

*Tappahannock Memorial
United Methodist Church*

P. O. Box 326
345 Earl Street
Tappahannock, VA 22560

But those who **hope**
in the **Lord** will
Renew their **strength.**
They will **soar**
on wings like eagles;
they will **run**
and not grow weary, they will
walk and not be faint.



I S A I A H 4 0 : 3 1

*“To all who mourn and need comfort,
to all who are tired and need rest,
to all who are lonely and need companionship,
to all who sin and need a Savior, and to all who will,
this church opens wide its doors.”*

Tappahannock Memorial UMC

Fifth Sunday after the Epiphany

“Proclaim The Goodness of God”

February 4, 2024

Isaiah 40:21-31; 1 Corinthians 9:16-23; Mark 1:29-39

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Prelude

“What A Friend We Have In Jesus”

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Welcome & Announcements

Good Morning! I greet you in the name of our Lord and Savior Jesus Christ. I welcome you to our time of worship today. I welcome those who are present with us in the sanctuary as well as those worshipping online via our Facebook and YouTube pages. We welcome your feedback as we continue offering in person and online worship.

We are tracking our attendance, so thank you in advance to all who will let us know that you have watched or read our service this morning. Please email our Administrative Assistant at tappmethodist@gmail.com, with your attendance information.

This is the day the Lord has made, let us rejoice and be glad in it!!

* Opening Hymn

“Immortal, Invisible, God Only Wise”

UMH #103

1. Immortal, invisible, God only wise,
in light inaccessible hid from our eyes,
most blessed, most glorious, the Ancient of Days,
almighty, victorious, thy great name we praise.
2. Unresting, unhasting, and silent as light,
nor wanting, nor wasting, thou rulest in might;
thy justice like mountains high soaring above
thy clouds which are fountains of goodness and love.
3. To all, life thou givest, to both great and small;
in all life thou livest, the true life of all;
we blossom and flourish as leaves on the tree,
and wither and perish, but naught changeth thee.
4. Thou reignest in glory; thou dwellest in light;
thine angels adore thee, all veiling their sight;
all laud we would render: O help us to see
‘tis only the splendor of light hideth thee.

* Call to Worship:

Have you not known? Have you not heard?
Has it not been told to you from the beginning?

**The lord is the everlasting God,
the creator of heaven and earth.**

God sits above the circle of the earth

and stretches out the heavens like a curtain.

**Those who wait for the Lord
shall mount up with wings like eagles.**

They shall run and not be weary.

They shall walk and not be faint.

How good it is to sing praises to our God.

Call to Worship from The Abingdon Worship Annual 2024, pg. 38. ©2023 by Abingdon Press. Used by permission.

*** Opening Prayer**

The Lord be with you.

And also with you.

Everlasting God, you stretch like the sky over our heads
like a canopy filled with twinkling lights.

Scarcely do the stems of our lives take root
before the wind carries us away like stubble.

Yet you care for us—
healing the brokenhearted,
gathering the outcast,
lifting the downtrodden,
while casting the wicked to the ground.

Renew our strength this day, O God,
that we may mount up with wings like eagles.

Amen.

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Prayer of Yearning

**Holy God, even in our pursuit of safety and security,
we yearn to seek justice for the poor
and to defend the downtrodden
from the privilege of the powerful.**

**Give us the heart of Jesus,
that we may care for the sick
and rescue the perishing.**

**Give us the spirit of Christ,
that we may spend time in prayer
and keep your path before our feet.**

**Give us the love of your Son,
that we may be instruments of your peace. Amen.**

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The Declaration of Pardon

Hear the good news:

Christ died for us while we were yet sinners;

That proves God's love toward us.

In the name of Jesus Christ, you are forgiven.

In the name of Jesus Christ, you are forgiven!

Glory to God. Amen.

Scriptures

Isaiah 40:21-31

pg. 668

²¹ 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? ²² 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; ²³ who brings princes to naught, and makes the rulers of the earth as nothing. ²⁴ 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. ²⁵ To whom then will you compare me, or who is my equal? says the Holy One. ²⁶ 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.

²⁷ 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"? ²⁸ 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. ²⁹ He gives power to the faint, and strengthens the powerless. ³⁰ Even youths will faint and be weary, and the young will fall exhausted; ³¹ 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.

