**Jan’s Journal**

This Sunday is the fourth Sunday after Epiphany.

The focus this week is about being and doing.

How shall I live my life as a follower of God/Jesus?

Micah tells his listeners that God is not interested in extravagant gifts or signs of our human success. God is interested in us living a life that exemplifies justice for others, kindness, and humility as we walk with God.

The passage from the Gospel according to Matthew is known as “The Sermon on the Mount” or “The Beatitudes.” The word “beatitude” means “blessing.” In this passage, Jesus pronounces blessings on those who struggle: the poor in spirit, the grieving, the meek, the hungry, the persecuted. These “blessings” call conventional wisdom into question. They upend the status quo. How can Jesus’ words re-shape a world in need of healing? How can Jesus call a person who is hungry, or a person aching in grief blessed?

Come to worship on Sunday and we will talk about it!

Lectionary readings for this Sunday include:

Micah 6: 1-8 Psalm 15 1 Corinthians 1: 18-31 Matthew 5: 1-12

February is Black History Month. The United Church of Canada is offering two workshops concerning antiracism. The first titled “Antiracism Workshop with Selam Debs” will take place on Zoom on Tuesday February 7th from 10-11:30 a.m. The second, titled “Antiracism Part 2: You and the United Church of Canada” is facilitated by Reverend Alcris Limongi and will take place on Zoom on March 7th from 10 to 11:30 a.m. You will need to pre-register by going to the HFRC website. The workshops are free.

You can reach me at: [revjanmcc@gmail.com](mailto:revjanmcc@gmail.com) or on my cell phone: 905-630-8202.

Blessings for the New Year,

Pastor Jan