



St. Mark's Anglican Church

The Fifth Sunday after Epiphany

February 8, 2026

Sung Eucharist at 10:30 am

Welcome to St. Mark's.

*The order of service is set forth in this service sheet.
Please stand and kneel as you are able—and as is your custom.
Please join in singing the hymns and saying the parts printed in **bold***

PRELUDE *I Want to Walk as a Child of the Light*

Wayne Wold (b. 1954)

There will be a brief congregational rehearsal at 10:30

THE GATHERING OF THE COMMUNITY

HYMN 330

O Praise Ye the Lord

Celebrant The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

People **And also with you.**

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

GLORY TO GOD

Common Praise, no. 686

THE COLLECT

Celebrant Let us pray.

Merciful Lord,
grant to your faithful people pardon and peace,
that we may be cleansed from all our sins
and serve you with a quiet mind;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever.

People Amen.

All sit

THE PROCLAMATION OF THE WORD

FIRST READING

Isaiah 58:1-9a

Reader: Penny-Lynn Cookson

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 practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, 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.

Reader Thanks be to God.



Halleluia! Happy are they who / fear the / Lord,*
and have great de- / light in / his com- / -mandments!

Their descendants will be / mighty in • the / land;*
the generation of the / up-right / will be / blest.

Wealth and riches will be / in their / house,*
and their / righteousness • will / live for- / ever.

Light shines in the darkness / for the / upright;*
the righteous are / merciful • and / full of • com- / passion.

It is good for them to be / generous • in / lending*
and to manage / their af- / fairs with / justice.

For they will / never • be / shaken;*
the righteous will be kept in / ev-er / lasting • re- / membrance.

They will not be afraid of any / evil / rumours;*
their heart is right, they / put their / trust in / God.

Their heart is established and / will not / shrink,*
until they see their de- / sire up- / on their / enemies.

2nd They have given freely / to the / poor,*
and their righteousness stands fast forever;
and they will / hold up • their / head with / honour.

SECOND READING

1 Corinthians 2:1-12

Reader: Penny-Lynn Cookson

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.

Reader Thanks be to God.

HYMN

Music: *Ellacombe* melody *Gesangbuch*, Württemberg, 1784

Text: William Walsham How (1823-1867), alt.



O Christ the Word in - car - nate O wis - dom from on
The Church from her dear Mas - ter re - ceived the gift di -
O make thy Church, dear Sav - ious a lamp of bur-nished

high, O truth un - changed, un - chang - ing, O light of our dark
vine, and still that light she lif - teth o'er all the earth to
gold, to bear be - fore the na - tions thy true light, as of

sky, we praise thee for the ra - diance that
shine; it is the pre - cious trea - su - ry where
old; O teach thy wan - dering pil - grims by

from the hall - owed page, a lan - tern to our
gems of truth are stored; it is the heav'n drawn
this their path to trace, till, clouds, and dark - ness

foot - steps shines on from age to age.
pic - ture of Christ, the liv - ing Word.
end - ed they see thee face to face.

GOSPEL

Matthew 5:13-20

Gospeller The Lord be with you.
People **And also with you.**

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

Gospeller The Gospel of Christ.
People **Praise to you, Lord Jesus Christ.**

THE SERMON

The Rector

All stand

THE NICENE CREED

Celebrant Let us confess our faith, as we say,
All **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.
 With the Father and the Son
 he is worshipped 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

Leader: Steve Hinchliffe

Leader Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

People Lord, in your mercy,
hear our prayer.

Leader Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

People Lord, in your mercy,
hear our prayer.

Leader Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

People Lord, in your mercy,
hear our prayer.

Leader Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.
Lord, in your mercy,
People **hear our prayer.**

Leader Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.
Lord, in your mercy,
People **hear our prayer.**

Leader We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.
Lord, in your mercy,
People **hear our prayer.**

Celebrant Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord.
People **Amen.**

***CONFESSION AND ABSOLUTION**

Celebrant Dear friends in Christ,
God is steadfast in love and infinite in mercy;
he welcomes sinners and invites them to his table.
Let us confess our sins, confident in God's forgiveness.

All 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 neighbours 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.**

Celebrant Almighty God have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord.

People Amen.

THE PEACE

Celebrant The peace of the Lord be always with you.
People And also with you.

WORDS OF WELCOME

THE CELEBRATION OF THE EUCHARIST

HYMN

Music: *Lift Every Voice* J. Rosamond Johnson (1873-1954)
Text: James Weldon Johnson (1871-1938)

Lift ev-ry voice and sing till earth and heav - en ring, ring with the
Ston-y the road we trod, bit - ter the chast ening rod, felt in the
God of our wear - y years God of our si - lent tears, thou who hast

har - mon - ies of li - ber - ty; let our re-joic-ing rise, high as the
days when hope un - born_ had died; yet with a stead - y beat, have not our
brought us thus far on_ the way; thou who hast by thy might led us in

lis tening skies, let it re-sound loud as the roll - ing sea. Sing a
wear - y_ feet come to the place for which our peo - ple sighed? We have
to the_ light, keep us for - ev - er in the path_ we pray. Lest our

song full of the faith that the dark past has taught us, sing a
come o - ver a way that with tears has been wa - tered; we have
feet stray from the pla - ces our God where we meet thee, lest, our



