



Holy Eucharist Rite II
The Second Sunday after the Epiphany
January 17, 2021
10:00 am

The People are invited to read the words in **bold**. While we're online, these words will be led by someone on screen so that you can read and pray with them. No matter where you are, joining in this worship service is a form of prayer that connects you to God and to each other. Find a comfortable place to sit. Kneel or stand for the prayers if you'd like. Whenever two or three are gathered, even virtually, Jesus is present among us.

+ THE WORD OF GOD +

Prelude

Prelude No. 3

C.V. Stanford (1852 - 1924)

Opening Hymn 7

Ratisbon

"Christ, whose glory fills the skies"

The Cantor sings the verses. The People are invited to sing at home.



Words: Chaires Wesley (1707-1788) Music: Ratisbon, melody from Geystliche gesangk Buchleyn, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

Celebrant People Blessed be God: Father, Son, and Holy Spirit.

And blessed be God's kingdom, now and for ever. Amen.

The Collect for Purity

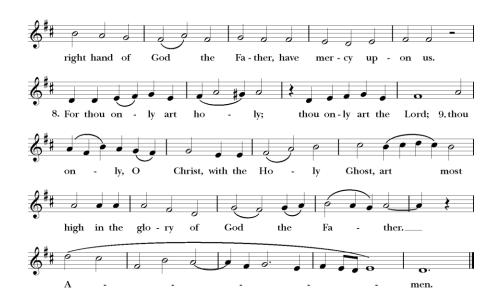
Almighty God, to you all hearts are open, all desires known and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. **Amen.**

Glory be to God: Gloria in excelsis

Healey Willan

The Cantor sings the Gloria. The People are invited to sing at home.





The Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray. Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. **Amen.**

The First Reading

1 Samuel 3:1-20

Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread.

At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. Then the LORD called, "Samuel! Samuel!" and he said, "Here I am!" and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." Now

Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening." So Samuel went and lay down in his place.

Now the LORD came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening." Then the LORD said to Samuel, "See, I am about to do something in Israel that will make both ears of anyone who hears of it tingle. On that day I will fulfill against Eli all that I have spoken concerning his house, from beginning to end. For I have told him that I am about to punish his house forever, for the iniquity that he knew, because his sons were blaspheming God, and he did not restrain them. Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be expiated by sacrifice or offering forever."

Samuel lay there until morning; then he opened the doors of the house of the LORD. Samuel was afraid to tell the vision to Eli. But Eli called Samuel and said, "Samuel, my son." He said, "Here I am." Eli said, "What was it that he told you? Do not hide it from me. May God do so to you and more also, if you hide anything from me of all that he told you." So Samuel told him everything and hid nothing from him. Then he said, "It is the LORD; let him do what seems good to him."

As Samuel grew up, the LORD was with him and let none of his words fall to the ground. And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the LORD.

Lector The Word of the Lord.

People Thanks be to God.



- ¹LORD, you have searched me out and / known me; * you know my sitting down and my rising up; you discern my / thoughts from afar.
- ² You trace my journeys and my / resting-places * and are acquainted with / all my ways.
- ³ Indeed, there is not a word on my / lips, * but you, O LORD, know it / altogether.
- ⁴You press upon me behind and / before * and lay your / hand upon me.
- ⁵ Such knowledge is too wonderful for / me; * it is so high that I can-/not attain to it.
- ¹² For you yourself created my inmost / parts; * you knit me together in my / mother's womb.
- ¹³ I will thank you because I am marvelously / made; * your works are wonderful, and I / know it well.
- ¹⁴ My body was not hidden from / you, * while I was being made in secret and woven in the depths / of the earth.
- ¹⁵ Your eyes beheld my limbs, yet unfinished in the womb; all of them were written in your / book; * they were fashioned day by day, when as yet there was / none of them.

¹⁶ How deep I find your thoughts, O / God! * how great is the / sum of them!

¹⁷ If I were to count them, they would be more in number than the / sand; *

to count them all, my life span would need to / be like yours.

