



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 5
8 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.*

THE GATHERING OF THE COMMUNITY

Prelude

Welcome

Gathering Hymn

'For the Healing of the Nations'

Common Praise 576 (tune Westminster Abbey)

**For the healing of the nations,
God, we pray with one accord;
for a just and equal sharing
of the things that earth affords.
To a life of love in action
help us rise and pledge our word.**

**Lead us, Father, into freedom;
from despair your world release,
that, redeemed from war and hatred,
all may come and go in peace.
Show us how through care and goodness
fear will die and hope increase.**

**All that kills abundant living,
let it from the earth be banned:
pride of status, race, or schooling,
dogmas that obscure your plan.
In our common quest for justice,
may we hallow life's brief span.**

**You, Creator God, have written
your great name on humankind;
for our growing in your likeness,
bring the life of Christ to mind;
that by our response and service
earth its destiny may find.**

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: O God of light,
your Spirit reveals and illumines
your presence in creation.
Shine your radiant holiness into our lives,
so that we may offer our hands and hearts to your work:
to heal and shelter, to feed and clothe,
to break every yoke and silence evil tongues. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Isaiah 58:1-9a

Reader: A reading from the prophet Isaiah,

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. ² Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. ³ 'Why do we fast, but you do not see? Why humble ourselves, but you do not notice?'

Look, you serve your own interest on your fast-day, and oppress all your workers. ⁴ Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. ⁵ Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD?

⁶ Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? ⁷ Is it not to share your bread with the hungry, and bring the homeless poor into your house, when you see the naked, to cover them, and not to hide yourself from your own kin? ⁸ Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you the glory of the LORD shall be your rearguard. ⁹ Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

Reader: Holy Word, Holy Wisdom.

All: **Thanks be to God.**

The Psalm: 112 (said responsively)

¹ Hallelujah! Happy are they who fear the Lord *
and have great delight in the divine commandments!

² Their descendants will be mighty in the land; *
the generation of the upright will be blessed.

³ Wealth and riches will be in their house, *
and their righteousness will last for ever.

⁴ Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.

⁵ It is good for them to be generous in lending *
and to manage their affairs with justice.

⁶ For they will never be shaken; *
the righteous will be kept in everlasting remembrance.

⁷ They will not be afraid of any evil rumours; *
their heart is right; they put their trust in the Lord.

⁸ Their heart is established and will not shrink, *
until they see their desire upon their enemies.

⁹ They have given freely to the poor, *
**and their righteousness stands fast for ever;
they will hold up their head with honour.**

The Second Reading: 1 Corinthians 2:1-12

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

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. ²For I decided to know nothing among you except Jesus Christ, and him crucified. ³And I came to you in weakness and in fear and in much trembling. ⁴My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, ⁵so that your faith might rest not on human wisdom but on the power of God.

⁶Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. ⁷But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. ⁸None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. ⁹But, as it is written,

'What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him'—

¹⁰these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. ¹¹For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. ¹²Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Hymn

'Come Now, O Prince of Peace'
Common Praise 588 (tune O-So-So)

**Come now, O Prince of Peace,
Make us one body;
Come, O Lord Jesus,
Reconcile your people.**

**Come now, O God of love,
Make us one body;
Come, O Lord Jesus,
Reconcile your people.**

**Come now and set us free,
O God our Saviour;
Come, O Lord Jesus,
Reconcile all nations.**

The Gospel: Matthew 5:13-20

Reader: The Lord be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

¹³ 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴ 'You are the light of the world. A city built on a hill cannot be hidden. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

¹⁷ 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. ¹⁸ For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹ Therefore, whoever breaks one of the least of

these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Gospel Hymn (continued)

**Come, Hope of unity,
Make us one body;
Come O Lord Jesus,
Reconcile all nations.**

Teaching

The Rev. Stephanie Shepard

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 to the Lord, who has called us to be faithful in service. To the bidding, 'God of righteousness', please respond, 'hear our prayer'.

