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*The Right Rev. Anna Greenwood-Lee, Bishop  
Rev. Sr. Ingrid Andersen, Priest*

***“Together in Christ  
we seek to love God and  
to love and serve all others”***

**Fourth Sunday of Epiphany**

**10:00 a.m. Service**

**February 1, 2026**

What does the Lord require of you but to do *justice*, and to love *kindness*, and to walk *humbly* with your God?

*- Micah 6:8*

**Sunday Services** are at 8:30 a.m. (Traditional Rite)

10:00 a.m. (Contemporary)

**Office Hours** Mon to Thurs 9:00-Noon

**Online Bible Study** Thursdays at 6:00 p.m.

## **WELCOME TO CHURCH OF THE ADVENT**

*If you are new to our parish, please identify yourself to the sidespersons or priest so we can welcome you and tell you about our church.*

*We recognize that we worship on the traditional lands of Coast Salish peoples. We commit ourselves to continue with our First Nations neighbours on the journey of healing, truth, and reconciliation.*

*The Rev. Sr. Ingrid Andersen preaches & presides.*

*This service is being broadcast live on the Internet. By attending this morning, you acknowledge and consent to the fact that video images of you may appear there.*

*Please have your electronic devices on silent mode during the service.*

**10:00 a.m. Holy Eucharist  
Book of Alternative Services, p. 185**

*Lay Eucharistic Minister is Paul Francoeur*

*Sidespeople are Lynne & Dana Taylor*

*Ministry of the Chalice – Rob Taylor & Carol Denton*

*Director of Music is Nell Howard*

### **THE GATHERING OF THE COMMUNITY**

**Leader:** As we meet today, we begin by remembering the Songhees and xʷsepsəm nations, on whose traditional land we now gather in gratitude. We acknowledge their story and their stewardship of the land and water, the plants, and animals, through the many generations. As we meet today, we remember those who have called this place their home in recent years — the community of faith known as Church of the Advent. Let us greet one another with words and signs of welcome.

**Opening Hymn: CP 356 Ye Boundless Realms of Joy**

**Sentence of the Day:** Rejoice and be glad, for your reward is great in heaven.

**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 is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

*(Please be seated)*

Chat at the Chancel:

**Hymn: G 429 He Came Down**

Transc. and Arr. © 1990, Iona Community, GIA Publications, Inc., agent

He came down that we may have joy;  
He came down that we may have joy;  
He came down that we may have joy,  
Hallelujah forevermore.

**First Reading:** Micah 6:1-8

Lydia French

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 ten 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?

Hear what the Spirit says to the Church.

**Thanks be to God.**

**Psalm:** 15 (Pg. 718)

Paul Francoeur

Lord, who may dwell in your tabernacle? \* **who may abide upon your holy hill?**

Whoever leads a blameless life and does what is right, \* **who speaks the truth from his heart.**

There is no guile upon his tongue; he does no evil to his friend; \* **he does not heap contempt upon his neighbour.**

In his sight the wicked is rejected, \* **but he honours those who fear the Lord.**

He has sworn to do no wrong \* **and does not take back his word.**

He does not give his money in hope of gain, \* **nor does he take a bribe against the innocent.**

Whoever does these things \* **shall never be overthrown.**

**Second Reading:** 1 Corinthians 1:18-31

Dayle Robertson

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. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." 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? 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. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. 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. 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; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

Hear what the Spirit says to the Church.

**Thanks be to God.**

*(Please stand as you are able for the Gradual Hymn.)*

## **Gradual Hymn: Blessed are the Poor in Spirit**

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Blessed are the poor in spirit; all God's realm is surely theirs.  
Those in mourning will find comfort as an answer to their prayers.  
Meek ones whom this world despises will inherit everything.  
God, your kingdom still surprises; may we seek the reign you bring.

Blessed, too, are those who hunger and who thirst for what is right.  
They will not be prone to wander, for your will is their delight.  
Those who show God's care and mercy will receive that mercy too.  
God, in Christ you show us clearly of the joy we have in you.