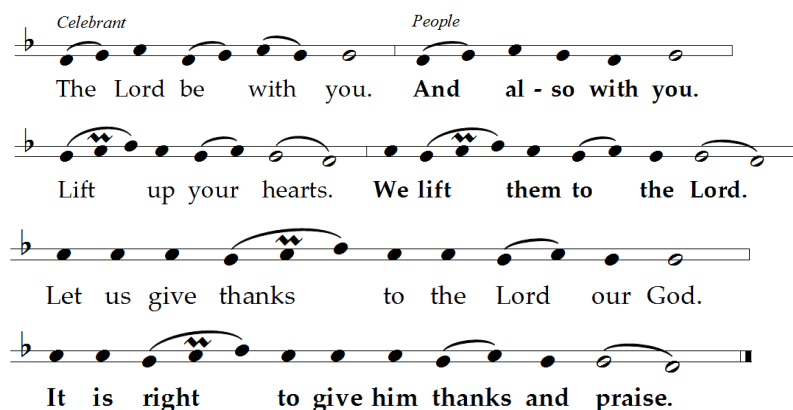
song full of the hope that the pre-sent has brought us; fa - cing the
come, trea-ding our path through the blood of the slaugh - tered, out from the
hearts drunk with the wine of the world, we for - get___ thee; shad-owed be

ris - ing sun of our new day be - gun, let us march
gloom - y past, till now we stand at___ last where the white
neath thy hand, may we for - ev - er___ stand true to our

on till vic - to - ry___ is won.
gleam of our bright star___ is cast.
God true to our na - tive land.

This important hymn, often called “The Black National Anthem”, is offered as part of our commemoration of Black History Month

THE GREAT THANKSGIVING



Celebrant *People*

The Lord be with you. And al - so 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 him thanks and praise.

Celebrant Blessed are you, gracious God,
creator of heaven and earth;
you are the source of light and life for all your creation,
you made us in your own image,
and call us to new life in Jesus Christ our Saviour;
Therefore with angels and archangels,
and with all the holy people
who have served you in every age,
we raise our voices to proclaim the glory of your name.

All remain standing or kneel

Celebrant We give thanks to you, Lord our God,
 for the goodness and love
 you have made known to us in creation;
 in calling 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 Saviour 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 he was handed over
 to suffering and death,
 a death he freely accepted,
 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.

All Therefore, Father, according to his command,
 we remember his death,
 we proclaim his resurrection,
 we await his coming in glory;

Celebrant and we offer our sacrifice
of praise and thanksgiving
to you, 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, made acceptable in him,
may be sanctified by the Holy Spirit.

In the fullness of time,
reconcile all things in Christ
and make them new,
and bring us to that city of light
where you dwell with all 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 whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours, almighty Father,
now and forever.

People **Amen.**

THE LORD'S PRAYER

Celebrant And now, as our Saviour Christ has taught us, we are bold to say,
All **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,
the power and the glory,
for ever and ever. Amen.**

***THE BREAKING OF THE BREAD**

Celebrant We break this bread to share in the body of Christ.
People **We, being many, are one body, for we all share in the one bread.**

Celebrant The gifts of God for the people of God,
People **Thanks be to God.**

LAMB OF GOD

Common Praise, no. 690

THE COMMUNION

*Please follow the directions of the greeters as you make your way to the altar
Kneeling and standing are both appropriate postures to receive the Eucharist*

MUSIC DURING COMMUNION

Keneth Langer (b. 1959)

If I can stop one heart from breaking,
I shall not live in vain.
If I can ease one life the aching, or cool one pain,
I shall not live in vain.

- *Emily Dickinson (1830-1886)*

After communion, all stand for

THE PRAYER AFTER COMMUNION

Celebrant All your works praise you, O Lord.
All **And your faithful servants bless you.**

**Gracious God
we thank you for feeding us
with the body and blood of your Son
Jesus Christ.
May we, who share his body,
live his risen life;
we, who drink his cup,
bring life to others;
we, whom the Spirit lights,
give light to the world.
Keep us firm in the hope you have set before us,
So that we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen**

THE BLESSING

Celebrant May God, who in Christ gives us a spring of water welling up to eternal life,
perfect in you the image of his glory; and the blessing of God almighty: the
Father, the Son, and the Holy Spirit, be among you and remain with you always.
People **Amen.**

THE DISMISSAL

Gospeller Let us go forth in peace to love and serve the Lord.
People **Thanks be to God.**

HYMN 565

Guide Me, O Thou Great Jehovah

VOLUNTARY *Fugue in G*, BWV 541

J. S. Bach (1685-1750)

Lent begins with Ash Wednesday—February 18 2026.

Sung Eucharist with Imposition of Ashes at 5 pm

Note: this service will replace our regular Wednesday Evening Prayer

Join us for our annual Shrove Tuesday Pancake Supper
in Addison Hall on Tuesday, February 17 from 5 pm – 7 pm

Adults: \$15
Children under 10: \$10

This is a great opportunity to invite friends and neighbours
to experience St Mark's Hospitality. Please spread the word!



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The Rev'd Leighton Lee, *Rector*
The Rev'd Dr Susan MacLaren, *Honorary Assistant to the Rector*

Michael Bloss, *Director of Music*
Erin McKinley, *Parish Administrator*

Andrea Douglas	Ian Russell
<i>Rector's Warden</i>	<i>People's Warden</i>

Kathy Taylor
Deputy Warden

Allan Magnacca, O. N.
Warden Emeritus

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