Give to the Church power to proclaim your great works and to shine as a light that will draw all people to love and honour your name. We lift up leaders in the Anglican Communion: Archbishop of Canterbury Sarah, our Primate Shane, our Archbishop John, and bishop Benny of our companion diocese of Northern Philippines. We pray for our faith community of Holy Trinity Cathedral, that we may be a beacon of hope for the neighbourhood. May your people never lose by sin or negligence the holiness that is salted in all who trust in you and seek to do your work. God of righteousness,

All: Hear our prayer.

Leader: When people seek their own ways and turn from obedience, bring them to know that the Law of God is strong, and does not change as human fashions change. We pray for those in authority, including our Prime Minister Mark, our Premier David, our mayor Patrick, and the chiefs and leaders of local First Nations. Give courage to any who have gifts which they do not know, or which they have failed to use. Lead them into the light of your divine purpose. God of righteousness,

All: Hear our prayer.

Leader: Bless those who do the work of God through this community and in their daily service in the world. Give wisdom and persistence to our parish council and ministry leaders. Encourage those who tend to the sick in mind or body and bring aid to the ill. We pray especially for those on our hearts, whose names we lift silently or aloud.... *Pause here...*

May they have strength to continue in healing, and be examples to others who may follow the path of mercy. God of righteousness,

All: Hear our prayer.

Leader: Look with compassion on all who have lost the assurance of faith and purpose. May they know that they are not cast out from your love but that you have the power to win them back when human

will fails. Help us all in our fears and doubts. Forgive us for the ways we have wandered from your path and show us how to mend our lives. God of righteousness,

All: Hear our prayer.

Leader: Receive into glory the souls of those whose light shone as a witness to the world. Have mercy on those whose light was extinguished by human sin. May they all find your mercy in the kingdom where light and peace reign. God of righteousness,

All: Hear our prayer.

Leader: We pray in the name of Christ, in whom all the commandments are fulfilled.

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

'Eye Has Not Seen, Ear Has Not Heard'
Common Praise 548 (tune Eye Has Not Seen)

Refrain *Eye has not seen, ear has not heard
what you have ready for those who love you.
Spirit of love, come, give us the mind of Jesus;
teach us your wisdom, O Lord.*

**When pain and sorrow weigh us down,
be near to us, O Lord;
forgive the weakness of our faith
and bear us up within your peaceful word.**

Refrain

Our lives are but a single breath;
we flower and we fade.
Yet all our days are in your hands,
so we return in love what love has made.

Refrain

To those who see with eyes of faith,
you, Lord, are ever near,
reflected in the faces
of all the poor and lowly of the world.

Refrain

We sing a mystery from the past
in halls where saints have trod,
yet ever new the music rings
to Jesus, Living Song of God.

Refrain

The Prayer over the Gifts

Presider: Let us pray,

**All: God our compassion,
 Receive our offering this day,
 And make us one with him who is our peace,
 Jesus Christ our Saviour. Amen.**

The Great Thanksgiving

SUPP EP 3

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: It is indeed right to thank you and praise you, holy and gracious God, creator of all things, ruler of heaven and earth, sustainer of life, for you are the source of all goodness, rich in mercy and abounding in love; you are faithful to your people in every generation, and your word endures for ever. Therefore with angels and archangels, with the fellowship of saints and the company of heaven, we glorify your holy name, evermore praising you and singing,

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 praise you, merciful God, not as we ought, but as we are able, because in your tender love you gave the world your only Son, in order that the world might be saved through him. He made you known by taking the form of a servant, healing the sick, liberating the oppressed, reaching out to the lost. Betrayed, reviled, and nailed to the cross, he confronted the power of sin and disarmed it for ever. In his offering of himself, he became the perfect and sufficient sacrifice for the sins of the whole world. Redeemed by Christ, we have been adopted as your children; by your pardon you have made us worthy to praise you.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine, and when he had given thanks, he gave it to them, and said, "Drink this all of you: this is my blood of the new covenant which is shed for you for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

In obedience to him and with grateful hearts we approach your holy table, remembering our Saviour's sacrifice, and rejoicing in his victory. Confident in his sovereign purpose, we declare our faith.

