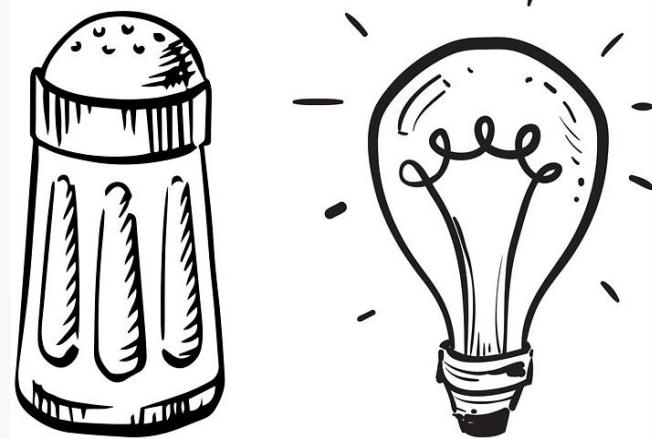


EPIPHANY 5, YEAR A

SECOND SUNDAY, FEBRUARY 8, 2026

**BE THESE:**



**SALT & LIGHT**

St. Alban's Episcopal Church

Simsbury, CT

*Celebrate. Inspire. Serve.*



Welcome to St. Alban's! A few notes about this morning:

Your prayers and presence for today's worship are a gift to this community. We are grateful that you are here. We pray that you sense the love of Christ, the holy stirring of the Spirit, and God's presence here this morning.

**Today we will bless** all those that have birthdays, anniversaries, our Feed a Friend donations, and big events happening this month. We'll do that during the announcements.

### **Worshipping with children**

We invite you to visit our Prayground in the rear balcony. Please feel free to bring books or an activity bag to your seats; or, sit in the balcony and allow your children to explore the space during worship. And please don't worry about wiggles, conversation, crying, laughing – all of it is welcome in this space and to the glory of God! If you need help finding the bathrooms, a changing table, or the water fountain, please ask an Usher.

### **Learning more about St. Alban's**

We invite you to fill out one of the "Welcome" cards you can find on the table in the rear of the Sanctuary. This allows you to receive mailed materials from St. Alban's and our weekly e-news. You can also visit our website ([stalbanssimsbury.org](http://stalbanssimsbury.org)) or find us on Facebook.

### **Donating to St. Alban's**

During our service today, Ushers will pass Offering plates. You are welcome to place cash or check donations directly into the plate. We also invite your donations through our website ([stalbanssimsbury.org](http://stalbanssimsbury.org), click "Donate").



[stalbanssimsbury.org/donate](http://stalbanssimsbury.org/donate)

You can find your way to that link with the QR code here and on the donation card in the Narthex.

**If you need a gluten-free wafer at communion** please let the priest know when you approach the altar for communion. You can also receive a blessing instead of bread by crossing your arms over your chest.

As you settle in to worship today, take the time and the moments of quiet you need to make the transition from getting here, to being here.

*Our service comes from Enriching Our Worship and we make use of all hymnal resources approved by The Episcopal Church. Everything you need to worship fully today can be found in the bulletin.*

### **\*A note about standing, kneeling, sitting rubrics**

*One of the spaces that has received more attention during the pandemic is around ableism. Our society, in large part, functions as though everyone has nearly full use of their bodies. Where a "standing" rubric might have been added alone, we're adding "seated", as well, as an invitation for you to listen and respond to the needs of your own body. You are invited to remember that our bodies are created by God and intended for worship, just like our voices. How ever you feel comfortable doing that, God sees that it is good!*

## WELCOME

## PRELUDE

Andrew King, Pianist

HYMN *Standing or seated.\***Praise to the living God!*

H82 372

1 Praise to the living God! All praised be his Name  
 2 Form - less, all love - ly forms de - clare his love - li - ness;  
 3 His Spi - rit flow - eth free, high surg - ing where it will:  
 4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.  
 ho - ly, no ho - li - ness of earth can his ex - press.  
 in prophet's word he spoke of old; he speak - eth still.  
 his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:  
 Lo, he is Lord of all. Cre - a - tion speaks his praise,  
 Es - tab - lished is his law, and change - less it shall stand,  
 Praise to the liv - ing God! All prais - ed be his Name

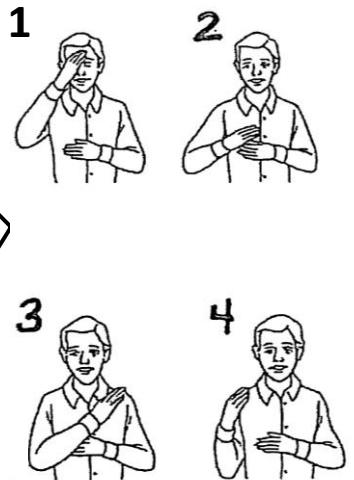
the first, the last, be - yond all thought his time - less years!  
 and ev - ery-where a - bove, be - low, his will o - beys.  
 deep writ up - on the hu - man heart, on sea, on land.  
 who was, and is, and is to be, for ay the same.

