



# St. Mary the Virgin Anglican Church

*Fifth Sunday after Epiphany, February 8, 2026*

“I am the light of the world, says the Lord. Those who follow me will not walk in darkness, but will have the light of life.

*John 8.12*

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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:	Chris Moeckl	Organ:	Oriel Chapman
Presider & Preacher:	The Venerable Craig Hiebert	Music:	St. Mary Singers
Lay Eucharistic Ministers:	Tony Barlow	Livestream:	Gillian Barlow

*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

*Lift High the Cross (602)*

*Refrain: Lift high the cross, the love of Christ proclaim  
till all the world adore his sacred name!*

1. Come, Christian people, sing your praises, shout!  
If we are silent, even stones cry out. R
2. Jesus, you wept to see our human strife:  
teach us compassion for each human life. R
3. Peace was your plea, and peace your loving theme:  
let peace be our passport, peace a living dream. R
4. Great is the cost of walking on this road,  
to follow and suffer with the Son of God. R
5. World to be born and children yet to be,  
come, take up this song into eternity. R

### 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**

Merciful Lord, *grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; 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**

Isaiah 58. 1-12, Sean Steele

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.

<sup>2</sup>Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgments;  
they want God on their side.

<sup>3</sup>“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.

<sup>4</sup>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.

<sup>5</sup>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?

<sup>6</sup>Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the straps of the yoke,  
to let the oppressed go free,  
and to break every yoke?

<sup>7</sup>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?

<sup>8</sup>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 rear guard.

<sup>9</sup>Then you shall call, and the Lord will answer;  
you shall cry for help, and he will say, "Here I am."

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,

<sup>10</sup>if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.

<sup>11</sup>The Lord will guide you continually  
and satisfy your needs in parched places  
and make your bones strong,  
and you shall be like a watered garden,  
like a spring of water  
whose waters never fail.

<sup>12</sup>Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;

you shall be called the repairer of the breach,  
the restorer of streets to live in.

Holy word, holy wisdom.

***Thanks be to God.***

**PSALM 112. 1-9**

Hallelujah!

***Happy are they who fear the Lord***

***and have great delight in the divine commandments!***

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

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

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

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

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

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

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

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

Glory to the Father, and to the Son, and to the Holy Spirit.  
***As it was in the beginning, is now, and will be forever. Amen.***

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

<sup>6</sup> Yet 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 being destroyed. <sup>7</sup> But we speak God’s wisdom, a hidden mystery, which God decreed before the ages for our glory <sup>8</sup> and which none of the rulers of this age understood, for if they had, they would not have crucified the Lord of glory. <sup>9</sup> But, 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”—

<sup>10</sup> God has revealed to us through the Spirit, for the Spirit searches everything, even the depths of God. <sup>11</sup> For what human 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. <sup>12</sup> Now 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.

Hear what the Spirit is saying to the Church.

***Thanks be to God.***

**GOSPEL HYMN**

*Come Down, O Love Divine (645)*

- |   |  |
|---|--|
| <p>1. Come down, O Love divine,<br/>seek thou this soul of mine,<br/>and visit it with thine own ardour glowing;<br/>O Comforter, draw near,<br/>within my heart appear,<br/>and kindle it, thy holy flame bestowing.</p> | <p>2. O let it freely burn,<br/>till earthly passions turn<br/>to dust and ashes, in its heat consuming;<br/>and let thy glorious light<br/>shine ever on my sight,<br/>and clothe me round, the while my path<br/>illuming.</p> |
|---|--|

3. Let holy charity  
mine outward vesture be,  
and lowliness become my inner clothing;  
true lowliness of heart,  
which takes the humbler part,  
and o'er its own shortcomings weeps with  
loathing.

4. And so the yearning strong,  
with which the soul will long,  
shall far outpass the power of human telling;  
for none can guess its grace,  
till they become the place  
wherein the Holy Spirit finds a dwelling.

## **GOSPEL**

Matthew 5. 13-20

*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.***

<sup>13</sup>“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.

<sup>14</sup>“You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup> People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. <sup>16</sup> 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.

<sup>17</sup>“Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. <sup>18</sup> 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. <sup>19</sup> 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. <sup>20</sup> For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

The Gospel of Christ

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

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## RESPONDING TO THE WORD

### SERMON

### ANTHEM

*Teach Me, O Lord, Attwood*

### 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

Sean Steele

*The congregation stands, sits, or kneels.*

Light of Christ,

*scatter the darkness from your world.*

*In your prayers this week remember the following: Those in need of healing and care, including Colin, Frances, and Joan. 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 Diocesan Council and Parish Councils. In our province, pray for the clergy and people of the Diocese of Yukon. In the church abroad, pray for Hong Kong Sheng Kung Hui.*

**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.*

### CONFESSION 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**

*Immortal, Invisible, God Only Wise (393)*

1. Immortal, invisible, God only wise,  
in light inaccessible hid from our eyes;  
most blessed, most glorious, the Ancient of Days,  
almighty, victorious, thy great name we praise.
2. Unresting, unhasting, and silent as light,  
nor wanting, nor wasting, thou rulest in might;  
thy justice like mountains high soaring above  
thy clouds which are fountains of goodness and love.

