

Welcome to  
**St. Luke Cedar Hill**  
Fifth Sunday after Epiphany  
(Proper 5)  
February 4, 2024 - 10:00 am  
Holy Eucharist



3821 Cedar Hill Cross Rd., Victoria, BC V8P 2M6

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*We acknowledge that we gather with respect on the traditional  
territories of the lək̓ʷəŋən peoples, known in our day as the Esquimalt  
and Songhees Nations, the traditional custodians of these lands.  
We are grateful for their hospitality.*

Prelude (*please be seated*)

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Welcome and Introduction (*The Rev. Daniel Fournier*)

*Please stand as you are able.*

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

**All: And also with you.**

**Opening Hymn: CP 7 New Every Morning Is the Love**  
(*tune: Melcombe*)

**Invitation to Confession**

Priest: Sisters and Brothers,  
to those who suffer,  
words (and actions flowing from them) really do matter.  
In today's readings,  
God hears suffering and heals the brokenhearted.  
That is what Jesus was about in his ministry.  
That is what the disciples  
and all his followers have always been about.  
That is what we, too, are called to be doing.  
Hearing, preaching and living the Gospel  
are ultimately about life, love and healing.  
There are as many ways to do this  
as there are committed Christians.

As we prepare to worship this day,  
we come to God as one  
from whom no secrets are hidden,  
to ask for his forgiveness and peace.

*Silence is kept.*

Priest: **Most merciful God,**

**All: we confess that we have sinned  
in thought, word and deed.**

**We have not loved you with our whole heart.**

**We have not loved our neighbours as ourselves.**

**In your mercy**

**forgive what we have been,**

**help us to amend what we are,**

**and direct what we shall be;**

**that we may do justly,**

**love mercy,**

**and walk humbly with you, our God.**

**Amen.**

### **Absolution**

Priest: May the God of love and power  
forgive you and free you from your sins,  
heal and strengthen you by his Spirit,  
and raise you to new life in Christ our Lord.

**All: Amen.**

Priest: Glory to God in the highest,

**All: and peace to his people on earth.**

**Lord God, heavenly king,**

**almighty God and Father,**

**we worship you, we give you thanks,**

**we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,**

**Lord God, Lamb of God,**

**you take away the sin of the world:**

**have mercy on us;**

**you are seated at the right hand of the Father:**

**receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

### **The Collect of the Day**

Priest: The Lord be with you.

**All: And also with you.**

Priest: Let us pray.

Everlasting God,  
you give strength to the weak and power to the faint.  
Make us agents of your healing and wholeness,  
so that your good news may be made known  
to the ends of your creation,  
through Jesus Christ, our Saviour and Lord.

**All: Amen.**

*Please be seated.*

### **The Liturgy of the Word**

#### **FIRST READING: ISAIAH 40: 21-31**

Reader: A Reading from the Book of Isaiah.

*At the end of the reading:*

Reader: Word of God, Word of Life.

**All: Thanks be to God.**

#### **PSALM 147: 1-12, 21c**

**Response: *Praise the Lord who heals the brokenhearted.***

Hallelujah! How good it is to sing praises to our God!  
how pleasant it is to honour him with praise!  
The Lord rebuilds Jerusalem;  
he gathers the exiles of Israel. **(Response)**

He heals the brokenhearted and binds up their wounds.  
He counts the number of the stars and  
calls them all by their names. **(Response)**

Great is our Lord and mighty in power;  
there is no limit to his wisdom.  
The Lord lifts up the lowly, but casts the wicked to the ground.  
Sing to the Lord with thanksgiving;  
make music to our God upon the harp. **(Response)**

He covers the heavens with clouds  
and prepares rain for the earth;  
He makes grass to grow upon the mountains  
and green plants to serve mankind. **(Response)**

He provides food for flocks and herds  
and for the young ravens when they cry.  
He is not impressed by the might of a horse,  
he has no pleasure in the strength of a man.  
But the Lord has pleasure in those who fear him,  
in those who await his gracious favour.  
Hallelujah! **(Response)**

## **SECOND READING: 1 CORINTHIANS 9: 16-23**

Reader: A Reading from the First Letter of Paul  
to the Corinthians.

