

Welcome to

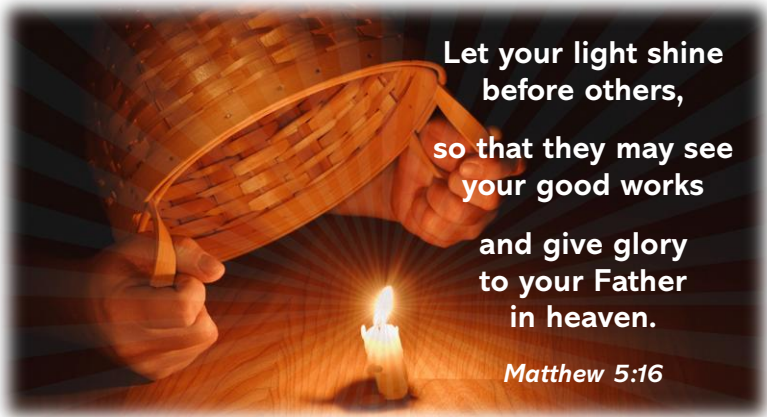
St. John's Episcopal Church

Chula Vista, CA

Fifth Sunday after the Epiphany

February 8, 2026

9:00am



Let your light shine
before others,
so that they may see
your good works
and give glory
to your Father
in heaven.

Matthew 5:16

*No matter who you are or where you are on your spiritual journey,
you are welcome here*

Prelude

Announcements, Birthday and Anniversary Prayers

Opening Hymn

Christ Whose Glory Fills the Skies

Hymnal 7



1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!



Sun of Right-cous - ness, a - rise! Tri-umph o'er the shades of night:
joy-less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;



Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Opening Acclamation

Presider Blessed be God: Father, Son, and Holy Spirit.

People ***And blessed be God's kingdom, now and forever. Amen***

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.***

The Gloria *Gloria in Excelsis*

Hymnal S-280

***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 of the Day

Presider The Lord be with you.

People ***And also with you.***

Presider Let us pray.

O God, you spoke your word and revealed your good news in Jesus, the Christ. Fill all creation with that word again, so that by proclaiming your joyful promises to all nations and singing of your glorious hope to all peoples, we may become one living body, your incarnate presence on the earth. **Amen.**

The Lessons

A Reading from the Book of the Prophet Isaiah Isaiah 58:1-9a

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.

The Word of the Lord.

Thanks be to God.

Psalm 112:1-10

Hallelujah!

Happy are they who fear the Lord

and have great delight in his commandments!

Their descendants will be mighty in the land;

the generation of the upright will be blessed.

Wealth and riches will be in their house,

and their righteousness will last for ever.

Light shines in the darkness for the upright;

the righteous are merciful and full of compassion.

It is good for them to be generous in lending

and to manage their affairs with justice.

For they will never be shaken;

the righteous will be kept in everlasting remembrance.

They will not be afraid of any evil rumors;

their heart is right; they put their trust in the Lord.

Their heart is established and will not shrink,

until they see their desire upon their enemies.

They have given freely to the poor,

***and their righteousness stands fast for ever;
they will hold up their head with honor.***

The wicked will see it and be angry;

they will gnash their teeth and pine away;

the desires of the wicked will perish.

The Gospel

Matthew 5:13-20

Presider The Holy Gospel of our Lord Jesus Christ according to Matthew
People ***Glory to you, Lord Christ.***

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."

The Gospel of the Lord.
Praise to you, Lord Christ.

Sermon

The Rev. Susanna DesMarais

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.***

The Prayers of the People

Presider Let us pray for all people, for all nations, and for the church, saying: Lord, hear our prayer.

I ask your prayers for God's church, for Sean, our presiding bishop and Susan, our bishop, and all who serve it, for this assembly, and for all God's people everywhere. Pray for the church.

Lord, hear our prayer.

I ask your prayers for the good earth, that all people may respect its resources, preserve its future, and enjoy its fruits in their season. Pray for the soil and the sea.

Lord, hear our prayer.

I ask your prayers for the leaders of the nations, that they may act deliberately and dispassionately, and for the good of all. Pray for those who govern.

Lord, hear our prayer.

I ask your prayers for peace, that the peoples of the world may live in safety and without fear. Pray for peace.

Lord, hear our prayer.

I ask your prayers for the wealthy, the free and the healthy, that they may use their possessions to help those in need. Pray for compassion among people.

Lord, hear our prayer.

