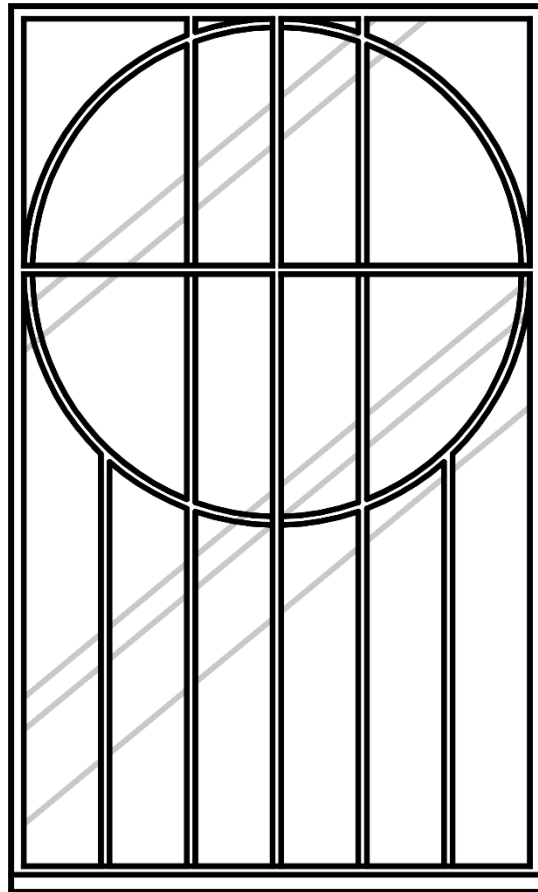




Saint Matthew's

EPISCOPAL CHURCH



Holy Eucharist - Rite II
Fifth Sunday after the Epiphany
February 4, 2024
10:00 am

Welcome to St. Matthew's! We are glad you are here.

The People are invited to read the words in **bold**. If you're joining us from home, please stand, kneel, sing, and pray with us as you're able. No matter where you are, joining in this worship service is a form of prayer that connects you to God and to each other. Whenever two or three are gathered, even virtually, Scripture reminds us that Jesus is present among us.

Children are most welcome and are encouraged to participate in worship.

To the parents of children: Relax! God put the wiggle in children. Sit toward the front so your little ones can see and hear. Go ahead and quietly answer their questions. If you don't know the answer, the priest would love to talk to your little one. When you sing the hymns and join in the prayers, you teach little hearts how to be faithful; you are their best model. If you need to leave the service, that's okay. Don't be shy about coming back. It was Jesus who said, "Let the little children come to me."

Wherever you are on your spiritual journey, there is a place for you at St. Matt's.

+ THE WORD OF GOD +

Prelude

The hymns can be found in the blue hymnals. Please stand as you are able.

Processional Hymn 423

ST. DENIO

"Immortal, invisible, God only wise"

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

The Celebrant and People say together

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.

Gloria in excelsis – S 280

Sung by all

setting by Robert Powell (b. 1932)

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - mighty God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. 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.

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

The congregation may be seated.

The First Reading

Isaiah 40:21-31

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.

Lector The Word of the Lord.

People **Thanks be to God.**

Psalm 147:1-12, 21c *sung by the choir* chant by Frederick Ouseley (1825–89)

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.

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!

The Second Reading

1 Corinthians 9:16-23

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.

Lector The Word of the Lord.

People **Thanks be to God.**

Please stand as you are able.

Children in Pre-K - 7th Grade proceed to their classrooms at the beginning of the hymn.

Sequence Hymn 529

MCKEE

“In Christ there is no East or West”

The Gospel

Mark 1:29-39

Gospeller 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.

Gospeller The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon

The Rev. Marissa Rohrbach

The Nicene Creed

The Celebrant and People say together

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.

The Prayers of the People

The People respond with the words in bold.

Intercessor Beloved of God, how pleasant it is to honor God with praise!
Let us pray to the Lord, saying: “Great are you, O Lord;
Hallelujah!”

