

10:00 a.m. Holy Eucharist (BAS)

Licensed Lay Minister: Stephen Hamlin

Opening Hymn – All Creatures of our God and King

Gathering of the Community

Gloria

Collect of the Day: 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. **Amen**

The Proclamation of the Word:

Isaiah 40: 21-31 (Jason Reynolds)

Psalms 147: 1-12, 21c

1 Corinthians 9: 16-23 (Prue Hansen)

Gradual Hymn – We Cannot Measure How You Heal

Gospel: Mark 1: 29-39 (Sarah Lennerton)

Homily – Natasha Bejarano

Nicene Creed

Prayers of the People

Confession and Absolution

The Peace

Offering Hymn – Precious Lord, Take My Hand

Prayer over the Gifts: God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Saviour. **Amen**

Celebration of the Eucharist #1

Sanctus

The Lord's Prayer

Breaking of the Bread #6

Lamb of God

Communion Hymn – I am the Living Bread

Ablutions Hymn – Light of the World, in Grace and Beauty

Prayer after Communion

Doxology

Blessing

Closing Hymn – Praise the One who Breaks the Darkness

Dismissal

May the Lord

Chancel Guild: Leona Hunt, Carol Adams, Donna Bungay

Greeters: Placide Chiasson, Bob Adams, Neil Harris, Bill Canning, Murray MacCormick

In lieu of flowers, a donation has been made to the glory of God and in loving memory of John Coldwell from Ruth Ann.

ANNOUNCEMENTS:

Tuesday, Feb. 6th – Spiritual Development 7:00 p.m.

Wednesday, Feb. 7th – Choir 6:30 p.m.

Thursday, Feb. 8th – Pastoral Ministry 1:00 p.m.
Community Dinner Meeting 2:00 p.m.

Friday, Feb. 9th – Meditation 10:00 a.m.
Lectionary Bible Study 11:00 a.m.

Next Sunday, Feb. 11th – 6th Sunday after Epiphany
10:00 a.m. HE (BAS) 10:00 a.m. Sunday School

Join us for **Coffee Hour** today after worship. Next coffee hour date is March 3.

Looking Ahead: Our parish **Annual Meeting** is scheduled for **Sunday, February 18th** beginning at 1:00 p.m.

Sunday School dates for the winter/spring term: Feb. 11th, Feb. 25th, Mar. 10th, Mar. 24th, Apr. 14th, Apr. 28th, May 12th, May 26th.

Next **8:00 Holy Communion (BCP)** service will be held on Feb. 11th.

Common Cup: As part of our cautionary approach in dealing with Covid 19 and other communicable illness, we continue to offer two options for the receiving of communion wine: the common cup and a second cup from which a medicine dropper is used to place wine upon the host. You are invited to make the choice that is best for you and cross to the appropriate chalice after receiving the host.
Note: Dipping of the wafer (intinction) is not permitted in the common cup.

2023 Income Tax Receipts were emailed Monday of this past week. If you do not see an email in your inbox from stjohnsturo@outlook.com please be sure to check your spam/junk mail folder before following up with the office.

2024 Offering Envelopes are now available at the back of the church.

Our next **parish book club** meeting will be held on **Sunday, February 25th** after worship. The book for discussion will be The Road Years by Rick Mercer. All are welcome to join us in the parish hall meeting room for the discussion.

Office Hours Change: Our parish office is now open Monday – Thursday from 9:00 a.m. – 2:15 p.m.

Our **Mitten Tree** is up once again. We welcome your handmade or purchased donations of mittens and scarves to share with our local schools. Please note: we are not accepting hats this year.

Coldest Night of the Year takes place on Saturday, Feb. 24th. Again this year, St. John's will enter a team of walkers in support of our local homeless shelter Haven House. Please speak to Natasha Bejarano or Rev. Lori to be part of the team. If you wish to donate to St. John's team online go to [PLEASE SPONSOR St. John's Anglican Church \(e2rm.com\)](https://e2rm.com) or speak to Natasha to donate in cash. Thank you for your help with this worthy cause.

