the world. For this we pray to you, O Lord: **Lord, have mercy.**

Strengthen us to care for the sick, the poor, the imprisoned, and all who suffer. Open our hands and our hearts to embrace all who are in need especially... *(The people may add their petitions either silently or aloud.)* For this we pray to you, O Lord: **Lord, have mercy.**

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<sup>1</sup> Universal; all embracing

<sup>2</sup> Relating to the Apostles; following their teachings

We remember before you all whom we love but see no longer, especially... *(the people may add their petitions either silently or aloud)*. Give them peace and eternal rest. For this we pray to you, O Lord: **Lord, have mercy.**

*Celebrant*

O God, you revealed your will through prophets and sages. By your Holy Spirit, lead us in faith, inspire us in love and bring us together in peace with all people from every race, nation, tribe, and language. **Amen.**

## Confession

Let us confess our sins against God and our neighbor.

*A period of silence is observed.*

**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 heart; we have not loved our neighbors as ourselves. We are truly sorry and we 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.**

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.**

## The Peace

*All stand as they are able.*

*Celebrant*    The peace of the Lord be always with you.  
*People*        **And also with you.**

## Announcements

*Please be seated.*

**Prayers for birthdays, anniversaries and other special occasions.**

## *Liturgy of the Table*

### Offertory Sentence

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*



*Thank you for your donation, and for your pledge.  
Your generosity is appreciated!  
We look forward to doing great things in the name of Christ  
with whatever you are able to give.*

**Offertory Anthem**

Jesus Heals Us All

*Felix Eisenhauer*

**Presentation Hymn**

**Let us, with a gladsome mind, v. 1-3**

**Hymnal 389**

*Please stand as you are able.*

## Great Thanksgiving

*The people remain standing.*

Eucharistic Prayer B

*BCP p. 367*

*Celebrant* The Lord be with you.

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

*Celebrant* Lift up your hearts.

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

*Celebrant* Let us give thanks to the Lord our God.

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

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

## Sanctus

**Holy, holy, holy**

**Hymnal S125**

*Service music is found at the beginning of the hymnal*

**Holy, holy, holy Lord,  
God of power and might,  
Heaven and earth are full of your glory.  
Hosanna in the highest. Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest. Hosanna in the highest.**

*The congregation is invited to stand, sit or kneel as is your custom.*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son.

For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

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.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary, Joseph, Paul and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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 for ever. **Amen.**

And now, as our Savior Christ has taught us, we are bold to say,  
**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, for ever and ever. Amen.**

### **Breaking of the Bread**

*BCP p.364*

*A period of silence is kept.*

Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

### **Spiritual Communion**

*A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.*

Please join us in praying with our siblings in Christ who are with us online and receiving communion spiritually.

**Dearest Lord Jesus, we believe that you are truly present in the Sacrament of the Eucharist. We love you above all things and long for you in our souls. Since we cannot all be together in our church today to receive the bread and wine made holy, we ask you to come spiritually into our hearts. Fill us with your light and nourish us all with your word and Spirit. Amen.**

### **Invitation**

This is the Banquet of the Lord.  
It is made ready for those who love him and for those who want to love him more.  
So, come, you who have much faith and you who have little,  
you who have been here often and you who have not been here long,  
you who have tried to follow and you who fear you have failed.  
Come, because it is the Lord who invites you.  
It is his will that those who want him should meet him in this holy way.

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*For in-person worshipers: Wherever you are in your journey of faith, you are welcome at communion. Our custom is to stand or kneel at the altar rail to receive the Eucharist. If you are unable to come forward but would like to receive, please let an usher know and we will bring communion to you.*

**The Common Cup will be offered on the right side of the altar rail.  
Intinction (dipping) will be offered on the left (Loma Vista) side.**  
Regardless of which side you are sitting on, when you come forward, please go to whichever side is offering the wine in the way you prefer to receive it.

Those receiving by intinction are asked to help themselves to a small paper cup.

Please tell the priest if you prefer a gluten-free wafer.

**You may also choose to return to your seat without receiving the wine.**

Be assured that it is a sufficient experience of communion.

**If you'd like to come forward but would prefer not to receive,**  
please cross your arms over your chest and the priest will offer you a blessing.