Intercessor O God, your Son Jesus came into the world to proclaim your
message. Give your Church the body of Christ, that same
passion to be all things to all people that we might show forth
your salvation. Great are you, O Lord;

People **Hallelujah!**

Intercessor O God, you cast the wicked to the ground and lift up the lowly.
Protect and defend those living under oppressive rulers and
those living under the oppression of hunger, poverty, and war.
Great are you, O Lord;

People **Hallelujah!**

Intercessor O God, you prepare rain for the earth and make grass to grow
on the plains and hills. Provide food enough to support all the
creatures that inhabit the earth. Great are you, O Lord;

People **Hallelujah!**

Intercessor O God, there is no limit to your wisdom; your understanding is
unsearchable. Bless all teachers and students. Sustain our school
systems and universities. Bless your people with knowledge.
Great are you, O Lord;

People **Hallelujah!**

Intercessor O God, you give power to the faint and strengthen the
powerless. In the name of Jesus, we ask that you heal those with
diseases and set free those in bondage. Heal the brokenhearted
and care for the wounded. We pray especially for Sabrina, Karen,
Kristen, Vinny, Antonio, Thomas, Diana, Aaron, Kathy, Arlene,

Jack, Joan, Liz, Jack, Maddie, Scott, Melinda, and Presiding Bishop Michael Curry. We also remember those we now name either silently or aloud (*the people are invited to offer their own intercessions*). Great are you, O Lord;

People

Hallelujah!

Intercessor

O God, you are everlasting, the creator of the ends of the earth. We entrust to your tireless care those who have died. Great are you, O Lord;

People

Hallelujah!

Let us pray for our own needs and those of others.

The People may add their own intercessions either silently or aloud.

Silence may be kept.

The Celebrant says the following prayer

Celebrant Good and gracious God, who loves and delights in all people, we stand in awe before You, knowing that the spark of life within each person on earth is the spark of your divine life. Differences among cultures and races are multicolored manifestations of Your Light. May our hearts and minds be open to celebrate similarities and differences among our siblings. We place our hopes for racial harmony in our committed action and in Your presence in our neighbor. May all peoples live in peace. **Amen.** —*adapted, Sisters of Mercy*

Celebrant Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. **Amen.**

The Confession

Then the Celebrant says

Let us confess our sins against God and our neighbor.

Silence may be kept. The people may stand or kneel.

The Celebrant and People say together

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 Celebrant says

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 you are able.

The Peace

Celebrant

The peace of the Lord be always with you.

People

And also with you.

+ THE HOLY COMMUNION +

After the Celebrant says an Offertory sentence, the congregation may be seated.

If you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift.

Matthew 5:23, 24

Offertory Anthem traditional spiritual arranged by Richard Kent

I know the Lord's laid his hands on me

refrain

Oh, I know the Lord, I know the Lord,
I know the Lord has laid His hands on me.
Oh, I know the Lord, I know the Lord,
I know the Lord has laid His hands on me.

1. Did ever you see the like before?
I know the Lord has laid His hands on me,
King Jesus preaching to the poor.
I know the Lord has laid His hands on me.

refrain

2. Oh, wasn't that a happy day
I know the Lord has laid His hands on me,
When Jesus washed my sins away?
I know the Lord has laid His hands on me.

refrain

3. Some seek the Lord and don't seek Him right,
I know the Lord's laid His hands on me,
They fool all day and pray at night.
I know the Lord has laid His hands on me.
refrain

4. My Lord has done just what He said,
I know the Lord has laid His hands on me,
He's healed the sick and raised the dead.
I know the Lord has laid His hands on me.
refrain

Whether you've joined us today from near or far, in person or online, please consider making a gift of thanksgiving to support the work of God at St. Matthew's. Be part of God's mission with us as we make our way into the new life God promises.

Visit www.stmatthewswilton.org/offering. Designate it as a gift or as part of your pledge.

