

Fifth Sunday after the Epiphany

February 4, 2024, 10:00 am

Please take a moment to silence your cellphone. Thank you.

Please also note that our services are publicly livestreamed.



Consider making a donation of altar flowers in honor of a special occasion, or in memory of someone you love. The suggested donation is \$50. To arrange, please contact Claire in the Church Office: 310-375-4617 or claire.erbeznik@stfrancispalosverdes.org.

The Word of God

Prelude

On Bended Knees

H.T. Burleigh

Please stand as able, and join in singing,

Processional Hymn

O Bless the Lord, my Soul

Hymn #411, vv. 1-6 (Tune: #551)

O bless the Lord, my soul! His grace to thee pro -
O bless the Lord, my soul! His mer - cies bear in
He will not al - ways chide; he will with pa - tience
He par - dons all thy sins, pro - longs thy fee - ble
He clothes thee with his love, up - holds thee with his
Then bless his ho - ly Name, whose grace hath made thee
claim! And all that is with - in me join to bless his ho - ly
mind! For - get not all his ben - e - fits! The Lord to thee is
wait; his wrath is ev - er slow to rise and rea - dy to a -
breath; he heal - eth thine in - fir - mi - ties and ran - soms thee from
truth; and like the ea - gle he re - news the vi - gor of thy
whole, whose lov - ing-kind-ness crowns thy days: O bless the Lord, my
name.
kind.
bate,
death.
youth.
soul!

Words: James Montgomery (1771-1854); para. of Psalm 103:1-5.
Music: "Festal Song," William H. Walter (1825-1893).

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 Collect for Purity

Celebrant Almighty God,

All 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.

Please remain standing as able, and join in singing,

The Gloria

Gloria

S 280 (Powell)

7 Glo-ry to God in the high - est, and peace to his peo-ple on earth. Lord God, heaven-ly King, al -
13 might-y God and Fa - ther, we wor-ship you, we give you thanks, we praise you for your glo - ry.
19 Lord Je - sus Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, you take a-way the
26 sin of the world: have mer - cy on us; you are seat-ed at the right hand of the Fa-ther; re-ceive our
32 prayer. For you a-lone are the Ho-ly One, you a-lone are the Lord, you a-lone are the Most
High, Je-sus Christ, with the Ho-ly Spi-rit, in the glo - ry of God the Fa - ther. A - men.

Setting: Robert Powell (b. 1932), S-280 The Hymnal, 1982

The 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 Je-
sus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God,
now and for ever. **Amen.**

Please be seated.

The First Lesson Isaiah 40:21-31

1st Reader A reading from the book of 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.

1st Reader The Word of the Lord.

People Thanks be to God.

The Response Psalm 147:1-12, 21c *Laudate Dominum*

Reader Let us read from Psalm 147 responsively (*the People reading the text in bold*).

Refrain **Bless the Lord, My Soul** Marty Haugen (Ps. 147)



Words: Psalm 147, v. 3. Music: Marty Haugen (b. 1950), © 1988 by G.I.A. Publications, Inc. All Rights Reserved.

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.

Refrain

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!

Refrain

The Second Lesson 1 Corinthians 9:16-23

2nd Reader A Reading from the letter to the Corinthians.

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! 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. 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.

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. 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. 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. 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. I do it all for the sake of the gospel, so that I may share in its blessings.

2nd Reader The Word of the Lord.

People Thanks be to God.

Please stand as able, and join in singing,

The Sequence Hymn

O Christ the Healer

Hymn #772, vv. 1-5 (WLP)

O Christ, the heal-er, we have come to pray for
 From ev-ery ail-ment flesh en-dures our bod-ies
 How strong, O Lord, are our de-sires, how weak our
 In con-flicts that de-destroy our health we rec-og-
 Grant that we all, made in one faith, in your com-
 health, to plead for friends. How can we fail to
 clam-or to be freed; yet in our hearts we
 know-ledge of our-selves! Re-lease in us those
 nize the world's dis-ease; our com-mon life de-
 mu-ni-ty may find the whole-ness that, en-
 be re-stored, when reached by love that nev-er ends?
 would con-fess that whole-ness is our deep-est need.
 heal-ing truths un-con-scious pride re-sists our selves.
 clares our ills: is there no cure, O Christ, for these?
 rich-ing us, shall reach the whole of hu-man-kind.