*At the end of the reading:*

Reader: Word of God, Word of Life.

**All: Thanks be to God.**

*Please stand as you are able.*

**Gradual Hymn: CP 292 We Cannot Measure How You Heal**  
*(tune: Ye Banks and Braes)*

## THE GOSPEL: MARK 1: 29-39

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ  
according to Mark.

**All: Glory to you, Lord Jesus Christ.**

*At the end of the gospel:*

Reader: The Gospel of Christ.

**All: Praise to you, Lord Jesus Christ.**

Homily: The Rev. Daniel Fournier

Anthem: *You Are My Light* by D. Perry

*Please stand as you are able.*

**An Affirmation of Faith** (*Based on "A Liturgical Affirmation",  
from A New Zealand Prayer Book*)

Leader: Let us affirm our faith in God.

**All: You, O God, are supreme and holy.  
You create our world and give us life.  
Your purpose overarches everything we do.  
You have always been with us.  
You are God.**

**You, O God, are infinitely generous,  
good beyond all measure.  
You came to us before we came to you.  
You have revealed and proved  
your love for us in Jesus Christ,  
who lived and died and rose again.  
You are with us now.  
You are God.**

**You, O God, are Holy Spirit.  
You empower us to be your gospel in the world.  
You reconcile and heal; you overcome death.**

**You are our God. We worship you. Amen.**

### **Prayers of Intercession**

*Sitting, standing or kneeling, as is your custom.*

*In response to the words, "Loving God,"  
the community prays, "**Hear our prayer.**"*

Let us pray with confidence as God's holy people  
for the needs of the Church, all families,  
and for our world...

Holy and loving God,  
we thank you for the story of Christ's life among us,  
offering a pattern for the way we live,  
assuring us of your love.  
We thank you for moments of quiet and contemplation  
that restore us,  
and the energy of your Spirit at work in the world  
and in our own lives, even when we are at rest.

In the quiet of these moments we hand over to you  
all those concerns stirring within us today:

Anything that has been distracting or hurtful... *[Silence]*  
Anything that makes us worry  
or brings sleepless nights... *[Silence]*  
Our hopes and dreams for the future... *[Silence]*  
and for the lives of those we love... *[Silence]*

Loving God,  
**All: Hear our prayer.**

We hold before you the needs and hopes  
of those who need your comfort,  
those who are struggling with depression  
that seems overwhelming,  
those who are anxious;  
those who are feeling loneliness;  
those who are experiencing grief and loss.  
*[Silence]*

Loving God,  
**All: Hear our prayer.**

We pray that peace and prosperity will begin to flourish  
in places facing war, famine, and disaster;  
we pray for an easing of tensions in the Middle East,  
and for a path of healing and reconciliation to be found;  
we pray for the work of all those  
who are serving in places of conflict,  
for strength to continue and for their safety. *[Silence]*

Loving God,  
**All: Hear our prayer.**

We pray for wisdom for the leaders of our world,  
that those who manage the world economy  
find honest, just and generous ways  
to ensure all who are hungry are fed  
and to help those in desperate conditions... *[Silence]*

Loving God,  
**All: Hear our prayer.**

We pray that the dignity of each creature  
be honoured and the earth itself be treasured...  
*[Silence]*

Loving God,  
**All: Hear our prayer.**



May peace with justice thrive in the world you love as  
we offer all these prayers in the name of Christ Jesus.

**All: Amen.**

**The Peace** (*Please stand as you are able.*)

Priest: The peace of the Lord be always with you.

**All: And also with you.**

### **The Liturgy of the Eucharist**

#### **Offertory Hymn:**

**CP 592 Where Cross the Crowded Ways of Life**

*(tune: Fulda)*

### **The Preparation of the Table**

#### **Prayer over the Gifts**

Priest: God of compassion and forgiveness,  
receive our offering this day,  
and make us one with him who is our peace,  
Jesus Christ our Saviour.