No gift is too small. All gifts honor the God who honors us with life, breath, love, and salvation.



Please stand as you are able.

Doxology at the Presentation

THE OLD HUNDREDTH

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

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 God thanks and praise.**

It is right, and a good and joyful thing, always and every-where 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:

Sanctus – S 129

Sung by all

setting by Robert Powell (b. 1932)

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, hea - ven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est. _____

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 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,

**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,
for ever and ever. Amen.**

The Breaking of the Bread

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

Fraction Anthem – S 163 *Sung by all* *setting by Robert Powell (b. 1932)*

Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God, you
take a - way the sins of the world: have mer - cy on us.
Lamb of God, you take a - way the sins of the world: grant us peace.

Celebrant The gifts of God for the People of God.

All are welcome to come forward, as directed by ushers, to receive communion or a blessing. Please wait for the Ushers and follow their instructions. When you reach the center of the space, please open your hands and lay them flat to receive the bread or cross your arms over your chest to receive a blessing. You may then choose to drink from the silver chalice to your left or intinct (dip the wafer in the wine) in the clay chalice to your right. If you do not wish to receive wine, simply pass the cup, and make your way back to your seat. We believe Jesus is fully present in both the bread and the wine, so if you receive the bread, you have participated fully in communion. Let the Priest know if you need a gluten free wafer by first extending your palms down. If you would like to have communion brought to your pew, please let an Usher know.

Communion Anthem

John Goss (1800-80)

O savior of the world

O Savior of the World,
who by thy cross and precious blood hast redeemed us.
Save us and help us, we humbly beseech Thee, O Lord.
Amen.

Please kneel or sit to sing.

Communion Hymn 676

BALM IN GILEAD

“There is a balm in Gilead”

If you are joining us from home or have not received communion, you may offer this prayer to the Lord.

The Act of Reception

Saint Augustine’s Prayer Book (2nd ed)

The Celebrant and the People say together

In union, Blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, I long to offer you praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory.

I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace.

Come Lord Jesus, and dwell in my heart in the fullness of your strength; be my wisdom and guide me in right pathways; conform my life and actions to the image of your holiness; and, in the power of your gracious might, rule over every hostile power that threatens or disturbs the growth of your kingdom, who with the Father and the Holy Spirit, lives and reigns, one God, in glory everlasting. Amen.

The Postcommunion Prayer

Celebrant Let us pray.

People **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.

Parish Announcements

The Blessing

Celebrant The Lord Jesus Christ, Son of the living God, teach you to walk in his way more trustfully, to accept his truth more faithfully, and to share his life more lovingly; that by the power of the Holy Spirit you may come as one family to the kingdom of God. And the blessing of our God who Creates, Redeems, and Sanctifies be with you this day and evermore. **Amen.**

Recessional Hymn 411

ST. THOMAS

“O bless the Lord, my soul!”

After the Celebrant offers the dismissal, the People respond

Thanks be to God.

Postlude

Worship Leaders

<i>Celebrant & Preacher</i>	The Rev. Marissa Rohrbach
<i>Eucharistic Ministers</i>	Vytas Kisielius, Pam Ely
<i>Lectors</i>	Beth Baker, Paul Reis
<i>Intercessor</i>	Anna-Kate Reis
<i>Music Director</i>	Andrew Leslie Cooper
<i>Choir</i>	St. Matthew's Church Choir
<i>Altar Guild</i>	Nancy Brautigam, Lorena Morales Aparicio, Joy Ruterma
<i>Counters</i>	Brian Angerame, David Gortz

Prayer Requests *Specific prayer requests will be kept on the prayer list for six weeks.*

Please call or email the office if you have additions or deletions to the prayer list. You are encouraged to offer your own prayers silently or aloud as indicated in the Prayers of the People.

