

ST. PAUL & ST. ANDREW

UNITED METHODIST CHURCH

Join us as we build a
community of radical welcome
that follows Jesus into the
streets of the city to increase
the amount of love and justice
in the world.

K Karpen
Lea Matthews
Andrea Steinkamp
Pastors

Fifth Sunday
After Epiphany
Communion

February 4, 2024
11:00 a.m.



Maura Burns dances during Tuesday's *A Call & Response for Palestine*

Sunday, February 4, 2024 ♦ 5th Sunday After Epiphany

♦ *Please rise in body or spirit*

Prelude

Frank Glass

Spirit of the Living God Daniel Iverson (1926); arr. Frank Glass (2021)

Introit

Sweet, Sweet Spirit (pg. 4, “Introit”)

Call To Worship ♦

from Isaiah 40: 28-31

Lea Matthews

One: Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth.

Many: God does not faint or grow weary; God’s understanding is unsearchable.

One: God gives power to the faint and strengthens the powerless.

Many: Even youths will faint and be weary, and the young will fall exhausted,

One: but those who wait for the LORD shall renew their strength; they shall mount up with wings like eagles;

Many: they shall run and not be weary; they shall walk and not faint.

Opening Hymn (377)♦

It Is Well With My Soul (pg. 5)

Opening Prayer

Lea Matthews

Prayer Song (474)

Precious Lord, Take My Hand (pg. 6, v. 1-2)

Scripture

Jon Deak

Psalms 147: 1-11, 20c (pg. 4)

Hymn (534)

Be Still, My Soul (pg. 7, v. 1)

Message for All Ages

Andrea Steinkamp

Youth & kids are invited up front to the chancel. After the scripture, kids 10 and under are invited to Sunday School in the Chapel.

Hymn (534)

Be Still My Soul (pg. 7, v. 2)

Gospel Reading ♦

Ekama Eni

Mark 1: 29-39 (pg. 5)

Gospel Song (534)♦

Be Still My Soul (pg. 7, v. 3)

Sermon

Aurora Celestin

“Mothers-In-Law, Demons, and Disease, Oh My!”

Sung Response (474) Precious Lord, Take My Hand (pg. 6, v. 3)

Welcome [Pearl Vercruysse](#)

Passing the Peace *Please greet those right around you with 'Peace be with you'.*

Peace Song Alle, alle, alleluia, Alle, alle, alleluia
Alle, alle, alleluia. Alleluia! Alleluia.

Love in Action [K Karpen](#) (pg. 12)

Offering *Of tithes, gifts, and prayers* (pg. 9)

Offertory [Chancel Choir](#)

Your Mercy, My God, Is the Theme of My Song

John Stocker (1776) & Alexander Johnson (1818); arr. Frank Glass (2016)

Great Thanksgiving [K Karpen, Aurora Celestin](#) (pg. 8)

**Sharing of the
Bread & Cup**

Sending Hymn(133)* **Leaning On the Everlasting Arms** (pg. 9)

Benediction ♦ [Aurora Celestin](#)

Postlude [Frank Glass](#)

Since Jesus Came Into My Heart

Rugus McDaniel & Charles Gabriel (1914)

Livestream [Brent Ness](#) (director), [Chaz Pittman/Red Gate Sound](#) (video)

Audio [Hector Pagan](#)

Counters [Marianne McClure, Cheryl Melchiorre](#)

Greeters [Gina Leonetti, Cynthia Round](#)

Childcare [Al-Naima Finch](#)

Childcare (ages 1-3) is available in the Parlor.

Sweet, Sweet Spirit

There's a sweet, sweet spi-rit in this place,___ and I know that it's the spi-rit of the
Lord.____ There are sweet ex - pres-sions on each face,____ and I
know they feel the pres-ence of_ the Lord.____ Sweet Ho-ly Spi-rit,
sweet heav'n-ly dove, stay right here with us, fill-ing us with your love.
And for these bless-ings, we lift our hearts in praise! With-out a
doubt we'll know that we have been re-vived when we shall leave this place.____

Words and Music: Doris Akers, 1962

Scripture Reading: Psalm 147: 1-11, 20c

Praise the LORD!

