

Daily Bread

Feria of 5th Week of Ordinary Time

Monday, 5th February

1 Kings 8: 1-7, 9-13; Mark 6: 53-56

Tuesday, 6th February

1 Kings 8: 22-23, 27-30;
Mark 7: 1-13

Wednesday, 7th February

1 Kings 10: 1-10; Mark 7: 14-23

Thursday, 8th February

1 Kings 11: 4-13; Mark 7: 24-30

Friday, 9th February

1 Kings 11: 29-32; 12: 19;
Mark 7: 31-37

Saturday, 10th February

1 Kings 12: 26-33; 13: 33-34;
Mark 8: 1-10

Sunday, 11th February

Sunday before Lent

2 Kings 2: 1-12; Psalm 50: 1-6;
2 Corinthians 4: 3-6; Mark 9: 2-9
Eucharist (St Serf's Church), 9am
Eucharist (St Serf's Church), 10am

Intercessions

Please pray for:

Those who are sick or in hospital:

Dorotheea, David, Elizabeth, Valerie,
Ina, Joseph, Liz, Isabel, Harry John,
Danut, Mihaela, Alan, Mick, Irving,
Janet, Bishop Kevin, Linda, Christina,
Robert, John and Ferne.

Faithful departed anniversaries:

Alan McLoughlan, Esther Newall, Paul
Ellington and Mary Murdoch.

Announcements

Next Sunday, 11 February: There will be no service at St John's Church on Sunday, 11 February. There will be a 1970 Eucharist at St Serf's Church at 9am and a 1982 Eucharist at St Serf's Church at 10am. All are welcome.

Lent Group: There will be a Lent course starting **Monday 19th Feb at St Serf's at 3pm.** All are welcome. For more details please ask Revd Tess.

Days Off: Revd Tess takes **Thursday and Friday** as days off.



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GLASGOW EAST END EPISCOPAL CHURCHES

(Incorporating St John's,
Baillieston; St Kentigern's,
Dennistoun and St Serf's,
Shettleston)

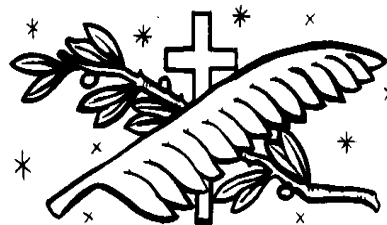
5th Sunday after Epiphany

4th February 2024

Welcome to our church for this Sunday's service; do stay for tea or coffee afterwards, we look forward to meeting you. If the morning service is the celebration of the Eucharist, all are welcome to make their communion here. Or if you prefer to receive a blessing, please come forward to the rail with arms crossed over your chest.

Collect

Merciful Lord, grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.



Lectionary

Isaiah 40: 21-31

A reading from the book of the prophet 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.

Psalm 147: 1-12, 20c

R Sing praises to our God, who heals the brokenhearted.

1 Alleluia!

How good it is to sing praises to our God! how pleasant it is to honour 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.

R

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.

7 Sing to the Lord with thanksgiving; make music to our God upon the harp.

R

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 us all.

10 He provides food for flocks and herds and for the young ravens when they cry.

R

11 He is not impressed by the might of a horse, he has no pleasure in human strength;

12 But the Lord has pleasure in those who fear him, in those who await his gracious favour.

20 Alleluia!

R

1 Corinthians 9: 16-23

A reading from the first letter of Paul to the Corinthians.

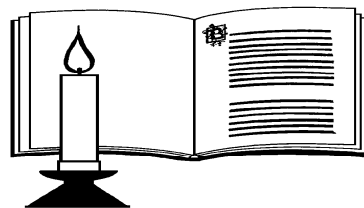
If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my 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.

Mark 1: 29-39

Hear the gospel of our Lord Jesus Christ according to Mark.

As soon as 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 neighbouring 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.



Post Communion

Eternal God, in you we find peace beyond all telling. May we who share in this heavenly banquet be instruments of your peace, in the name of Jesus Christ the Lord.

Reflection

The same Christ who prayed in lonely places said:
"When you pray, go into your room, and pray to your Father in secret".

We should not imagine then that the lonely place is necessarily a place far away, or that by room he means four walls that separate us physically from others.

The room is the room within ourselves. It is the room of our innermost heart, where our plans are hatched, where our hopes reside, where our true self is to be found.

This room is with us at all times. We carry it around wherever we go. We should make it a place where we can retreat, a home where we find rest and spiritual recovery when "the world is too much for us".

Then we will make an exciting discovery that the inner room is not empty after all, but is occupied by the God of love who dwells in us all.

