



# St. Mary the Virgin Anglican Church

**Fourth Sunday after Epiphany, February 1, 2026**

“Rejoice and be glad, for your reward is great in heaven.”

*See Matthew 5. 12*

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## Welcome

*We are delighted that you have joined us for worship.*

*The Parish of St. Mary the Virgin is a member of the Diocese of British Columbia and the Anglican Church of Canada. We are an inclusive and welcoming parish: the sacraments of the church (baptism, communion and marriage) are available to all people on equal terms. Christ welcomes you, and so do we. As a parish we acknowledge with gratitude that we live, work and play on the traditional lands of the Lekwungen peoples. We commit ourselves, as a settler church and people, to continue with our First Nations hosts on the journey of truth-telling, healing, and reconciliation.*

**The Collection Plate** has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other available means of giving regularly: electronic donations on our website via CanadaHelps, or monthly direct debit donations via the PAR (Pre-Authorized Remittance program - details are available in a brochure at the entrance, or on the website: [www.stmarysoakbay.ca/donate](http://www.stmarysoakbay.ca/donate)).

If you would like to schedule a **Memorial Flower**

**Arrangement** at the next opportunity, please contact Anne Underhill, [aunderhill@stmarysoakbay.ca](mailto:aunderhill@stmarysoakbay.ca).

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## 10:00am Service

*From the Book of Alternative Services*

Minister of Welcome:	Mary Lawrence	Organ:	Oriel Chapman
Presider:	The Reverend Dr John Macquarrie	Music:	St. Mary Singers
Preacher:	The Reverend Dyan Davison	Livestream:	William Turner, Samatha Robbins
Lay Eucharistic Ministers:	John McCann		

*Please note that this service is being broadcast live on the Internet. By attending in person, you are acknowledging and consent to the fact that the video images of you may appear online.*

*In the service order, words set in **bold italic type** are said by the congregation.*

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## THE COMMUNITY GATHERS BEFORE GOD

### PRELUDE

### WELCOME

### PROCESSIONAL HYMN

*Alleluia! Sing to Jesus (374)*

1. Alleluia! Sing to Jesus!  
His the sceptre, his the throne;  
alleluia! his the triumph,  
his the victory alone.  
Hark! The songs of peaceful Zion  
thunder like a mighty flood;  
Jesus, out of every nation,  
hath redeemed us by his blood.
2. Alleluia! Not as orphans  
are we left in sorrow now;  
alleluia! he is near us,  
faith believes, nor questions how.  
Though the cloud from sight received him,  
when the forty days were o'er,  
shall our hearts forget his promise,  
"I am with you evermore"?

3. Alleluia! Bread of heaven,  
thou on earth our food, our stay;  
alleluia! here the sinful  
flee to thee from day to day;  
Intercessor, Friend of sinners,  
earth's Redeemer, plead for me,  
where the songs of all the sinless  
sweep across the crystal sea.
4. Alleluia! King eternal,  
thee the Lord of lords we own;  
alleluia! born of Mary,  
earth thy footstool, heaven thy throne.  
Thou within the veil hast entered,  
robed in flesh, our great high priest;  
thou on earth both priest and victim  
in the Eucharistic feast.
5. Alleluia! Sing to Jesus!  
His the sceptre, his the throne;  
alleluia! his the triumph,  
his the victory alone.  
Hark! The songs of peaceful Zion  
thunder like a mighty flood;  
Jesus, out of every nation  
hath redeemed us by his blood.

## **GREETING**

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

***And also with you***

## **CENTRING STILLNESS**

*Silence is kept.*

## 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.*

*The congregation sits.*

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## THE STORY OF FAITH IS PROCLAIMED

### READING FROM THE HEBREW SCRIPTURES

Micah 6. 1-8, Pauline Samoszynski

<sup>1</sup>Hear what the Lord says:

Rise, plead your case before the mountains,  
and let the hills hear your voice.

<sup>2</sup>Hear, you mountains, the case of the Lord,  
and you enduring foundations of the earth,  
for the Lord has a case against his people,  
and he will contend with Israel.

<sup>3</sup>“O my people, what have I done to you?  
In what have I wearied you? Answer me!

<sup>4</sup>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.

<sup>5</sup>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.”

<sup>6</sup>“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?  
<sup>7</sup>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?"

<sup>8</sup>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?

Holy word, holy wisdom.

*Thanks be to God.*

## PSALM 15

The just shall dwell on your holy mountain.

Music by George Black, © 2000 Anglican Book Centre

O God, who may dwell in your tabernacle?

who may abide upon your holy hill?

All those who lead a blameless life and do what is right,

and speak truth from their hearts. R.

There is no guile upon their tongues; they do no evil to their friends, they do not heap contempt upon their neighbours.

In their sight the wicked are rejected, but they honour those who fear God.

They have sworn to do no wrong they do not take back their words. R.

They do not give their money in hope of gain,  
nor do they take bribes against the innocent.

Whoever does these things  
shall never be overthrown. R.