**All: Amen.**

#### **Eucharistic Prayer**

*[Source: Eucharistic Prayer 2 - The Book of Alternative Services. 1985.]*

Priest: The Lord be with you.

**All: And also with you.**

Priest: Lift up your hearts.

**All: We lift them to the Lord.**

Priest: Let us give thanks to the Lord our God.

**All: It is right to give our thanks and praise.**

Priest: We give you thanks and praise, almighty God,  
through your beloved Son, Jesus Christ,  
our Saviour and Redeemer.  
He is your living Word,  
through whom you have created all things.

By the power of the Holy Spirit  
he took flesh of the Virgin Mary  
and shared our human nature.  
He lived and died as one of us,  
to reconcile us to you, the God and Father of all.

In fulfilment of your will  
he stretched out his hands in suffering,  
to bring release to those  
who place their hope in you;  
and so he won for you a holy people.

He chose to bear our griefs and sorrows,  
and to give up his life on the cross,  
that he might shatter the chains of evil and death,  
and banish the darkness of sin and despair.

By his resurrection he brings us  
into the light of your presence.  
Now with all creation we raise our voices  
to proclaim the glory of your name.

*(From Common Praise # 735)*

**All: Holy, holy, holy Lord,  
God of power and might.  
Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full,  
full of your glory.  
Hosanna in the highest,  
hosanna in the highest.  
Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest,  
hosanna in the highest.**

*Congregation may sit or kneel at this time.*

Priest: Holy and gracious God, accept our praise,  
through your Son our Saviour Jesus Christ;  
who on the night he was handed  
over to suffering and death,  
took bread and gave you thanks,  
saying, "Take, and eat:  
this is my body which is broken for you."  
In the same way he took the cup,  
saying, "This is my blood which is shed for you.  
When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection,  
we offer you this bread and this cup,  
giving thanks that you have made us worthy  
to stand in your presence and serve you.

We ask you to send your Holy Spirit  
upon the offering of your holy Church.  
Gather into one  
all who share in these sacred mysteries,  
filling them with the Holy Spirit  
and confirming their faith in the truth,  
that together we may praise you  
and give you glory  
through your Servant, Jesus Christ.

All glory and honour are yours,  
Father and Son, with the Holy Spirit  
in the holy Church, now and for ever.

**All:**     **Amen.** (*Sung 5 times - From Common Praise # 737*)

**The Lord's Prayer** (*Please stand as you are able.*)

Priest: In the words that our Saviour taught us, we pray:

**All:**     **Our Father in heaven,**  
          **hallowed be your name,**  
          **your kingdom come,**  
          **your will be done,**  
          **on earth as in heaven.**

**Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

**Breaking of the Bread** *(From Common Praise # 747)*

**All: Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer, redeemer of the world,  
give us your peace, give us your peace.**

**The Giving of Communion**

**Priest:** The table of bread and wine is now ready.  
It is the table of company with Jesus,  
and all who love him.  
It is the table of sharing with the poor of the world,  
with whom Jesus identified himself.  
It is the table of communion with the earth,  
in which Christ became incarnate.  
So come to this table,  
you who have much faith  
and you who would like to have more;  
you who have been here often  
and you who have not been for a while;  
you who have tried to follow Jesus,  
and you who have failed;  
Come.  
It is Christ who invites us to meet him here.

God's holy gifts for God's holy people.

**All: Thanks be to God.**

*Please follow the directions of the sidespeople as the congregation is invited to come forward to receive the bread and wine.*

*If you would prefer not to receive communion, please come forward for a blessing. Crossing your hands over your chest will signal the priest to give you a blessing instead.*

**NOTE:** *Gluten free wafers are available on request.*

*Please remain seated as we sing the hymns during communion.*

### **Hymns during Communion:**

#### **CP 59 Jesus Calls Us Here to Meet Him**

*(tune: Jesus Calls us)*

#### **CP 647 Spirit of the Living God**

*(tune: Living God)*

**Prayer after Communion** *(Please stand as you are able.)*

Priest: God our creator,  
by your gift the tree of life was set  
at the heart of the earthly paradise,  
and the bread of life at the heart of your Church:  
may we who have been nourished  
at your table on earth  
be transformed by the glory of the Saviour's cross  
and enjoy the delights of eternity;  
through Jesus Christ our Lord.