How good it is to sing praises to our God,
for God is gracious, and a song of praise is
fitting.

² The LORD builds up Jerusalem;

God gathers the outcasts of Israel.

³ And heals the brokenhearted
and binds up their wounds.

⁴ God determines the number of the stars;
and gives to all of them their names.

⁵ Great is our Lord and abundant in power;
God's understanding is beyond measure.

⁶ The LORD lifts up the downtrodden;
and casts the wicked to the ground.

⁷ Sing to the LORD with thanksgiving;
make melody to our God on the lyre.

⁸ God covers the heavens with clouds,
prepares rain for the earth,
makes grass grow on the hills.

⁹ God gives to the animals their food
and to the young ravens when they cry.

¹⁰ God delights not in the strength of the horse
nor pleasure in the speed of a runner,

¹¹ but God takes pleasure in those who fear the
Lord,
in those who hope in God's steadfast love.

^{20c} Praise the LORD!

It Is Well with My Soul



1. When peace, like a riv - er, at - tend - eth my way, when sor - rows, like
2. Though Sa - tan should buf - fet, though tri - als should come, let this blest as -



sea bil - lows, roll; what - ev - er my lot, thou hast taught me to say it is
sur - ance con - trol, that Christ has re - gard - ed my help - less es - tate and has



well, it is well with my soul. It is well, _____ it is
shed his own blood for my soul. It is well, _____ it is



well, _____ it is well, it is well with my soul.
well, _____ it is well, it is well with my soul.

4. And, Lord, haste the day when my faith shall be sight; the clouds be rolled back as a scroll.
The trumpet shall sound, and the Lord shall descend. Even so, it is well with my soul!
It is well, it is well, it is well, it is well with my soul!

Horatio Gates Spafford, 1873

Philip Paul Bliss, 1876

Gospel Reading: Mark 1: 29-39

²⁹As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. ³²That evening, at sunset, they brought to him all who were sick or possessed by demons. ³³And the whole city was gathered around the door. ³⁴And 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.

³⁵In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶And Simon and his companions hunted for him. ³⁷When they found him, they said to him, "Everyone is searching for you." ³⁸He 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." ³⁹And he went throughout all Galilee, proclaiming the message in their synagogues and casting out demons.

*The Word of God for the people of God,
thanks be to God!*

Precious Lord, Take My Hand



1. Pre - cious Lord, take my hand. Lead me on, let me stand. I am tired, I am
2. When the way grows drear, pre-cious Lord, lin-ger near, when my life is—



weak, I am worn. Through the storm, through the night, lead me
al - most gone. Hear my cry, hear my call. Hold my



on to the light. Take my hand, pre-cious Lord, lead me home.
hand, lest I fall. Take my hand, pre-cious Lord, lead me home.

3. When the darkness appears and the night draws near,
And the day is past and gone,
At the river I stand. Guide my feet, hold my hand.
Take my hand, precious Lord, lead me home.

Words and Music: Thomas Andrew Dorsey, 1932

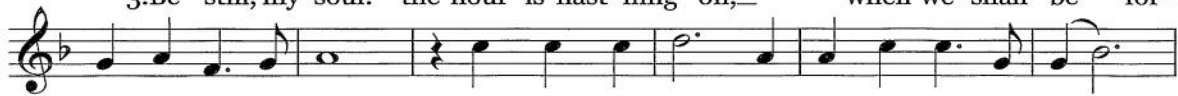
Miracle Monday Resource Fair



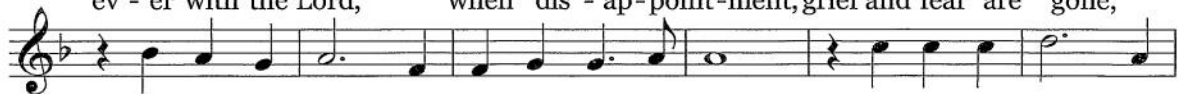
Be Still, My Soul



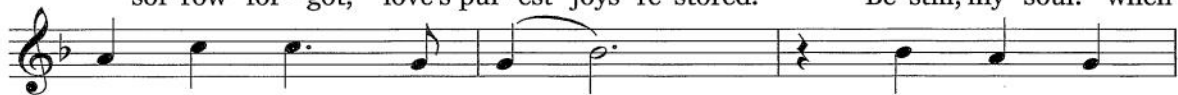
1. Be still, my soul: the Lord is on your side. Bear pa-tient-ly the
 2. Be still, my soul: your God will un-der-take to guide the fu-ture,
 3. Be still, my soul: the hour is hast'-ning on,— when we shall be for-