Scriptures

1 Corinthians 9:16-23

pg. 171-172

¹⁶ If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷ For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸ What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹ For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹ To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²² To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. ²³ I do it all for the sake of the gospel, so that I may share in its blessings.

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The Word of God for the people of God.

Thanks be to God.

Anthem

"I've Found A Friend"

The Glory Ringers

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*Psalter

Psalm 147:1-11

UMH #859

Response: Praise the Lord who reigns above; Alleluia!

R

Praise the Lord!

For it is good to sing praises to our God;

a song of praise is fitting.

**The Lord builds up Jerusalem;
and gathers the outcasts of Israel.**

The Lord heals the brokenhearted,
and binds up their wounds.

**The Lord determines the numbers of the stars,
and gives to all of them their names.**

Great is our Lord, and abundant in power,
whose understanding is beyond measure.

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

R

Sing to the Lord with thanksgiving;
make melody upon the lyre to our God

who covers the heavens with clouds,
prepares rain for the earth,
makes grass grow upon the hills.

**The Lord gives to the beasts their food,
and to the young ravens that cry.**

The Lord takes no delight in the might of a horse
nor the pleasure in the strength of a runner,

**but the Lord takes pleasure in the faithful,
in those who hope in the Lord's steadfast love.**

R

*** The Gloria Patri**

*Glory be to the Father and to the Son and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be,
world without end. Amen. Amen.*

*** Gospel**

Mark 1:29-39

pg. 35

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 sundown, they brought to him all who were sick or possessed with 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 Galilee, proclaiming the message in their synagogues and casting out demons.

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This is the Gospel of the Lord.
Praise to you, Lord Christ.

Prayer before the Sermon

May the words of my mouth and the meditations of our hearts be acceptable in thy sight,
O God our rock and our redeemer. Amen.

* Hymn of Response

“There Is A Balm In Gilead”

UMH #375

1. There is a balm in Gilead to make the wounded whole;
there is a balm in Gilead to heal the sinsick soul.
Sometimes I feel discouraged, and think my work’s in vain.
But then the Holy Spirit revives my soul again.
2. There is a balm in Gilead to make the wounded whole;
there is a balm in Gilead to heal the sinsick soul.
Don’t ever feel discouraged, for Jesus is your friend,
and if you look for knowledge, he’ll ne’er refuse to lend.
3. There is a balm in Gilead to make the wounded whole;
there is a balm in Gilead to heal the sinsick soul.
If you can’t preach like Peter, if you can’t pray like Paul,
just tell the love of Jesus, and say he died for all.

Affirmation of Faith

Apostles’ Creed

UMH #881

**I believe in God the Father Almighty,
maker of heaven and earth;
And in Jesus Christ his only son our Lord:
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;
the third day he rose from the dead;
he ascended into heaven,
and sitteth at the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

Sharing of Our Joys & Concerns

We want to continue to pray for the healing of the nations through this pandemic, and for all those impacted by: war – especially the people of Ukraine, Russia, Israel and Palestine; natural disasters; gun violence; and other catastrophic events. Remember those who have been in the hospital for treatments and surgeries, as well as for COVID 19. Remember those who are isolated with no one to interact with. Please continue to pray for: your prayer partners; our homebound folks; those in nursing, rehabilitative, and assisted living facilities; as well as for those on the front lines. I would once again ask that we pray for those who have chosen to keep their illnesses between themselves and God. While we respect their privacy, they still need our collective prayers.

Pastoral Prayer

The Offering

Please remember to keep your tithes and offerings current so that the ministries of our church can continue. You may mail them to P. O. Box 326, Tappahannock, VA 22560, use the E-Giving link available on our website www.tappahannockmethodist.org, or download our mobile e-giving app identified on the last page of today's bulletin. Thank you for your continued support!

The Offertory

"Amazing Grace (My Chains Are Gone)"

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* Doxology

UMH #95

Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

* A Service of Word and Table I

UMH # 9-11

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our 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. You formed us in your image and breathed into us the breath of life. When we turned away, and our love failed, your love remained steadfast. You delivered us from captivity, made covenant to be our sovereign God, and spoke to us through the prophets.