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Suggestion: Before or after Communion, see the Book of Common Prayer (BCP) pp. 833-834.  
You'll find some wonderful prayers there. It can be found online at [www.bcponline.org](http://www.bcponline.org)

## Communion Music

## First Gymnopédie

Erik Satie

### Amen

Traditional Spiritual  
arr. Horace Clarence Boyer

A - men, A - men,  
Lord - y, good Lord - y,  
1. See the lit - tle ba - by  
A - men, A - men, A - men.



1. Ly - ing in a man-ger On — Christ - mas morn - ing.  
 2. Talk - ing to the eld - ers, They — mar - v'ld at His wis - dom.  
 3. Pray - ing to his fa - ther As — Ju - das be - trays Him.  
 4. Dy - ing for us sin - ners but He rose — on — Eas - ter.

A - men, A - men, A - men, A - men.

1., 2., 3. 4.

2. See Him in the tem - ple,  
 3. See Him in the gar - den,  
 4. See Him there at Cal - v'ry,

A - men, A - men, A - men. men.

**Post Communion Prayer**

*BCP p. 365*

*Please stand, sit or kneel as you prefer.*

Let us pray.

**Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

*When the Eucharist is being taken out to those who are sick or shut-in, we will pray together.*

**In the name of this congregation, we send you forth bearing these holy gifts that those to whom you go may share with us in the communion of Christ's body and blood. We who are many are one body, because we share one bread, one cup. Amen.**

**Blessing**

May Almighty God, who led the Wise Men by the shining of a star to find Christ, the Light from Light, lead you also, in your pilgrimage to find the Lord; and may the blessing of God Almighty, Father, Son and Holy Spirit rest upon you and remain with you this day and forevermore. **Amen.**

*Please stand as you are able and, this week only, please do not wait for the dismissal – follow the cross down to Kahler Hall for our Annual Meeting.*

- 1. I have decided to follow Jesus,  
No turning back, no turning back!**
- 2. Though no one join me, still I will follow,  
No turning back, no turning back!**
- 3. The world behind me, the cross before me,  
No turning back, no turning back!**

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***Please join us in thanking those serving this week:***

<b>Server:</b>	Drew Darby & Kara Craven	<b>Lector:</b>	Kathy & Tim Helms
<b>Chalice:</b>	Miles Sexton	<b>Ushers:</b>	Dan Wakelee & Sally Weimer
<b>Acolytes:</b>	Pippa Darby & Rosie Dunlevy	<b>Cantor:</b>	Sophia Cotsis
<b>Altar Guild:</b>	Pam Klebaum & Louise Bretz	<b>Flower Guild:</b>	Sarah Lamola & Tegan Jones
<b>Coffee Hour:</b>	Members of the Vestry	<b>Welcome Greeter:</b>	Joanne Wakelee
<b>Video Production:</b>	Woody Bretz	<b>Lock-up Team:</b>	Miles Sexton



- 2/4/24 Annual Meeting Sunday – TODAY
- 2/11/24 Last Sunday after the Epiphany - Transfiguration of our Lord
- 2/14/24 Ash Wednesday (come to church with your Valentine!)
- 2/18/24 First Sunday In Lent
- 2/20/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 2/25/24 Second Sunday in Lent
- 2/27/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/3/24 Third Sunday in Lent
- 3/5/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/10/24 Fourth Sunday in Lent
- 3/12/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/10/24 Church Information Series – Planning your own Memorial Service
- 3/13/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/17 Fifth Sunday in Lent
- 3/19/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/24/24 Palm Sunday
- 3/26/24 Lenten Potluck Supper and Sharing the Stories of our Faith
- 3/28/24 Maundy Thursday
- 3/31/34 Easter Sunday

## ***Prayer Intentions for the Week of February 4, 2024***

Justin Welby, Archbishop of Canterbury	Our Clergy: Susan Bek, Dick Swanson
Michael Curry, Presiding Bishop	President Joseph Biden, Congress, Federal Courts
John Taylor, Bishop Diocesan	Governor Gavin Newsom, Legislature, State Courts

### ***HEALING IN BODY, MIND & SPIRIT:***

Bert, Virginia, Kathy, Kara, Viola, Jhana, Bruce, Cordelia, all refugees, first responders, everyone affected by COVID-19, gun violence, natural disaster, poverty and injustice.

### ***THOSE ENDURING A LONG-TERM ILLNESS:***

Phil, Lynn, Audrey, Dennis, Maria, Baby Z, Carol, Rachel, Dave, Linda, Virginia, Michelle, Kevin, Susan, Debbie, Vivian, Ulrich, Christian, Kristi, Helen and Mary.