The Second Reading

1 Corinthians 6:12-20

"All things are lawful for me," but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything. "Food is meant for the stomach and the stomach for food," and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us by his power. Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, "The two shall be one flesh." But anyone united to the Lord becomes one spirit with him. Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

Lector The Word of the Lord.

People Thanks be to God.

The Gospel John 1:43-51

Gospeller The Holy Gospel of our Lord Jesus Christ, according to John.

People Glory to you, Lord Christ.

Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

Gospeller The Gospel of the Lord.

People Praise to you, Lord Christ.

The Sermon

The Rev. Marissa Rohrbach

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

Intercessor With all our heart and with all our min	d, let us pray to the
---	-----------------------

Lord, saying, "Lord, have mercy."

Intercessor For the peace from above, for the loving-kindness of God,

and for the salvation of our souls, let us pray to the Lord.

People Lord, have mercy.

Intercessor For the peace of the world, for the welfare of the holy Church

of God, and for the unity of all peoples, let us pray to the Lord.

People Lord, have mercy.

Intercessor For Michael, our Presiding Bishop, for our Bishops, Ian and

Laura, for Marissa our Rector, for Don our Deacon, and for

all the clergy and people of the Episcopal Church in

Connecticut, let us pray to the Lord.

People Lord, have mercy.

For the leaders of the nations, and for all those in authority, Intercessor let us pray to the Lord. Lord, have mercy. People We pray for the special needs and concerns of this Intercessor congregation, especially for Mary Ann, Roy, Christine, Rich, Nancy, Ken, Dawn, Barrie, Donnie, James, Jeff, Aaron, Michael, Katie, Petra, Doris, Patricia, Frank, Richard, Mary Lou, Charles, Gene, Kathy, Bo, Geoff, Dann, Abbie, and for all those we now name [_____]; let us pray to the Lord. People Lord, have mercy. For the poor and the oppressed, for the unemployed and the Intercessor destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord. People Lord, have mercy. For the members of our military, for first-responders, Intercessor healthcare workers, and for all who risk their lives on behalf of others; especially for Jake and Matthew and those we now name, let us pray to the Lord. Lord, have mercy. People We pray also for those who have died, especially Nancy Pratt, Intercessor aunt of Susan Abrams, and for those we now name (the people are invited to offer their own intercessions); let us pray to the Lord. People Lord, have mercy.

Intercessor We thank you, Lord for all the blessings of this life, especially for [_____and] those we now name (the people are invited to offer their own thanksgivings).

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

People Lord, have mercy.

Intercessor

Silence may be kept.

Celebrant O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

The Confession

Then the Celebrant says
Let us confess our sins against God and our neighbor.

Silence may be kept.

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.**

The Peace

Celebrant The peace of the Lord be always with you.

People And also with you.

The Holy Communion

Celebrant says an Offertory sentence.

Let us with gladness present the offerings and oblations of our life and labor to the Lord.

Hymn at the Presentation

Doxology

Old 100th

The Cantor sings the verse. The People are invited to sing at home.



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.

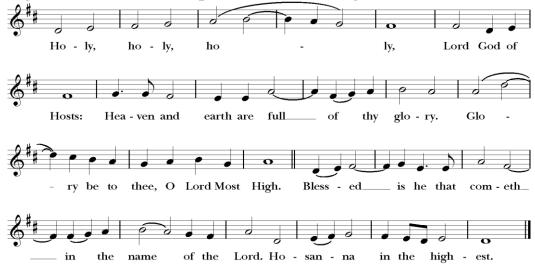
It is right, and a good and joyful thing, always and everywhere to give thanks to you Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ 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:

Sanctus – Holy, holy, holy

Healey Willan

The Cantor sings the Sanctus. The People are invited to sing at home.



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 [______ 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 forever and ever. Amen.

The Breaking of the Bread

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

Celebrant Alleluia. Christ our Passover is sacrificed for us.

People Therefore, let us keep the feast. Alleluia.

Celebrant The gifts of God for the People of God.

Agnus dei – O Lamb of God

Healey Willan

The Cantor sings the Sanctus. The People are invited to sing at home.



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.

Silence is kept.