Those who share the peace God gives them will find blessings as God's own.  
Those oppressed for faithful living will call heaven's kingdom Home.  
When the world's ways seem distressing and we feel life's painful sting,  
God, remind us of the blessings of the wondrous life you bring.

*(Please remain standing for the Gospel reading)*

The Lord be with you. **And also with you.**

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

**Glory to you Lord Jesus Christ.**

**Gospel:** Matthew 5:1-12

Rev. Sr. Ingrid Andersen

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

The Gospel of Christ.

**Praise to you Lord Jesus Christ.**

RESPONDING TO THE WORD

**Prayers of the People:**

Sue Hamblin

*(Please be seated for the prayers)*

Each petition will end with – Lord, in your mercy.

Please respond with – **Hear our prayer.**

**Confession & Absolution:**

God has promised forgiveness to all who truly repent, turn to Christ in faith and are themselves forgiving. In silence we call to mind our sins.

Merciful God, **we have sinned in what we have thought and said, in the wrong we have done and in the good we have not done. We have sinned in ignorance: we have sinned in weakness: we have sinned through our own deliberate fault. We are truly sorry. We repent and turn to you. Forgive us, for our Saviour Christ's sake, and renew our lives to the glory of your name. Amen.**

Through the cross of Christ, God have mercy on you, pardon you and set you free. Know that you are forgiven and be at peace. God strengthen you in all goodness and keep you in life eternal. **Amen.**

*-From A New Zealand Prayer Book*

*(Please stand as you are able for the Peace)*

**The Peace:**

The peace of the Lord be always with you.

**And also with you!**

*All are warmly welcome to join us at the Lord's Table. If you prefer not to receive communion but to receive a blessing, please cross your arms over your chest. Gluten-free bread is available upon request. Please leave your communion glasses in the bowls on the left and right as you return to your seat.*

## THE SACRED MEAL IS SHARED

### Offertory Hymn: CP 439 Blest are the Pure in Heart

**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.

### Eucharistic Prayer #1 (BAS Pg. 193):

### The Sanctus: VU 951 Santo, Santo, Santo (Anon., Argentina)

**Santo, santo, santo. Mi Corazón te Adora!**  
**Mi Corazón te sabe decir; Santo eres Dios!**  
**Holy, holy, holy, my heart, my heart adores you!**  
**My heart is glad to say the words: You are holy, God!**

### Lord's Prayer:

Music by Gordon Light © Common Cup Company

Our Father in heaven, **hallow'd be your name, your kingdom come, your will be done on earth as in heav'n.** 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.

### The Breaking of the Bread:

“I am the bread which has come down from heaven,” says the Lord.  
**Give us this bread for ever.**

“I am the vine, you are the branches.”  
**May we dwell in him, as he lives in us.**

### The Communion:

#### Communion Anthem: Blest Are They

By David Haas. © 1985, 1996 by GIA Publications Inc.

*Sung by Choir*

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

**Prayer after Communion:** Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, in the name of Jesus Christ the Lord. Amen.

**Doxology:** Glory to God, 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.

### **SENDING FORTH**

**Shared Ministry:**

**Birthdays & Anniversaries:**

**Sending out of Lay Eucharistic Visitors:**

In the name of God and of this congregation, we send you forth bearing these holy gifts, that those to whom you go may share with us in Christ's body and blood.

**We being many, are one body, because we all share in the one bread.**

May those who receive it from you be strengthened and encouraged in the community we have together in our Lord Jesus Christ. **Amen.**

**Blessing:**

**Commissioning Hymn: CP 485 Love Divine, All Love's Excelling**

**Commissioning:**

Go in peace to love and serve the Lord.

**In the name of Christ!**

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## ***INTERCESSIONS***

### **TODAY WE PRAY**

*We pray for The Church of England.*

*We pray for our Primate Shane, John our Metropolitan,  
Anna our Bishop, and Ingrid our Priest.*

*In the Western Peninsula & Gulf Islands region for St. Philip Cedar, and  
the Rev. Leslie Flynn.*

### **FOR THOSE WHO HAVE ASKED US TO PRAY FOR THEM**

*We pray for those who have asked for our prayers and for those we know and love,  
especially Janelle, Liz, Andrew, Steve, Alan, Frank, Linda, Jim, John, Tina, Jenny,  
Barb, Jim, Wayne, and Neil, and the residents and staff of The Priory.*

### ***READINGS FOR NEXT WEEK***

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

### ***SHARED MINISTRY***

**Parish Coffee Welcome after the Service** - New to the parish? If you haven't attended a Welcome Coffee Social, you are warmly invited to meet today at noon in the St. John's Room. Get to know each other and learn more about Church of the Advent and its people. We hope you can join us!