## THE OPENING ACCLAMATION

+

Blessed be the one, holy, and living God.  
Glory to God for ever and ever.

Do you see people making cross signs on their chests?  
You can too ---- Check out this dude!  
Look for the + symbol as we follow along in the bulletin for other places you might cross yourself!



## GLORIA

S280

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. 6. For you a - lone are the Ho - ly One,

you a - lone are the Lord, 7. you a - lone are the Most



THE **COLLECTION** OF THE DAY

God be with you.  
**And also with you.**  
 Let us pray.

This word, here,  
 reminds us that we  
 are collecting our  
 prayers as worship  
 begins.

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.*

READING: *Isaiah 58:1-12*

Shout out, do not hold back!  
 Lift up your voice like a trumpet!  
 Announce to my people their rebellion,  
 to the house of Jacob their sins.  
 Yet day after day they seek me  
 and delight to know my ways,  
 as if they were a nation that practiced righteousness  
 and did not forsake the ordinance of their God;  
 they ask of me righteous judgments,  
 they delight to draw near to God.  
 “Why do we fast, but you do not see?  
 Why humble ourselves, but you do not notice?”  
 Look, you serve your own interest on your fast day,  
 and oppress all your workers.  
 Look, you fast only to quarrel and to fight  
 and to strike with a wicked fist.  
 Such fasting as you do today  
 will not make your voice heard on high.  
 Is such the fast that I choose,  
 a day to humble oneself?

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?

Will you call this a fast,  
a day acceptable to the LORD?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,

to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;

when you see the naked, to cover them,  
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;

your vindicator shall go before you,  
the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.

The LORD will guide you continually,  
and satisfy your needs in parched places,  
and make your bones strong;

and you shall be like a watered garden,  
like a spring of water,  
whose waters never fail.

Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to live in.

The Word of the Lord.

**Thanks be to God.**

*Beatus vir*

1 Hallelujah!

Happy are they who fear the Lord \*  
and have great delight in his commandments!

2 Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed.

3 Wealth and riches will be in their house, \*  
and their righteousness will last for ever.

4 Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion.

5 It is good for them to be generous in lending \*  
and to manage their affairs with justice.

6 For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance.

7 They will not be afraid of any evil rumors; \*  
their heart is right;  
they put their trust in the Lord.

8 Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.

9 They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honor.

10 The wicked will see it and be angry;  
they will gnash their teeth and pine away; \*  
the desires of the wicked will perish.



HYMN standing or seated\*

*This Little Light of Mine*

LEVAS 221

1. This lit - tle light of mine, \_\_\_\_\_  
2. Ev - 'ry - where I go, \_\_\_\_\_  
3. Je - sus gave it to me, \_\_\_\_\_

I'm gon - na let it  
I'm gon - na let it  
I'm gon - na let it

Oh \_\_\_\_\_

1. shine, \_\_\_\_\_  
2. shine, \_\_\_\_\_  
3. shine, \_\_\_\_\_

This lit - tle light of mine,  
Ev - 'ry - where I go,  
Je - sus gave it to me,

Oh \_\_\_\_\_

1. I'm gon - na let it shine;\_\_\_\_\_ This lit - tle light of  
 2. I'm gon - na let it shine;\_\_\_\_\_ Ev - 'ry - where I  
 3. I'm gon - na let it shine;\_\_\_\_\_ Je - sus gave it to  
 Oh\_\_\_\_\_

1. mine,\_\_\_\_\_ I'm gon - na let it shine,\_\_\_\_ Let it  
 2. go,\_\_\_\_\_ I'm gon - na let it shine,\_\_\_\_ Let it  
 3. me,\_\_\_\_\_ I'm gon - na let it shine,\_\_\_\_ Let it  
 Oh\_\_\_\_\_

1. shine, let it shine, let it shine.  
 2. shine, let it shine, let it shine.  
 3. shine, let it shine, let it shine.

All stand.

THE GOSPEL: *Matthew 5:13-20*

The Holy Gospel of our Lord Jesus Christ according to Matthew.  
**Glory to you, Lord Christ.**

The Gospel readings  
 are stories about  
 Jesus's life on earth.

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches

them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

SERMON

*The Rev. Jim Speer*

## THE CHILDREN'S CREED

**We believe in God above.  
We believe in Jesus' love.  
We believe God's Spirit, too,  
comes to teach us what to do.**

## THE PRAYERS OF THE PEOPLE

*Intercessor*

Watchful at all times, let us pray for strength to stand with confidence before our Maker and Redeemer. That God may bring in his kingdom with justice and mercy, let us pray to the Lord, saying: **Lord, have mercy.**

That God may establish among the nations his sceptre of righteousness, let us pray to the Lord: **Lord, have mercy.**

That we may seek Christ in the Scriptures and recognize him in the breaking of the bread, let us pray to the Lord: **Lord, have mercy.**

That God may bind up the brokenhearted, restore the sick and raise up all who have fallen, especially Tim, Kathy, Amanda, Margi, Monica, Jeff, Jason, Kassandra, Maryann, Mary Lou, Mike, Val, Meredith H., Jon, and for those we name now, silently or out loud, (*we invite you now to remember them either silently or aloud*), let us pray to the Lord: **Lord, have mercy.**

That the light of God's coming may dawn on all who live in darkness and the shadow of death; and for all who have died, let us pray to the Lord: **Lord, have mercy.**

That, with all the saints in light, we may shine forth as lights for the world, let us pray to the Lord: **Lord, have mercy.**

We commend ourselves and all for whom we pray to the mercy and protection of GOD.