### ***IN THE DISCERNMENT PROCESS FOR ORDAINED MINISTRY:***

Drew and Anna Darby, and their family.

### ***FOR GOD'S BLESSING ON:***

- + Twelve step programs of recovery and healing; especially Alcoholics Anonymous meetings at St. Paul's
- + Our local public and private hospitals, and the health care professionals who serve us
- + U.S. Armed services personnel serving around the world and wounded warriors cared for in medical centers and those returned home
- + All who work, educate others, and pray to abolish the scourge of present-day slavery.

### ***GIVE THANKS FOR:***

- + Our partners in the Diocese of Los Angeles, Deanery One in Ventura County: *St. Columba's*, Camarillo; *Trinity*, Fillmore; *St. Andrew's*, Ojai; *All Saints'*, Oxnard; *St. Paul's/ Emmanuel*, Santa Paula; *St. Francis'*, Simi Valley; *St. Patrick's*, Thousand Oaks
- + Our World Mission Companions: *the Cathedral Church of the Ascension, in the Diocese of Wiawso*, Ghana
- + The Ventura Interfaith Ministerial Assoc.: *Temple Beth Torah, the Islamic Center of Oxnard, Ventura Seventh Day Adventist Church*

### ***IN MEMORIAM***

All those we love and see no longer.

*Parish prayers for healing are listed for one calendar month but can be renewed if needed. Please contact the church office to add or extend a prayer request and to let us know how things are going.*



### **St. Paul's Episcopal Church Staff**

The Rev. Susan Bek, Rector  
The Rev. Dr. Richard Swanson, Assisting  
Kara Craven, Parish Administrator  
Drew Darby, Seminary Intern  
Dr. Felix Eisenhauer, Music Minister  
Tara Eisenhauer, Choir Director  
Sara Edwards, Organist  
Joseph Wareham, Sexton  
Cassidy Cross, Sunday School Teacher

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# St. Paul's Announcements February 4, 2024

Thank you for joining us today! Please contact the church office for more information. God bless you!

**We invite you to join us again next Sunday.**



## Welcome to St. Paul's Episcopal Church!

Whether you're new, visiting or have been a member for years, we're so glad you joined us today. **A warm welcome to you!** Our Sunday services are available online and in-person. Please let us know if we can do anything to support you on your spiritual journey this week.

We're always happy to hear from you!

We invite you to come back soon.



This is a brief overview of our weekly announcements. To learn about everything going on at St. Paul's and to receive weekly encouragement and ways to build up spiritual strength, please see our E-newsletter. If you don't receive it, please let us know. We'd be happy to add you to the list! You can reach us by emailing [office@saintpaulsventura.org](mailto:office@saintpaulsventura.org)



## 5<sup>th</sup> Sunday after the Epiphany

This week we continue our study of the Gospel of Mark. We are in chapter 1, beginning with verse 29. We'll hear about Jesus healing Simon's mother-in-law, and how the word of his amazing abilities spread quickly. That evening they brought to him many who were sick and ailing. It seemed that the whole city was gathered around the door. Jesus healed many of the people but that morning, he went off to a deserted place to be alone and pray. Come learn about the need to relax and reconnect with God. We get tired too. Resting is a holy and important task. If we are going to continue to offer ourselves to continue the work that Jesus did, we, too need to rest. Come hear inspiring scripture, beautiful music and an uplifting message of hope and love. Come to church and get inspired!

*and after church today...*



## 11:30AM Annual Meeting in Kahler Hall and on Zoom

Please join us. We need to have a quorum present in order to do the work of the church. At this year's Annual Meeting, we'll vote new members onto the Vestry, select delegates for Diocesan Convention, receive reports from groups and committees of the church, and review the finances and budget for the coming year.

To connect on Zoom: Meeting ID 830 1249 3862

Zoom link - <https://us02web.zoom.us/j/83012493862>



*Our current outreach project is...*

## FEEDING OUR HUNGRY NEIGHBORS

We're raising the funds to purchase the food and paper goods used for when we take our turn once a month at the Family to Family lunch ministry. We serve over one hundred lunches each third Monday of the month. Our goal is to raise \$5,000 to carry us through until Fall. *Donate in person, on the website, use PayPal or send in a check. It all is appreciated!*



## COLLECTING PALM CROSSES – Now through Sunday, Feb. 11<sup>th</sup>

You are welcome to return your palm crosses from last year so they can be burned to make ashes for Ash Wednesday. Please add them to the basket in the narthex (lobby) or drop them off in the church office T-W-Th 9am-4pm. Thank you!



