

# THE VALLEY BULLETIN

THE FIFTH SUNDAY AFTER THE EPIPHANY



February 8th, 2026

# WELCOME

If you are visiting, we welcome you into our midst.  
Whoever you are and wherever you are on your journey in faith, you are welcome.  
It is a blessing to have you worship with us today!  
The Parish of the Valley respectfully acknowledges that we gather for worship  
on traditional Anishinaabe Algonquin territory.

## BLACK HISTORY MONTH

The month of February is designated as Black History Month. This is a month when we are called to reflect on the history, presence, and ongoing experience of the black community. It is a call to take seriously our commitment to anti-racism, specifically anti-black racism, by acknowledging the long and enduring history of exclusion, persecution, slavery, and racist attitudes, both at a systemic level (in our laws, organizations, and society) as well as at a personal level (in our own personally held prejudices, biases, and apathy).

It is also a call that asks us to recognize and understand the black community's presence in our world, our churches, and our communities; understanding the contributions they continue to make to our common life, and truly appreciating the diversity that our Creator has blessed us with.

A concept that has gained much traction in recent years, especially in light of ongoing police brutality and the perpetuation of racist political attitudes, is that of 'Black Joy'. This is the idea that the black community is, at its heart, a community of resilience, fortitude, and profound and deep joy.

It is a joy which transformed the harrowing cries of slavery into the music of the soulful Spirituals that married faith with lived experience; joy, which led faithful black people to reclaim and liberate God from a racist view that used the bible to justify their genocide. Joy, which continues to transform the painful experience of living in a still-racist society, into shining excellence as they continue to achieve, and help shape and define our culture and our faith.

May we hear that call, this February, and in every month of every year, to resist the easy sin of racism, and boldly seek the liberating love of God that is found, in its fullness, in the rich diversity of God's beloved creation.

## FEATURED ARTIST - OCTAVIA INK



*Born in Chicago, Illinois and now based in Grand Rapids, Michigan, Octavia "Ink" Mingerink is a local illustrator, printmaker, and graphic designer. She believes in art as a form of expression, using her art to represent those who are underrepresented while bringing social justice issues to the forefront. As an illustrator, Octavia is driven and inspired by Black women. She's set out to push forward those who are severely underrepresented and even excluded from the art industry. She wants to see women that look like her at the helm and she reflects that in her art. Constantly utilizing bright colors and dynamic movement in each piece, Octavia loves to incorporate flowers throughout her work. Pushing the message that we should give ourselves our flowers and celebrate growth and joy. n.t., circa 2023.*

## LET'S PRAY

**In the Anglican Communion**, we pray for Sarah Mullally, Archbishop of Canterbury. We pray for Hong Kong Sheng Kung Hui. We pray for our Companion Diocese of Jerusalem.

**In the Anglican Church of Canada**, we pray for Shane Parker, our Primate. We pray for Anne Germond, our Metropolitan. We pray for Christopher Harper, National Indigenous Anglican Archbishop.

**In our Diocese of Ottawa we pray:** Almighty God, giver of all good gifts: look on your Church with grace, and guide the minds of those who shall choose a bishop for our diocese, that we may receive a faithful servant, who will care for your people and equip us for our ministries; through Jesus Christ our Lord. Amen. We pray for Michael Bird, our Diocesan Administrator. We pray for our Diocesan Partners: Alongside Hope and the Anglican Foundation. We pray for our Community Ministries. We pray for Church of the Ascension, Ottawa.

**In our Deanery of the Northwest**, we pray for: Ascension Killaloe/St. John's Tramore, part of the Parish of the Valley.

**In our Parish of the Valley**, we pray for Matthew Brown our Incumbent; and for Gillian Hoyer, Nicholas Forte, and Christine Muise our Associate Incumbents. And for the life and members of our Parish of the Valley Community, this week we pray for: Dustin & Leah, Mya, Tatum Hilts, Larry & Wanda Hilts, Helgard Hodgkinson, Bob & Cathy Hogaboam, Josie Hopper.

