



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE
HALQ'EMEYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO
THE QAYQAYT, MUSQUEAM, KWITWETLEM, KWANTLEN, TSAWWASSEN. AND TSEIL-
WAUTUTH, WE SEEK TO WALK A PATH OF RECONCILIATION & HEALING.

**10 am Eucharist
Epiphany 4
1 February 2026**

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbook in the pews.*

Prelude

Welcome

Gathering Hymn

'Will You Come and Follow Me'

Common Praise 430 (tune Kelvingrove)

**Will you come and follow me if I but call your name?
Will you go where you don't know and never be the same?
Will you let my love be shown, will you let my name be known,
Will you let your life be grown in you and you in me?**

**Will you leave yourself behind if I but call your name?
Will you care for cruel and kind and never be the same?
Will you risk the hostile stare should your life attract or scare?
Will you let me answer prayer in you and you in me?**

**Will you let the blinded see if I but call your name?
Will you set the prisoners free and never be the same?
Will you kiss the leper clean and do such as this unseen,
and admit to what I mean in you and you in me?**

**Will you love the 'you' you hide if I but call your name?
Will you quell the fear inside and never be the same?
Will you use the faith you've found to reshape the world around,
through my sight and touch and sound in you and you in me?**

**Lord, your summons echoes true when you but call my name.
Let me turn and follow you and never be the same.
In your company I'll go where your love and footsteps show.
Thus I'll move and live and grow in you and you in me.**

THE GATHERING OF THE COMMUNITY

Greeting

Presider: The grace of our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.

People: **And also with you.**

Presider: We gather here from many places on land that is the traditional and unsundered territory of the Halq'emeyn-speaking Coast Salish peoples.

People: May Christ lead us on right pathways as we seek truth and reconciliation in action.

Young People's Time

The Collect of the Day

Presider: Let us pray,

**All: God our deliverer,
you call us to walk humbly with you.
When we are foolish, be our wisdom;
when we are weak, be our strength;
so that, as we learn to do justice and to love mercy,
your rule may come to us as a blessing. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Micah 6:1-8

Reader: A reading from the prophet Micah,

Hear what the LORD says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the LORD, and you enduring foundations of the earth; for the LORD has a controversy with his people, and he will contend with Israel.

'O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD.'

'With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with tens of thousands of

rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?' He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

The Psalm: 15 (said responsively)

1 Lord, who may dwell in your tabernacle? *

Who may abide upon your holy hill?

2 Those who lead a blameless life and do what is right, *

who speak the truth from their heart.

3 There is no guile upon their tongue; they do no evil to a friend; *

they do not heap contempt upon a neighbour.

4 In their sight the wicked are rejected, *

but they honour those who fear the Lord.

They have sworn to do no wrong *

and do not take back their word.

5 They do not give their money in hope of gain,

nor do they take a bribe against the innocent. *

Those who do these things shall never be overthrown.

The Second Reading: 1 Corinthians 1:18-31

Reader: A reading from Paul's First Letter to the Corinthians,

18 For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. **19** For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.'

20 Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? **21** For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. **22** For Jews demand signs and Greeks desire wisdom, **23** but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, **24** but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. **25** For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

26 Consider your own call, brothers and sisters; not many of you were wise by human standards; not many were powerful, not many were of noble birth. **27** But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; **28** God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, **29** so that no one might boast in the presence of God. **30** He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, **31** in order that, as it is written, 'Let the one who boasts, boast in the Lord.'

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Hymn

'Blest are the Pure in Heart'

Common Praise 439 (tune Franconia)

**Blest are the pure in heart, for they shall see our God;
The secret of the Lord is theirs, their soul is Christ's abode.**

**The Lord, who left the heavens our life and peace to bring,
To dwell in lowliness with us, our pattern and our King.**

**Still to the lowly soul his presence doth impart,
And for a dwelling and a throne chooseth the pure in heart.**

The Gospel: Matthew 5:1-12

Deacon: The Lord be with you.

All: And also with you.

Deacon: The Holy Gospel of our Lord Jesus Christ according to Matthew.

All: Glory to you, Lord Jesus Christ.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. 2 Then he began to speak, and taught them, saying:

3 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 'Blessed are those who mourn, for they will be comforted.

5 'Blessed are the meek, for they will inherit the earth.

6 'Blessed are those who hunger and thirst for righteousness, for they will be filled.

7 'Blessed are the merciful, for they will receive mercy.

8 'Blessed are the pure in heart, for they will see God.

9 'Blessed are the peacemakers, for they will be called children of God.

10 'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

11 'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Deacon: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Gospel Hymn (continued)

**Lord, we thy presence seek; may ours this blessing be;
Give us a pure and lowly heart, a temple fit for thee.**

Teaching

The Rev. Carole Neilson

The Apostle's Creed

Presider: Let us confess the faith of our baptism as we say,

**All: I believe in God, the Father almighty,
Creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the Holy Spirit
and born of the virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

On the third day he rose again.