Words: Fred Pratt Green (b. 1903); © 1969 Hope Publishing Company. Music: "Kedron," melody
 att. Elkanah Kelsay Dare (1782-1826); harm. "The Southern Harmony," 1835;
 adapt. "Hymnal 1982" © Church Pension Fund.

Please remain standing, as able, for the reading of the Gospel

The Holy Gospel Mark 1:29-39

Deacon 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.

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

Please be seated for,

The Sermon The Rev. Celeste Stump

There will be a moment of silence for reflection following the sermon.

Please stand as able, and join in saying,

The Nicene Creed

**All 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 human.**

**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,
who with the Father and the Son is worshiped and glorified,**

who 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.

Please remain standing, as able, for

The Prayers of the People (*the People read the responses in **bold***)

Deacon Let us pray for the Church and for the world.
Grant, Almighty God, that all who confess your Name may be united in your truth,
live together in your love, and reveal your glory in the world.

Silence

Deacon Lord, in your mercy
People Hear our prayer.

Deacon Guide the people of this land, and of all the nations, in the ways of justice and peace;
that we may honor one another and serve the common good.

Silence

Deacon Lord, in your mercy
People Hear our prayer.

Deacon Give us all a reverence for the earth as your own creation, that we may use its re-
sources rightly in the service of others and to your honor and glory.

Silence

Deacon Lord, in your mercy
People Hear our prayer.

Silence

Deacon Bless all whose lives are closely linked with ours, and grant that we may serve Christ
in them, and love one another as he loves us.

Deacon Lord, in your mercy
People Hear our prayer.

Silence

Deacon Comfort and heal all those who suffer in body, mind, or spirit; give them courage
and hope in their troubles, and bring them the joy of your salvation.

Silence

Deacon Lord, in your mercy
People Hear our prayer.

Deacon We commend to your mercy all who have died, that your will for them may be ful-
filled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Deacon Lord, in your mercy
People Hear our prayer.

Celebrant: Hasten, O Father, the coming of thy kingdom; and grant that we thy servants, who now live by faith, may with joy behold thy Son at his coming in glorious majesty; even Jesus Christ, our only Mediator and Advocate. Amen.

Please kneel, as able,

The Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

**All 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 Absolution

Celebrant 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, as able,

The Peace

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

Ministers and People exchange signs of peace in the name of the Lord.

Please be seated.

Welcome, Announcements

Anyone who has a birthday or anniversary in the next week is invited to come forward for a blessing:

All Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace which passes all understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

The Holy Communion

Offertory Anthem

"God of Grace"

Keith Getty & Jonathan Rae, arr. Tom Fettke

*God of grace, amazing wonder, irresistible and free,
O the miracle of mercy, Jesus reaches down to me.*

*God of grace, I stand in wonder as my God restores my soul.
His own blood has paid my ransom, awesome cost to make me whole.*

*God of grace, who loved and knew me long before the world began;
Sent my Savior down from heaven, perfect God and perfect man.*

*God of grace, I trust in Jesus, I'm accepted as His own.
Every day His grace sustains me as I lean on Him alone.*

*Amazing grace! How sweet the sound that saved a wretch like me!
I once was lost but now am found, was blind but now I see.*

*God of grace, I stand astounded, cleansed, forgiven and secure.
All my fears are now confounded, and my hope is ever sure.
God of grace, now crowned in glory, where one day, I'll see your face,
And forever I'll adore You in Your everlasting grace.*

*When we've been there ten thousand years, bright shining as the sun,
We've no less days to sing God's praise than when we'd first begun.*

*God of grace, now crowned in glory, where one day I'll see Your face,
And forever I'll adore You in Your everlasting grace.
Amazing grace! How sweet the sound.
Grace, grace, amazing grace.*

St. Francis Choir

Offertory Hymn

God of Mercy, God of Grace

Hymn #538, vv. 1-2 (Tune: #7)