## **READING FROM THE NEW TESTAMENT LETTERS**

## 1 Corinthians 1. 18-31, Gillian Fosdick

<sup>18</sup> 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. <sup>19</sup> For it is written,

"I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

<sup>20</sup>Where is the one who is wise? Where is the scholar? Where is the debater of this age? Has not God made foolish the wisdom of the world? <sup>21</sup>For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of the

proclamation, to save those who believe. <sup>22</sup> For Jews ask for signs and Greeks desire wisdom, <sup>23</sup> but we proclaim Christ crucified, a stumbling block to Jews and foolishness to gentiles, <sup>24</sup> but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup> For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

<sup>26</sup> 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. <sup>27</sup> 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; <sup>28</sup> God chose what is low and despised in the world, things that are not, to abolish things that are, <sup>29</sup> so that no one might boast in the presence of God. <sup>30</sup> In contrast, God is why you are in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, <sup>31</sup> in order that, as it is written, "Let the one who boasts, boast in the Lord."

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **GOSPEL HYMN**

1. 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.
2. The Lord, who left the heavens  
our life and peace to bring,  
to dwell in lowliness with us,  
our pattern and our King,

*Blest Are the Pure in Heart (439)*

3. still to the lowly soul  
his presence doth impart,  
and for a dwelling and a throne  
chooseth the pure in heart.
4. Lord, we thy presence seek;  
may ours this blessing be:  
give us a pure and lowly heart,  
a temple fit for thee.

## **GOSPEL**

*Before the Gospel is read, the reader says:*

God is with you.

**And also with you.**

The Good News of Jesus according to Matthew.

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

Matthew 5. 1-12

<sup>1</sup>When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. <sup>2</sup>And he began to speak and taught them, saying:

<sup>3</sup>“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup>“Blessed are those who mourn, for they will be comforted.

<sup>5</sup>“Blessed are the meek, for they will inherit the earth.

<sup>6</sup>“Blessed are those who hunger and thirst for righteousness, for they will be filled.

<sup>7</sup>“Blessed are the merciful, for they will receive mercy.

<sup>8</sup>“Blessed are the pure in heart, for they will see God.

<sup>9</sup>“Blessed are the peacemakers, for they will be called children of God.

<sup>10</sup>“Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

<sup>11</sup>“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup>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.**

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## **RESPONDING TO THE WORD**

### **SERMON**

### **ANTHEM**

*Walk Humbly with Your God*, Powell

### **AFFIRMING OUR FAITH**

The Apostles' Creed

*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 power of the Holy Spirit and born of the Virgin Mary.*

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

*He descended to the dead.*

*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.***

## **PRAYERS FOR OURSELVES AND THE WORLD**

Pauline Samoszynski

*The congregation stands, sits, or kneels.*

Lord, when our resources run dry,  
***by your love, transform us.***

*In your prayers this week remember the following: Those in need of healing and care, including Ann, Beth, Brian, Callum, Colin, Dorothy, Frances, Gina, Ken, Nancy, Rex, Rita, Rod, Samantha, Scott, Seamus, and Sherry. In our diocese of islands and inlets pray for Anna, our Bishop; John, our Metropolitan; Chris, our National Indigenous Anglican Archbishop; and Shane, our Primate; and for the parish of St. George the Martyr, Cadboro Bay. In our province, pray for Bishop Lynn McNaughton and the clergy and people of the Diocese of Kootenay, and we pray for The Church of England.*

**A Note About Our Prayer Ministry:** If you wish to request prayers for yourself or for someone else, please send the information to the office: [admin@stmarysoakbay.ca](mailto:admin@stmarysoakbay.ca). Requests received by end of day Wednesdays will be included in the leaflet for the following Sunday and for three weeks following. Prayers will also be included by the members of the Angel Wings Prayer Team. A new request may be made if you wish specific prayers to be continued. We require only a first name, but it is helpful if an area of need is included, eg, in need of prayer; sickness; awaiting surgery; recovering from surgery; ongoing treatment; death; grieving.

## **CONFSSION OF SIN**

*Silence is kept.*

Most merciful God,  
***we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done, and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will, and walk in your ways,  
to the glory of your name. Amen.***

*The Presider reminds us of God's healing and forgiveness*

## PEACE

*The congregation stands*

The peace of Christ be always with you.  
**And also with you.**

*We share signs of Peace with those around us.*

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## THE SACRED MEAL IS SHARED

*For safety, the Collection Plate has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other means of giving that do not require our volunteers and staff to handle cash and cheques: electronic donations on our website via CanadaHelps, or bi-weekly or monthly direct debit donations via our diocesan Electronic Collection Plate (details are available in a brochure at the entrance, or on the website: [www.stmarysoakbay.ca/donate](http://www.stmarysoakbay.ca/donate)).*

## OFFERTORY HYMN

1. God, whose giving knows no ending,  
from your rich and endless store –  
nature's wonder, Jesus' wisdom,  
costly cross, grave's shattered door –  
gifted by you, we turn to you,  
offering up ourselves in praise;  
thankful song shall rise forever,  
gracious Donor of our days.

