

St. Paul's

EPISCOPAL CHURCH

FOURTH SUNDAY
AFTER EPIPHANY

*The Rev. Sarah Phelps, Celebrant
Dr. Erica Ridderman, Homilist*

HOLY EUCHARIST
9 & 11:15 AM SERVICES
FEBRUARY 1, 2026

Prelude

Dr. Joseph Khoury, Guest Organist

Please stand if able
Processional

All Praise to Thee, For Thou, O King Divine

Hymn 477

Liturgy of the Word

The Opening Acclamation

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

The Celebrant says

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.*

The following is sung.

Gloria

Glory to God

Hymnal S278

(Organ)

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al - might - y God and
Fa - ther, we wor - ship you, we give you thanks, we praise you for your glo -
ry. 3. Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God,
Lamb of God, 4. you take a - way the sin of the world: have mer - cy on us;
5. you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.

(Organ)

6. For you a - lone are the Ho - ly One,
 you a - lone are the Lord, _____ 7. you a - lone are the Most High, Je - sus
 (Organ)
 Christ, with the Ho - ly Spi - rit, in the glo - ry of
 God the Fa - ther. A - men.

Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

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.

Please be seated.

During 9 am service:

Children's Processional

I Want to Walk as a Child of the Light (v. 1)

Children's Chapel is for children 3 years old through 5th grade.

Hymn 490

First Reading

Micah 6:1-8

A Reading from Micah.

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?

Reader The Word of the Lord.
People *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.

Second Reading

1 Corinthians 1:18-31

A Reading from the First Letter to the Corinthians.

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.”

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

Please stand if able

Gradual

Blest Are the Pure in Heart

Hymn 656

Remain standing

The Gospel

Matthew 5:1-12

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

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they will be comforted.

"Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled.

"Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God.

"Blessed are the peacemakers, for they will be called children of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

Gospeller The Gospel of the Lord.

People *Praise to you, Lord Christ.*

People remain standing until the homilist invites all to be seated

Homily

Dr. Erica Ridderman

Please stand if able

Nicene Creed

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.

Prayers of the People

People's Response: *Lord, hear our prayer.*

BCP 360

Confession and Absolution of Sin

The Deacon or Celebrant says

Let us confess our sins against God and our neighbor.

All who are able, kneel. Minister and People

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.

The Celebrant says

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.*

Please stand if able

Peace

BCP 360

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

Please be seated

Welcome & Announcements

If you would like to donate online, follow the QR code found here or on the giving card in the back of the pews.

At the end of the announcements, you are also welcome to come forward to make a special donation to Heifer International, a non-profit organization whose mission is to end hunger and poverty, to mark an anniversary, blessing, or other event.



Liturgy of the Eucharist

Offertory

My Eyes for Beauty Pine

Herbert Howells

My eyes for beauty pine,
My soul for Goddes grace:
No other care nor hope is mine,
To heaven I turn my face.
One splendor thence is shed
From all the stars above:
is named when God's name is said,
'Tis Love, 'tis heavenly Love.
And every gentle heart,
That burns with true desire,
Is lit from eyes that mirror part
Of that celestial fire.

Please stand if able while the offering is presented

Offertory Response

All things come of Thee, O Lord, and of Thine own have we given Thee.

The Great Thanksgiving

Eucharistic Prayer B

BCP 367

The People remain standing. The Celebrant proceeds

Celebrant The Lord be with you.

People
Celebrant And also with you.
 Lift up your hearts.

People *We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

People *It*

The Celebrant proceeds
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 for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

Celebrant and **Sanctus**

Holy, Holy, Holy Lord

Hymn S128

Please stand or kneel if able

Please stand or kneel if a
The Celebrant continues

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 many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Memorial Acclamation

Celebrant and People

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

The Celebrant then continues

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 to 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 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 forever. **AMEN.**

The Celebrant then continues

And now, as our Savior Christ has taught us, we are bold to say,

Lord's Prayer

People and Celebrant

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.

