



The fifth Sunday after epiphany  
February 8, 2026

St. MARY's

Prelude

**Bell calling us together**

**Opening Hymn**

**#490**

Blessed be God, Father, Son and Holy Spirit

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

**The Collect for Purity (said in unison)**

**– 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.**

**Hymn of Praise # S280**

**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**

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.*

### **Old Testament**

#### **Isaiah 58:1-9a, [9b-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 Psalm**

#### **Psalm 112:1-9, [10]**

##### ***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.]

### **The Epistle 1 Corinthians 2:1-12, [13-16]**

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

“For who has known the mind of the Lord  
so as to instruct him?”

But we have the mind of Christ.]

### **The Gospel Matthew 5:13-20**

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."

### **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 now pray to the Father of light that we may truly become the salt  
and the light of the world. Let us say: *R/ Lord, let your light shine in us.*

- For the Church, especially for Sarah, the Archbishop of Canterbury; Sean  
our Presiding Bishop; Lawrence, Geralyn, and William our Bishops. We  
pray in this time of transition for Hickman, Adam and Michael, the  
candidates for our new bishop. We pray for Cecily our Celebrant and for  
Charles our Priest.

In our Diocesan Cycle of Prayer we give thanks this week for our St. Mary's,  
Shelter Island, St. John's, Southampton and St. Thomas of Canterbury,  
Smithtown. We pray that, in this world the Church may become a community  
that is deeply aware of its need for God, let us pray:



### **R/ Lord, let your light shine in us**

– That there may be more love on earth, Lord, we ask you to dispose people to be more understanding and friendlier to one another, to cross boundaries and to share more readily with those in need, so we pray: **R/ Lord, let your light shine in us.**

– That there may be greater justice on earth, dispose governments and public officials to make room in their priorities and budgets for the socially deprived and those out of jobs, we pray: **R/ Lord, let your light shine in us.**

– That there may be more peace on earth, dispose all nations to put an end to words of hatred and threats of revenge, we pray: **R/ Lord, let your light shine in us.**

– That there may be more joy on earth, dispose all those who follow your Son to show sympathy and affection to one another, to be faithful in our friendships and concerned about our communities, we pray: **R/ Lord, let your light shine in us.**

– That there may be more faith on earth, dispose all your daughters and sons to live as children of light before you and in the sight of people, we pray: **R/ Lord, let your light shine in us.**

I invite you to share any intercessions you may have today with this gathered community .....pause..... For all of these we ask: **R/ Lord, let your light shine in us**

Loving God, you keep entrusting to us the mission  
of making your name and your love known.  
Strengthen us in our weakness,  
make us savor the message of the Gospel,  
that in the footsteps of your Son Jesus  
we may bring your light and taste to the world  
and carry out this task with great joy.  
We ask this through Christ our Lord. R/ Amen.

### **The Confession**

Christ the light of the world has come to dispel the darkness of our hearts. In his light let us examine ourselves and confess our sins..

*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.**

The Peace of the Lord be with you always **And also with you**  
*As was raised in our parish meeting this past week, those who are comfortable may move around to share a "pre-pandemic" physical gesture of peace*

### **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 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:

*Celebrant and People .*

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

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**Hosanna in the highest.**

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

**Hosanna in the highest.**

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*The people stand or kneel.*

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*Then the Celebrant continues*

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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:

*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 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...**

**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*

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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**

#### **Blessing**

May our love be like salt  
that makes life tasty and worthwhile. **Amen**

May our Christian living be a light  
to those who live in darkness. **Amen**

May our Christian communities be cities of light to be seen from afar as signs that God lives and works in God's people. **Amen.**

And may God bless you all for this mission:  
the Father, and the Son, and the Holy Spirit. **R/ Amen.**

### **Closing Hymn #657**

Go in the Peace and Joy of the Lord

**Thanks Be to God**

**Postlude** Bach Fugue F

**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](mailto:FrMcCarron@aol.com)**



A Prayer for our Bishop Search  
*from the Joint Oversight Committee*

Almighty God, giver of every good gift and source of all wisdom and understanding, look graciously upon your church and so guide the minds and hearts of those who will choose our next bishop. We pray that those who offer themselves as candidates in this process, you will grant them wisdom and discernment, a spirit of revelation and knowledge of your will, that they will care for all your people and equip us for our ministries through Jesus Christ our Lord. Amen.

The Joint Oversight Committee of the Episcopal Diocese of Long Island is pleased to announce the slate of candidates presented for election of the 9th Bishop of Long Island. Following a comprehensive prayer-centered discernment process, the Search Committee has completed its work and respectfully submits, with the approval of the Joint Oversight Committee, the following individuals for consideration.

Each candidate has agreed to stand for election, and we are grateful for their willingness to continue to discern this holy call. We are thrilled that these candidates bring particular gifts and experiences to our diocese. They represent a variety of approaches to inclusive leadership, knowledge of institutional complexity, various expressions of Anglican spirituality, a spiritual maturity and strengths in cultural competency which were areas that our diocese identified as essential for our next bishop.



Hickman Alexandre





Adam Shoemaker



Michael Sniffen

Biographies of these three candidates are available on the Diocesan Website.

[Bishop Search | Episcopal Diocese of Long Island](#)