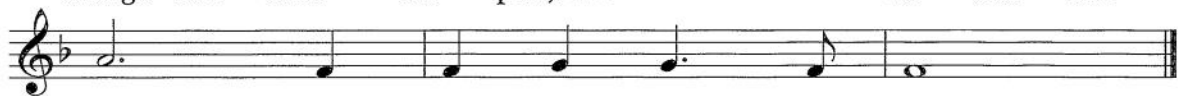
cross of grief or pain. Leave to your God to or-der and pro-vide.
 as in a-ges past. Your hope, your con-fi-dence let noth-ing shake.
 ev-er with the Lord, when dis-ap-point-ment, grief and fear are gone,



In ev'-ry change, God faith-ful will re-main. Be still, my soul: your
 All now mys-te-ri-ous shall be bright at last. Be still, my soul: the
 sor-row for-got, love's pur-est joys re-stored. Be still, my soul: when



best, your heav'n-ly friend,— through thorn-y
 waves and winds still know— the Christ who
 change and tears are past,— all safe and



ways, leads to a joy-ful end.
 ruled them, while he dwelt be-low.
 bless-ed, we shall meet at last.

Katharina von Schlegel, 1752
 Translated by Jane Borthwick, 1855

Jean Sibelius, 1899
 Arranged from *The Hymnal*, 1933

The Great Thanksgiving

From *Communion for Broken and Blessed Bodies* by enfleshed

The fortitude of the Holy be with you

And also with you

We bring our Sacred Bodies to the Beloved

It is healing to bring our Whole Selves to God

Let us give thanks to God who cares about our
fleshly flourishing;

**To the Spirit who joins us in our suffering and
redemption**

God, we come to your table of Mystery, holding
the heartbreaking and the hopeful in the same
handful. We gather to remember your teaching,
your suffering, and your example of new life.

As we remember your body, broken, we honor the
suffering of our own beloved bodies too.

From the cruelty and shrapnel of war,
Inadequate and inaccessible healthcare,
Inevitable accidents and illness of life:

Our bodies and hearts break, O God.

From work that bows our backs and wears our
resilience,

Violence directed towards gender oppressed peo-
ple,

State-sanctioned violence aimed at Black and
Brown beloveds:

Our bodies and hearts break, O God.

Guns in the hands of the vengeful,

Laws in hands of the out of touch,

Prison systems that enslave and rip families
apart:

Our bodies and our hearts break, O God.

Big pharma who profits as overdoses escalate

Species suffering through climate collapse

People, fleeing and fighting storms, fires, and
drought:

Our bodies and our hearts break, Oh God.

Like us, Jesus was broken: Broken by the ways of
empire. Beaten up by unjust systems. He cried
out to God, and asked why. He was betrayed by a
friend. His mother wept.

And, like us, Jesus was blessed: Anointed with oil
by his beloved, Mary. Accompanied through his
wanderings by a group of friends. He drank wine
at dinner parties, sat with children, and took time
to be alone.

We remember one night of life and death com-
mingling in particular:

Before Jesus was arrested, he gathered with his
friends for a meal, as he often did.

He took bread, gave thanks to God, and like his
body would break, he broke the bread. He shared
it with his disciples saying: *Take, eat; this is my
body which is given for you. Do this in remem-
brance of me.*

When the supper was over, he took the cup, red
like his blood, and gave thanks to God. He gave it
to his disciples, and said: *Drink from this, all of
you; this is the cup of the new covenant. Do this,
as often as you drink it, in remembrance of me.*

We pray: Pour out your holy spirit on us, God, and
on these gifts of bread and cup, let them be for
us the body and blood of Christ, that we might be
for the world the body of Christ, redeemed by his
blood.