**All: Amen.**

Priest: Glory to God

**All: whose power, working in us,  
can do infinitely more  
than we can ask or imagine.  
Glory to God,  
from generation to generation,  
in the Church and in Christ Jesus,  
For ever and ever. Amen.**

**Announcements** *(Please be seated.)*

**Benediction** (*Please stand as you are able.*)

Priest: May you run and not be weary.  
May you rise up on the wings of eagles.  
May you know without doubt  
that the everlasting God goes with you!  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All: Amen.**

**Closing Hymn: CP 598 Go to the World**  
(*tune: Engelberg*)

**Dismissal**

Leader: Go in peace to love and serve the Lord.

**All: Thanks be to God.**

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Postlude

*Thank you to all who assisted with today's service.*

**IN THE WORLDWIDE ANGLICAN PRAYER CYCLE, we pray** for The Anglican Church of South America - The Most Revd Brian Williams – Primate. **In the Anglican-Lutheran Cycle of Prayer, we pray for** The Rt. Rev. John Watton, Bishop, and the people and clergy of the Diocese of Central Newfoundland (Anglican); The dean, council, and congregations of the Two Rivers, Nith Valley and Niagara Areas of the Eastern Synod (Lutheran); For a growing openness to dialogue and encounter with people of other faith traditions during World Interfaith Harmony Week (Together). **In our Diocesan Prayer Cycle, we pray for** Anna, our Bishop, and for the Diocesan and Synod Office. **We also pray for** Lutheran Church of the Cross and Pastor Lyle and Pastor Lyndon, and for the Diocese of Caledonia and Bishop David Lehmann.

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**THIS WEEK'S PARISH NEWS**  
**February 4<sup>th</sup> – February 11<sup>th</sup>**  
**(\*\*New Items, \*Revised Items)**

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**Please stay for Coffee Time this Sunday after the 10 am service** – Park on Synod Road for easy access via the side door of the hall.

**\*Reports for the Annual Meeting package were due last Monday.** If you haven't sent in the report for your area yet, please send it ASAP.

**\*This year's Annual General Meeting (AGM), also known as our Annual Vestry Meeting, will be on Sunday, February 25<sup>th</sup>.** The in-person meeting will be held in the hall after the 10 am service. **Please bring a bagged lunch. Tea, coffee, cookies, and sweets will be available.** The meeting will include a review of reports from 2023, voting on the budget for 2024, and the election of Parish Council members, Synod delegates, and the Leadership Team members. **There will not be an 8 am service that morning.**

**\*\*2024 Parish Council** – If you would like to be on Parish Council for 2024, or would like to suggest a name of someone for a position on Council, please talk to Rick Saville or one of the wardens.

**\*\*Our Next Reflections, our Sunday service at dusk,** will be **next Sunday, February 11<sup>th</sup> at 4:30 pm**, featuring Victoria-based **One Wheel Band** – This group of three seasoned musicians bring a fresh acoustic approach to **classic folk, roots, blues and jazz tunes along with original compositions.** The three spokes of the One Wheel Band are: Burke Rosen (vocals and guitar), Diane Taylor (vocals and bass guitar), and Mike Sampson (vocals and guitar). The readings, prayers, and music of this special Reflection Time will calm your spirit and soothe your soul. **Reflections services in 2024 will be on the 2<sup>nd</sup> Sunday of the month** until June, then in the fall September through November.