Today and through the week, we remember all those who have been commended to our prayers. For those who are sick or in need: *Sabrina, Karen, Kristen, Vinny, Antonio, Thomas, Diana, Aaron, Kathy, Arlene, Jack, Joan, Liz, Jack, Maddie, Scott, Melinda, and Presiding Bishop Michael Curry. For those serving in the military, Matthew Comeau.*

In the Diocesan Cycle of Prayer, we pray for Christ & the Epiphany, East Haven; St. John's, East Windsor; Christ's Church, Easton; Holy Trinity, Enfield; Comite Hispano, Spanish-language Cursillo, Latino/Hispanic ministries in CT.

St. Matt's Spirited Sisters

On Wednesday, February 14, the Spirited Sisters group will gather in the sanctuary to attend the 7:30pm Ash Wednesday service in the Church. Afterwards, we will adjourn to the Upper Core to share some light snacks and a brief conversation about what Ash Wednesday means to us (or whatever topic grows out of worship). Please join us for an evening of worship and fellowship.

St. Matt's Spirited Sisters is a community of faith for the women of St Matthew's that explores and strengthens our Christian ideals and knowledge, fostering friendship, offering prayer and support for each other, and building a deeper relationship with Christ. We generally meet the second Wednesday of every month to discuss topics of faith by listening to podcasts, reading articles, taking field trips, doing hands-on activities, and learning from each other. We welcome all the women of St. Matthew's and their friends. Discussion materials will be available prior to the meeting but advanced prep work is not required. Please Contact Pam Carlson pamelacarlson@gmail.com or Stacey Savas staceysavas70@gmail.com with any questions.

Philadelphia Eleven Documentary



We have a wonderful opportunity at St. Matthew's coming up on April 28th. We will have a special screening of a documentary that was made about the Philadelphia Eleven, the first women to be ordained in the Episcopal Church. And we will be joined that day by one of the eleven, the Rev. Dr. Carter Heyward. You can read more about the film and watch the trailer in this week's Enews.

We continue to work out some of the details - but I'll have all of them to you soon. Plan on coming to church that morning and staying afterward for the screening and a conversation with Carter Heyward. Mark your calendars now so you don't miss it! Share this invitation with friends who might be interested. All are welcome.



UPCOMING CONCERTS

Friday, Mar 22, 2024, 7:30 PM: Hildegard, Bach, and Pärt (free)

Friday, Apr 05, 2024, 7:30 PM: Chhandayan | Holi Festival of Colors

Saturday, May 18, 2024, 7:30 PM: La Fiocco

Saturday, Jun 08, 2024, 7:30 PM: Grand Finale — The Bach Family

Tickets and subscriptions available at
www.stmatthewswilton.org/aasm-tickets



Confronting Hate Program: Sunday, February 4th – 2:00 to 4:00 pm at the Wilton Y

There is a very special program coming up on Sunday, February 4th from 2:00 to 4:00 pm at the Wilton Y. The program's subject is Confronting Hate and addresses that specifically in terms of racism, anti-Semitism, Islamophobia, and gender slurs. This is not some "other place" issue but sadly one present right here in our own community, and after the five speakers present (including hopefully Congressman Jim Himes who has indicated that he's planning to attend), the last hour or so will be devoted to an open mic with questions, comments, and personal stories offered by those in the audience who choose to speak. The program will conclude with a specific call to action asking each of us in attendance to fill out a card with contact information to be part of a positive and community-wide effort to address and confront these huge societal ills.

So this is quite a program and one of great significance for our community, and we strongly encourage you to attend.

~ The St. Matthew's members of Wi-Act's Steering Committee



TEMPLE B'NAI CHAIM
SUNDAY, FEBRUARY 4, 2024
2:00 PM - 4:00 PM
at the Riverbrook Regional YMCA, Wilton, CT

Confronting Acts of Hate in Our Community

Sharing our communities' sensitivities, experiences with hate incidents and the impact these have had:

Cantor Harriet Dunkerley (Temple B'nai Chaim)
Father Reggie Norman (Our Lady of Fatima)
Rachel Simon, ED (Norwalk Triangle Center)
Panelist TBD from the Muslim Community

Representative Jim Himes to speak!
RSVP Required. Scan the QR Code.