By your Spirit make us one with Christ, one with
each other, and one in ministry with all the world,
until Christ comes in final victory and we feast at
that heavenly banquet.

Beloveds, the table of Broken Hearts and New
Life is set. Bring your blessed bodies forward,
that we might share in God's meal together.

Leaning on the Everlasting Arms



1. What a fel-low-ship, what a joy di-vine, lean-ing on the ev-er-last-ing arms!
2. O how sweet to walk in this pil-grim way, lean-ing on the ev-er-last-ing arms!



What a bless-ed-ness, what a peace is mine, lean-ing on the ev-er-last-ing arms!
O how bright the path grows from day to day, lean-ing on the ev-er-last-ing arms!



Lean - ing, lean - ing, safe and se-cure from all a - larms!
Lean - ing, lean - ing, safe and se-cure from all a - larms!



Lean - ing, lean - ing, lean - ing on the ev - er - last - ing arms!
Lean - ing, lean - ing, lean - ing on the ev - er - last - ing arms!

3. What have I to dread, what have I to fear, leaning on the everlasting arms?
I have blessed peace, with my Lord so near, leaning on the everlasting arms!
Leaning, leaning, safe and secure from all alarms!
Leaning, leaning, leaning on the everlasting arms!

Elisha Hoffman, 1887

Anthony Showalter, 1887



Gifts & Offerings

If you would like to make a contribution, visit stpaulandstandrew.org/give, scan the QR code, or text the amount of your donation to 646-971-9400. Gifts can also be placed in the donation boxes at the Welcome Tables.



Prayer requests

Scan this QR code to share your joys and concerns, or write them on the back of a Connection Card available at the Welcome Tables. Each week, our staff prays for our community and invites prayers from all. If you do not wish for your prayer to be shared with the church community, please indicate your desire with your prayer.

Joys & Concerns

Joy & Thanksgiving

Our new members!
For the fellowship of Connect and Care groups; blessing for the C&C 7.0 groups as they form over the next month
For the insights provided by discussing our star/epiphany words
For the joy of spiritual growth together
For the joy of Jesus in our hearts
For our health which we often take for granted
Welcome Christopher T, our new Facilities Manager
For the people who are organizing demonstrations in support of Palestine and its people
Much gratitude to David W for sharing his witness and work with us in our Spiritual Call and Response for Palestine service

Health & Healing

Adina, Marianne's friend
David M., with a fractured hip
Doug L.
Kathryn DeL, for recovery from persistent illness
Continued prayers for Sydney's brother's healing
Continued prayers for Keyona W, and her treatment for colon cancer
Jen (JJ) G, for upcoming minor surgery
Mary McM, for her first appointment with a trauma-informed therapist coming up on Feb 3

Continued prayer for Morris G's health
Healing for Alicia P and her son, Rob

Comfort

Dorothy Q, mourning her son Bill and Amy Jo and her family as they mourn their friend
The Bibb family mourning the loss of Danielle
Lea's friends, Ye & Tricia mourning Tricia's mother

Work & Life

Anthony, studying for the bar
Aurora, for a good semester at Union Theological Seminary; and her halfway review in the spring
To find a way to be a little more hopeful about all that's happening in the world
Continued prayers Mary McM's twin brother Will, his wife, Rebecca, their two kids Vida and Desi, and their baby on the way
Travel mercies for Benz returning from her work at the border; for rest and rejuvenation

Peace & Justice

That the UN's Palestine relief organization (UNRWA) gets the funding necessary to address the humanitarian needs of the Palestinians in Gaza
Prayers for all the people of Palestine
Prayers for refugees here and around the world

For a humane policy for the migrants in our city
For an immediate ceasefire in Gaza and in the Middle East
An end to ethnic cleansing and genocide anywhere it is happening
For the end of violence and suffering in the Israel and Palestine; and all those around the world feeling hopeless as to how to end the carnage.
The U.N., their shelters, and all of the doctors providing care in Israel and Gaza
Peace and understanding in the U.S. among people of all faiths.
Intentional prayers that we may all be able to look through other lenses in time of strife and war.
Gaza, Israel, Ukraine, Afghanistan, all suffering places around world
For an end to violence in our city



Happy Birthday, Fatima!

