



**Transfiguration Sunday, The Last Sunday after Epiphany
February 15th**

Bell calling us together

Opening Hymn

Blessed be God, Father, Son, and Holy Spirit

And Blessed be God's Kingdom, both now and forever. Amen

The Collect for Purity – 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.

**Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

The Collect

O God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Old Testament

Exodus 24:12-18

The LORD said to Moses, “Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.” So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, “Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.”

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

The Psalm

Psalm 99

Dominus regnavit

- 1 The LORD is King;
 let the people tremble; *
 he is enthroned upon the cherubim;
 let the earth shake.
- 2 The LORD is great in Zion; *
 he is high above all peoples.

3 Let them confess his Name, which is great and awesome; *
he is the Holy One.

4 "O mighty King, lover of justice,
you have established equity; *
you have executed justice and righteousness in Jacob."

5 Proclaim the greatness of the LORD our God
and fall down before his footstool; *
he is the Holy One.

6 Moses and Aaron among his priests,
and Samuel among those who call upon his Name, *
they called upon the LORD, and he answered them.

7 He spoke to them out of the pillar of cloud; *
they kept his testimonies and the decree that he gave them.

8 O LORD our God, you answered them indeed; *
you were a God who forgave them,
yet punished them for their evil deeds.

9 Proclaim the greatness of the LORD our God
and worship him upon his holy hill; *
for the LORD our God is the Holy One.

The Epistle 2 Peter 1:16-21

We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

The Gospel Matthew 17:1-9

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

Sermon The 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

Let us pray to God in all confidence, for he has accepted us as his sons
and daughters in his beloved Son Jesus Christ. Let us say to him: *R/ Lord,
let us live in the light of Christ.*

- For the Church, especially for
Justin, the Archbishop of Canterbury; Michael our Presiding Bishop;
Lawrence, Geralyn, Daniel, and William our Bishops, all the people and
parishes of the Diocese of Long Island, and for Charles our Priest.
This week the Diocese prays for those serving in the Military, for the
Church of the Transfiguration, Freeport, and all Vestries and Bishop
Committees For all of these let us pray: :

R/ Lord, let us live in the light of Christ

- That the face of the Church may always reflect the light of the glorious
Christ; that her glory may not be in wealth or power but in the quiet glow of
the living gospel, let us pray:

R/ Lord, let us live in the light of Christ.

- That the bright light of nuclear weapons may never be seen again. Heal the wounds opened with the destruction of Hiroshima and Nagasaki, and mend the fabric of the human family, let us pray:

R/ Lord, let us live in the light of Christ.

- That artists may keep revealing to us the splendors of God's creation; that scientists may discover the secrets of the universe and use them to develop people and their world, let us pray:

R/ Lord, let us live in the light of Christ.

- That we may brighten the faces of those who suffer with words of encouragement and hope; that we may learn from Christ to encounter one another without masks or screens and seek together the light of truth and love, let us pray:

R/ Lord, let us live in the light of Christ.

- That we may be women and men liberated in Christ, committed to transfigure this world with justice and freedom for all, and learning to love one another the way God loves us in Christ, let us pray:

R/ Lord, let us live in the light of Christ.

- For all those whose names appear on our parish's prayer list. For those who have departed this life, and all those who rest in our cemetery. I invite you to share with the community gathered here any intercession or names you may wish us to pray for ...*Pause*..... For all of these we pray....

R/ Lord, let us live in the light of Christ

Officiant: God, your glory brightened the face of Jesus, your Son. Let his light dawn on us like a new sunrise full of promise. Create us and the world anew in Jesus Christ our Lord. ***R/ Amen.***

When Christ appears we shall be like him, because we shall see him as he is. As he is pure, all who have grasped this hope make themselves pure. So let us confess our sins that mar his image in us.

Silence is kept.

**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.**

Christ will transfigure our human body and give it a form like that of his own glorious body. We are the body of Christ. We share his peace.

Hymn for the Preparation of the Table and Gifts

**Praise God from Whom all Blessings Flow
Praise God all Creatures here below
Praise God above ye heavenly hosts
Praise Father, Son and Holy Ghost Amen**

The Great Thanksgiving

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 God thanks and praise.

All honor and praise be yours always and everywhere, mighty creator, ever-living God, through Jesus Christ your only Son our Lord: And now we give you thanks because the divine glory of the incarnate Word shone forth upon the holy mountain before the chosen witnesses of his majesty; and your own voice from heaven proclaimed your beloved Son.

Therefore with all the angels of heaven we lift our voices to proclaim the glory of your name and sing our joyful hymn of praise:

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 people stand or kneel.

Then 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.

At the following words concerning the bread, the Celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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:

Celebrant and People

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

The Celebrant continues

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**

And now, as our Savior
Christ has taught us,
we are bold to say,
All: **Our Father...**

Priest: Alleluia, Christ our Passover has been sacrificed for us, **Therefore let us keep the feast, Alleluia!**

Facing the people, the Celebrant says the following Invitation

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.