I ask your prayers for the sick, the sorrowing, and those who are alone. Pray for those in any need or trouble

Lord, hear our prayer.

I ask your prayers for the faithful departed, that God give them eternal rest. Pray for those who have died.

Lord, hear our prayer.

Together let us pray for those serving our country and their families

Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces, first responders, and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen. (BCP 823)

Presider God of all the living, hear the prayers of your faithful people, and grant our requests. Strengthen us for the tasks you give us, and bring us at last to praise you forever with your saints, through Christ our Lord. ***Amen.***

The Confession

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

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive us, restore us, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Presider 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

Presider The peace of the Lord be always with you.

People **And also with you.**

The Great Thanksgiving

The Offertory

Your generous offering helps us to continue the mission and ministry of the parish. You may give here or online by using the "Give Now" button on our St. John's website: www.saint-johns.org or by scanning the QR code.



Offertory Anthem

The St. John's Choir

Doxology

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

Presider The Lord be with you.

People **And also with you.**

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our 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. For by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world.

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:

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

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

***We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;***

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. John and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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

Presider Christ our Passover is sacrificed for us;

People ***Therefore let us keep the feast.***

Presider 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

Everyone is invited to the Lord's Table. We offer Holy Communion under both forms of bread and wine. After receiving the bread, indicate to the Chalice Bearer if you prefer drinking from the cup or having your host intincted (dipped) by the Chalice Bearer. If you would rather not have Communion, you are invited to come forward for a blessing, indicated by crossing your arms over your chest.

Spiritual Communion

I invite all who are watching our liturgy online to receive Christ spiritually. Let us pray together:

Lord Jesus, we believe you are truly present in the Blessed Sacrament of bread and wine, body and blood. Unite my heart with those of my family of faith gathered to celebrate the great meal of Holy Communion this day and make us all one with you today and every day. May this strengthen our faith and grant us confidence in your loving care now and forever. Amen.

Prayer After Communion

Presider 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.**

The Blessing

Presider The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord, and the blessing of God, Father, Son, and Holy Spirit, be upon you, and remain with you always. **Amen.**

Closing Hymn *Lord of All Being, Throned Afar* Hymnal 419

1 Lord of all be - ing, throned a - far, thy glo - ry
 2 Sun of our life, thy quick - ening ray sheds on our
 3 Lord of all life, be - low, a - bove, whose light is
 4 Grant us thy truth to make us free, and kin - dling
 flames from sun and star; cen - ter and soul of
 path the glow of day; star of our hope, thy
 truth, whose warmth is love, be - fore thy ev - er -
 hearts that burn for thee, till all thy liv - ing
 ev - every sphere, yet to each lov - ing heart how near!
 soft - ened light cheers the long watch - es of the night.
 blaz - ing throne we ask no lus - ter of our own.
 al - tars claim one ho - ly light, one heaven - ly flame.

The Dismissal

Presider Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude

Altar Flowers

The altar flowers are given by Iris Atkins in memory of Joe.

Liturgical Ministers

Presider/Preacher	Rev. Susanna DesMarais
Organist	Cheryl Seppala
Reader/Intercessions	Alice Burnham, Diane Gustafson
Ushers	David and Linda Dennehy

St. John's Prayer Lists

*Today and every day include some time for prayer, for yourself,
for your church family, and for those in need.*

For Our Military

Matt Jensen, Drew Shorkey, Cody Crossland, Cameron Ronie, Chariti Paden, Mark Stanfield, Sean Robinson, Jonathan Martinez, TK Nguyen, Christopher Lindshield, Timothy Lindshield, Jeremy Colton, David Sanchez, Jonathan Baldera, Nick Wyatt, Jamal Warner, Matt Hernandez, Daniel Getreu, Devon Strunk, Taylor Harrold, Jorge Zuazua, Roberto Chavez, Ryan Lothspeich, Andrew C. Dugger, Dan and Chelsey Nyaradi, Gen. G.C. Heinrich, Pedro Bonilla, Patrick King, Connor Feeny, and Sebastian Morales.

For Strength in Time of Need

Gary and Shirley McCarren, Alec Hauer, Karen Polk, Bob Milam, Bill and Ann Rogers, James Kellogg Burnham III, Linda Longoria-Neff, Lynn Young, Fr. George Keith, Jeff M., Steve Magill and Heather Wallace, Bill Cox, Walt Kennedy, Terri Valdez, Angelina Cortez, and Lori Scherer.