The musical score is written for a single voice part in treble clef, with a key signature of one sharp (F#) and a 4/4 time signature. The melody is simple and hymn-like, with lyrics written below the notes. The score is divided into four systems, with measure numbers 4, 8, and 12 indicated at the beginning of the second, third, and fourth systems respectively. The lyrics are as follows:

God of mer - cy, God of grace, show the bright - ness
Let thy peo - ple praise thee, Lord; be by all that

of thy face. Shine up - on us, Sav - ior, shine, fill thy Church with
live a - dored. Let the na - tions shout and sing glo - ry to their

light di - vine, and thy sav - ing health ex - tend un - to earth's re -
Sa - vior King; let all be, be - low, a - bove, one in joy, and

mot - est end.
light, and love.

Please stand, as able, for,

The Great Thanksgiving

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 him 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 for ever sing this hymn to proclaim the glory of your Name:

Please join in singing,

Sanctus

Sanctus

Forest Green

Ho - ly, ho - ly, ho - ly, Lord God of pow'r and might. Heav'n and earth are
full of thy glo - ry, Ho - san - na in the high - est. Bless - ed is the one who comes
in the name of the Lord, Ho - san - na in the high - est, Ho - san - na in the high - est.

Music: "Forest Green," Traditional English folk melody; adapt. Ralph Vaughan Williams (1872-1958)

Please kneel or stand, as able, as the Celebrant continues.

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

**All Christ has died.
 Christ is risen.
 Christ will come again.**

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: 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.**

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

**All 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 and ever. Amen.**

The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

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

In Christ there is no East of West, In Him no South or
Join hands, di - ci - ples of the faith, What e'er your race may
In Christ now meet both East and West, In Him meet South and

4
North; But one great fel - low - ship of love Through - out the whole wide
be! Who serves my Fa - ther as a son Is sure - ly kin to
North; All Christ - ly souls are one in him Through out the whole wide

8
earth.
me.
earth.

Text: John Oxenham (1852-1941); Reprinted by permission of The American Tract Society, Garland, Texas
Music: "McKee," Afro-American Spiritual; adapt. and harm. Harry T. Burleigh (1866-1949);
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The Invitation

Celebrant The gifts of God for the people of God, Holy gifts, for Holy people.

For our online community—an invitation to pray together the spiritual communion prayer from the National Cathedral. 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.

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where someone will also be available to pray with you, or you may just choose to light a candle.

The Communion of the People

All are invited to receive Holy Communion. Please follow the directions of the ushers. If you do not wish to receive, we encourage you to come forward to receive a blessing. Simply fold your hands across your chest when you come forward. The clergy will carry Communion to anyone in the congregation who is unable to come forward. Please notify an usher if you wish Communion to be brought to you. Gluten-free Communion wafers are available. If you require one of these, simply ask.

Heal — me, hands of Je-sus, — and search out all my pain: re -
 Cleanse me, blood of Je-sus, — take bit - ter-ness a - way; let
 Know — me, mind of Je-sus, — and show me all my sin; dis -
 Fill — me, joy of Je-sus: — anx - i - e - ty shall cease and

5
 store my hope, re - move my fear and bring me peace a - gain.
 me for - give as one for - given and bring me peace to - day.
 pel the mem - o - ries of guilt, and bring me peace with - in.
 heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

Words: Michael Perry © 1982, 1989 Hope Publishing Co., All rights reserved. Used by permission.
 Music: "Sharpe," Carl Haywood (b. 1949), from "Tunes for Grace," © 1997 Carl Haywood.

Please kneel or stand, as able for,

The Post Communion Prayer

Celebrant Let us pray.

All **Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

The Blessing

Celebrant Go forth into the world in peace. Be of good courage, Hold fast to that which is good. Render to no one evil for evil. Strengthen the fainthearted, support the weak, help the afflicted. Honor all persons.

Love and serve the lord, rejoicing in the power of the Spirit. And, the blessing of God Almighty, The ✠ Father, The Son, and The Holy Spirit be with you always.

All **Amen.**

The Sending Forth

Deacon Let us go forth in the name of Christ. Alleluia! Alleluia!