Communion Meditation

Prayer after Communion Let us pray

**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.**

Christ Jesus, the splendor of the Father and the image of his being, draw you to himself that you may live in his light and share his glory; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

Closing Hymn

**1. Songs of thankfulness and praise,
Jesus, Lord, to thee we raise,
manifested by the star
to the sages from afar;
branch of royal David's stem
in thy birth at Bethlehem;
anthems be to thee addressed,
God in man made manifest.**

**2. Manifest at Jordan's stream,
Prophet, Priest, and King supreme;
and at Cana, wedding-guest,
in thy Godhead manifest;
manifest in power divine,
changing water into wine;
anthems be to thee addressed,
God in man made manifest.**

**4 Manifest on mountain height,
shining in resplendent light,
where disciples filled with awe
thy transfigured glory saw.
When from there thou leddest them
steadfast to Jerusalem,
cross and Easter Day attest
God in man made manifest.**

Go in peace to Love and serve the Lord

Thanks be to God



We Pray for the Healing & Support:

We pray for Mary Ann Blados, Andy Visconti, Gail Gurney, Margaret MacLean, Joanne Calabro, Joe Canning, John Stadenraus, Walter Brigham, Steve Giannitelli, Betianne Morritt, Mark Capellino's Parents, Cindy Belt's mother, Lois Corbett, Barbara Brigham for continued recovery , for Bob Fisher, Sharon Gibbs, Barbara Allen Lieblein Kathryn James, Peter Gulluscio, Bob and Virginia Springsteen, Ethan Pae, Valerie Capon, Louie Cicero, Linda Armbruster, Sr.Tina Ferrio, Andrew Kuhn, Sr. Joy Wright

We pray for, Ukraine, the Sudan, Syria and the Middle East for peace and for safety. For all those suffering from extreme weather in our country and around the world.

**We pray for peace and the end of divisions in our own country
For those grieving loved ones, especially those interred in our cemetery, for those who are ill, for all those who serve the sick, the**

needy and those in prison, for those who are anxious or fearful. For all those in the midst of war or natural disasters.

For all our parishioners living with cancer, known or undetected & for all those who participate in a 12 step group here at St. Mary, and those who have visited our Prayer Wall.

Email any requests or corrections to FrMcCarron@aol.com



**This Wednesday, February 18, is Ash Wednesday. Bring your old palms to church to be burned on Shrove Tuesday
You could bring them Tuesday Night.**

There will be 2 Eucharists with the distribution of ashes on Ash Wednesday at 9:00 AM and 7:00 PM

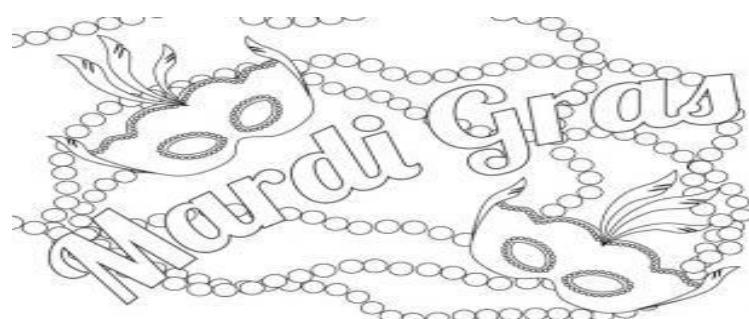


Shrove Tuesday Pancake Supper

Pancakes Sausage Hash Browns

February 17 5:00 – 7:00 PM

Burning of Palms after the meal





An email will go out this Sunday evening with the opportunities available at St. Mary's for Lent

Forty Things to Try to do For Lent

1. Stop buying things you don't need.
2. Starting donating things to charity that you don't need.
3. Give up gossiping.
4. Pick up some rubbish every day and recycle or dispose of it properly.
5. Eat when you're supposed to eat and cut out snacks.
6. Give up sugary fizzy drinks.
7. Give up sweets and snacks and chocolate.
8. Give up alcohol.
9. Get out and get more exercise.
10. Use mindfulness to think about what you're thankful for.
11. Look for the good in things and try not to complain.
12. Carry out one good deed every day.
13. Find a way to get positively involved in your community.
14. Try a new hobby. (Libraries are a great source of information for this subject).

15. Put a smile on your face. You'll be amazed at the reaction you'll get.
16. Help someone out whether it's a neighbor, friend or even a stranger.
17. If you are in a car park and you still have time left on your ticket then pass it onto someone who has just arrived.
18. Try to leave your phone down as often as you can.
19. Try not to use the snooze button in the mornings.
20. Eat more fruit and veg.
21. Stop buying convenience food.
22. If you use bad language try to give it up.
23. We all look forward to the weekends so try to plan ahead and enjoy what's on your doorstep.
24. Visit somewhere you have never visited before. This is easier than you think and believe it or not it could be just out the road from where you live.
25. Make sure you get enough sleep and don't leave your phone beside you in bed.
26. Use the stairs instead of lifts or escalators.
27. Park at the far end of the car park.
28. Say something nice each day to your work colleagues and friends.
29. Take a picture of something you love everyday
30. Try to listen more.
31. If you are texting stop using abbreviations.
32. Put your phone away when you are with friends.
33. Stop being a keyboard warrior and giving out about everything on social media.
34. Start looking at food labels and start buying locally produced food.

35. Don't buy anything online. If it's not in your local shops then you probably don't need it.
36. Stop procrastinating. Don't put off until tomorrow what you can do today.
37. Cut down on the amount of sugar you use in your tea or coffee, in fact you could give up tea or coffee.
38. Give up smoking or vaping.
39. Stop leaving electrical devices on standby, like your TV.
40. Amaze yourself at what you can achieve if you just give it some thought.