**For those who have died and all members of their family as they grieve:**  
Fred Kmith.

**For the sick, those who have asked for our prayers, and all others who are on our hearts...**

**Alice & Petawawa:** Ralph, Bill, Issy, Marion, Lynn, Wanda, Rose, Laurie, Lois, Gloria, Trent, Sammy, Michael, Minnie.

**Barry's Bay & Whitney:** Joyce, Mary Ann, George, Poppy Joe & Penny Jane, Blake, Cathy, Susan, Patricia, Elspeth, Debra, Mary-Jayne, Fern, Shirley, Marilyn, David, Susie, Sharon, Theresa, Bob, Stuart, Katherine.

**Killaloe/Tramore & Eganville:** Lynda, Ed, Marg, Joan, James, Hilary, Heather, Jan, Harold, Richard, Dorothy, Betty, Ann, Sheila, Andrea, Sharon, Junior, Peter, Richard, Pauline, Phyllis, Ethel, Anice, Paula, Rosemary.

**Pembroke:** Diane, Jolene, Loreen, Heather, Tristan, Bill, Bob, Jo, Connie, June, Lawrence, Lomie, Bea.

**Stafford/Beachburg/Cobden:** Gwen, Elmor, John, Jean, Margaret, Denver, Brian, Ruby, Janice, Susan, Ryan, Haley, Ruth, James, Sharon, Dave, Nicholas, Carolyn, Hillary, Ralph, Thyra, Sandra.

# TODAY'S READINGS

FEBRUARY 8, 2026 - The Fifth Sunday after the Epiphany  
Isaiah 58.1-12; Psalm 112.1-10; 1 Corinthians 2.1-16; Matthew 5.13-20

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## UPCOMING READINGS

February 15, 2026 - The Last Sunday after the Epiphany  
Exodus 24.12-18; Psalm 2; 2 Peter 1.16-21; Matthew 17.1-9

February 18, 2026 - Ash Wednesday  
Joel 2.1-2, 12-17; Psalm 103.8-18; 2 Corinthians 5.20b-6.10; Matthew 6.1-6, 16-21

February 22, 2026 - First Sunday in Lent  
Genesis 2.15-17, 3.1-7; Psalm 32; Romans 5.12-19; Matthew 4.1-11

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## OFFERINGS

We are grateful for your ongoing support of our parish's congregations. Donations can always be placed on the offering plates located at the back of the church, or can be given during the offertory in congregations where an offering plate is passed. To learn more about Pre-Authorized Remittances (PAR), options for e-transfer, or how to donate online with credit card through *Canada Helps* or [Tithe.ly](https://tithe.ly), please visit our website: [www.ValleyAnglicans.ca](http://www.ValleyAnglicans.ca)

*This Valley Bulletin is offered to the greater glory of God  
In memory of all those whose lives have been taken by racist violence.  
In solidarity with all people of colour who continue to struggle for liberation.  
In gratitude for living colour, which enlivens everything.  
by Reverend Nicholas Forte*

# SERVICES IN THE PARISH OF THE VALLEY

FEBRUARY 15, 2026

8 & 10am - Holy Trinity Pembroke  
9am - St Anthony's Whitney  
9am - Ascension Killaloe  
9:30am -St George's South Alice  
11am - St Paul's Cobden (Morning Prayer)  
11am - St John's Eganville  
11am - Epiphany Barry's Bay  
11:15am - All Saints Petawawa

## COMMUNITY SERVICES

Thursday, February 19th at 10am - Country Haven, Beachburg

Thursday, February 19th at 2pm - Supples Landing, Pembroke

Thursday, February 26th at 10am (LTC) and 10:30am (RH) - Caressant Care, Cobden

## SHROVE TUESDAY

### **Pancake Meals - Tuesday, February 17th**

Lunch at Holy Trinity Pembroke - 11am-1pm (freewill donation)

Supper at St. George's South Alice - 4-6pm (freewill donation)

Supper at St. John's Eganville - 4-6:30pm (\$10 for adults, \$5 children age 4-10, under 4 free)

## NEWS & UPCOMING EVENTS

If you have **palm branches or palm crosses** from previous years, please feel free to bring them to church over the next few weeks as we approach Ash Wednesday. Palms will be burned following Shrove Tuesday meals to be turned into the ashes for our Ash Wednesday services.