**He ascended into heaven,
and is seated at the right hand of the Father.**

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and the life everlasting. Amen.

THE PRAYERS OF THE PEOPLE

Leader: Let us pray for the blessings of God on the Church and in the world To the bidding, 'Lord, in your mercy' please respond, 'may we know your blessing'.

Grant that the Church may bear witness to the message of the Gospel. We lift up all those in Christian leadership, especially Archbishop of Canterbury Sarah, our Primate Shane, our Archbishop John, and Bishop Benny of our companion diocese of Northern Philippines. May all the baptized who are called to be saints in our time be worthy of those who have gone before and kept the faith. Lord, in your mercy,

All: May we know your blessing.

Leader: May all who work for peace in the world be blessed in their endeavour. We pray for all who stand against injustice and put themselves in danger to protect others. We remember places and people that are experiencing conflict, persecution, disaster, or unrest... *pause here*

... May the meek and humble by their example move the rich and powerful to be compassionate and seek the common good. Lord, in your mercy,

All: May we know your blessing.

Leader: Make our lives more worthy of the blessings promised to all who follow the way of the Lord. Bless those in our households, circles of friends, and neighbourhoods. May we be loving and peaceable in all our relationships and may those around us be led into holiness. Lord, in your mercy,

All: May we know your blessing.

Leader: Have mercy on those who are persecuted for the sake of their faith, and all who are slandered and falsely accused. Give them strength and change the hearts of the oppressors. Satisfy all who hunger for the good food of righteousness. Relieve those whose lives are constrained by the struggle for basic needs.

All: May we know your blessing.

Leader: Be present with all who seek healing in body, mind, and spirit, especially those whom we name silently or aloud... *pause here*
... May their bodies be strengthened, their hearts purified, and their spirits restored. Lord, in your mercy,

All: May we know your blessing.

Leader: We ask your forgiveness for the ways we have failed to live as blessings. When we are unjust, unkind, proud, selfish, and troublesome, bring us back by your grace so we may be true children of light. Lord, in your mercy.

All: May we know your blessing.

Leader: We give thanks for those who have lived and died justly, kindly, and humbly. Be the comfort of those who mourn and the joy of all your saints in heaven. May we so live our lives that we too shall be received into the fellowship of believers. Lord, in your mercy,
All: May we know your blessing.

Leader: May Christ, the example and support of all the blessed, receive our prayers.
All: Amen.

The Exchange of the Peace

Presider: May the peace of the Lord be always with you.
All: And also with you.

You are invited to share a sign of God's peace with your neighbours, respecting their comfort with distance and touch.

THE HOLY COMMUNION

Offering Hymn

'Seek Ye First'

Common Praise 458 (tune Seek Ye First)

**Seek ye first the kingdom of God
And God's righteousness,
And all these things shall be added unto you.
Allelu, alleluia.**

**Chorus: Alleluia, alleluia,
Alleluia, alleluia, alleluia.**

**We do not live by bread alone
But by every word
That proceeds from the mouth of God.
Allelu, alleluia.**

Chorus

**Ask and it shall be given unto you;
Seek and you shall find;
Knock and the door will be opened unto you.
Allelu, alleluia.**

Chorus

The Prayer over the Gifts

Presider: Let us pray,

**All: God of steadfast love,
May our offering this day,
by the power of the Holy Spirit,
renew us for your service,
that we may be blessings through
Jesus Christ our Lord. Amen.**

The Great Thanksgiving

EP 5

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

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

People: It is right to give our thanks and praise.

Presider: We give you thanks and praise, almighty God, for the gift of a world full of wonder, and for our life which comes from you. By your power you sustain the universe.

All: Glory to you for ever and ever.

Presider: You created us to love you with all our heart, and to love each other as ourselves, but we rebel against you by the evil that we do. In Jesus, your Son, you bring healing to our world and gather us into one great family. Therefore, with all who serve you on earth and in heaven, we praise your wonderful name, as we sing,

Sanctus

Common Praise 735 (tune Schubert)

**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!**

Presider: We give you thanks and praise, loving Father, because in sending Jesus, your Son, to us you showed us how much you love us. He cares for the poor and the hungry. He suffers with the sick and the rejected. Betrayed and forsaken, he did not strike back but overcame hatred with love. On the cross he defeated the power of sin and death. By raising him from the dead you show us the power of your love to bring new life to all your people.

All: Glory to you for ever and ever.

Presider: On the night before he gave up his life for us, Jesus, at supper with his friends, took bread, gave thanks to you, broke it, and gave it to them, saying, "Take this, all of you, and eat it: this is my body which is given for you." After supper, Jesus took the cup of wine, said the blessing, gave it to his friends, and said, "Drink this, all of you: this is the cup of my blood, the blood of the new and eternal covenant, which is shed for you and for many, so that sins may be forgiven. Do this in memory of me."