Communion Anthem

Johann Georg Ebeling

All my heart this night rejoices

Sung by the Parish Choir

All my heart this night rejoices,
As I hear, far and near,
Sweetest angel voices;
Christ is born, their choirs are singing,
Till the air, everywhere,
Now their joy is ringing.
Hark! a voice from yonder manger,
Soft and sweet, doth entreat,
Flee from woe and danger;
Brethren, come; from all that grieves you
You are freed; all you need
I will surely give you.

Come, then, let us hasten yonder; Here let all, great and small, Kneel in awe and wonder, Love Him who with love is yearning; Hail the star that from far Bright with hope is burning.

Divine Mysteries

Communion Hymn

The Cantor sings the verse. The People are invited to sing at home.

"Sweet Sacrament divine"



Sweet Sacrament divine, hid in thine earthly home, lo, round thy lowly shrine, with suppliant hearts we come; Jesus, to thee our voice we raise in songs of love and heartfelt praise: sweet Sacrament divine.

The Postcommunion Prayer

Celebrant Let us pray. God of abundance,

People You have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior. Amen.

Parish Announcements

The Blessing

The Priest blesses the People saying

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.**

"Christ is the world's true Light"

The Cantor sings the verses. The People are invited to sing at home.



Words: George Wallace Briggs (1875-1959), alt. Copyright © by permission Oxford University Press. Music: St. Joan, Percy E. B. Coller (b. 1895) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

One of the clergy offers the dismissal to which the people respond,

Thanks be to God.

Postlude Trumpet Tune in D Henry Purcell (1659 - 1695)

Worship Leaders

Celebrant & Preacher The Rev. Marissa Rohrbach
Deacon The Rev. Deacon Don Burr

Lectors Vytas Kiselius, Beth Baker, Anne Newton, Sharon Pearson,

Samantha Trolice

Artist in Residence Scott Ellaway

Cantor Dermot Kiernan

Parish Choir

Coffee Hour Hosts Paul Reis, Pam Ely

Facebook Greeter Pam Ely

<u>Prayer Requests</u> Specific prayer requests will be kept on the prayer list for <u>six weeks</u>. 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: Mary Ann, Roy, Christine, Rich, Nancy, Ken, Barrie, Dawn, Donnie, James, Jeff, Aaron, Michael, Katie, Petra, Doris, Patricia, Frank, Gene, Bo, Kathy, Geoff, Abbie, Richard Douthitt, Mary Lou Mannix, Charles Kennedy and Dann Pompa. For those serving in the military, Jake Walker and Matthew Comeau.

In the Diocesan Cycle of Prayer, we pray for all ecumenical and interfaith endeavors involving our congregations and people; for peace and peacemakers.

Meet the RenewalWorks Team:

Pam Ely, Facilitator

Joe Magnano, Administrator

Vytas Kisielius

Pam Carlson

Jen DeAngelis

Beth Cristini

Bill Brautigam

Anne Newton

Marissa Rohrbach, Rector Jen Kepner, Senior Warden

Brian Angerame, Junior Warden

Amy Gubner

Beth Baker

Eleanor Arnold

Samantha Trolice, Director of

Children, Youth, & Family Ministries

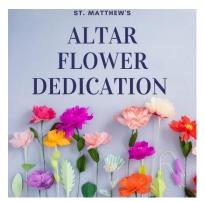
If you have questions about this process or thoughts to contribute after taking the Spiritual Life Inventory, please be in touch with Pam or Marissa. You can also check in with these team members who are giving their time and their gifts to this process as we chart a course forward.

Parish Update Meeting, Sunday, January 17th @ 11:30 on Zoom

In advance of the Annual Meeting, the Rector and Officers invite you to join them for an update on the year that has passed and a preview of some plans for the Annual Meeting and the year ahead.

Join us in a Zoom room on Sunday, January 17th at 11:30am. The link will be shared in our e-news as well as in our Parishioner Facebook Group. And mark your calendars for Sunday, February 7th at 11:30am when we will gather via Zoom for our Annual Meeting.