*Silence*

*Celebrant continues*

*Almighty God, as your blessed Son Jesus Christ first came to seek and to save the lost so may he come again to find in us the completion of his redeeming work; for he is now alive and reigns with you and the Holy Spirit, one God for ever and ever. Amen.*

## THE CONFESSION OF SIN

*Standing, seated or kneeling*

Let us confess our sins against God and our neighbor.

**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

The peace of the Christ be always with you.

**And also with you.**

## ANNOUNCEMENTS

*The mission and ministry of St. Alban's depends on the financial and prayerful generosity and gifts of members of our congregation and community. We welcome your one-time or ongoing donation today. Please place cash or checks in the Offering Plate; or use the QR code on the cards found in the rear of the Sanctuary, in the Narthex, or on page 2 of this bulletin to make an online donation. We are grateful that you've chosen to share your gifts with us today.*

## OFFERTORY ANTHEM *Instrumental*

## THE HOLY COMMUNION

## THE GREAT THANKSGIVING

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

If you're having any trouble hearing or seeing or you just want to get closer, **come right up to the altar!** And, if you want,  **you can copy the priest's movements** as he prays the Eucharistic Prayer!

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moons, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a parent cares for children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

*Celebrant and people*

**Holy, holy, holy Lord, God of Power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The Celebrant continues*

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with Alban and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

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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.

#### FRACTION ANTHEM

God of promise, you have prepared a banquet for us.  
**Happy are those who are called to the Supper of the Lamb.**

#### THE INVITATION

#### THE COMMUNION OF THE PEOPLE

*Anyone of any age and tradition is invited to receive Holy Communion, and no one who comes to the altar with outstretched hands will be turned away. To receive a blessing instead of the sacrament, approach the altar and cross your arms over your chest.*

*To receive Holy Communion, you may stand or kneel at the altar rail; or stand in the space between the altar rails, in front of the altar. If you need the sacrament brought to you, please let someone know and we will be honored to bring it to you. If you need a gluten-free wafer, please let the priest know at the altar. Remember, that communion "in one kind" (bread only) is a sufficient manifestation of the sacrament. If you'd like, you can simply hold the cup while the chalice bearer offers the words of reception, without drinking from the chalice.*

#### COMMUNION HYMN *Standing or seated.\**      *Let us break bread*      H 325

The musical score consists of three staves of music in G clef, common time, and a key signature of one flat. The first two staves are for voices, and the third is for piano. The lyrics are as follows:

1 Let us break bread to - geth-er on our knees; \_\_\_\_\_  
2 Let us drink wine to - geth-er on our knees; \_\_\_\_\_  
let us break bread to - geth-er on our knees; \_\_\_\_\_  
let us drink wine to - geth-er on our knees; \_\_\_\_\_

*Refrain*

when I fall on my knees, with my face to the rising sun, O

Lord, have mer-cy on me. —

3 Let us praise God to - geth-er on our knees; —

let us praise God to - geth-er on our knees; —

*Refrain*

when I fall on my knees, with my face to the ris-ing sun, O

Lord, have mer-cy on me. —

### POSTCOMMUNION PRAYER

Let us pray.

*Celebrant and people*

Loving God,  
 We give you thanks  
 for restoring us in your image  
 and nourishing us with spiritual food  
 in the Sacrament of Christ's Body and Blood.  
 Now send us forth a people,  
 forgiven, healed, renewed;  
 that we may proclaim your love to the world  
 and continue in the risen life of Christ our Savior.  
 Amen.

### THE BLESSING

God's Blessing be with you,  
 Christ's peace be with you,  
 the Spirit's outpouring be with you,  
 now and always. **Amen.**

HYMN standing or seated

*I come with joy to meet my Lord*

H82 304

1 I come with joy to meet my Lord, for -  
2 I come with Chris tians far and near to  
3 As Christ breaks bread and bids us share, each  
4 And thus with joy we meet our Lord. His  
5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der  
2 find, as all are fed, the new com - mu - ni -  
3 proud di - vi - sion ends. That love that made us  
4 pres - ence, al - ways near, is in such friend - ship  
5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.  
2 ty of love in Christ's com - mun - ion bread.  
3 makes us one, and stran - gers now are friends.  
4 bet - ter known: we see, and praise him here.  
5 in the world, we'll live and speak his praise.

## THE DISMISSAL

Go in peace to love and serve the Lord.  
Thanks be to God.

POSTLUDE

*Andrew King, Pianist*