**Community Coffee Social** – Come and enjoy great fellowship and conversations over coffee/tea at our next Community Coffee Social in the parish hall on Wednesday, February 4th, 9:30 am. Bring your friends and spread the word!

**Forward Day by Day Devotionals** - The Forward Day by Day daily devotionals for February, March, and April are now available in the Narthex. Please feel to grab your copy. They are available in large and pocket sizes.

**Notice of Annual General Meeting** - Mark your calendars for our Annual General Meeting for the year 2025, scheduled to take place on Sunday, February 22nd following the 10:00 service. Please note there is only one service this Sunday. The full AGM report will be available in the Narthex the week of February 8th.

**From the Parish Library** - On today's Top Shelf is a new children's book, *My Gratitude Jar*, by Kristin Wiens (ages 5-8, approximately). To borrow it, please fill out a green slip from the shelf underneath, and put it in the pink box marked Library on the same shelf.

**Celebration Dinners to welcome new Royal Roads students** - Church of the Advent is planning two themed potluck meals this year to welcome the new Royal Roads University students to Colwood. The campus does not permit the advertising of religious services, and this is the best way to introduce new students to our welcoming community.

**Feb 28<sup>th</sup> - Celebration of International Black Cuisine** - We're looking for people to volunteer to make the foods of the African diaspora - Caribbean, African, Cajun and many others. February is Black History Month.

**Sept 19<sup>th</sup>- Celebration of Asian Cuisine** - We're looking for people to volunteer to make foods from the vast range of Asian cultures: East (Chinese, Japanese, Korean), Southeast (Thai, Vietnamese, Filipino, Indonesian), South (Indian, Pakistani), Central (Uzbek, Kazakh), and Middle Eastern (Turkish, Lebanese)

#### **How can you help to welcome new students?**

- Would you like to help cook food?
- Can you offer recipes?
- Can you help to organize?

We need a small team to manage these two events. If you would like to be part of the team, please contact Terry Mikkonen, the Fellowship Ministry Liaison, at [tlmikko@gmail.com](mailto:tlmikko@gmail.com). February is around the corner, so we'd like to set up the team soon.

## MARK YOUR CALENDARS

**Feb 1** Parish Coffee Welcome, after 10:00 service  
**Feb 4** Community Coffee Social, 9:30-11 am  
**Feb 7** Taize, Chapel, 5 pm  
**Feb 10** Parish Council Mtg, 7 pm - TENTATIVE  
**Feb 11** Ladies Guild Meeting, Hall, 1:30 pm  
**Feb 15** 8:30 Breakfast (Black History Month)  
**Feb 16** Family Board Game Night, Hall, 6 pm  
**Feb 17** Shrove Tuesday Lunch & Dinner  
**Feb 21** Spanish Service, 6 pm  
**Feb 22** Combined 10:00 service (no 8:30)  
    Annual General Meeting begins at 12 pm, after service  
**Feb 28** Celebration of International Black Cuisine, Hall, 6:30 pm

**Mar 4** Community Coffee Social, 9:30-11 am, Hall  
**Mar 7** Parish Council Planning Session, 8:30-12, Chapel  
**Mar 11** Ladies Guild Mtg, 1:30 pm  
**Mar 14** Parish Movie Night, 6 pm, Hall  
**Mar 15** Jazz Vespers, 7 pm  
**Mar 17** Book Club, 10 am, St. John's Room  
**Mar 25** Ladies Guild Lunch, 12 pm, Hall  
**Mar 28** Spanish Service (Oscar Romero) & Potluck, 6 pm  
**Mar 29** 8:30 Breakfast, Room C