Altar Flower Dedications



You can celebrate or memorialize your loved ones with flower dedications. Let us know the date you would like and any colors or flowers you want (we will do our best) and the Flower Guild will make a beautiful vase arrangement and delivery to your home (local addresses only please). We will announce the dedication in church and on our social media.

A \$75 donation is suggested. Please email Jennifer Angerame at theangerames@gmail.com with questions.

Join Us For Coffee Hour – Sundays at 9am

This fall, coffee hour returns in a slightly different form! Join us on Sunday mornings at 9am. Gather with other parishioners for an hour before virtual worship at 10am. Bring your coffee or tea and spend some time connecting with all those faces you miss! To begin, Coffee Hour will be hosted each week by our Vestry members and Officers. As we move further into the year, there will be opportunities for others to host as well. As always, Zoom information will be shared in our e-News and will be posted in our Parishioner Facebook Group. We can't wait to see you!



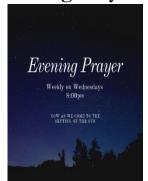
Join us in a Zoom room for Sung Compline – Tuesday nights at 9pm

One of the pieces we miss most about worshipping together is actually **being together**. Join us in a Zoom room for Compline. This will allow us to see each other as we worship and it will allow us to connect for a few minutes afterwards, to talk to each other, to engage together on a deeper level - and we hope you'll try it with us!



Link shared in e-news and our Parishioner Facebook Group

Evening Prayer at St. Matthew's – All Are Invited



Set aside your Wednesday evenings as a family (or after the kids go to bed) to join St. Matthew's for online Evening Prayer to end the day. Offered via Zoom, this short (15-20 minute) service will help you settle down after a long day, giving thanks for what has been done and what has been left undone. Starting at 8:00pm led by members of St. Matt's, we will begin by greeting one another then move into prayer with the opportunity for anyone to contribute or ask for prayers during the service. A link will be provided each

week in our eNews and our Parishioner Facebook Group.

Weekly Calendar – January 17 – January 24

Sunday, January 17 The Second Sunday After the Epiphany

9:00am Coffee Hour (Zoom)

9:00am Church School Grades K-5 (Zoom) 10:00am Holy Eucharist -Rite 2 (Livestream) 11:30am Parish Update Meeting (Zoom)

Monday, January 18

7:00pm Education for Ministry (Zoom)

Tuesday, January 19

11:00am Staff Meeting (Zoom) 9:00pm Compline (Zoom)

Thursday, January 20

3:20-4:50pm Music Appreciation Online Class with Scott

7:30pm Online Adult & Youth Choir rehearsal

8:00pm Evening Prayer (Zoom)

Sunday, January 24 The Third Sunday after the Epiphany

9:00am Coffee Hour (Zoom)

10:00am Morning Prayer: Rite 2 (Livestream)

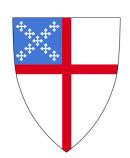
Connection details available on our website, in the e-news, and in our Parishioner Facebook group. Need to sign up for the e-news? It's easy – just go to www.stmatthewswilton.org/newsletter.

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.

Next Week: Worship online again with St. Matthew's

There are many ways to connect with St. Matt's in the coming weeks. 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 The Rev. Deacon Don Burr, don@stmatthewswilton.org Deacon Scott Ellaway, scott@stmatthewswilton.org Artist in Residence Nancy Johnson, office@stmatthewswilton.org Parish Administrator Children, Youth & Family Samantha Trolice, samantha@stmatthewswilton.org Louann Miska, louann.miska@gmail.com Bookkeeper Sandy Muschler, wepco@optonline.net **WEPCO** Nursery Staff Lucia Sato, Kate DeAngelis Sexton Max Gil

Wardens and Officers

Sr. Warden Jen Kepner Asst. Treasurers Bruce Beebe, Andrea Sato

Jr. Warden Brian Angerame Clerk Anne Newton

Treasurer Keith DeAngelis

The Vestry

Michael Kaelin Kim Hall Joe Magnano Dodo Roberts Tim Jarvis Paul Reis

Jessica Christ Pam Ely

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