All: Christ has died, Christ is risen, Christ will come again.

Presider: Send your Holy Spirit on us that as we receive this bread and this cup we may partake of the body and blood of our Lord Jesus Christ, and feed on him in our hearts by faith with thanksgiving. May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives, we pray, a pure and holy

sacrifice, acceptable to you, knitting us together as one in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, now and forever.

All: 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

'She Comes Sailing On the Wind' Common Praise 656 (tune *She Flies On*)

Refrain *She comes sailing on the wind,
her wings flashing in the sun,
on a journey just begun, she flies on.
And in the passage of her flight,
her song rings out through the night,
full of laughter, full of light, she flies on.*

**Silent waters rocking on the morning of our birth,
like an empty cradle waiting to be filled,
and from the heart of god the spirit
moved upon the earth,
like a mother breathing life into her child.**

**Many were the dreamers whose eyes were given sight
when the spirit filled their dreams with life and form.
Deserts turned to gardens,
broken hearts found new delight,
and then down the ages still she flew on.**

Refrain

**To a gentle girl in Galilee a gentle breeze she came,
a whisper softly calling in the dark;
the promise of a child of peace
whose reign would never end,
Mary sang the spirit song within her heart.**

**Flying to the river, she waited circling high above
the child now grown so full of grace.
As he rose up from the water,
she swept down from the sky,
and she carried him away in her embrace.**

Refrain

**Long after the deep darkness that fell upon the world,
after dawn returned in flame of rising sun,
the spirit touched the earth again,
again her wings unfurled,
bringing life in wind and fire as she flew on.**

Refrain

**Anthem- HTC Choir
'We Are the Light of the World'
Renew #288**

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

**All: Eternal God,
In you we find peace beyond all telling.
May we who share in this heavenly banquet
Be instruments of your peace on earth,
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 Are Salt for the Earth'
*Common Praise 502 (tune Bring Forth the Kingdom)***

**You are salt for the earth, O people:
salt for the kingdom of God!
Share the flavour of life, O people:
life in the kingdom of God!**

Refrain ***Bring forth the kingdom of mercy,
bring forth the kingdom of peace;
bring forth the kingdom of justice,
bring forth the city of God!***

**You are a light on a hill, O people:
light for the city of God!
Shine so holy and bright, O people:
shine for the kingdom of God!**

Refrain

**You are a seed of the Word, O people:
bring forth the kingdom of God!
Seeds of mercy and seeds of justice
grow in the kingdom of God!**

Refrain

**We are a blest and a pilgrim people:
bound for the kingdom of God!
Love our journey and love our homeland:
love is the kingdom of God!**

Refrain

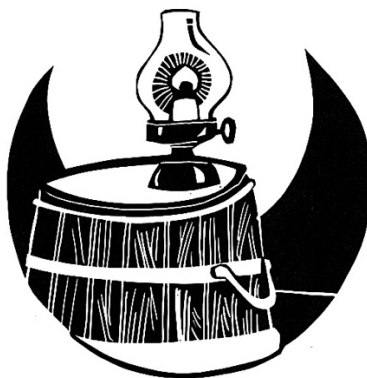
The Dismissal

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:	Valerie Hobson
Greeters, 10 am:	Susan Switch & Kate Abel
Reader:	Rob Sider
Chalice Administrators:	Rob Sider & Carol Murdoch
Presider & Preacher:	the Rev. Stephanie Shepard
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Guest Organist:	Joash Fang

THIS WEEK AT HOLY TRINITY CATHEDRAL

Wednesday Midweek Eucharist, 9:30-10 am

Wednesday Bible Study 10:30-11:30 am in the Lounge

Wednesday Parish Council Meeting 6:30-8 pm (Zoom)

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 Transfiguration, February 15, 2026

Exodus 24:12-18; Psalm 2; 2 Peter 1:16-21; Matthew 17:1-9