Special for Barry's Bay Flannel Fest: the **Church of the Epiphany Soup & Sandwich Lunch** is on Friday, February 13th from 11:30am - 1:30pm. For only \$10 enjoy a delicious homemade sandwich, soup, and pie. Eat in, or take out. To order take out, please call 613-635-1600.

**Lenten Evening Prayer**, in partnership with St. Timothy's Lutheran Church, begins on Wednesday February 25th at 7pm at St. Timothy's (503 Alfred Street, Pembroke) and continuing until March 25th. The first two weeks will be Sung Evening Prayer, the last three will be Holden Evening Prayer. All are invited to join the Parish of the Valley and St. Timothy's at this beautiful service.

Our regular **Wednesday Worship** at 10am at Holy Trinity Pembroke has resumed. All are welcome to join us in the chancel for this quiet said service of Holy Eucharist.

**Episcopal Election Update:** The Episcopal Election will take place on February 28th. Prior to the election, there will be a series of public meetings across our diocese for everyone to have a chance to hear the candidates' answers to a set of relevant questions and to get to know them in a more informal setting at a following reception. We will be hosting a public meeting on **Friday, February 20th at 7pm at Holy Trinity Pembroke**. This meeting, as well as the other three meetings in our diocese, will also be live-streamed. All are welcome and invited to attend the public meeting.

February 28th is the **Coldest Night of the Year** walk in Pembroke, in support of The Grind. St. Paul's Cobden, through its 2025 Yates Bequest Donations, has generously sponsored a rest-stop on behalf of our Parish of the Valley. Rest-stops will provide warming refreshments for walkers throughout the walk. Volunteers are now being requested to support the Coldest Night of the Year on the day. These positions include a variety of indoor and outdoor positions (greeters and cheerleaders, setup/teardown crew, etc.). You can learn more and register at <https://cnoy.org/volunteer>. In the drop-down location box, scroll down to find and select "Pembroke - The Grind Pembroke" and you will be shown volunteer opportunities for our local event.

You can also register to fundraise - with or without walking. If you would like to donate to the Anglican Parish of the Valley team, you can do so at our team page here: <https://secure.e2rm.com/registrant/TeamFundraisingPage.aspx?teamID=1041119&langPref=en-CA>

## CLERGY TEAM

### Contact Information

The Rev. Matthew Brown (613-732-4658)  
The Rev. Gillian Hoyer (613-687-9123)  
The Rev. Nicholas Forte (613-629-9498)  
The Rev. Christine Muise (613-883-8402)

Cover: *Light of Life*, Melissa Tshikamba, n.d.

Growing up a member of The Church of Jesus Christ of Latter-day Saints in Alberta, Canada, Tshikamba remembers feeling a disconnect between what she was taught, both at home and at church, and what she saw depicted in the images accompanying those teachings. In the paintings and pictures hanging in the church buildings she attended or shown to her during Sunday School classes, Tshikamba did not see herself represented.

“I think for a worldwide religion, we need to be better at reflecting the world in our art,” she said. “I think we need depictions of all ethnicities because most of the people in the world are people of color.”

[www.valleyanglicans.ca](http://www.valleyanglicans.ca)

@valleyanglicans on Facebook, YouTube, & Instagram



**Main office:**  
68 Renfrew St,  
Pembroke, ON K8A 5R6  
613-732-4658