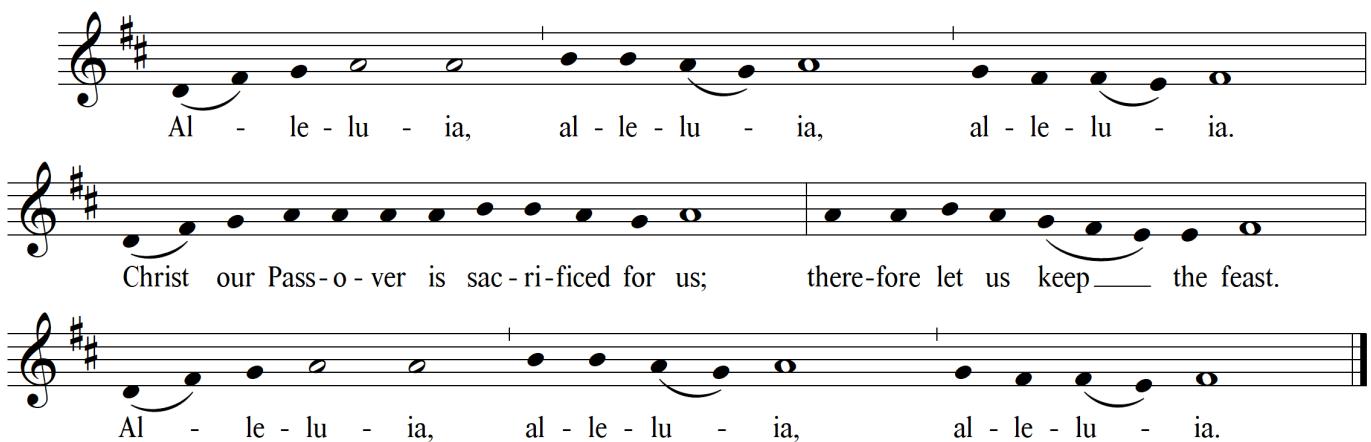
Breaking of the Bread

A period of silence is kept.

Fraction Anthem

Christ Our Passover

Hymn S154



Holy Communion

The Celebrant says

The Gifts of God for the People of God.

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All are welcome to come forward for communion, including children. Please follow the ushers' guidance as you come to the rail. If you would like a gluten-free host, extend your hands palms down. If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you. If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps at the end of the rail. A communion server will be there with the common cup. If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.

A priest may be available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.

The Communion Music

'Tis the Gift to Be Simple
What Does the Lord Require

Hymn 554

Hymn 605

Spiritual Communion Prayer*For those worshiping with us online*

In union, O Lord, with your faithful people at every altar of your Church, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

*Please stand or kneel if able***Postcommunion Prayer***Celebrant and People*

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Blessing*Please stand if able***Recessional**

In the Cross of Christ I Glory

Hymn 441

Dismissal

Deacon Let us bless the Lord.
People *Thanks be to God.*

BCP 366

Postlude

Dr. Joseph Khoury, Guest Organist

The Altar flowers are given to the glory of God and in celebration of Glenda and Kevin Swann's 42nd anniversary.

GENERAL INFORMATION

Please wear your nametags when you're here at church! And if you don't yet have a nametag, please complete an order form in the narthex (lobby) so we can get you one!

New to St. Paul's? Welcome! Please let us know you are here by filling out a visitor card in the pew. Stop by our Connecting Station in the narthex (lobby) to chat and find materials that might help if you are new to St. Paul's or The Episcopal Church. Join a tour of our campus the third Sunday of the month at 10:15 a.m. to learn more and meet others. Contact Mary Kintz, our Community Connector, at mary.kintz@stpaulscary.org to find out more about us!

Accessibility: St. Paul's strives to make our services and programs comfortable and accessible to all. Ushers and Greeters are available to help. Please let us know how we can work together to improve your experience here.

Kids in Worship at St. Paul's: Children are always welcome in our worship services without exception, but if parents should wish for a space where your kids have more room to move around during the service, you are welcome to make use of the Comfort Room (glassed-in room at the rear of the worship space from which you can still hear and see the service). Ask an usher if you need help finding it. Also, our Kids' Club (free nursery care) is available during the 9 a.m. service, and infants/toddlers through 36 months (3 years old) are welcome to attend.