Sunday Worship: Welcoming New Members



A Spiritual Call & Response for Palestine



Who's Who

Pastors

Rev. Dr. K Karpen*
Rev. Lea Matthews*
Andrea Steinkamp*

Director of Operations

Brent Ness*

Facility Manager

Christopher Trombley

Minister of Music

Dr. Frank Glass*

Youth & Campus Pastor

Ekama Eni*

Seminary Interns

Aurora Celestin, Pearl Verduyseye

Bookkeeper

Jennifer Serrano*

Security / Custodians

Robert Harris, Revelle Harper,
Ken Lucian, Hector Pagan,
Stephen Yee


Hospitality Coordinator


Al-Naima Finch*

Lay Servants

Nancy Meyers, Alicia Pitterson
Shakeel Samuel

* email our staff [first name]
@stpaulandstandrew.org

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 info@stpaulandstandrew.org

 [youtube/stpaulandstandrew](https://www.youtube.com/stpaulandstandrew)

 [facebook/stpaulstandrew](https://www.facebook.com/stpaulstandrew)

 [instagram/stpaulstandrew](https://www.instagram.com/stpaulstandrew)

Putting Love in Action

Church Conference Join us after worship today for a short Church Conference to elect a new trustee, and receive updates on the capital campaign and denominational issues.

United Women In Faith The Saturday, February 10. Sally Vonner, the new General Secretary/CEO will join us for the meeting.

Shrove Tuesday Pancakes at the Parsonage! Join us on February 13th, 6pm on, at K & Charlene's home, 550 West End Avenue for a traditional pancake supper.

Bishop's Day in the District, Monday, February 12, 6:30 pm, New Rochelle UMC. See K if you are interesting in attending.

Ash Wednesday, February 14th! We'll distribute ashes during the day, then gather for worship with our friends at Church of the Village, 13th St & 7th Ave. at 7:30pm.

Ongoing Programs

Chancel Choir meets each Sunday at 10am. See Frank for details.

Campus Ministry meets each Monday, 7pm at Broadway Presbyterian (114th). Email Ekama* for additional details.

Pajama Prayers our Tuesday prayer gathering on Zoom at 7:30am. Come as you are with whatever is on your heart. Meeting ID : 831 7700 2923
Phone: 646-931-3860

Pilates with Nancy a strengthening & stretching class on Zoom, Thursdays, 6pm. Email Brent* for details.

Kids & Families Email Pastor Andrea* for details on upcoming gatherings. Our next Faith & Fun Friday is Feb 9.

Youth Group Email Pastor Ekama* for details on upcoming gatherings.

Young Adults Email Pastor Andrea* for details on upcoming gatherings.

Volunteer Opportunities

Assisting Our New Neighbors Sign up to help with Miracle Monday via Lotsa Helping Hands (tinyurl.com/4et6b662).

Accepting clothing Feb 11 & 12.

Homework Help Tutoring Wednesday evenings (6-7pm). We are working with many new arrivals, and we could use your help. Please see Charlene (charlenefloyd@aol.com)

TOP Clubhouse, a program of Goddard Riverside Community Center, is a community for adults with a history of mental illness. Volunteers help members as they tasks alongside program staff to fulfill the work of the Clubhouse and build confidence and self-esteem, and alleviate isolation, To volunteer, email mrahman@goddard.org

Other Good Stuff in the Building Carnegie Hall Citywide

- Feb 25 (Sun), 4pm: Joseph Parrish, bass-baritone & Shawn Chang, piano
- Mar 8 (Fri), 7pm: Meghan Kasanders, soprano & Dror Baitel, piano

Bedlam in the West End Theatre

- "The Assassination of Julius Caesar As Told By William Shakespeare & George Bernard Shaw" Adapted & Directed by Eric Tucker. Previews begin Feb 24. Tix at bedlam.org