*God, Whose Giving Knows No Ending (601)*

2. Skills and time are ours for pressing  
toward the goals of Christ, your Son:  
all at peace in health and freedom,  
races joined, the church made one.  
Now direct our daily labour,  
lest we strive for self alone.  
Born with talents, make us servants  
fit to answer at your throne.

3. Treasure, too, you have entrusted,  
gain through powers your grace conferred,  
ours to use for home and kindred,  
and to spread the gospel word.  
Open wide our hands in sharing,  
as we heed Christ's ageless call,  
healing, teaching, and reclaiming,  
serving you by loving all.

## 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.**

## THE CELEBRATION OF THE EUCHARIST

*The congregation remains standing, as they are able*

The Lord is with you.

***and also with you.***

Lift up your hearts.

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

Let us give thanks to the Lord our God.

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

*The prayer continues until:*

Therefore with angels and archangels

we raise our voices in joyful praise

to proclaim the glory of your name.

***Holy, holy, holy Lord, God of power and might,***

***Holy, holy, holy Lord, God of power and might***

***Heaven and earth are 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.***

*The prayer continues until:*

Therefore, Father, according to his command,

***we remember his death,***

***we proclaim his resurrection,***

***we await his coming in glory;***

*The prayer continues until:*

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. ***Amen.***

## THE LORD'S PRAYER

*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.*

*Silence is held*

## THE BREAKING OF THE BREAD

We break the bread of life,  
and that life is the light of the world.

*God here among us,  
light in the midst of us,  
bring us to light and life.*

The gifts of God, for the People of God.

*Thanks be to God.*

## AGNUS DEI

*sung 747*

*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 COMMUNION

*All are invited to receive Communion.*

*The sacrament will be offered in both kinds (bread and the common cup) but be assured that in the Anglican Church of Canada it has always been our tradition that receiving only one of the elements is considered full Communion. Gluten-free wafers for communion are available. Please request it from the person who is distributing the bread.*

*If you do not wish to receive Communion, you are also welcome to come forward to receive a blessing. This is signified by folding your hands across your chest as you approach the presider.*

## COMMUNION HYMN

1. Strengthen for service, Lord, the hands  
that holy things have taken;  
let ears that now have heard thy songs  
to clamour never waken.

2. Lord, may the tongues which "Holy" sang  
keep free from all deceiving;  
the eyes which saw thy love be bright,  
thy blessed hope perceiving.

3. The feet that tread thy holy courts  
from light do thou not banish;  
the bodies by thy body fed  
with thy new life replenish.

*Strengthen for Service, Lord (87)*

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## WE ARE SENT INTO THE WORLD

### 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.**

### COMMUNITY NOTES

### DOXOLOGY

*The congregation stands*

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.**

### BLESSING

### HYMN

1. In the cross of Christ I glory,  
towering o'er the wrecks of time;  
all the light of sacred story  
gathers round its head sublime.

2. When the woes of life o'ertake me,  
hopes deceive, and fears annoy,  
never shall the cross forsake me:  
lo! it glows with peace and joy.

*In the Cross of Christ I Glory (537)*

3. When the sun of bliss is beaming  
light and love upon my way,  
from the cross the radiance streaming  
adds more luster to the day.

4. Bane and blessing, pain and pleasure,  
by the cross are sanctified;  
peace is there that knows no measure,  
joys that through all time abide.

5. In the cross of Christ I glory,  
towering o'er the wrecks of time;  
all the light of sacred story  
gathers round its head sublime.

## **DISMISSAL**

Go in peace to love and serve the Lord.

*In the name of Christ. Amen.*

## **POSTLUDE**

*The musical postlude is a part of worship, extending the beauty of holiness so that the congregation can remember and give thanks for our encounter with God's Word as it has been experienced this day. You are invited to use this time for reflection, remaining seated.*



**St. Matthias Hall**

***Tuesday February 17<sup>th</sup>***

Food served from 5.30 pm -6.30 pm

**All are welcome**

Please RSVP to the office 250-598-2212 by February 12, 2026





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**250-598-2212 • [INFO@STMARYSOAKBAY.CA](mailto:INFO@STMARYSOAKBAY.CA)**

**WWW.STMARYSOAKBAY.CA**

Incumbent: The Venerable Craig Hiebert  
*incumbent@stmarysoakbay.ca*

Priest Associate: The Reverend Dyan Davison  
*associate@stmarysoakbay.ca*

Parish Administrator: Marianne McGahon, 250-598-2212  
*admin@stmarysoakbay.ca*

Honorary Associate: The Reverend Dr John Macquarrie  
*jmacquarrie@stmarysoakbay.ca*

**The Stewards of St Mary's**

*wardens@stmarysoakbay.ca*

Rector's Warden: Lorna Bampton, *lbampton@stmarysoakbay.ca*

People's Warden: Jane Anderson, *janderson@stmarysoakbay.ca*

Deputy People's Warden: Amanda Bolt, *abolt@stmarysoakbay.ca*

Envelope Secretary & Flower Dedications: Anne Underhill, *givings@stmarysoakbay.ca*