Our **Baby Needs 2024 Drive** for the Colchester Food Bank takes place from **January 28th – March 3rd**. Donations of food, clothing and other essentials for babies and toddlers will be received in the Red Food Cart on Sundays or can be dropped at the parish office. The items will be delivered to the Food Bank the week of March 4th. Thank you for your support of this initiative of your Chancel Guild. For more info speak to Maria Murphy or Prue Hansen.

Lent is coming up fast with **Ash Wednesday** on February 14th this year! Again we will have several resources to help you observe the season. An at home online devotion called **Seeds of Joy** will be available for daily reflection and prayer. Sign up now by contacting Rev. Lori to be added to the email list. Do you have musings or questions about your faith? Our Thursday evening Lenten program this year will be **"Big Ideas!"** – a weekly conversation about some of the spiritual things that can fascinate and frustrate us. (Runs Thursday, February 22nd to Thursday, March 21st at 7:00 p.m. in the sanctuary of the church). Watch this space for the weekly topic! As always, **Lent Madness** will take us on a daily journey with the saints of the past and present. Sign up to be inspired by these holy lives at www.lentmadness.org and join us as we learn about and vote for our favourite saints. And as we did for Advent, we'll also be providing a take home, colourable Lenten calendar with prayer prompts and ideas for daily observance of the season. So there's lots to help you on the Lenten road this year!

Ash Wednesday: This year Lent begins on February 14th. On that day, there are several ways to worship as we begin Lent together. Join us for **Ashes to Go** at 8:30 a.m. on the corner of Prince and Inglis (by the clock). Or attend our indoor services of Holy Eucharist and imposition of ashes at 12:00 noon (said service) or at 7:00 p.m. (sung service).

The next **Community Dinner** will take place on February 17th. Grocery items for the pantry table are welcome and can be dropped off in the blue bin at the back of the church.

Interfaith Expo Public Event – Celebration of Interfaith Peace & Harmony. Free event – everyone welcome! Sunday, Feb. 11th from 2:00 – 4:00 p.m. at the Truro Fire Hall. Meet representatives of Truro's varied faith communities and learn of our many similarities. Multi-faith expressions, including music and poetry, will be presented with plenty of free time for conversation and fellowship. Refreshments will be served.

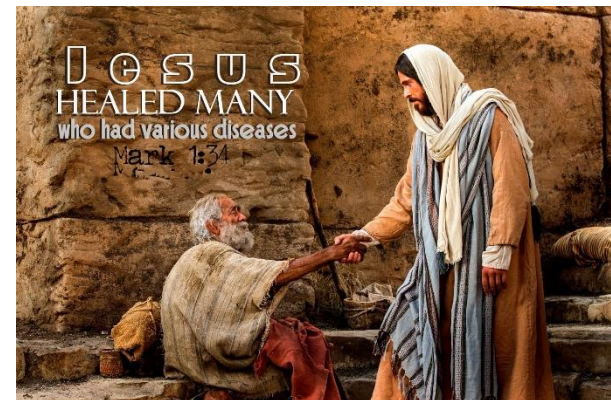
First United UCW is hosting a **Pancake Lunch and Supper** on Shrove Tuesday - February 13th. Prepaid Take Out is available. There will be two sittings - lunch 11:30 a.m. - 1:30 p.m. and supper 4:30 p.m. - 6:30 p.m. Tickets available at the First United Church Office (Adults \$12; Child \$6). Deadline is Friday, February 9th.

Choirs for Comfort - Saturday, Feb. 10th at 3:00 p.m. at First United. Featuring First United Church Choir, Cantabile Singers, Cantabile Truro Youth Singers, CEC Choir, Creative Voices, Redcliff Middle School Choir and Resonance. Proceeds to the Colchester Food Bank.

Alzheimer Society **Caregiver Support Group** – A safe place for people in caregiving roles to come together regularly for mutual care and support. 2nd Tuesdays of the month from 1:00 – 2:00 at First United Church (parking lot entrance). Registration is required by calling 1-800-611-6345.



February 4th, 2024 5th Sunday after Epiphany



Rector: Rev'd Lori Ramsey



Wardens: Elaine MacInnis and Neil Harris

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