All: Glory to you for ever and ever.

Presider: Gracious God, with this bread and wine we celebrate the death and resurrection of Jesus, and we offer ourselves to you in him. Send your Holy Spirit on us and on these gifts, that we may know the presence of Jesus in the breaking of bread, and share in the life of the family of your children.

All: Glory to you for ever and ever.

Presider: Creator, you call us to be your servants; fill us with the courage and love of Jesus, that all the world may gather in joy at the table of your kingdom. We sing your praise, almighty God, through Jesus, our Lord, in the power of the Holy Spirit, now and for ever.

All: Glory to you for ever and ever. Amen.

The Lord's Prayer

Presider: In the language closest to your heart, let us pray as Jesus taught us:

You are invited to use either the traditional or contemporary version in English or the language you find most helpful for prayer.

**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 today our daily bread.
Forgive us our trespasses
as we forgive those who
trespass against us.
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.**

**Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done
on earth as in heaven.
Give us this day 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 forever. Amen.**

Agnus Dei

Common Praise 747 (tune Schubert)

**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.**

Presider: Dear friends in Christ, God bids you welcome to this table. Here we are strengthened for the journey. Here strangers become friends and the seeker finds God's wisdom speaking to them. See who you are and become what you see. These are the gifts of God for the people of God.

People: Thanks be to God.

The Communion

You are invited to come forward to receive bread and wine. Gluten-free wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.

Hymns During Communion

'What Does the Lord Require'
'Common Praise 171 (tune Sharpthorne)

**What does the Lord require for praise and offering?
What sacrifice, desire, or tribute bid you bring?
Do justly, love mercy, walk humbly with your God.**

**Rulers of earth, give ear! Should you not justice know?
Will God your pleading hear, while crime and cruelty grow?
Do justly, love mercy, walk humbly with your God.**

**All who gain wealth by trade, for whom the worker toils,
Think not to win God's aid, if greed your commerce spoils.
Do justly, love mercy, walk humbly with your God.**

**How shall our life fulfil God's law so hard and high?
Let Christ endue our will with grace to fortify.
Then justly, in mercy, we'll humbly walk with God.**

Anthem- HTC Choir
'Now My Tongue, the Mystery Telling' text attrib. to Thomas Aquinas

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

All: **Source of all goodness,
In this sacrament we are nourished
with bread from heaven and wine of new life.
May these gifts renew our lives,
that we may seek justice, love kindness,
and walk humbly in the name of
Jesus Christ our Lord. Amen.**

Presider: 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, now and forever. Amen.

The Announcements

Sending Hymn

'You Call Us, Lord, to Be'

Common Praise 450 (tune Rosymede)

You call us, Lord, to be a people set apart,
to feel with thoughtful mind and think with tender heart.
Thus chosen now, O Lord, we ask
for faith in your unfailing grace to make us equal to the task.

You call us, Lord, to care for self and neighbour too,
to take the risk and dare to show what love can do.
Thus chosen now, O Lord, we ask
for faith in your unfailing grace to make us equal to the task.

Your call us, Lord, to be good stewards of the earth;
to tend it as a place of blessedness and worth.
Thus chosen now, O Lord, we ask
for faith in your unfailing grace to make us equal to the task.

You call us, Lord, to service: to die that we may live.
To know we best receive when joyfully we give.
Thus chosen now, O Lord, we ask
for faith in your unfailing grace to make us equal to the task.

The Dismissal

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

All: Thanks be to God.

Postlude

The liturgy is based on the Book of Alternative Services, and the Collect of the Day is taken from "Alternative Collects RCL", Anglican Church of Canada. The prayers of the people are adapted from "Hear Our Prayer: Gospel Based Intercessions" by Raymond Chapman.



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Brian Dobbin
Greeters, 10 am:	Gerry Rowse & Gerry Stensgaard
Reader:	Robert Smith
Chalice Administrators:	Susan Stensgaard & Sybil Collett
Presider:	the Rev. Stephanie Shepard
Deacon & Preacher:	the Rev. Carole Neilson
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Guest Organist:	Joash Fang

& The Holy Trinity Cathedral Choir

THIS WEEK AT HOLY TRINITY CATHEDRAL

Monday February 2 6-8:30 pm Family Film Night (Lounge)

Wednesday Midweek Eucharist, 9:30-10 am

Saturday Community Brunch, 11 am- noon in the Hall

Sunday BCP Eucharist, 8-9 am.*

Sunday Choral Eucharist, 10-11:15 am*

**live-streamed over Facebook.*

+ link through the weekly newsletter. Sign up on the website.

Go to <https://www.holytrinitycathedral.ca/events>.

Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.

Readings for Epiphany 5, February 8, 2026

Isaiah 58:1-9a; Psalm 112; 1 Corinthians 2:1-12; Matthew 5:13-20

BLESSED are
they:
That Hunger
and thirst
* AFTER
Righteousness:
for they:
shall be Filled