HAPPENING TODAY – FEBRUARY 1, 2026

Children's Chapel: Children 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service and will return to their families during announcements.

Coffee Hour (Parish Hall): Hosted this week by NeighborUp volunteers from St. Paul's. Join us for coffee and conversation on your way to the Adult Forum.

Adult Forum (Chapel, 10:15-11 a.m.): Join the Rev. Sarah Phelps and our new vestry wardens for a first conversation on Welcoming a New Rector as we faithfully envision the next steps in our journey together.

Children's Sunday School - 5th grade and under (Ed. Bldg): Classes are meeting from 10:15-11 a.m.

Youth Sunday School - 6th thru 12th grade (Youth Wing): Classes are meeting from 10:15-11 a.m.

Episcopal Youth Community (EYC): Meets this from 5-7 p.m. in the Youth Wing for fun and fellowship.

PARISH ANNOUNCEMENTS

Note in the Pocket Clothing Drive: St. Paul's Pre-EYC families (4th and 5th graders) are supporting Note in the Pocket with a month-long clothing drive through Feb. 20. Bring new or gently used, school-appropriate clothing donations in all sizes, infant through adult; these drives provide clothing for referred students and their entire families. New pants are among items currently needed. The dropbox and more information are in the narthex hallway. If you have questions, please contact Shannon Robinson at shannon3b@gmail.com.

Sign Up Now for the ASP (Appalachia Service Project) Trip in June: St. Paul's Youth will return to Appalachia this summer (June 21-27), joining ASP in working to make homes warmer, safer and drier, and the sign up is open NOW. You don't have to be "handy" with construction or be outgoing - this is a relationship ministry, and everyone can find a role! We welcome all youth (rising 9th graders, age 14+) and adult volunteers. All the details about the work, the cost and how to sign up for the trip can be found in the narthex and on the ASP webpage for St. Paul's. Please reach out to any of our volunteers or contact asp@stpaulscary.org with your questions. You must sign up by March 1 to secure your spot.

Shop Together for NeighborUp's Food Pantry on Feb. 8: St. Paul's is working with NeighborUp (formerly Dorcas Ministries) to move us into action together to support our neighbors in need. Following the 9 and 11:15 a.m. services on Sunday, Feb. 8, come shop at Food Lion (980 Kildaire Farm Rd.), guided by lists of needed items. After checking out, you'll place those items in trucks to be delivered directly to the pantry for you. What could be easier? Watch for more details in the next few weeks.

Pre-EYC (4th-5th Graders) Bowling: Join the fun and bowl with us on Sun. Feb. 8th from 5-6:15 p.m. at Buffaloe Lanes in Cary; family and friends are welcome, too! Registration and details are available on the St. Paul's website. Questions? Contact Melanie Williams at melanie.moyer.williams@gmail.com.

Card Making and Cookies on Feb. 15: Please join us in the Parish Hall during coffee hour on Feb. 15 to enjoy fresh baked cookies and make Valentine's Day cards! The Children's Ministries Committee will share your cards with seniors in our community who may be feeling isolated this season. Enjoy a sweet time of fellowship while sharing your creativity with others. All are welcome!

Youth-Sponsored Lunch with Seniors/Elders/Experienced Adults on Feb. 15: The Youth of St. Paul's are mindful of all the support they receive from older adults in our community, and they would love to express their appreciation by treating you to lunch on February 15, 12:30-2 p.m. in the Parish Hall. Please join us for fun and fellowship so we can get to know you better; you can find an rsvp link in the narthex or online. Questions? Contact Jill Cole at jillco0405@gmail.com.

Shrove Tuesday Pancake – Support our Men's Group: Join us Feb. 17 from 5-7 p.m. for a traditional Shrove Tuesday Pancake Supper (pancakes, sausage and fruit - \$10 for adults, \$5 for children) and support Men's Group activities for the year ahead. This is the only fundraiser for a group committed to creating and rebooting activities that bring the whole parish together across generations, like the parish picnic, Dads and Kids Greenway Walk, spaghetti dinners and various work projects around the church. Come enjoy time together and learn more about what we do; vegan and gluten free options will be available. Questions? Contact Mike McInerney at michael.k.mcinerney@gmail.com.