**Shrove Tuesday Pancake Supper – Tuesday, February 13<sup>th</sup> starting at 5 pm at Church of the Cross** – This year we have been invited to celebrate Shrove Tuesday together with our friends at Church of the Cross. **A sign up sheet is at the back of the church.** Please sign the sheet to let us know you are planning to attend so that we know how many people to expect. Everyone welcome!

**Ash Wednesday Services – Wednesday, February 14<sup>th</sup> – This Ash Wednesday we will hold a service at St. Luke's at 10:30 am and one at 7:00 pm at Church of the Cross.** Please join us at either of the services as the two churches come together to mark the beginning of Lent. **There will not be a Thursday morning service at St. Luke's on February 15<sup>th</sup>.**

**\*\*Palm Crosses from Last Year** – A basket to collect your palm crosses from last year is **on the table at the back of the church** today and will be there next Sunday as well. The palm crosses from last year will be burned after the Shrove Tuesday Pancake dinner (February 13<sup>th</sup>) to be used as ashes for Ash Wednesday.

**\*\*Attic Treasures Vintage Market** is an exciting new fundraising venture for St. Luke's. **Held in the hall from 10 am – 4 pm on Saturday, February 17<sup>th</sup>,** the Market will feature a number of vendors renting space to sell their vintage items. St. Luke's will also sell vintage clothing, accessories, jewellery, antiques, old collectible toys, home decor etc. **Your donations can be brought to the hall basement on Friday, February 16<sup>th</sup>, or a pick up can be arranged** with Carol Turnham. We will need help with set-up on the Friday and selling tickets to the public (**admission tickets are \$3**) as well as selling items on the 17<sup>th</sup>. Please call Carol Turnham for more info and to offer your help. Thank you.

**Our Next Family Service will be Sunday, February 18<sup>th</sup> at 4 pm** – Everyone is invited to this Family Service. The theme for these family services is "Come and See." Please come and see what this service is all about. The service will include songs, actions, prayers, and a storytime.



**\*\*Save the Dates for this Year's Amazing Journey Day Camp – July 22<sup>nd</sup> – 26<sup>th</sup>** in the mornings, 9 am to noon. St. Luke's joins with Church of the Cross and St. George's each summer for a week-long day camp hosted at one of the churches. **This year's camp will be held at Church of the Cross.** If you have children, grandchildren, or friends with children ages 4 through 11, please consider reserving this week for them to participate in the day camp. **Children born January 1, 2013 to June 30, 2020 are eligible to be campers.** We will also be looking for Middle School students to be Leaders in Training and High School students to be Small Group Leaders. Stay tuned for more information on our theme and activities.

**\*\*We have received thank you notes from Our Place and The Mustard Seed** for donations made by the Altar Guild in 2023 to these charities.

**Ordination to the Sacred Order of Priesthood - The Rev. Leslie Flynn - Saturday, February 10<sup>th</sup> at 11 am** – God willing the Bishop Anna Greenwood-Lee intends to ordain Leslie Flynn to the sacred order of priesthood on Saturday, February 10<sup>th</sup> at St. Philip, Cedar. All are welcome!

**Prayer in the Style of Taize** resumes for Winter 2024 at **St. Philip Anglican Church, 2928 Eastdowne Road at 6 pm** on the 3rd Friday of the month. **Next Taize service is February 16<sup>th</sup>.** Everyone welcome to this '...way of searching for God in silence and prayer in the midst of daily life.'

**\*\*Fairway Market Community Shopping Cards** – Thank you for using your Fairway Market Community Shopping Cards. This week **we received a payment of \$272.95, bringing our total to date to \$2,639.01, since we started taking part in this program in 2021.** Please continue to use your reloadable Fairway Market Community Shopping Card so that **St. Luke's can receive 5% from Fairway Market for every dollar loaded on the card.** To join in this program, please pick up your reloadable card from St. Luke's Office. For more information,

please contact St. Luke's Office, talk to Brenda Morgan, or visit the **Fundraising page of St. Luke's website**.