## Shrove Tuesday Pancake Supper

Tuesday, February 13 5:30-7pm in Kahler Hall

Join us for our traditional Pancake Supper prior to the beginning to Lent. Enjoy a delicious meal, learn about the tradition of burning palm crosses to make ashes, and have a great time. The Men's Group will be cooking, so you know it'll taste great!

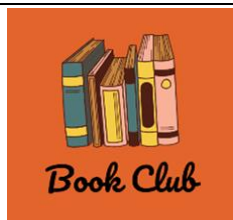
Suggested donations: adults \$10; Seniors and children under 12 \$5; Families (2 adults and up to 4 children) \$20.

*All are welcome! See you there.*



### **VOLUNTEERS NEEDED ON ASH WEDNESDAY – February 14<sup>th</sup>**

We're making preparations for our Ash Wednesday service on Feb. 22nd and are looking for some assistance. Here's what we need: **Ashes to Go** – 3 Volunteers from 7:30-9:30am. **Noon Service** – 1 Reader, 2 Ushers, 1 Chalice Bearer **7pm Service** – 1 Reader, 2 Ushers, 1 Server, 1 Chalice Bearer. If you can assist, please let us know. [office@saintpaulsventura.org](mailto:office@saintpaulsventura.org) Thank You!



### **Book Club – Next meeting is Monday, February 5<sup>th</sup> at 5:30 pm**

The First Monday Book Club is open to all. We gather on Zoom to discuss the current book selection. We choose two books to kick off the new year. The first is *84, Charing Cross Road* by Helene Hanff. This charming classic, first published in 1970, brings together twenty years of correspondence between Helene Hanff, a freelance writer living in New York City, and a used-book dealer in London. Through the years, though never meeting and separated both geographically and culturally, they share a winsome, sentimental friendship based on their common love for books. Their relationship, captured so acutely in these letters, is one that will grab your heart and not let go. The second book is *Flags of Our Fathers* by James Bradley. In this unforgettable chronicle of perhaps the most famous moment in American military history, James Bradley has captured the glory, the triumph, the heartbreak, and the legacy of the six men who raised the flag at Iwo Jima. Here is the true story behind the immortal photograph that has come to symbolize the courage and indomitable will of America. Zoom Information - Meeting ID: 751 8208 5503 Passcode: 1stmonday



*Do you enjoy experiencing God in nature?*

### **Spirituality in Nature Group – Saturday, February 10<sup>th</sup> at 9 AM**

The goals of the Spirituality in Nature Groups are to explore nature to better understand what it means to be stewards of God's creation, and to strengthen our connection with the amazing natural world around us. Join us as we watch some birds and celebrate God's creation. We will be taking a gentle walk through the Wildlife ponds at Ventura Harbor on Saturday February 10 at 9:00am. Our birdwatch will be led by former national park superintendent and extraordinary bird watcher Russell Galipeau. The Wildlife ponds at Ventura Harbor are located just off Angler Court (at Spinnaker Drive). To access the ponds, go through the gate on the south side of Angler Court. Additional parking is available across the road just past the boat yard in the lot on the right side of Spinnaker Drive. Note: in the event of rain, we will attempt to reschedule at a later date.



*Want to join us as we share a meal and talk about our experiences of faith?*

### **LENTEN POTLUCK SUPPERS**

**Tuesday Evenings at 6pm in Kahler Hall**

You are invited to join us on Tuesday evenings during Lent to share a meal, enjoy each other's company, and share the stories of our faith. You are welcome to bring your appetite, a dish to share, the stories of your faith, and any friends who might be interested. Children are welcome to attend. We look forward to seeing you there!



This QR Code takes you straight to our Giving Page

*"God loves a cheerful giver." 2 Corinthians 9:7*

### **Thank you for your generosity!**

Donations may be made by cash, check, PayPal, or Text StPaulsVentura to 73256. You can also arrange online payments, click the "Give" button at [www.saintpaulsventura.org](http://www.saintpaulsventura.org) or use this QR code. Members give of their time through many ministries and share their talents through lots of volunteer opportunities. Please contact our clergy if you'd like to get involved in something new. Generosity involves the giving of time, talent and treasure. Thank you for all the ways you give of yourself! We look forward to doing great things with whatever you are able to share.

**Thank you so much! It is great to be with you on this journey of faith.**