

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

Licensed Lay Minister: Gordon West

Opening Hymn – Like a Healing Stream

Gathering of the Community

Gloria

Collect of the Day: Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

The Proclamation of the Word:

Deuteronomy 18: 15-20 (Natasha Bejarano)

Psalms 111

1 Corinthians 8: 1-13 (Arnold Hatfield)

Gradual Hymn – O Christ the Healer

Gospel: Mark 1: 21-28 (Kim Benedict)

Homily – Rev. Lori

Affirmation of Faith

Prayers of the People

Confession and Absolution

The Peace

Offering Hymn – Servant Song

Prayer over the Gifts: God of steadfast love, may our offering this day, by the power of your Holy Spirit, renew us for your service. We ask this in the name of Jesus Christ the Lord. **Amen**

Celebration of the Eucharist #4

Sanctus

The Lord's Prayer (sung)

Breaking of the Bread #6

Lamb of God

Communion Hymn – Father of Heaven, whose Love Profound

Ablutions Hymn – Sent Forth by God's Blessing

Prayer after Communion

Doxology

Children's Hymn – Jesus Put This Song

Blessing

Closing Hymn – Thy Hand, O God, Has Guided

Dismissal

Let There be Love

Chancel Guild: Laurel MacIntosh, Elaine MacInnis

Greeters: Bill Wesley, Bob Standing, Tom Rudolph

In lieu of flowers, a donation has been made to the glory of God and in loving memory of parents Heather and Don Marks and brothers Don and Bob from Lorna.

ANNOUNCEMENTS:

Wednesday, Jan. 31st – Choir 6:30 p.m.

Friday, Feb. 2nd – Meditation 10:00 a.m.

Lectionary Bible Study 11:00 a.m.

Next Sunday, Feb. 4th – 5th Sunday after Epiphany
10:00 a.m. HE (BAS) Coffee Hour

Looking Ahead: Our parish **Annual Meeting** is scheduled for **February 18th, 2024** beginning at 1:00 p.m. Those responsible for submitting their committee or organization's annual reports are asked to have them into the office as soon as possible.

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 **Coffee Hour** date is Feb. 4th.

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

Next **Friday Morning Prayer** will be on Feb. 2nd at 9:15 in the church.

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: The latest version of the computer program we use to record our offerings now gives us the ability to issue income tax receipts by email. In order to implement this change beginning with the 2023 year, we are in the process now of setting up email addresses in our database. If you've had a recent email address change, and you haven't already done so, please make sure you provide it to Angela before the end of the month. For those who do not have an email account, receipts will be printed as in past years. Should you have any questions about the emailing of receipts please see Harry MacKenzie, our Envelope Secretary.

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://www.e2rm.com) or speak to Natasha to donate in cash. Thank you for your help with this worthy cause.

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. Sunday, Feb. 11th from 2:00 – 4:00 p.m. at the Truro Fire Hall. Come and 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. This is a free event. Everyone is welcome and the diversity of opinion honoured as we learn from each other.

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!

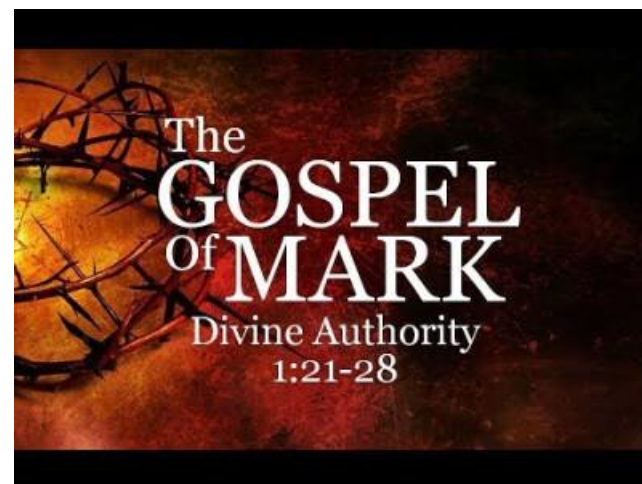
First United UCW is hosting a **Pancake Lunch and Supper** on Shrove Tuesday - February 13th. Prepaid Take Out is available. There will be two sittings - lunch 11:30 a.m. - 1:30 p.m. and supper 4:30 p.m. - 6:30 p.m. Tickets available at the First United Church Office (Adults \$12; Child \$6). Deadline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

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

Grief: Moving Through the Hard Times. Facilitated by Sheila Ago and sponsored by Transforming Tides Counselling. Six Online Sessions – New dates of March 2 - April 13. Fee is \$200. Register at admin@irenegunn.com



January 28th, 2024 4th Sunday after Epiphany



Rector: Rev'd Lori Ramsey



Wardens: Elaine MacInnis and Neil Harris

PLEASE TAKE THIS LEAFLET HOME FOR FUTURE REFERENCE