**\*Level Ground Fundraiser Update** – We received a payment at the end of January in the amount of **\$26.79**, bringing our total to date to **\$289.07**. You are invited to take part in this fundraising program when you buy coffee, tea, dried fruit, cane sugar, or cacao nibs through Level Ground Trading. **When you order online at Level Ground Trading, St. Luke's will receive 15%**. The minimum order is \$40 for the 15% return to St. Luke's and this includes free shipping. For more information about contributing to this fundraiser by buying coffee, tea, or dried fruit through Level Ground, visit the **Fundraising page of St. Luke's website** or talk to Barb Prescott.

**\*Country Grocer Fundraising** – We have now completed ten sets of receipts (each totalling \$5,000) and another set totalling \$4,000. We have received \$90 in gift certificates, **bringing our total to date to \$540 in gift certificates**, which have been sold to parishioners. Please continue to collect your Country Grocer receipts and turn them in to Neil in the Church Office, put them in an envelope in the mail slot, or in the Country Grocer box in the narthex. See more information at the **Fundraising page of St. Luke's website**.

**\*\*“Where Did All the Young People Go?”** For decades we've been wondering and worrying about our young people leaving our beloved church. Join **Bishop Anna and Rev. Christine Conkin** to explore the social, spiritual, religious and theological movements of the late 20<sup>th</sup> century. What happened in the wake of the great optimism of the 1960's? Why haven't any of the many approaches we've tried to engage young people over the decades worked in the long term? And finally, what are some of the emerging ideas and practices of 21<sup>st</sup> century Christianity and beyond? Where might we go from here?  
**Dates: Wednesday, February 28, March 6, 13, and 20. Time: 9:45 am - Coffee and light snacks; 10:00-11:30 am - Program. Where: St George's Cadboro Bay.** Zoom option available. To receive the link, please contact Sage in the church office (admin@stgeorgescadborobay.ca)

# St. Luke's Vision, Mission, and Actions



## St. Luke's Vision

St. Luke's is a beacon in the community, illuminating many ways to encounter God.

## St. Luke's Mission

We are supportive people of faith who welcome all with compassion and embrace a culture of community, with outreach as our cornerstone.



## St. Luke's Actions: To achieve our Mission, we

- Engage in a vibrant practice of praise but also seeks God's peace through prayer and contemplation
- Respect and appreciate the heritage of the first peoples on whose lands we gather and worship
- Nurture a sense of community and promote a culture of inclusion and belonging
- Honour the history of our sacred spaces
- Pursue social and spiritual understanding
- Embrace the values of kindness, openness and hospitality
- Offer compassionate pastoral care
- Base outreach on an attitude of caring and acceptance



## Welcome To St. Luke Cedar Hill



Thank you for visiting today.  
For more information about St. Luke's,  
visit St. Luke's website:  
<https://www.stlukestvictoria.ca>,  
send an e-mail: [admin@stlukecedarhill.ca](mailto:admin@stlukecedarhill.ca),  
or phone: 250-477-6741.

We hope you will visit again!

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**Rector:** **The Reverend Daniel Fournier**

**E-mail:** [incumbent@stlukecedarhill.ca](mailto:incumbent@stlukecedarhill.ca)

***For Pastoral Care Needs, please contact the office***

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**Office E-mail:** [admin@stlukecedarhill.ca](mailto:admin@stlukecedarhill.ca)

**Parish Administrator:** Neil Patterson

**Rector's Warden:** Heather Simpson

**E-mail:** [hsimpson@stlukecedarhill.ca](mailto:hsimpson@stlukecedarhill.ca)

**People's Warden:** Brenda Morgan

**E-mail:** [bmorgan@stlukecedarhill.ca](mailto:bmorgan@stlukecedarhill.ca)

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### READINGS FOR NEXT SUNDAY February 11<sup>th</sup>, 2024

2 Kings 2: 1-12

Psalm 50: 1-6

2 Corinthians 4: 3-6

Mark 9: 2-9

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### FLOWERS

Today's flowers are given to the glory of God.

*Flowers at St. Luke's are coordinated by Ann Séguin.*