RJPG Book Discussion and Theater Trip: Join the Racial Justice Planning Group to discuss "Halfway Home: Race, Punishment and the Afterlife of Mass Incarceration" by Reuben Jonathan Miller. We will meet on Sunday, Feb. 22 from 12:30 to 2 p.m. in the Chapel. Please sign up in advance on the website. On Saturday, Feb. 28 at 2 p.m. we will attend the Justice Theater Project's production of "Pipeline" at Umstead United Church of Christ in Raleigh. We encourage participation in both, but please join us for either, if you can. Theater goers should purchase your own tickets in advance at www.thejusticetheaterproject.org. Questions? Email aleta@att.net.

Memorial Garden Walkway Improvements: The St. Paul's Memorial Garden is a sacred and cherished place for prayer, remembrance, and quiet beauty—a space where many people come to honor loved ones, reflect, and find peace. The walkway to the garden is in need of revision and repairs to address safety and accessibility concerns. We are seeking donations to supplement a grant from the St. Paul's Endowment as we work on the best way to make these improvements. Gifts may be made through the online donations link or by check, indicating MG Walkway in the notes. Thank you for your support. If you have questions about this project, please contact John Goehrke at jtgoehrke2@gmail.com.

Children's Communion Retreat Feb. 28: All 1st through 3rd graders are invited to a communion retreat led by Erica Ridderman on Saturday, Feb. 28 from 2-4 p.m. We'll explore the meaning of the Eucharist, allowing time for kids to ask questions, learn, and grow in their understanding and curiosity about this central act of our faith. Communion Retreat participants will be celebrated the next day, Mar. 1, with a festive coffee hour. Please fill out the online form (available in the narthex) so Erica knows whom to expect. Contact Erica at erica@stpaulscary.org if you have any questions.

Pre-EYC Retreat to Nature: Our overnight Retreat to Nature, open to all 4th and 5th graders (including newcomers), is on March 14-15 at the Blue Jay Point Park Lodge in Raleigh. Learn about plants and animals, explore trails, play and enjoy s'mores around the campfire with us! Cost is \$30 per person and scholarships are available. Register online by Feb. 20th; more information is available in the narthex and on the St. Paul's website. Contact Jacob Nelson at jacobnelson77@hotmail.com with questions.

Sign Up for Women's Beach Week: Attention Ladies: join us for fun in the sun and a laughter-filled trip to Emerald Isle April 26 - May 3! Come for a few days or for the whole week; it's only \$50 per night! Learn more about the trip and how you can treat yourself to this wonderful stress-reliever on the St. Paul's website. Sign up online or contact Yvon Daniel, 919-747-1199, yvdaniel60@gmail.com.

Prayer List: We pray for Lori, Guy, Noah, Sally, Parrish, Jackie, Matias, Yosy, Mary, Nancy, Susan, Ben, Patrick, Sarah, Dave, Chuck, Kay, Ron, Jack, Gary, Max, May, Bryan, Ariell, Josh, Becky, Allison, Jan, Bertha, Herman, Carl, Martha, Farley, Jeff, Susan, Debbi, Ron, Carolyn, Rick, Elizabeth, Myrna, Laura, Ken, Christine, Craig, Lana, Claudia, Steve, Karen, Jack, Wanda, Carter, Anne, Ethan, Sid, Mary Jo, Rebecca Elizabeth, Ralph, Suzanne, Ryan, Mark, Gary, Johnnie, Kelly, Jessica, Hillary, Sydenna, Vera, Sheri, Darren, Craig, Ted, Dylan, Anthony, Brad, Virginia, Carl, Amanda, Janet, and Judy.

If you have a name you would like to include on the prayer list, or a ministry event that you would like to announce in this printed bulletin, please send information to announcements@stpaulscary.org. Names included in the prayer list will remain for a month, and we are happy to extend at your request. Please note that there is a 2-week lead time on printed announcements.

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St. Paul's Website

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The Rev. Robert Fruehwirth, Interim Associate Rector
Dr. Erica Ridderman, Minister for Children, Youth, and Family Formation
The Rev. Candy Snively, Deacon
Russell McKinney, Director of Music Ministries
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