*(Names are kept on the Prayers List for 4 weeks and should be submitted by Wednesday.
If you wish to add a name, please email Maria Love at: info@saint-johns.org.)*

Announcements

The Annual Souper Bowl Sale!

Buy your soup today! There are eleven different soups, all homemade by parishioners, available for sale. The containers hold 2 cups with some space for expansion if to be frozen after purchase. Prices are one container for \$8, two for \$15, three for \$20. There's also breads and rolls for sale.

Shrove Tuesday Pancake Supper

The annual Shrove Tuesday Pancake Supper will be on
Tuesday, February 17 at 5:00pm

Wear Mardi Gras colors!

Bring any palms you have from Palm Sunday – they will be burned during the supper for use on Ash Wednesday.

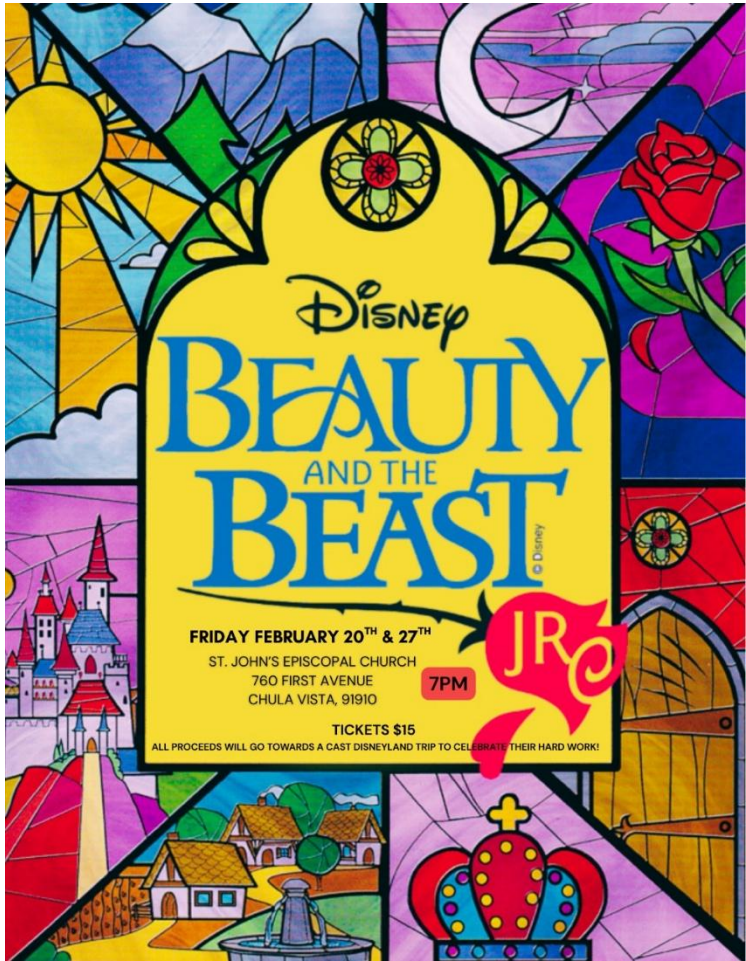
Ash Wednesday Services

February 18 at noon and 6:00pm

Lent Offerings at St. John's

- Midweek Holy Eucharist on Thursdays at noon in the church
- Centering Prayer on Mondays at 9:30 am in the church
- Adult Forum: How do you pray? March 1, 8, & 15 After 9 am worship
- Evening Book Group: Tools Matter: Beginning the Spiritual Journey by Mary Margaret Funk
7 pm on Wednesdays Zoom only.

More information to follow



FRIDAY FEBRUARY 20TH & 27TH
ST. JOHN'S EPISCOPAL CHURCH
760 FIRST AVENUE
CHULA VISTA, 91910

7PM



TICKETS \$15

ALL PROCEEDS WILL GO TOWARDS A CAST DISNEYLAND TRIP TO CELEBRATE THEIR HARD WORK!

St. John's Clergy

The Rev. Susanna DesMarais, *Interim Priest-in-Charge*

St. John's Vestry

Bob Dunn, *Senior Warden*

619-913-5580

robert@saint-johns.org

Bill Cheney, *Treasurer*

Lynn Young, *Clerk*

Iris Atkins

Pamela Brittain

David Dennehy

Karen Duignan

Bill Gustafson

Alejandra Valdez-Ber

St. John's Mission Statement

St. John's is a Christian community that intentionally gathers to experience God's love through Episcopal worship, education, fellowship, and ministry to the wider community.



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