People **Thanks be to God! Alleluia! Alleluia!**

Please stand, as able, and join in singing

O for a thou - sand tongues to sing my -
 My gra - cious Mas - ter and my God, as -
 Je - sus! the Name that charms our fears and
 He speaks; and, lis - tening to his voice, new
 Hear him, ye deaf; ye voice - less ones, your
 Glo - ry to God and praise and love be

3
 dear Re - deem - er's praise, the glo - ries of my
 sist me to pro - claim and spread through all the
 bids our sor - rows cease; 'tis mu - sic in the
 life the dead re - ceive, the mourn - ful bro - ken
 loos - ened tongues em - ploy; ye blind, be - hold, your
 now and ev - er given by saints be - low and

6
 God and King, the tri - umphs of his grace!
 earth a - broad the hon - ors of thy Name.
 sin - ner's ears, 'tis life and health and peace.
 hearts re - joice, the hum - ble poor be - lieve.
 Sa - vior comes; and leap, ye lame, for joy!
 saints a - bove, the Church in earth and heaven.

Words: Charles Wesley (1707-1788), alt. Music: "Azmon," Carl Gotthilf Gläser (1784-1829);
 adapt. and arr. Lowell Mason (1792-1872).

Postlude:

"He Never Failed Me Yet"

Robert Ray

The Postlude and Prelude have been chosen in recognition of Black History Month.

Welcome!!

We warmly welcome you if you are here with us for the first time today. We joyfully welcome *all* people into our community – without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here.

*Please join us for coffee fellowship after the service.
The Ushers will direct you.*

Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble: Andrea, Christa, Jean Dicus, Daniel Dreiling, Pauline Duley, Elvis, Ceri Falk, Colette Furbush, Chris Goldsmith, George Ginis, Hannah, Sally Hill, Loren, Mick Mohuchy, Judy Morgan, Patt Parker, Bruce Schaefer, Roxanne Wall, and for the people of the middle east, and victims of violence everywhere.

We pray for all who have died, that they may have a place in your eternal kingdom.

What's Happening!

Chinese New Year Party — Feb 10th, 6pm in the Parish Hall

St. Teresa's Guild is having a Chinese New Year Party with food, beverages, auctions, and fun! Talk to your closest St. Teresa's member to buy tickets.

Shrove Tuesday, Mardi Gras Supper — Feb 13th, 5:30pm

Join us for a Service of Reconciliation, gumbo dinner, games, and more!

Ash Wednesday — Feb 14th, Services at 7am & 6pm in the Chapel

7am—ministry of the word and imposition of Ashes. 6pm—Holy Eucharist and imposition of Ashes. 3:30-5:30pm Ashes to Go in the lower parking lot.

SAGES — Feb 20th, 11:30am

Welcome Richard Downie as our guest speaker talk about his role in the World Affairs Council of Orange County. RSVP with Kristina Pelá if you're interested in attending, 310-941-2498.

Lenten Dinners — 2/21, 2/28, 3/06, 3/13 6pm

From Aspergilums to John the Baptist, a journey through time;
3/20 Seder Meal, presented by Bob Rothman from Congregation Ner Tamid.

Ongoing

Bible Study on Zoom—Contacts: Jack Hailwood, john.w.hailwood@outlook.com or Suellen Eslinger, suellenesl@verizon.net

Yoga

Mondays from 11:30am –1:00pm - All Levels Hatha Yoga for Strength and Mobility.

Wednesdays 9:00-10:30am All Levels Gentle Yoga for Vital Mobility and Balance.
(free-will offering).

Contact: Jill Lynch—jillfenskelynych@gmail.com

AA—Thursdays & Sundays 7:30 pm, **Al-Anon**—Thursdays 7:00pm

Our Clergy

The Rev. Jason Shelby, Rector, jason.shelby@stfrancispalosverdes.org

Direct Line: (310) 594-7984, Church Office: (310) 375-4617

The Rev. Celeste Stump, Deacon, Chaplain at The Canterbury, cstump@thecanterbury.org

Direct Line: (310) 913-1069

Children and families

Contact: Kristina Pelá, krab3@yahoo.com

Our Staff

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