In partnership with

the RIVERBROOK REGIONAL YMCA
SERVING WILTON, NORWALK, AND REDDING

WILTON LIBRARY

Temple B'nai Chaim is a participant in the ADL Kulanu program.

Weekly Calendar – February 4 – February 11

Sunday, **February 4**

10:00am

10:15am

11:15am

11:30am

The Fifth Sunday after the Epiphany

Holy Eucharist – Rite 2 (In person & Livestream)

Church School

Coffee Hour

St. Matthew's Annual Meeting

Monday, **February 5**

7:00-9:30pm

Education for Ministry (Zoom)

Tuesday, **February 6**

11:00am

Staff Meeting

Wednesday, **February 7**

7:30pm

Social Justice & Racial Healing group (Zoom)

Thursday, **February 8**

7:30-9:00pm

St. Matthew's Church Choir rehearsal

Sunday, **February 11**

10:00am

10:15am

11:15am

The Sixth Sunday after the Epiphany:

Holy Eucharist – Rite 2 (In person & Livestream)

Church School

Coffee Hour

**Connection details available on our website, in the e-news,
and in our Parishioner Facebook group.**

Need to sign up for the e-news? It's easy – just go to www.stmatthewswilton.org/newsletter.

Need to join the Parishioner Facebook Group? Go here:
<https://www.facebook.com/groups/StMatthewsOnline/>

Need something else? Send Marissa a note or be in touch with another member of the staff.



Saint Matthew's

EPISCOPAL CHURCH

ASH WEDNESDAY

*Remember that you are dust,
And to dust you shall return.*

February 14th, 2024

7:30pm





Life Line Screening goes beyond regular checkups to look inside your arteries for signs of plaque build-up



All 4 Screenings for \$149

Carotid Artery Disease:

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease (PAD):

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA):

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.

Atrial Fibrillation :

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

We will be in your neighborhood soon February 17th

WEPCO Church Complex

48 New Canaan Rd
Wilton, CT 06897

Get your special Community Circle pricing!

Three ways to register and receive the special discount:

Call toll-free: 1-800-679-5191

Online: LLSA.SOCIAL/HC

Text: the word circle to 216-279-1607



Getting Screened is Simple!
Painless, non-invasive, keep your clothes on.



¹ <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

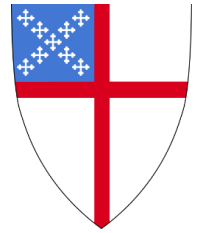
No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

² <https://www.heart.org/en/health-topics/atrial-fibrillation>

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.

Worship Schedule at St. Matthew's

Holy Eucharist on Sundays at 10am



Please keep an eye on our website and social media as well as our e-news. There you'll find information and opportunities to connect for friends and members of all ages.

Staff

Rector	The Rev. Marissa S. Rohrbach, marissa@stmatthewswilton.org
Music Ministries & Organist	Andrew Leslie Cooper, andrew@stmatthewswilton.org
Parish Administrator	Nancy Johnson, office@stmatthewswilton.org
Director of WEPCO	Donna Savage, wepco@optonline.net
Bookkeeper	Louann Miska, louann.miska@gmail.com
Media Technician	Matthew Henshaw
Nursery Staff	Lucia Sato
Sextons	Alix Williams, Jairo Mejia

Wardens and Officers

Warden	Pam Ely	Clerk	Jennifer DeAngelis
Warden	Anne Newton	Asst. Treasurer	Brian Angerame
Treasurer	Rob Kyle		

The Vestry

Eleanor Arnold	Amy Gubner	Endy Perry
Beth Baker	Vytas Kisielius	Paul Reis
Pam Carlson		

36 New Canaan Road, Wilton, CT 06897

Phone: (203) 762-7400

www.stmatthewswilton.org

Like us on Facebook! www.facebook.com/stmattswilton

Follow us on Twitter & Instagram @stmattswilton