And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

Holy, holy, holy Lord, God of power and might.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

Holy are you and blessed is your Son Jesus Christ. Your Spirit anointed him to preach good news to the poor, to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, and to announce that the time had come when you would save your people. He healed the sick, fed the hungry, and ate with sinners. By the baptism of his suffering, death, and resurrection you gave birth to your Church, delivered us from slavery to sin and death, and made with us a new covenant by water and the Spirit. When the Lord Jesus ascended, he promised to be with us always, in the power of your Word and Holy Spirit.

On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me."

When the supper was over, he took the cup, gave thanks to you, gave it to his disciples, and said: "Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me."

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving as a holy and living sacrifice, in union with Christ's offering for us, as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may 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 to all the world, until Christ comes in final victory, and we feast at his heavenly banquet.

Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, almighty Father, now and for ever.

AMEN.

And now with the confidence of children of God, let us pray as Jesus taught us:

The Lord's Prayer

**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,
forever. Amen.**

The Breaking of the Bread and Offering of the Cup and Sharing in the Feast

I invite all of you here in the sanctuary and those of you at home to take and receive now.

The Body of Christ.

The Blood of Christ.

Amen.

The Prayer after Communion

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen

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*** Closing Hymn**

"He Touched Me"

UMH #367

1. Shackled by a heavy burden, neath a load of guilt and shame,
then the hand of Jesus touched me, and now I am no longer the same.
He touched me, O he touched me, and O the joy that floods my soul!
Something happened, and now I know, he touched me and made me whole.
2. Since I met this blessed Savior, since he cleansed and made me whole,

I will never cease to praise him; I'll shout it while eternity rolls.

He touched me, O he touched me, and O the joy that floods my soul!

Something happened, and now I know, he touched me and made me whole.

"He Touched Me" Author: William J. Gaither ©1964 William J. Gaither, Inc. (Admin. by Gaither Copyright Management) CCLI Song #13072 CCLI License #2350408.

* **Benediction**

"Alleluia, Amen"

***UMH 901**

Alleluia, amen, amen.

* **Postlude**

"God Will Take Care Of You"

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Thank you for joining us in worship!

PRAYER LIST

Family of Michelle Allison, Wright Andrews, Eddie Bliss, Faye Brooks, Royce Burruss, Woody Campbell, Carole Croxton, George Croxton, Roxanne Griffith, Maurice Hawa, Madeline Hawkins, Bill Hendricks, Lauma Hill, Cindy Huber, Betty Gregory, Shirley Johnson, Carolyn Lewis, Bill Loser, Ron Lucas, Mary Lou Simpson, and Betty Whitten. Inclusion & equality for the LGBTQ family & friends. All affected by critical weather and violence, everyone who struggles with drug addiction and alcoholism, those in peril, all missing persons, those who serve in the Armed Forces, students and educators, the people of Ukraine, Russia, Israel, Palestine, and Sudan during this time of war, everyone around the world as we fight the spread of COVID-19, and the UMC during the separation and as the church moves forward.

MILITARY: SSGT Jonathan Simpson, SA Ethan Minor

PRAYERS AND CARDS ARE WELCOME FOR THESE MEMBERS

Lee Black, Barbara Brooks, Jim Climaldi, Jean Edwards, Cecile Farmer,
Don and Carol Nicholas, Edna Parrish and Jean Rhines.

** Please contact the office for the phone number or address for these members of our church family.*

SERVICE AND OUTREACH OPPORTUNITIES

Today:	10:00 AM	5th Sunday After Epiphany
Sunday, February 11 th :	10:00 AM	Transfiguration Sunday

All meetings are offered in-person and via Zoom unless stated otherwise.

***We seek to be the Disciples of Christ, welcoming all as we nurture
and support one another through service and outreach.***

Our facility is handicap accessible.

Pastor: The Reverend Rebecca L. Minor, Cell Phone: (757) 870-8265

Music Director: Kelly Wright; **Pianist:** Beth Harvey

Church: 804-443-2278 / **Church Administrative Email:** tappmethodist@gmail.com

Pastor's Office Hours: Tue - Thu: 9 am – 2 pm