3. To all life thou givest, to both great and small;  
in all life thou livest, the true life of all;  
we blossom and flourish as leaves on the tree,  
and wither and perish, but nought changeth thee.
4. Great Source of all glory and wisdom and light,  
thine angels adore thee, all veiling their sight;  
all laud we would render: O help us to see  
'tis only the splendour of light hideth thee.

### **PRAYER OVER THE GIFTS**

God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Saviour. **Amen.**

### **THE CELEBRATION OF THE EUCHARIST**

*The Book of Alternative Services, Eucharistic Prayer 3*

*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.

*sung: 735*

***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

*Bread of the World, in Mercy Broken (54)*

Bread of the world, in mercy broken,  
Wine of the soul in mercy shed,  
by whom the worlds of life were spoken,  
and in whose death our sins are dead:  
look on the heart by sorrow broken;  
look on the tears by sinners shed,  
and be thy feast to us the token  
that by thy grace our souls are fed.

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## WE ARE SENT INTO THE WORLD

### PRAYER AFTER COMMUNION

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 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

*Jesus Shall Reign Where'er the Sun (383)*

1. Jesus shall reign where'er the sun  
doth its successive journeys run;  
his kingdom stretch from shore to shore,  
till moons shall wax and wane no more.
2. People and realms of every tongue  
dwell on his love with sweetest song,  
and infant voices shall proclaim  
their early blessings on his name.
3. Blessings abound where'er he reigns;  
the prisoners leap to lose their chains;  
the weary find eternal rest,  
and all who suffer want are blest.
4. Let every creature rise and bring  
peculiar honours to our King,  
angels descend with songs again,  
and earth repeat the loud Amen.

## 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.*

A blue poster for 'Jazz Evensong'. The word 'Jazz' is written in a large, white, stylized font. To its right is a graphic of a piano keyboard with three lit candles on top. Below the keyboard, the word 'EVENSONG' is written in a white, sans-serif font. Underneath that, the text 'a unique blend of exceptional jazz rooted in Anglican meditation and prayer' is written in a smaller white font. At the bottom, the date and time 'Sunday, February 15, 4 pm' and the featured group 'Featuring the Maureen Washington Quartet' are written in a white, bold font.

**Jazz**  **EVENSONG**

a unique blend of exceptional jazz  
rooted in Anglican meditation and prayer

**Sunday, February 15, 4 pm**  
**Featuring the Maureen Washington Quartet**

# SHROVE Tuesday



**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 250-598-2833 by February 12, 2026**



**St Mary's** ☩ **Oak Bay**

1701 ELGIN ROAD · WWW.STMARYSOAKBAY.CA

# LENT CONCERT

*series*

**FEBRUARY 18, 12-1PM**

*INSTRUMENTAL ENSEMBLE, BOOKER, RHODES & ROTH*

**FEBRUARY 25, 12-1PM**

*ELENA ANTONTCEVA, PRAYERFUL CONTEMPLATIONS  
WITH CELLO*

**MARCH 4, 12-1PM**

*MITTWOCH TRIO*

**MARCH 11, 11:30AM-  
12:30PM**

*JOYCE TSAI, VIOLINIST*

**MARCH 18, 12-1PM**

*TONY BOOKER, PIANO SOLOIST*

**MARCH 25, 12-1PM**

*PERGOLESI STABAT MATER, WITH MARNIE  
SETKA-MOONEY, SARA PARTIDGE & JIM HILL*

BY DONATION TO

VICTORIA  HOSPICE



**The Churchmouse**  
**After Hours Coffeehouse**  
A warm neighbourhood gathering!

**Saturday, February 21, 1:30 pm**

*"Reading from our Roots"*

[www.stmarysoakbay.ca/afterhours](http://www.stmarysoakbay.ca/afterhours)



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**250-598-2212 • [INFO@STMARYSOAKBAY.CA](mailto:INFO@STMARYSOAKBAY.CA)**  
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Incumbent: The Venerable Craig Hiebert  
[incumbent@stmarysoakbay.ca](mailto:incumbent@stmarysoakbay.ca)

Priest Associate: The Reverend Dyan Davison  
[associate@stmarysoakbay.ca](mailto:associate@stmarysoakbay.ca)

Parish Administrator: Marianne McGahon, 250-598-2212  
[admin@stmarysoakbay.ca](mailto:admin@stmarysoakbay.ca)

Honorary Associate: The Reverend Dr John Macquarrie  
[jmacquarrie@stmarysoakbay.ca](mailto:jmacquarrie@stmarysoakbay.ca)

**The Stewards of St Mary's**

[wardens@stmarysoakbay.ca](mailto:wardens@stmarysoakbay.ca)

Rector's Warden: Lorna Bampton, [lbampton@stmarysoakbay.ca](mailto:lbampton@stmarysoakbay.ca)

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Envelope Secretary & Flower Dedications: Anne Underhill, [givings@stmarysoakbay.ca](mailto:givings@stmarysoakbay.ca)